

VIRGIN INSTRUCTION GUIDE

FOR

The San Luis Obispo Hash House Harriers (SLOH₃)
Paso TITS (Tight In The Saddle) H₃
Coming Soon: Orcutt Hash House Harriers



SLOH₃.com

... A drinking group with a running problem!

Welcome to the San Luis Obispo (and Friends) Hash
House Harriers!

We've developed this booklet to provide guidelines to
new members and to let you know a little bit about us.

This booklet is the result of numerous hours of
copyright violations, plagiarism and thought-
provoking drunken ramblings.

The authors remind everyone that:
If you get hurt as a result of anything printed here, it's
your own damn fault and we were out of country at
the time.

With the legal stuff out of the way, peruse, enjoy and
ON ON!



WHAT IS HASHING?

Hashing is a semi-athletic / drinking / social club based on the old English schoolboy's game of "Hare and Hounds." It is centered around running and is a non-competitive (sort of like your sex life) form of exercise with the unique aspect of allowing the opportunity to vent frustration (**running**), provide entertainment (**drinking beer**), release energy (**running**) and socialize with others (**drinking beer**). Running is loosely used to mean running, jogging, walking or any other means of conveyance; short of mechanical methods and is usually secondary to the social aspect of hashing. Every Hash and every Hasher is unique in their own way – a good attitude, personality, thirst, humor and sharp wit are important attributes. We are a **Drinking Group with a Running Problem** and so if you have half a mind, that's all you need.

HISTORY

The Hash House Harriers received its humble beginnings in 1938 from a Britisher named Albert Stephen Ignatius Gispert in Malaysia. Having a fondness for the game "Hare and Hounds," he gathered together a group of friends to form a running club in Kuala Lumpur that would later become a world-wide legacy. The fraternity received its name from the Selangor Club Chambers, which due to the lackluster food served there was commonly referred to as the "Hash House."

This peaceful endeavor was eventually cut short with the advent of the Japanese invasion of Malaysia, of which several hashers distinguished themselves. Captain Gispert died in the Battle of Singapore, but a fellow Hasher, Torch Bennett, re-established the Hash after the war. He also successfully sought war reparations for 24 enamel mugs, a galvanized tin bath and two old bags.

In 1947, a few surviving members of the original Hash House Harriers started operations in Milan, Italy, but ceased for several years. It wasn't until 1962 that the next group was formed in Singapore. The Singapore H3 was slowly followed by others until by the Mother Hash's 1500th postwar run in 1973, there were thirty-five known Hashes around the world. This figure climbed into the hundreds by the eighties and there are now probably well over five thousand active Hashes.

WHAT HAPPENS AT A HASH?

The SLOH3 gets together every other Thursday (check the website for details) and has several special events throughout the year. The Paso TITS hash meets one Saturday a month excluding summer and Orcutt has announced their intent to throw their hat into the fray on Wednesdays... TBD...

We always gather in a different place to avoid monotony. The Hare will set a trail for the pack (the rest of the Hashers) to follow. Several different methods may be used to lay the trail; the most common being with flour and chalk. The Hare is traditionally given a 12-15 minute head start before the pack starts after. The Hare uses various marks to indicate direction and deviously tries to outwit the pack. The pack's purpose is to catch the Hare (if possible), avoid getting lost and continue onward to the next beer check.

Eventually, everyone makes it to the On-In where running takes a backseat to socializing. The Hare gets abused, Hashers with Hash-crimes from the trail get abused, beer (soda and water) gets consumed and songs are sung. The On-On-On is another chance to get together after the run, usually at a pizza joint or wherever they'll tolerate us until we've eaten and drunk enough.

IS HASHING FOR ME?

Answer the following questions:

1. A UFO lands in your backyard and aliens approach you with a device they claim will end world hunger, cure heart-disease, provide a clean source of unlimited energy and prevent cancer. You...
 - a. Present it to the President of the United States.
 - b. Present it to the Secretary General of the United Nations.
 - c. Take it apart to see how it works.
2. The thing you miss most about your childhood is _____.
 - a. The lost innocence
 - b. Carefree whimsical summer days
 - c. Cherrybombs

If you answered c., then you would make a good hasher.

Alternatively, if your answer for #1 was d. Use it to cure my case of poison oak and for #2 d. Wedgies, then you're already a Hasher.

A definition from the China H3 (Taiwan): "A Hasher is the protector on Earth of a half dozen bottles of beer. Hashers have the energy of a tortoise, only half a mind, the sincerity of a born liar and the sexual ambition of rabbits. They like to spend their money on beer, sex and the rest foolishly. It has been said that you can lock a Hasher out of your house, but not out of your liquor cabinet or Jacuzzi." Reprinted shamelessly from other virgin manuals.

