Sash Laying Guide V2 *Changes since the initial version are marked with a sidebar on the left*

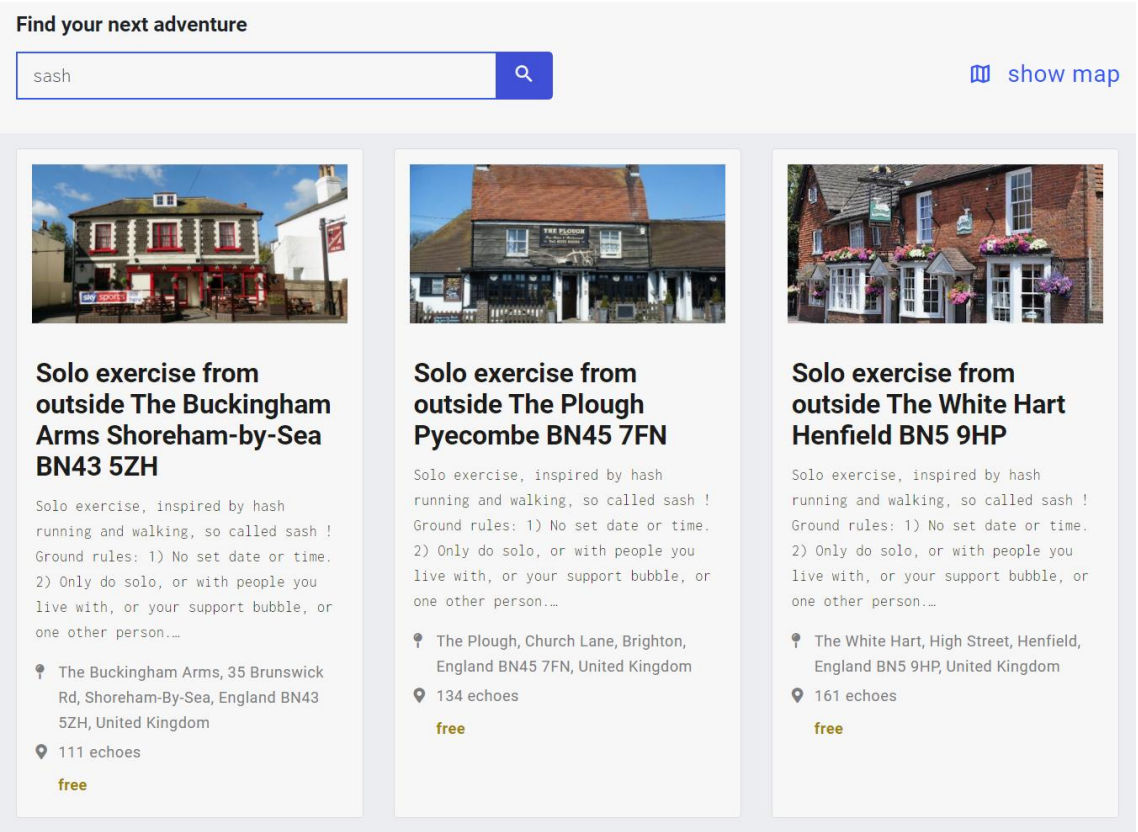
Here's a step-by-step guide for laying a solo hash, known as a sash.

The sash idea came about with the corona pandemic, to allow for local exercise, solo or with people you live with, your bubble, or one other 2 metres apart – according the rules you find yourself under.

For the uninitiated, a sash is somewhat like a hash run or walk. Though instead of *visible* marks of flour etc, that show the way, there are *audible* announcements of marks.

The announcements are made by your smartphone, or GPS-equipped tablet. To date, a free app named Echoes has been used. It's available for iPhone/iPad, and Android smartphones and tablets, collectively referred to here as devices. The app uses GPS to know where to announce marks.

The Echoes webpage for the first 10 sashes may be viewed by visiting https://explore.echoes.xyz/ and typing sash in the **Find your next adventure** box, as below. No need to press Enter, infact it does nothing. Clicking the magnifying glass instead finds *local* walks, which may or may not be sash trails.



To make the sash experience similar to a hash, you may like to have your trail start and end from outside a pub or bar, if that's the custom of your hash group. Existing sash trails are all from outside a pub, with titles that start Solo exercise from outside…, to show that the rules are being adhered to. Of course, dependent on when you read this, the pub or bar may well be closed at present anyway.

You might like to include familiar elements, such as a beerstop/pitstop, for essential exercise refreshment. Plus a circle-up near the end. And perhaps the odd fishhook. You might also like to include a shorter route for walkers.

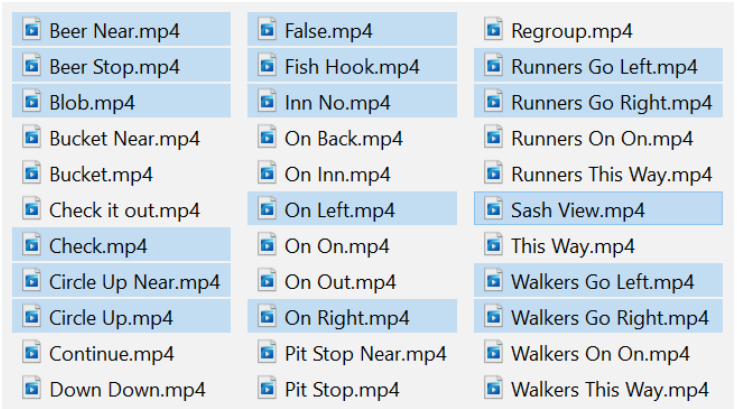
What you need

- An Apple/Android/Windows PC, laptop or tablet – with web access
- An Apple/Android smartphone or GPS-equipped tablet – to check the fruits of your labours
- A fair few hours – with practice, laying can be done in 3 hours, plus time to recce+trial if done
- An idea for a trail route and start/end point – experiment, using a paper map or online planner
- The file http://www.brightonhash.co.uk/Misc/SASH/SashPicsAndSounds.zip – contents as below

Sash marks

Here's the 8 pictures. The first row for marks on grass. The second for marks on gravel, or tarmac. Sash introduces a new mark, the square, used to indicate the start and end of a trail. As we shall see, only the first few marks are made visible. Hence pictures are needed just for those. The false pictures are typically unneeded. Likewise often the check pictures.

Here's the 33 sounds. The ones highlighted blue are commonly used. Each sound comprises an initial bazooka sound, to gain attention. Then a spoken word or words, such as Blob, or False, or Beer Stop. And then 15 seconds of silence, to allow for sound *repeat.* This for use for stretches of blobs. Or for a false *desert,* described subsequently. Early existing sashes used a rubber hooter initial sound instead.



The Beer Stop, Pit Stop, Circle Up, and Bucket (bar) sounds have a longer bazooka fanfare sound, per their importance. The Circle Up sound adds an adaptation of the traditional hash down down song. For which the Circle Up Near sound advises readying of exercise refreshment.

