

GUIDE TO HARING 划线指南

(~~Stolen~~ Adapted from Huandaolu Hash House Harriers)

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After following a few trails of varying quality, it's time for you to consider haring a trail of your own. Haring is a challenging and rewarding experience that adds a new and fun dimension to hashing. Any named T2H3 group member has hared before and would naturally be willing to help you take the plunge and lead the group on your own merry trail. Here are a few guidelines to get you started. Remember, though, your trail is your own. You make the decisions and you reap the rewards and suffer the consequences.

在经历了几次各种不同风格的线路后，是时候划一条属于你自己的线路了。划线是一种具有挑战和回报的经历，它能为 HASH 增加新的趣味。任何一个被命名了的且划过线的 T2H3 成员都会很乐意帮助你尝试冒险，并在线路中给予指导。让下面的指南指导你的开始。记住，线路还是得依据你自己的想法来设计。自行思考让你收获更多，结局也更精彩。

Step 1: Pick A Date

We're always looking for hares. Just tell Tweety Pie, GM or RA when you want to do it, and chances are you're in. It's that easy.

For the first few times, grab an experienced co-hare to help out. We usually work in pairs, with a walking hare and a running hare if possible.

第一步：选择日期

兔子是我们最需要的。如果你想尝试不妨直接告诉 Tweety Pie，GM 或 RA，然后机会就是你的了。就这么简单。

在开始的几次，让一个有经验的兔子伙伴来帮助你。我们通常是成对工作的，划一条走路的线路，根据需要有可能还需要划一条跑步的线路。

Step 2: Plan The Trail

This step varies from person to person, so it is important to find the method that works best for you - just don't forget that it is your job as the hare to get every member of the pack to the beer stop. Your goal should be to get everybody to the same point at about the same time, NOT to get everybody lost and confused.

第二步：线路规划

这一步每人都可能有不同的看法，你需要找到适合自己的方法。但是不要忘记你的工作是把所有的人都带到啤酒站。你的目标在同一时间是把所有的人带到同一地点，不要把人搞丢了或把他们弄糊涂了。

Distance: most trails are between 5 and 6 kilometres for the walkers with an additional 5 to 6 kilometres for the runners. Adapt your trail for time of day and weather - the T2H3 Hash House Harriers run regardless of the weather.

距离：一般来说，走路的线路长度为 5 到 6 公里，跑步的线路是 10 到 12 公里。根据划线那天的具体时间和天气情况进行调整。T2H3 的活动不管刮风下雨都会继续。

How: Most hares pick a start point, a Circle place, and then find Beer Stops and the dinner restaurant. It's a good idea to place your beer stops close to the shop you'll buy the beer from. The dinner restaurant should be fairly close to the circle, and not too expensive. It's ideal (but not a deal breaker) if there is a subway station in the vicinity for the pikers who want to go home after the meal.

方法：一般先选择一个出发地点，一个聚会地点，然后再考虑啤酒站和餐馆。最好在超市附近找啤酒站点，便于你买啤酒。餐馆应该离聚会地点不要太远，并且价格不要太高。如果在餐馆附近有地铁站这是最理想的了，想早回家的人可以吃完饭后直接走。

Type: Trails can be A-A runs, where we finish at the same location we started from, or A-B, where the trail finishes at another location. A-B runs need to be carefully planned to ensure that everyone can find the "B" (finish point). We commonly start at a subway station, to keep transportation as simple as possible.

类型：线路可以是 A 到 A，出发地点和结束地点是在同一位置；或 A 到 B，出发地点和结束地点不在同一位置。规划 A 到 B 类型路线，应该确保每个人都能找到 B 位置（结束地点）。我们一般从某一地铁站开始，这样交通比较便利。

Tweety Pie will make a group notice about your run, so as soon as you're ready just send her the details. Include the starting point (including which subway exit), whether the run is A to A or A to B, and any special instructions (eg if you need an earlier start time for a longer run).

一旦你的线路确定下来，Tweety Pie 会在群里发布关于这次路线的通知，包括出发地点（需指明地铁出口），路线类型是 A 到 A 或 A 到 B，和一些特别注意事项（比如：因本次线路比较长，需要提早出发）。

Step 3: Lay the Trail

The vast majority of Tianjin-Teda trails are dead hare trails. This means you lay the trail the morning of the hash and then follow the trail with the group. Most trails take 2-3 hours to lay. Live-haring means that you set off 15 minutes before the pack, laying the trail and trying to stay ahead of the pack. It's useful on a rainy day, or if you need more challenge and excitement in your life. If you are live-haring, you should designate another hasher as your chalk-talk hare and give them written instructions regarding the marks you will use on the trail. Your chalk-talk hare will send the pack out 15 minutes after you have departed.