The object is to have as much fun as possible without getting arrested or killed. Remember when we were kids? All of us ran. We ran in the playground, in the halls, at school, at home, in the grocery store and everywhere else we went... and we loved every minute of it! Watch kids sometime and see the smiles on their faces when they're running around. As adults, running has become

something different. The fun part seems to have gone away and running is something we have to do either to stay or get back into shape. Hashing puts the fun back into running. It takes us to places we've never been before. It puts us into situations where we socialize. In other words, it's the best damn fun you can have with your clothes on. Also, the health aspects can't be overlooked. The stress relief is phenomenal. Running is one of the very best aerobic exercises and I could swear that I've read somewhere that 3 or 4 beers a day increases the average life span (all Hashers live to be 120).

WHERE DO HASHERS HASH?

Hashing takes place in the city and in the country. In malls, through backyards, across highways, under highways, over hills, through woods, trees, bushes, shrubs, culverts, across streams, briars, through swamps, over rocks, over fields, construction sites, parking lots, abandoned buildings, sidewalks, roads (paved and otherwise) and anywhere else the half-witted will follow the Hare. The more difficult the terrain, the better the Hash. Good trails usually involve a discussion with irate property owners, security guards and/or the local constabulary. While some trails are full of poison oak-filled hills, swamps and industrial wasteland, by no means all are. It is quite possible to have a good trail set in the middle of a city. There are thriving Hashes in cities such as Tokyo, London, New York and even San Francisco; where the vast majority of the runs are set on paved streets. They regularly set excellent runs which never veer from paved public property; however SLO county has a lot more wild areas, so quite often our trails involve more adventurous terrain.

FREQUENTLY ASKED QUESTIONS

What should I bring? - \$5, a whistle, chalk, headlamp/flashlight Oct-March, ninja skills, thick skin and antibiotics. Leave your dignity at home.

Do I HAVE to drink alcohol? – Nope. We have Hash members who do not drink alcohol for various reasons. The rest of us don't understand it – but we're an accepting group.

I drink, but not beer. Do I HAVE to drink beer? – Nope. If you don't like beer, feel free to bring along whatever it is that blows your skirt up and we can punish you with that.

I'm shy... do I HAVE to show my goodies? – Nope. If you have enough personality, you should be able to distract our general population from their skin-addiction. May the force be with you.

How do I make the Hash love me? - Don't whistle unless you have true trail, mark trail for slowpokes behind you, STFU in Circle and have connections with the PD to help us all avoid jail time... or be willing to bail us out.

HASH GLOSSARY

Are You? – Question yelled by Hashers to determine if you are on trail. If you're not on trail, you call out "Checking," "Looking" or "Lost." If you *are* on trail, call "On-On," blow your whistle and mark trail with pack arrow.

Back Check – A mark that tells the pack to back check on the trail they've been running. The Hash equivalent of Monopoly's Go Back Three Spaces.

Back Slider – a Hasher who has missed one or more hashes and must now pay for their transgression. If you are deemed a back slider, be prepared to atone for your sin in Circle and explain to the Hash why you've been gone. If the truth is boring, make something up. Otherwise you'll be experiencing more than one Down-Down. The Hash must be amused!!!

Beer Check – A special check with beer and water somewhere along the trail.

Beer Meister – The most important yet most under-appreciated member of mismanagement. They bring the beer!

Beer Near - A mark indicating that beer or the On-In is close by.

Boob Check – A mark made by the Hare in the resemblance of boobies. Anywhere else in the world of Hashers, a Boob Check means that a Harriette (female Hasher) must solve the Check and lead the pack to True Trail. Around these parts, it means SHOW US YOUR TITS!

Chalk – A white (sometimes colored) substance used to mark trails.

Check – A mark made by the Hare in the shape of a circle with an X in the center. At this mark it is necessary for the FRB's to spread out and find the trail. The trail could lead in any direction from a check.

Checking – A Hasher who has reached a check and is looking for the trail. A response to "Are You?" assuming that is what you are doing.

Circle – The time after the pack has finished the trail when miscreants, visitors, virgins and other deviants are punished with a down-down. Usually orchestrated by the RA or the GM (or both).

DFL – Dead Fucking Last; usually the opposite of the FRB, unless the FRB is in fact DFL.