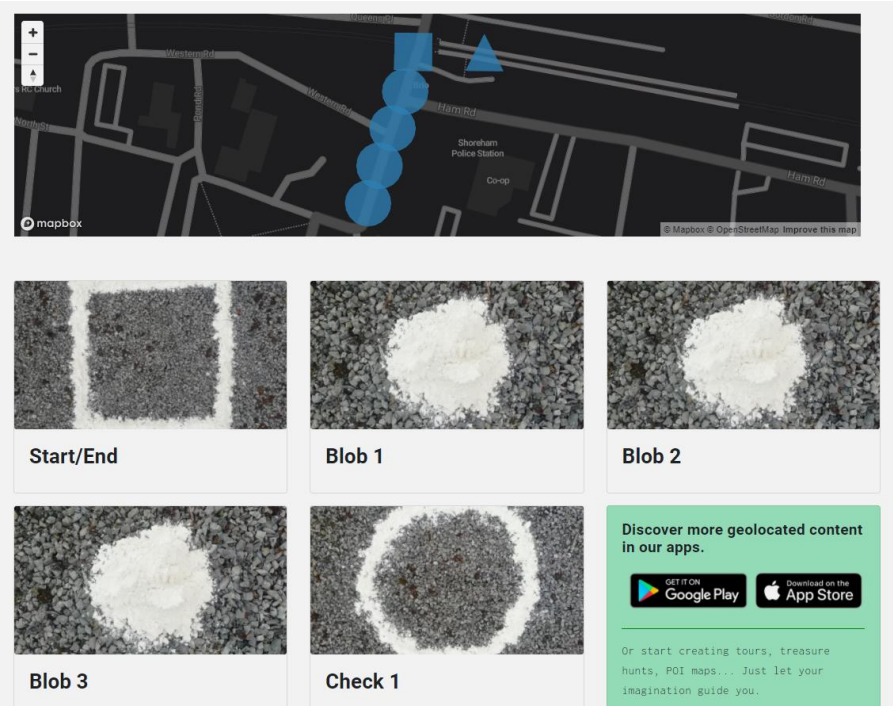
Creator website

Echoes sash trails are made using a Creator *Original* website. Or the more recent and generally better Creator *Beta* website, which we'll be using here. They can be used interchangeably, one at a time, to edit the same trail. And are collectively referred to here as the Creator website.

The Echoes webpage for a trail is viewable using the mentioned **Find your next adventure** box, or via a link to the webpage. Similar information is viewable with the Echoes app, prior to trail run or walk.

Trail tips

- It's an idea to make your sash a bit *shorter* than a hash, as it might be just one or two people at a time doing the sash. So they'll cover plenty of distance, checking false trails. Inparticular walkers, for whom hash check marks are usually pre-kicked through, by the runners ahead. Walkers-only sections can forego checks.
- Per a hash, best avoided are trail sections that go *close* to an earlier section, to avoid inadvertent shortcutting: GPS can be inaccurate if there are nearby buildings or overhanging foliage, and also as devices age: You don't want a device announcing marks for *another* section of the trail.
- Place marks in *advance* of where they should sound. This so that they do so in good time, in case GPS is inaccurate, and due to Echoes app *lag*.
- The app includes a map, that shows *only* the marks that have been made visible. The Echoes webpage for a trail has a similar map, for example as below, that shows the first five marks, *regardless* of their visibility. For that reason, and to guide the uninitiated, the existing sash trails make visible the start/end square, and the next four marks. Hence showing the initial direction, and avoiding inadvertent find of the in-trail. Thus your first check should be *no sooner* than the fifth mark, to prevent the maps revealing the onward trail. Sash adds one additional mark, the triangle, for accessing a *help map* of the whole trail, described subsequently.



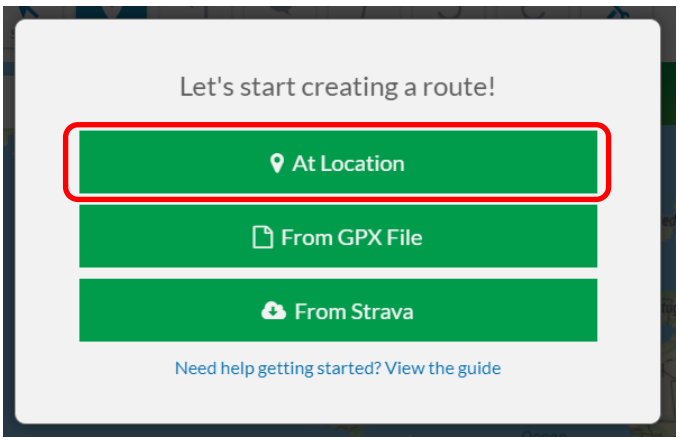
- Twiddly bits can be tricky: Each section might be *too short* to include a mark. And marks might announce in the wrong place, due to GPS inaccuracy and app lag. If a twiddly bit is unavoidable, include a check in advance. And cover all the wrong ways with a false desert.
- Avoid though a twiddly bit at the start. This so initial direction is clear, and to leave room during the first five marks for On Left, On Right and a final Check, as need be. A straight start is best.
- Avoid a twiddly bit *just before* the runners and walkers routes *diverge.* This to leave room for eg a Runners Go Left mark, and then a Walkers Go Right mark, as need be.
- Similarly, avoid a twiddly bit on the runners-only section *just before* the routes rejoin. This to leave room for eg a Runners Go Right mark, if need be. Instead using a simple On Right mark could be overheard by *walkers,* due to GPS inaccuracy, and they might think it's for them.
- Likewise, avoid a twiddly bit on the walkers-only section *just before* the routes rejoin. This to leave room for eg a Walkers Go Left mark, if need be. Instead using a simple On Left mark could be overheard by *runners,* due to GPS inaccuracy, and they might think it's for them.
- And avoid a twiddly bit just before the end. This to leave room for a mark showing the way to the end, if need be. Also room for an Inn No mark, which is the sash take on a hash On Inn 😊
- Have a think as to a good spot for a Beer Stop / Pit Stop, and prior Beer Near / Pit Stop Near. Generally, about half-way around. Perhaps in an inconspicuous spot, lest exercise refreshment be mistaken for social drinking. Separate stops for runners and walkers routes may be needed.
- Have a think too as to a good spot for a Circle Up, and prior Circle Up Near. Generally near the end, in lieu of a pub garden or back room. Ditto the Beer Stop / Pit Stop remarks.
- To make the sash experience hash-like, you may like to include the odd Fish Hook. For a sash, this means return to the last check, then rerun that section !
- Per a hash, nothing beats an on-the-ground recce of your runners and walkers route, to tweak sections and remedy glitches, if need be. Also to chose placement of checks, a beerstop/pitstop, a circle up, fishhooks, and so on. A recce can serve as allowed exercise. If unable to recce, for example if too distant, Google Street View can be handy for viewing road sections.
- After creating your sash, an on-the-ground trial of the runners and walkers routes can be fun, if not too distant. A trial can serve as allowed exercise too. Follow with any fixes needed.

The tips variously feature in the trail created with this guide. Anyone can follow the guide, to create the trail, as each person's trail is separate. The trail is from outside The Royal Oak pub in Wineham, in West Sussex in England, BN5 9AY, as pictured below.