第三步：具体实施

天津泰达的线路一般都是死兔子线路。就是你在 Hash 的那天上午划好线，然后下午同大家一起再走一遍。一般划线需要 2 到 3 个小时。活兔子是在大家出发前，提前 15 分钟开始划线，并确保你不被大家追上。活兔子在雨天很有用，或你单纯想给自己增加点挑战和刺激。如果你在做活兔子，你应该指定另外一个兔子作为讲解员，并给他们写下来你将在线路中用到的标记。讲解员将会在你离开 15 分钟后让大家出发。

Once you set a mark, it may be 2 to 3 hours before the pack comes along. Anything can happen during that time. Your marks should be close enough together so that if one or two marks get wiped out (someone waters their lawn or parks their car on your arrow), the pack can still figure out how to continue on your trail. At a minimum, there should be a mark every 30-to-40 paces. There is no such thing as a trail that is too well marked! If in doubt put more marks. 也许得在 2 到 3 个小时后大家才会追寻你画下的标记，在这期间什么事情都有可能发生。你的标记间隔应该不要太远，这样即使 1 到 2 个标记被擦除了（有人浇草坪或把车停在箭头上），剩下的标记依然让你的线路继续下去。因此最少每 30 到 40 步应该设置一个标记。一般来说标记是多多益善的！如果感到担心，多设置标记就好！

What to mark the trail with:

用什么来做标记：

Chalk – We commonly use chalk to mark our trails. It works well day or night but washes away quickly in the rain. We generally use one colour for walkers and another for runners.



White Flour – T2H3 hashers use flour on rainy days or off-road trails. Cornflour is good in winter, on white ground. You will need approximately 2-3 kilograms of flour to lay the trail. To make blobs, most people put the flour into a few supermarket carrier bags one inside the other to stop the flour coming out of the holes), dip in a tennis ball and throw it at the ground. A bottle with a hole in is also good for carrying flour and placing marks. Flour can also be placed on rough vertical surfaces like trees which are better protected from the rain and not swept away by the ever vigilant street cleaners.

粉笔：一般用粉笔来画标记。它在白天或晚上都挺好用的，但容易被雨水冲刷掉。一般用一种颜色来标识走路的线路，用另外一种来标识跑步的线路。


白面粉：T2H3 兔子会在雨天或非道路上使用白面粉。但在冬天的雪地上则使用玉米面更好。设置一条线路可能需要 2 到 3 公斤的面粉。为了使它成团（一般把面粉外面多套几层购物袋以防漏出），将网球蘸上面粉后，再将球扔向地面。另外，使用顶部开孔的空矿泉水瓶来装面粉和画标记也不错。面粉应该晒在不易被雨淋到和被警觉的环卫工人扫除的地方。面粉也可晒在垂直地面的粗糙表面上，比如粗糙的树干。


What to write. Following are the basic marks used by T2H3:


用什么样的标记，下面是我们 T2H3 使用的基本符号。


 or  *Blobs or arrows* are simple trail marks that indicate the direction of the trail.


 or  面粉团或箭头是指示线路方向的最常用的标记。


 *Open Checks* (circles) are decision points where trail can go any of 360 degrees and three separate marks are required to indicate true trail.

 四周搜索(圆圈)是决策点，表明线路可能在 360 度的任意方向。搜索过程中，在发现两个箭头之后，如果第三个标记还是箭头，则表示你搜索的线路是正确的；如果第三个标记是错误线路标记，则表示你需要更换线路重新搜索。

 *False Trail* indicates that the pack has been fucked and should return to the check and look in another direction. There can be no more than two arrows after the open check, before placing the false trail mark.

 错误线路表明大家走错了路了，需要返回四周搜索点，并寻找其他方向。四周搜索开始后，在放置错误线路标志之前，地上不能有两个以上的箭头（以免走得太远）。

 *Beer Stop* tells the pack to stop and enjoy a frosty brew.

 啤酒站，让大家停下来享受冰镇啤酒。

 *HOME* marks the end of the trail.

 家标志是线路的终点。

Step 4: Chalk Talk, Sweeping The Trail, Beer Stop(s) and Circle

So you're done laying trail and you've found your way back to the starting point. You now have three really important responsibilities left. The first of which is chalk talk.

