

When do we Run?

We usually run once a week:

in Summer

Thursdays at 7.00 pm

(May - September)

in Winter

Sundays at 2.30 pm

(September - April)

***actually**

Check the '[Coming Run List](#)' for more info and location of our next run.

Where do we Run?

Sometimes we run in the city but we usually run within half an hour up to an hour's drive of Frankfurt. If you need a lift to get to the start of the run, please call the hare and he or she will help put you in touch with someone. Go to 'Coming Runs' for more information.

How Much?

Other than for special events the **run fee is 5.00 Euros**, to be paid to Hash Cash before the run. This fee pays for beer, soft-drinks and snacks available at the circle and for any drink-stops.

Occasionally, the fee will be increased to cover special events like barbeques and this is announced on the run information. Those forgetting to pay before the run will be suitably punished!

Other Info

Check the '[Coming Runs list](#)' for information about the next runs or 'Next Events' for special events.

Getting in Touch

To contact the hash, please refer to '[Co ntact](#)' for details of the hash mismanagement members.

Apart from this web site, there are two Email lists hosted by Yahoogroups. These are:

[fh3](#) Hash announcements and run information
[fh3trash](#) Jokes, contact ads, etc

Visiting Hasher

In case you are a visiting hasher and you couldn't find any crash space or just want to have a bit more privacy.

Anyhow - Please feel free to contact our mismanagement for the best hotel option!