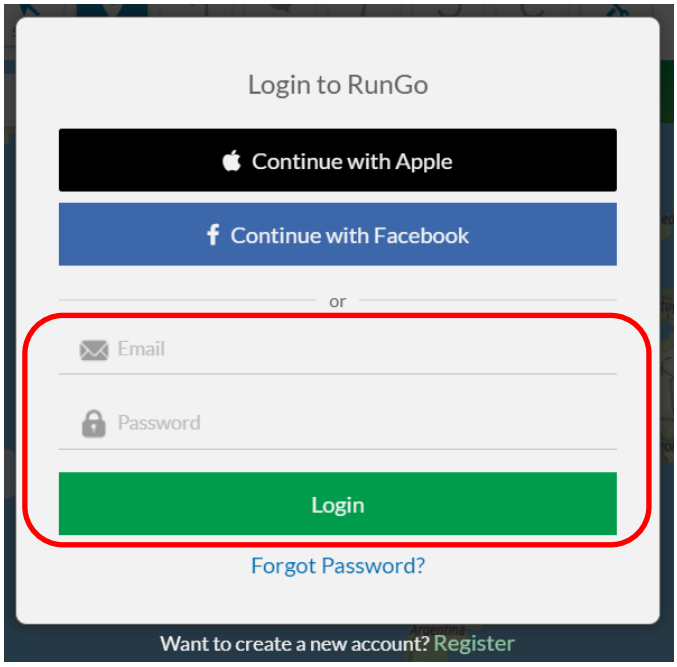
Draw the trail

On paper, or using an online planner, draw the runners route and walkers route, as a guide for creating the sash in Echoes Creator. Also, for use in creating the triangle help map. Either from an emailed photo of a paper route. Or based on a screenshot of an online planner route.

A planner of course has the benefit of reporting route length. Existing sash trails have all used RunGo: Click https://routes.rungoapp.com/route/new, and if you've used before, and your browser remember your login details, namely email address and password, the popup below will appear. Click At Location initially. If prompted for location, enter the pub postcode, BN5 9AY.

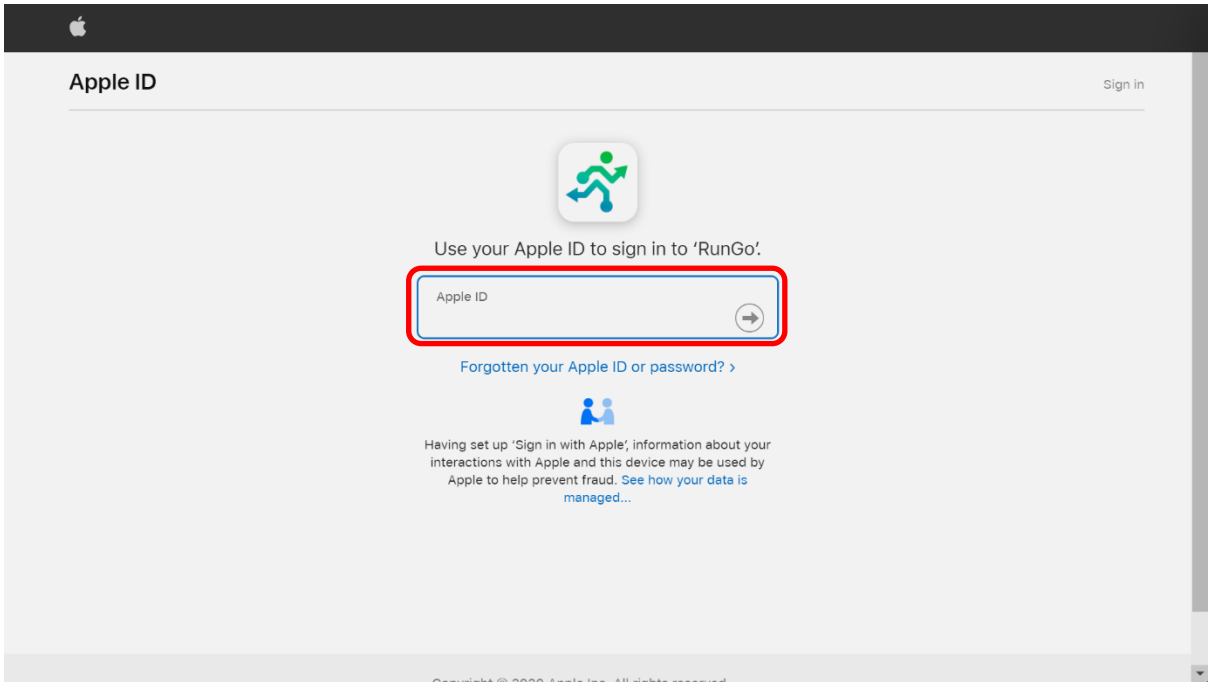


If your browser *hasn't* remembered your logon details, the popup below will appear. Enter the email address and password that you use for RunGo, and click Login. Then click At Location, as above.

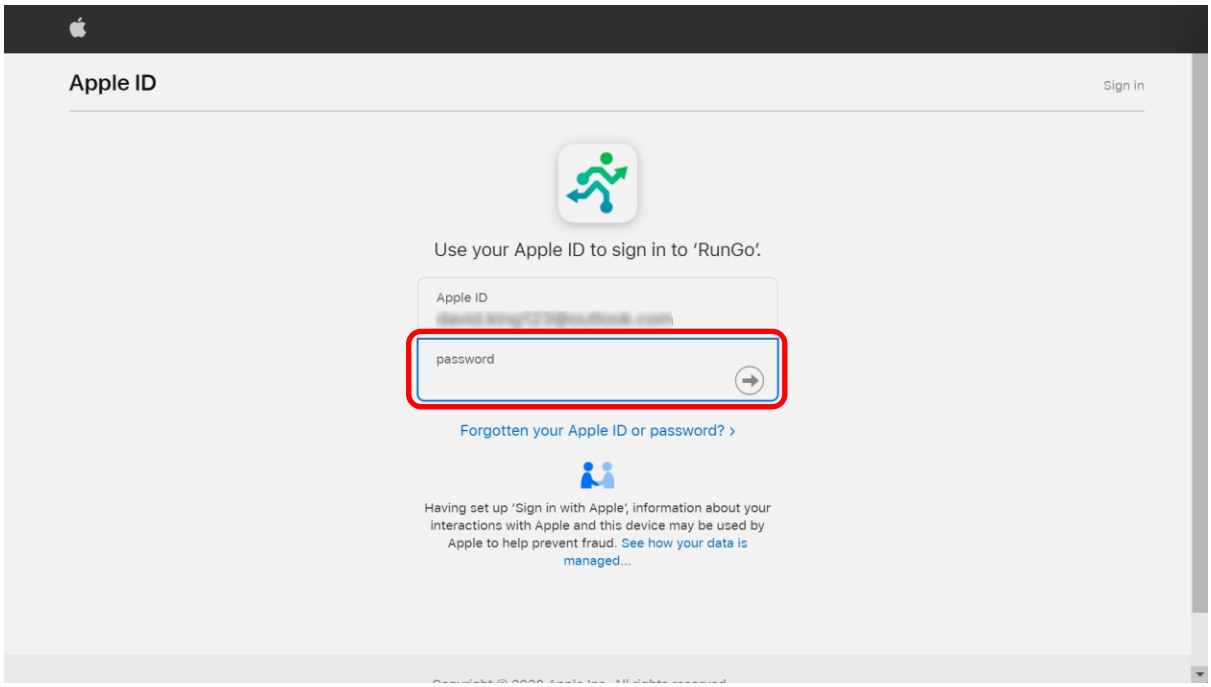


Or if you're new to RunGo, in the popup above click Continue with Apple or Continue with Facebook, or click Register at the bottom.