Dick Check- A mark made by the Hare in the resemblance of a cock-n-balls. Affirmative action at its best. In response to SLOH3's version of a Boob Check, this means SHOW US YOUR JUNK! Don't worry... we understand that it's often chilly in the evenings. You need to understand that our "understanding" does not preclude heckling.

Down-Down – A Hash tradition where a Hasher drinks a cup (filled by the beermeister at their whim of fullness) of his/her favorite beverage. Once you start, you must finish the entire contents prior to removing the vessel from your lips. As the Hash saying goes, "What doesn't go in you, goes on you!" Inversion of the drinking vessel upon completion of the Down- Down is absolutely necessary as proof of its accomplishment. The wearing of headgear, hats, caps, visors or other head based paraphernalia is expressly prohibited during a Down-Down.

Eagle – Cue 'Eye of the Tiger'. Hasher who is going for the gold. Bring on your baddest, shaggiest trail, Hare! Eagle/Turkey splits are common on trails to accommodate all levels of athletic ability/inspiration.

FRB – Front Running Bastards. Overachieving Hashers who forget that Hashing is Non-competitive. A good trail will confuse the FRBs so that they regularly end up being DFL and running past the rest of the pack two or three times.

GM – Grand Master. Usually the senior or most experienced Hasher. In some Hashes they sometimes take on an advisory role, while in others they provide leadership for the mismanagement. Usually complains about how Hashing has changed since the old days. Runs the Circle in conjunction with the RA. Female GMs are known as Grand Mistress or Grand Mattress.

Haberdashery – Hash Swag... If you've got money burning a hole in your pocket, we're happy to take it off your hands in exchange for gloriously glamorous goods to support the Hash way of life (and special events). Booty shorts, whistles, lanyards, patches, song books, happi coats, stickers, clothes, monogrammed condoms and throat desensitizers... Ok the last two might just be in my personal stash. Find it on the website or from our Haberdasher at the Hash.

Hare – A Hasher who lays a trail for the pack to follow.

Hare Raiser – “Encourages” Hashers to hare runs. Better known as the dumb sucker.

Hare's Arrow – An arrow which indicates that you are definitely on trail. If you're a virgin, check with other Hashers as this mark varies from Hash to Hash.

Hare's High – A euphoric state usually brought about as a result of the impending run, sometimes it is beer-induced. Symptoms include: skin rashes, shortness of breath, beady eyes, tunnel vision, horniness and erect nipples.

The Hash – A collective group of misfits, miscreants, the morally bankrupt and criminally insane.

Hasher – Male and female Hash member.

Harrier – A male hasher (usually).

Harriette – A female of the species.

Hash – Typically flour or chalk.

Hash Cash – The Hash embezzler, responsible for skimming money from the Hashers who turn up. Treasurer of the hash.

Hash Hymnal – found on www.sloh3.com A list of the songs we eloquently sing in circle, at checks and in the shower. GET IT LEARN IT LOVE IT KNOW IT THERE WILL BE A TEST.

Hashit – A special symbol of individual Hashes, sometimes a toilet plunger with various Hash accoutrements, but could be most anything. The SLOH3 Hashit is a backpack with the requisite attached junk.

Hash Hush Girl– (can be a dude if he really wants to feel like he deserves a vagina). A Hasher with dominatrix tendencies nominated to help keep Circle under control when necessary. Those that do not respect Circle by talking or otherwise being disruptive can expect a douse of the foulest liquor imaginable either on or in the face by this vixen. RESPECT THE CIRCLE!

Hash Name – Your parents had no idea what they were doing when they named you. The Hash will fix that. A Hash Name is a fine nickname bestowed upon a Hasher after a certain number of runs, on special occasions or when the Hasher has done something so absurdly stupid that the Hash couldn't wait to name them. It is considered bad form to call a Hasher by another name whilst at the Hash. Of course, if your parents gave you a really embarrassing name like Archibold or Cuthbert you might keep that as your hash name. *Note: Don't be too eager to get a Hash Name.

Hash Stash – An extra bag or two of hash hidden in advance on the route of the trail so that the wise hare doesn't have to carry too much with him from the start. Much kudos (beer) is gained by SCBs who locate the Hash Stash before the hare gets there.

Hash Trash – A Hash newsletter written by the Scribe.

Looking – A Hasher who hasn't seen a mark in some time and is looking for the trail. Another possible response to "Are You?"

Mismanagement – The collective group of undesirables elected/forced to mismanage the affairs of the Hash. They handle money, buy beer, recruit Hares, scribe newsletters and loosely organize the Hash to prevent chaos. If you believe you can do a better job and therefore complain about the piss poor job being done by the current lot then you will be erected on the mismanagement committee in order to put your money where your mouth is.