Chalk talk is a simple concept - before the pack departs the meeting point it gathers in a circle and the hare explains which marks are used out on trail. This is helpful because it gives virgin hashers and visitors a chance to familiarize themselves with our standard marks, or it gives you a chance to show the pack all of the new and interesting marks that you've messed up the trail with. Even if you only laid your trail with standard marks and you have only veteran hashers, you should still go through the marks at chalk talk, just to be sure. Also, don't forget to leave an on-out arrow for any late-comers. You can generally get the experienced co-hare to do the chalk talk.

第四步：讲解员，收尾，啤酒供应点和聚会

你已经完成线路，然后返回出发点。现在你还剩下 3 件非常重要的事情。首先是讲解员。讲解员是一个简单的概念-在从集合的地方离开之前，大家会围成一个圈，然后兔子负责讲解在线路中使用了哪些标记。这能让首次参加的 hashers 和游客熟悉我们标准的标记，或给你一次向大家展示本次线路中有哪些新的和有趣的标记机会。为以防万一，即

使在你的线路中都使用的是标准的标记，并且本次只有老 hashers 的情况下，你还是要把用到的标记讲解一遍。另外不要忘记为迟到的人留下一个指明出发方向的箭头。你也可以让有经验的合作兔子来进行讲解。

Your next responsibility as a hare is sweeping. This is when you make sure the trail is marked so that the slower hashers have a chance to catch up to those in the front of the pack. At every check or significant change in direction indicate the trail direction with an arrow after the pack has passed through. It's ideal if the hares do this themselves

做为兔子的另一项责任是收尾。你确认线路的标记都是完好的，以便走得慢的 hashers 能赶上走在前面的人。在每个搜索点或路线方向发生改变的地方，你需要在大家通过之后再用一个箭头标识一下方向。如果其他兔子能自己做这些事就更好了。

Beer Stop(s). As a hare you're also responsible for getting beer to the beer stop(s) for the pack. Most hares keep things simple and have the beer stop right where the beer is purchased. If you want a beer stop somewhere more remote you've got to go out and purchase beer, physically take it to the beer stop, and safeguard it for the pack.

We usually buy bottles of Qingdao or Harbin. Grab some disposable cups as well, for the BS and Circle. A good rule of thumb is 6 large bottles of beer for every ten people in the summer (4 in winter). Beer should be served at a reasonable temperature (ie. do not bring warm beer to a beer stop in the middle of summer). Provide water too, as an alternative to beer. In hot summer weather it's a good idea to offer water at the starting point. And don't forget some snacks for the pack; nothing elaborate - chips, biscuits, crackers all go down well.

When buying beer for the circle, a good rule of thumb is 12 beers for every 10 people in the summer (8 in winter).

一个啤酒站或多个啤酒站。作为一个兔子你要为大家在啤酒站处准备啤酒。啤酒能在啤酒站附近买到会使事情变得简单。如果想在一个比较偏的地方设置啤酒站，你就得出去买啤酒，把它带到啤酒站，并为大家保管好。

我们一般买瓶装的青岛或哈尔滨，并为啤酒站和聚会购买一些一次性纸杯。在夏天的啤酒站可以按每 10 人 6 瓶的量来准备（冬天 4 瓶）。啤酒的温度应该合适（例如：不要在炎热的夏天提供常温啤酒）。另外还需要为那些不喝酒的人提供水。在酷热的夏天，最好能在出发点给大家提供水。并准备一些零食比如：薯片，饼干和脆饼等都可以。在聚会时，夏天可以按每 10 人 12 瓶的量来准备（冬天 8 瓶）。

Step 5: Drink Up

Congrats, the hounds have all made it back to the circle. Now you can sit back, relax, and prepare for a barrage of down-downs. Chances are you messed something up, and badly, and even if you haven't, the pack is likely to take out their anger on you anyway - stay calm and take your down-downs with your chin up. I hope you remembered when that last bus leaves, because chances are you're going to need it.

第五步：畅饮

祝贺，所有的猎狗都来到了聚会点。现在你可以坐下并放松一下了，准备好好喝几杯了！如果你搞糟了什么事，或者你并没有，大家还是会把火发在你身上。保持冷静，仰脖把所有的酒喝下去。希望你能记好最后一班车的发车时间，毕竟你还需要。

Final note:

If the above all seems too much don't be afraid to ask for help. The pack will happily let you do it all if you choose but will also cheerfully pitch in if asked.

最后提示：

如果觉得上面看起来很麻烦，不要忘记寻求帮助。大家会很高兴看你完成你选择的事，并很乐意帮助你。