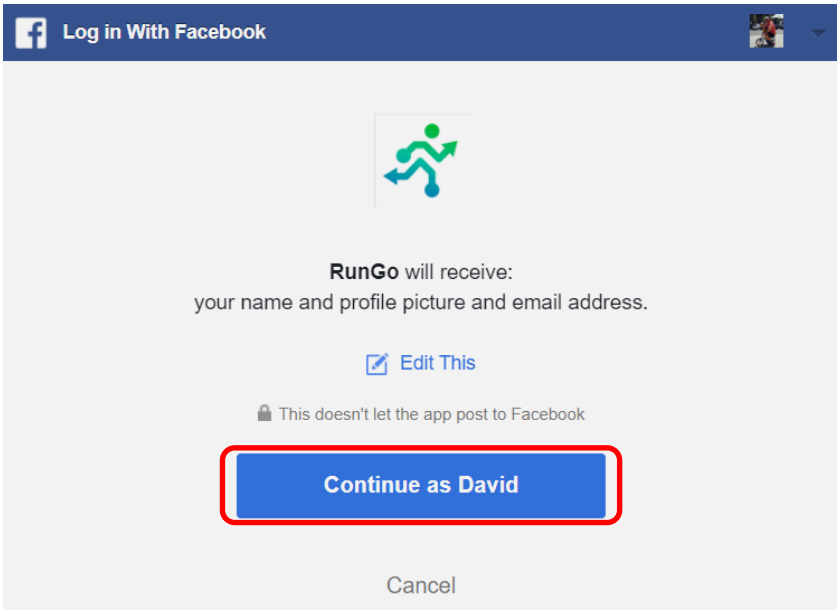
If you clicked Continue with Apple, the screen below will appear. Enter your Apple ID email address, and press Enter or click the grey arrow.



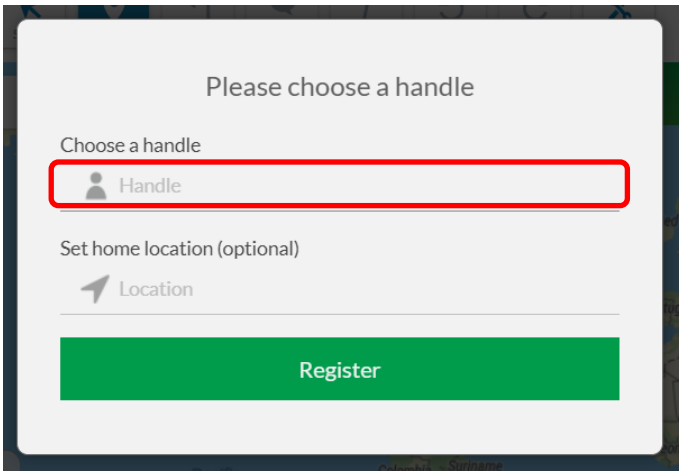
Now enter your Apple ID password, and press Enter or click the grey arrow:



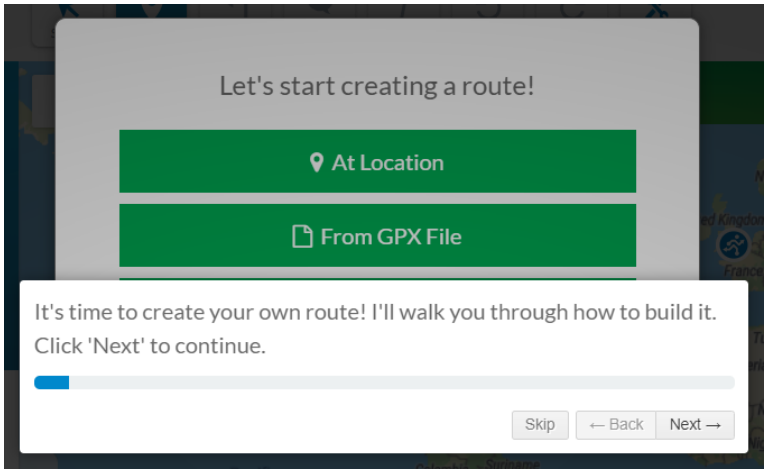
If you instead clicked Continue with Facebook, the popup overleaf will appear. Click the blue button.



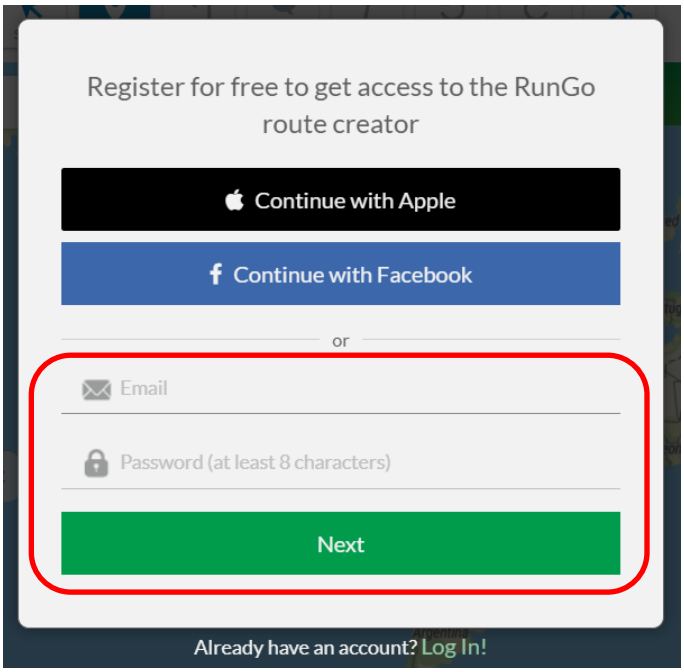
The popup below will then appear. Enter a handle, for example your hash one, and click Register.



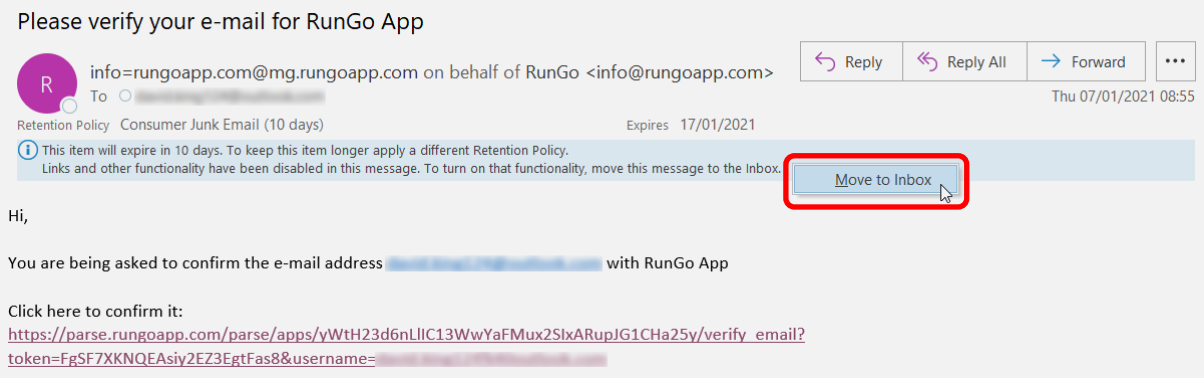
You'll then be offered as below, a helpful hands-on walkthrough that takes just a few minutes.