On-In – The end of the trail.

On-On – Shouted to encourage the other hashers by indicating that you are on a True Trail. Two short blasts of a whistle will also work. The usual response to “Are You?”

On-On-On – After the trail is run, beer gone and the half-witted only half-filled, it's time for the On-On-On. A place to continue the festivities – beer is a must.

On One – one blob of flour or mark of chalk on a trail after a check. Indicates you have a small chance of being on the right trail. Acceptable response to “Are You?”

On Two – two blobs of flour or marks of chalk on a trail after a check. Indicates you have a moderate chance of being on the right trail. Acceptable response to “Are You?”

Pack Arrow – A Half-arrow left by members of the pack, usually FRBs, to indicate where the pack has gone. This mark varies from Hash to Hash. It is not always accurate!!

RA – Religious Advisor. Is a devious bastard or bitch with no moral compass who leads the Hash in various songs, punishes sinners, names newbies and solicits bribes in the circle. Generally a pain in the arse.

SCB – Short Cutting Bastards. Sneaky, devious Hashers who manage to find a shorter, but not always better route to the On-In. Motivated by beer, susceptible to becoming lost and prone to trespassing. The goal of all SCBs is snaring the Hare, regardless of what they say. Quite often an SCB actually turns out to be an LCB (Long-cutting bastard) and turns up about an hour after everyone else.

Scribe – Hasher responsible for publishing newsletters, etc. Usually the only literate Hasher in the Hash.

Shiggy – Trees, brush, briars, poison oak, poison ivy, poison sumac, obstacles, rivers, creeks, streams, mud, swamps, hills, homeless encampments, valleys and most things that are natural. Most Hashers reckon a good trail should contain lots of shiggy.

True Trail – Indicated by either at least 3 blobs of flour/chalk marks after a check, a Hare's Arrow or Pack Arrow left by the FRBs who already solved the check. You're going in the right direction! (unless of course that asshat Hare has a YBF or Back Check for you up ahead).

Turkey – Inferm, Injured, Out of Shape or Lazy Hashers who prefer a trail with less incline and distance... usually hits most of the Beer Checks but can ramble on at a leisurely pace and still expect to meet with the pack at important junctions. Splits in the trail are indicated with a "T".

Violation – Also known as a Hash Crime. Anything that gets done on the trail, before the trail or after the trail that the Hash decides violates good/bad taste, moral/immoral sensibilities, lack of common sense or exercises poor/sound judgment. The whim of the Hash determines whether or not a crime has been committed. Typical Violations include but are not limited to: Technology on Trail, Blood on Trail, Racist gear, Chivalry and using Mortal Names. Punishment: At least one Down-Down.

Virgin – You, if you're reading this. A first time Hasher.

Visitor – Hasher who calls some other Hash on the globe home. Usually industrial spies trying to steal our great ideas and traditions. It is customary to haze them mercilessly. That's how the Hash shows a good time.

Wanker - Synonym for a Hasher. Once who wanks.

Webmeister(ess)- Hasher who actually knows how to do that stuff. Makes us all look gooooooooood. In low lighting of course. Nobody is THAT good.

Website –www.SLOH3.com Make it your home page. Now.

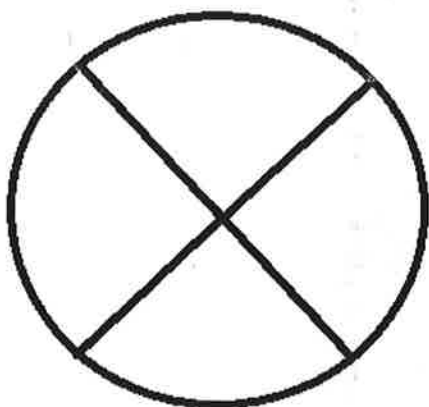
YBF – You've been fucked. A mark made by the hare indicating that even though they left every indication of True Trail, they lied. You're going the wrong way. Turn around, dumbass.

HASH MARKS

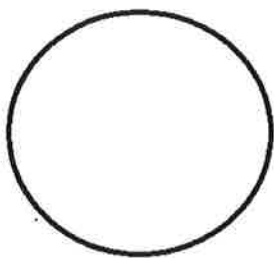
If you ever come along on a run at the Hash and want to know what the trail actually looks like, then here is an explanation you can read... which is generally an improvement over the mumbled explanation you might get at the beginning of the run. Marks are usually in flour and/or chalk on the ground. There will be a short oral test on this matter at a later date. Please advise the GM, the authors or another veteran Hasher when you are ready to take your oral test.



