

INFO FOR HASH NEWBIES

Know Your Hash Committee

The HM: The person who makes people get on their knees and drink beer from a potty. He oversees the activities of the hash. It’s been known to be the worst paying job in the world.

The On-Sec: The person who tends to a lot of the administrative & communication aspects on behalf of the hash committee.

The Hash Booze: The most important person on the hash. He looks after all the beer – sees that it gets to the hash on time, it is cold and it is in ample supply.

The Hareline: The person who sets the run calendar & coordinates the runs with the hares

The Hash Ca\$h: The person who tends to the financial aspects of the hash. He writes the cheques.

The HM Asst.: - The next in line to be HM. Will stand in as HM once the real HM is not around.

Other Committee Members: Mainly experienced hashers who assist the HM in the running of the hash.



Your duties as a Hasher



- (i) Show up to the run on time. Make sure you’re attired in your hash gear
- (ii) Have an enjoyable run or walk. Be environmentally conscious. Build up a big thirst for beer & support the hash bar
- (iii) Participate in the down-downs
- (iv) Mix, mingle, converse and enjoy the after hash lime
- (v) Get home safely

Hash Songs

Down Down Song

Here's to,
 He's true blue,
 He's a Hasher through and through,
 He's a hasher, So they say,
 Tried to get to heaven,
 But he went the other way,
 So drink it down, down, down . . .
 ...Why are we waiting?, Why are we waiting?,
 Could be fornicating
 Oh why why why why...Why are we waiting?

Virgin (new Hashers Song)

We've got virgins,
 We've got virgins,
 At our hash,
 At our hash,
 Gonna get'em drunked up,
 Gonna get'em crunked up,
 Down the hatch, Down the hatch.
 So drink it down, down, down . . .



Calling on the Hash Run



The objective of any hash is to keep the pack together. Hence it is very important for every hasher to call ALL THE TIME, when on the hash trail, so that those who are behind you, know that they are on the correct trail. Be sure to shout calls like “ON ON”, “CHECKING”, & “ON BACK”

Fitness

Aside from drinking beer & having fun, fitness is also important part of the hash. Know your level of fitness before you attempt any hash run, since the runs vary greatly in length, difficulty and conditions. Speak to a hare, senior hasher or someone familiar with the territory. A decent rule of thumb is being able to perform constant physical activity (running, climbing, hiking) for well over 1 hour. But, don't be discouraged; there is usually a walker's trail for the less physically able among us!

The Hash Write-Up (Trash)

Sometime you may be asked by your HM to do a write-up of the hash run and after proceedings (i.e. be the *Scribe*). This is a very prestigious task bestowed upon you, and should not be viewed as some burden. Typically you will only write a trash once every few years! So, revel in your hidden literary talent and let us know, from your point of view, what took place on the hash. Throw in some good humor, some over-exaggeration and the like. Anything to keep it funny and keep the hasher's attention. Limit it to one page and best get it down no later than 5 days after the hash when your recollection is still fresh! Email completed text to your *On-Sec*.



Directions to the Hash Run

The run directions to the Saturday Hash Run are available at the following places:

- The current copy of the Hash Trash – get paper copy at the hash run,
- Hash Website - electronic copy online at <http://poshhh.org>
- At the POSH3 Facebook page: **Port of Spain Hash House Harriers**
- On the POSH3 email group (Subscription is necessary): **Yahoo Groups - poshhh**

On your way to the Hash, look for the **Hash Signs...**

Turn right, veer right or take path on right.	Turn left, veer left or take path on left.	You are on correct heading. Continue without turning.

Setting a Hash Run

So you think you've had a few hashes and would like to participate in setting an actual hash run? Then contact the *Hareline* and inform of your intention. You'll be fitted into a team with some more experienced hashers and you'll learn the way from there.

Environmental Corner



The POS Hash tries its best to be a green hash. We do not litter the hash trails and we try at best to segregate our waste after the hash runs. We need you to do your part.

- Crush & Disassemble before discarding plastic bottles/ cups
- Discard litter according to type in designated bins
- Retrieve any plastic bottles on the hash trail
- Re-use plastic cups & mugs
- Keep a clean scene where you and your friends lime after the hash run