If you instead clicked Register, enter an email address and password, then click Next.

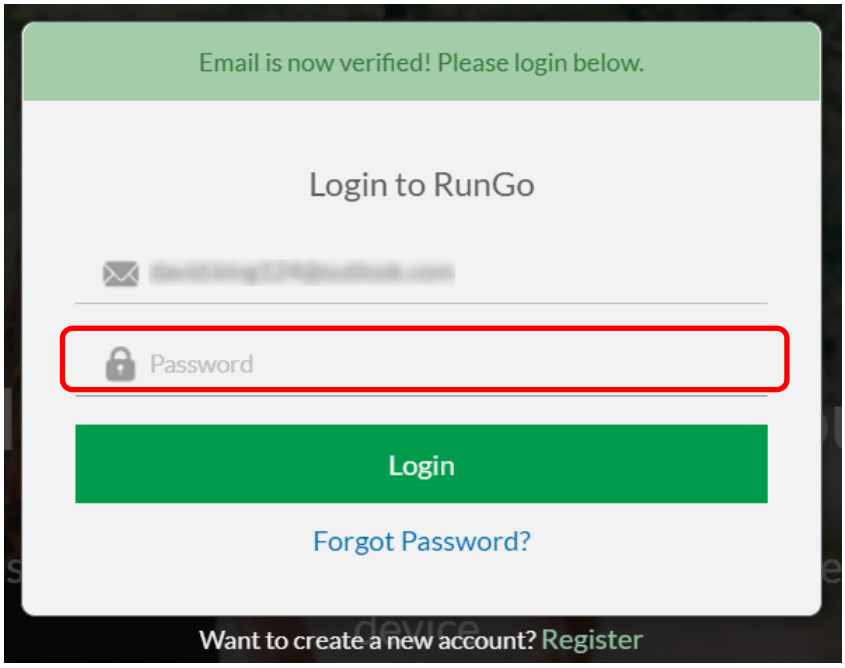


You should then receive an email. If may go to your Junk Email folder or Spam folder, appearing for example as below in Outlook. If so, hover the blue banner, and click Move to Inbox.

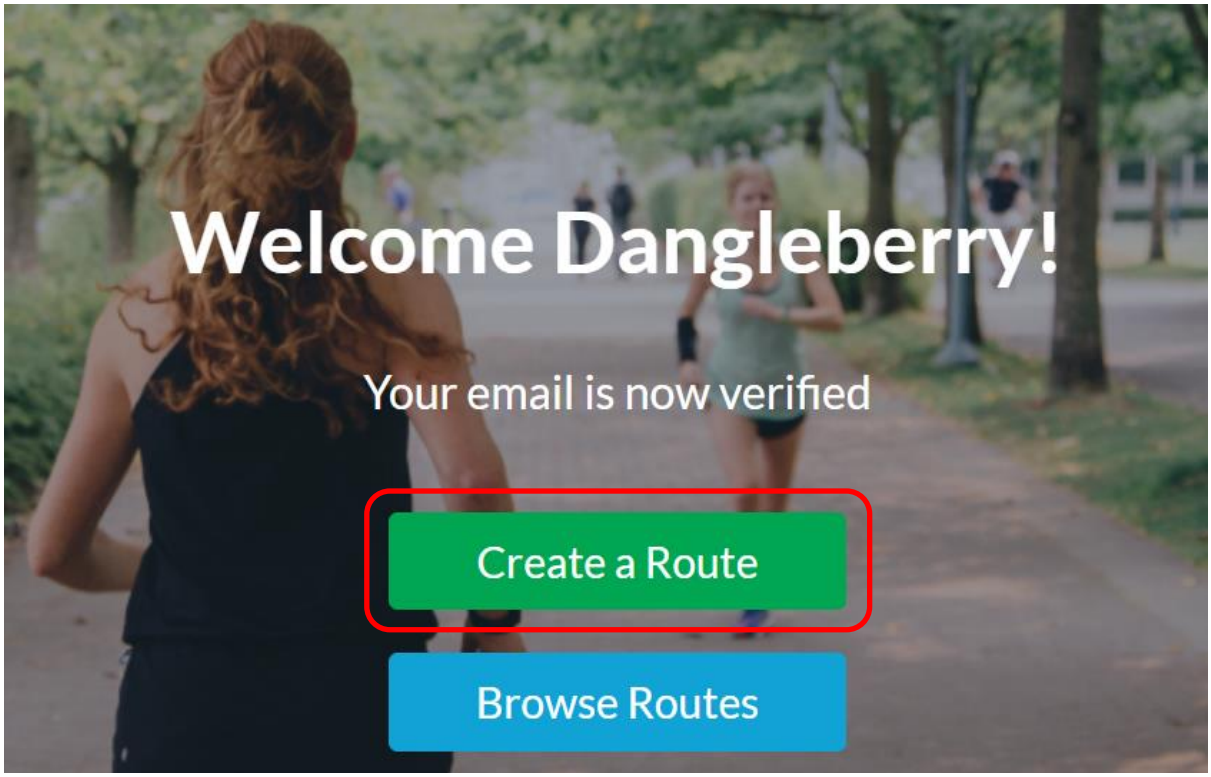


With the email in your Inbox, you'll now be able to click on the link, to confirm your email address.

The popup below should then appear, with your email address pre-entered. Type the password you chose, and click Login.