This is **HASH**. You'll see it everywhere or nowhere, depending on the Hare. Some Hares are more liberal than others with flour.



This is a **CHECK**. At a Check, the FRBs spread out in order to find the trail, which could lead in any direction, except *maybe* the one you just came from. This is a good opportunity to catch a breather and let the Type-A FRBs run around a bit.



This is a **BACK CHECK**. The back check tells you to go back on the trail until you find the True Trail. You will know you are near a back check when you see the FRBs running towards you. This is the great equalizer in any Hash... a perfect opportunity to get a little closer to the front of the pack. The Hare may be feeling particularly generous and give you some numerical indication in/around the back check as to how many hash dots you need to backtrack to look for the new direction. Or not. Hares can be such assholes.



These are **HARE'S ARROWS**. The Hare will lay these arrows on trail indicating TRUE TRAIL lies ahead (or left or right depending on the direction of the turn).

1

This is a **PACK ARROW**. Somebody in front of you has decided they are on the right path and will share their infinite wisdom with you. Marginally trustworthy, depending on the FRBs.



This is a **TURKEY/EAGLE SPLIT** indicating which way the slackers or SCBs should go for an easy trail (T for Turkey) and which way the over-achievers should go for a challenging trail (E for Eagle).

BN and **BC**

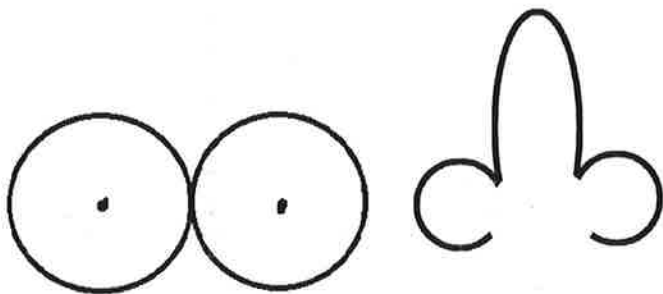
Perhaps the most important Hash Marks of all... **BEER NEAR!!!**

And **BEER CHECK!!!** Bear Near means your close... Beer Check means start looking in your immediate vicinity for an Easter Egg of Happiness. And by Happiness, we mean beer, water and/or other ingestible substances; not necessarily recommended by the FDA.

YBF



YOU'VE BEEN FUCKED or **FALSE TRAIL**. Means the same thing. Turn your sorry ass around.



BOOB CHECK or **DICK CHECK**. Show us your goodies, if you are so inclined. If you can't tell which symbol means which message, WELCOME TO THE HASH!!!

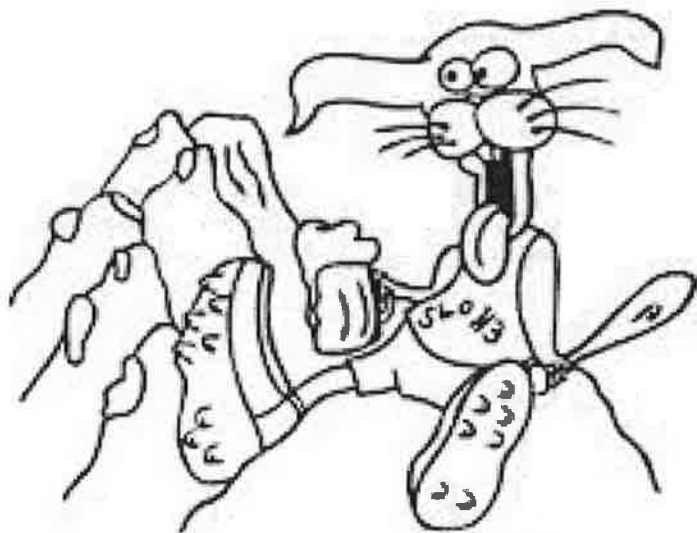


HAREBRAINED HARES like to come up with their own symbols sometimes and will usually announce it before scampering off to set trail. We've seen a spank check, song check, podium boob/dick check, blarney stone for kissin'... basically, be prepared for anything!

The material contained herein is considered questionable and unreliable at best. The author's lack of moral integrity and sense of common decency precludes an accurate portrayal of the sport of Hashing.

The plagiarist typing this would like to acknowledge the Mount Vernon Hash House Harriers Virgin Manual as being the catalyst for the Silicon Valley Hash House Harriers Virgin Instruction Guide which is the catalyst for this tome. "The Royal We" extend our gratitude for their unwitting contribution to this work.

On On.



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