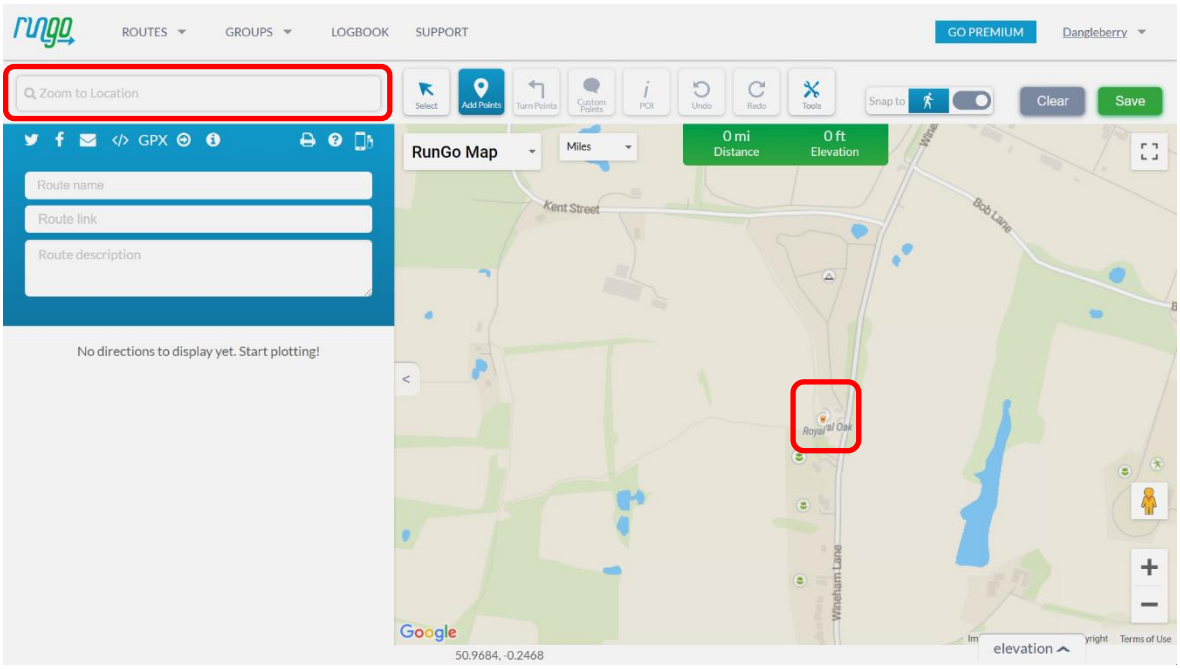


The screen below should then appear, showing your handle. Click Create a Route.

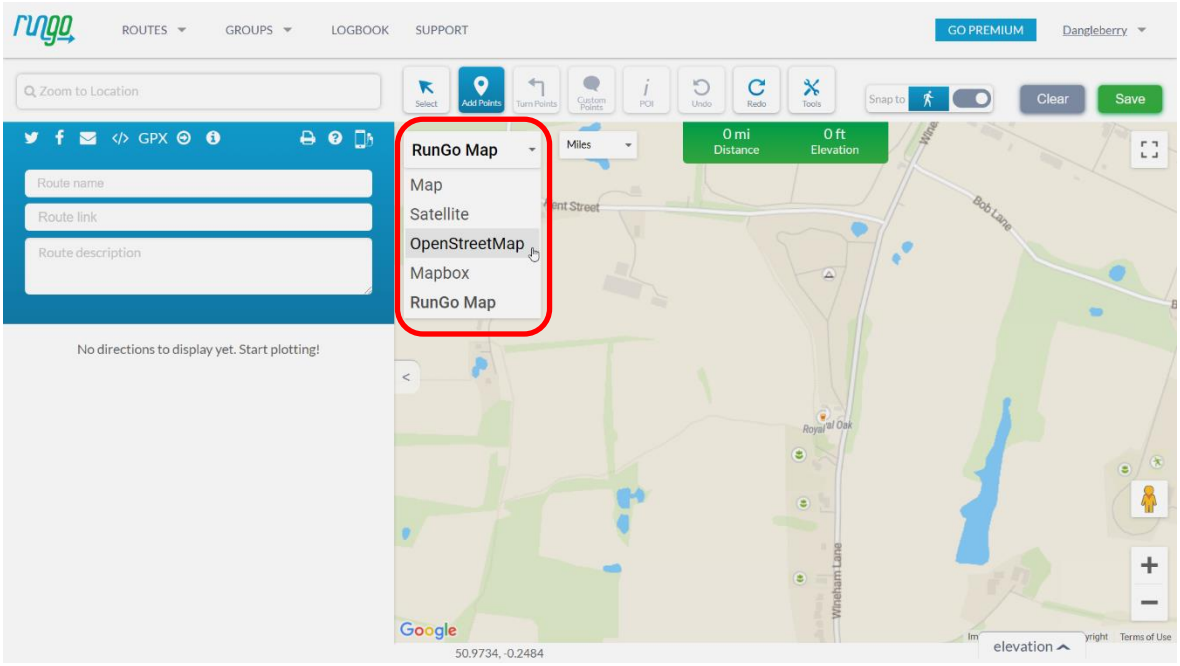


Runners route

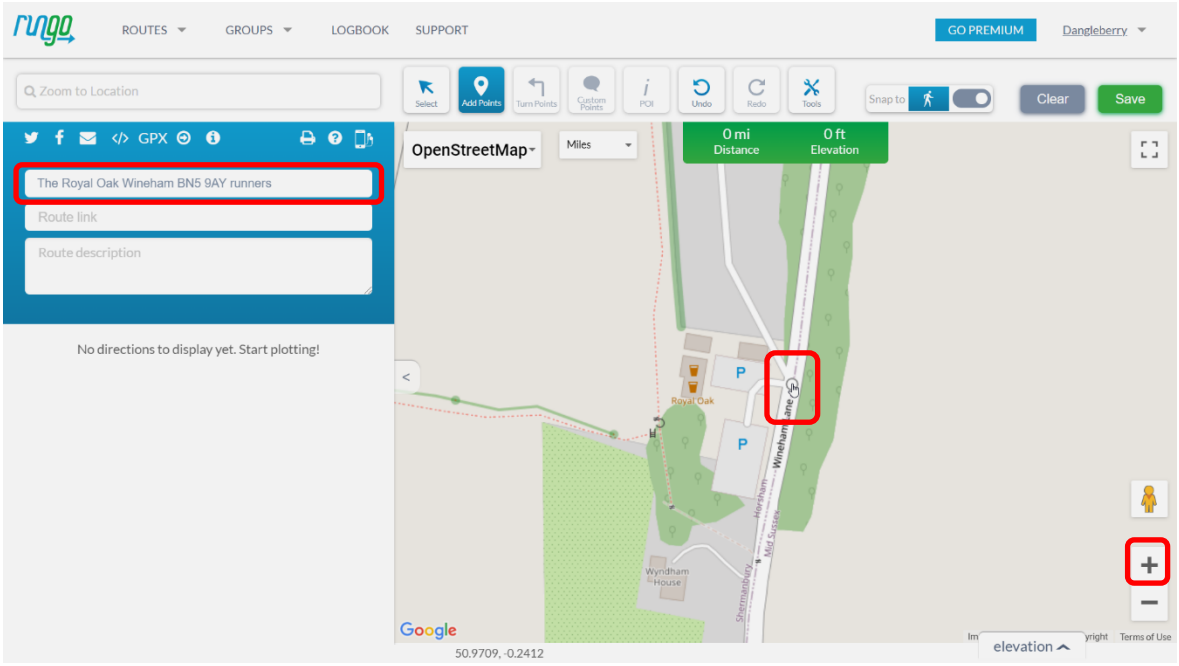
The screen as below should appear. If you weren't prompted for the pub postcode, BN5 9AY, enter it in the Zoom to Location box at top-left, and press Enter. The map should then centre on the pub:



Click on **RunGo Map**, and chose instead the more detailed **OpenStreetMap**.



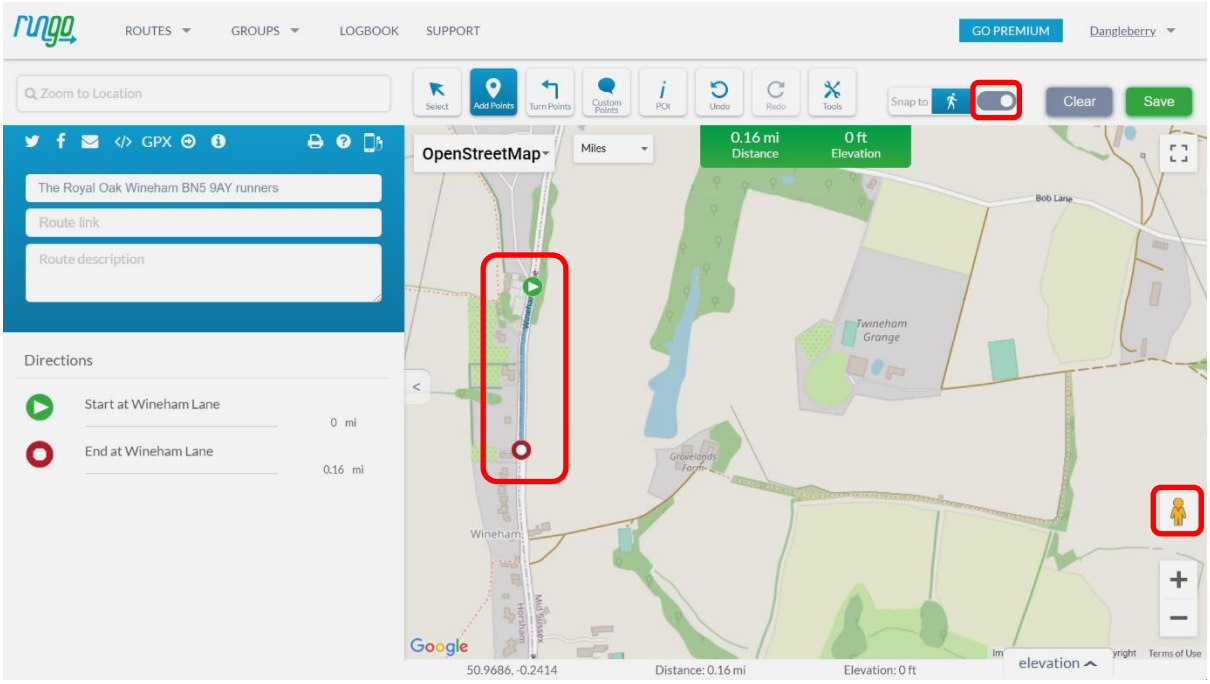
As overleaf, in the Route name box near the top-left, type The Royal Oak Wineham BN5 9AY runners. Zoom-in on the pub, with mouse wheel, or the plus button near the bottom-right. Then click on the road outside the pub. This will create a route start point, being the white circle as pictured.

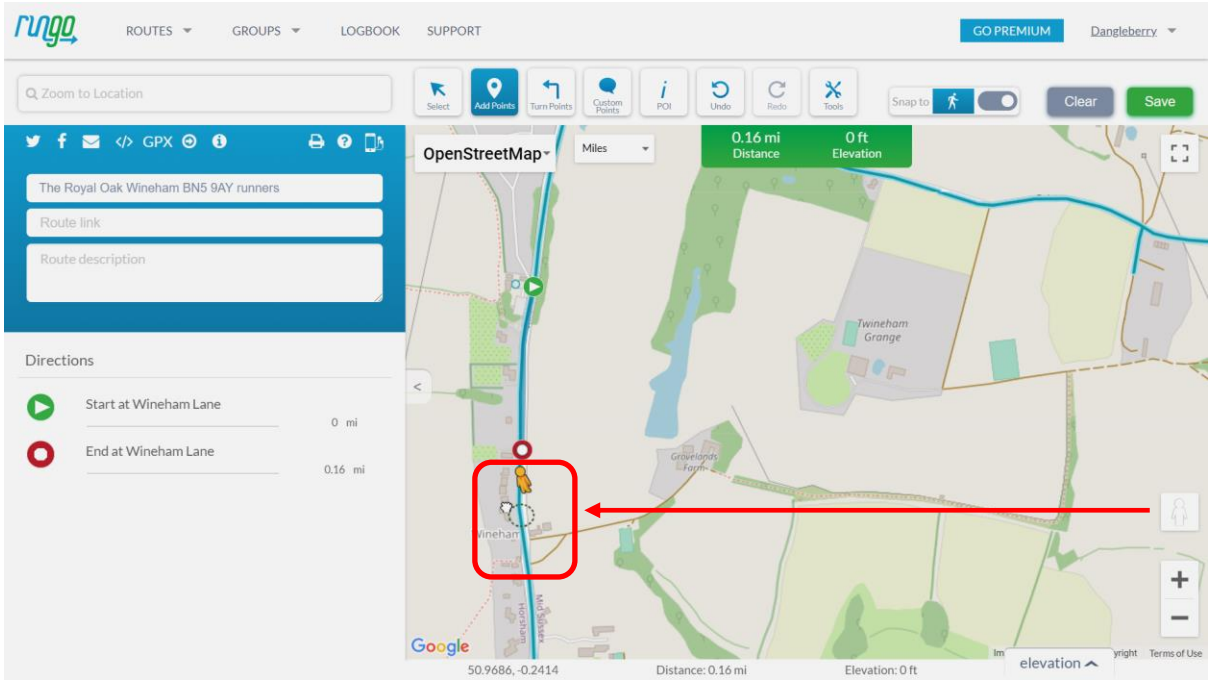


You can then zoom-out, using mouse wheel, or the minus button near bottom-right. Then as we'll see below, click in turn on points along the route. Do so until you're back at the pub.

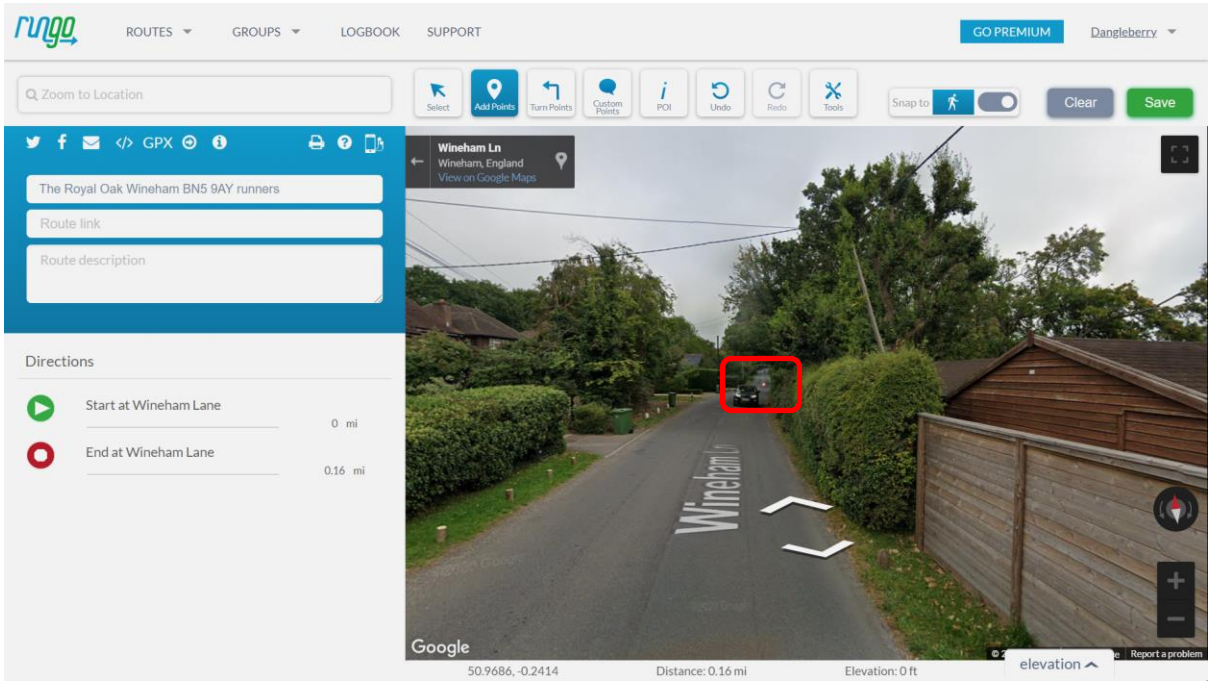
RunGo works best if each click is *part way* along a road or path, rather than at a junction: RunGo automatically draws the route along the roads or paths inbetween, choosing the *shortest* way. If you need to go off-piste, switch off the Snap to slider near the top-right, for the duration.

Here's how the screen looks after the first click along the route. The green symbol is the route start. And the red one the route end, so far. Note the Google Street View pegman, near the bottom-right. Meaning that from within RunGo, on-road locations can be viewed. For example, by dragging the pegman to the position as pictured overleaf.

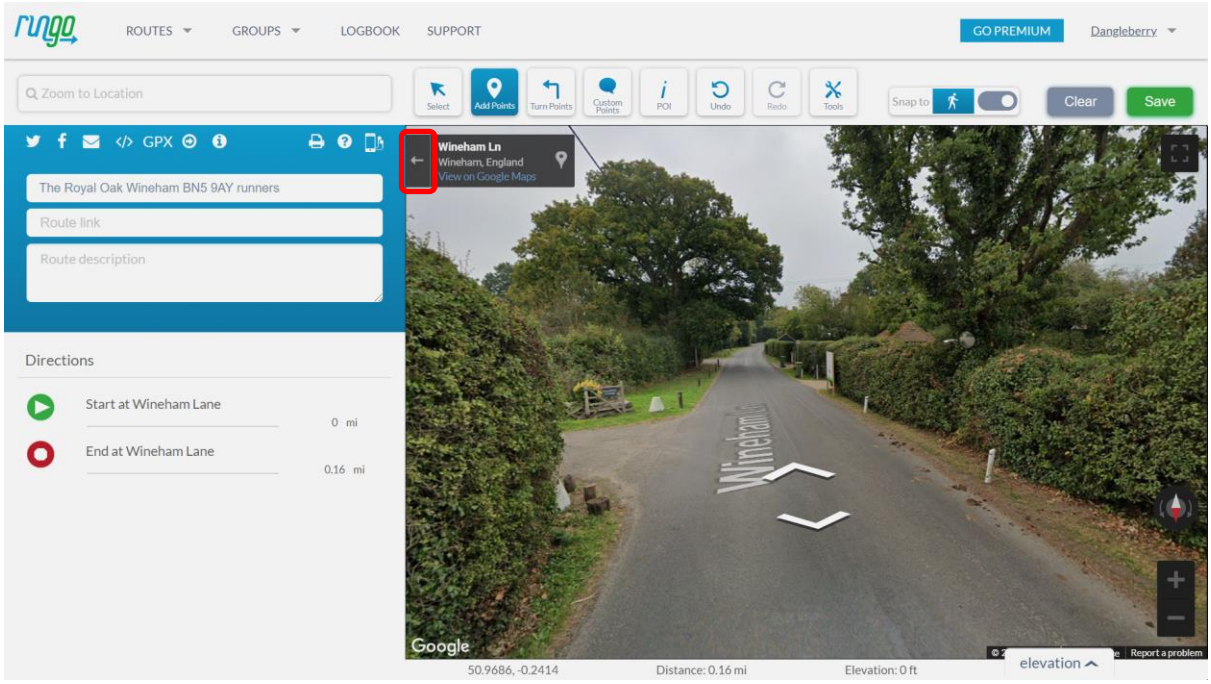




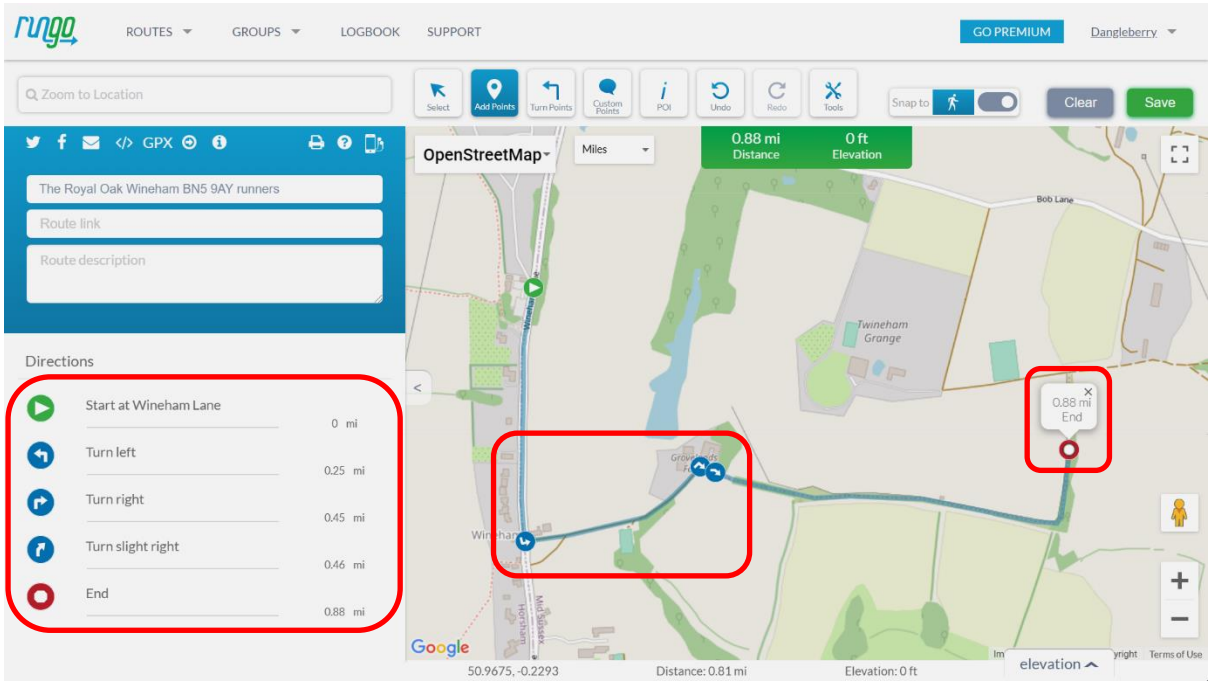
Releasing the mouse button yields the following view, facing north, with the red symbol just visible to the right of the car. If you move closer, the symbol will get bigger.



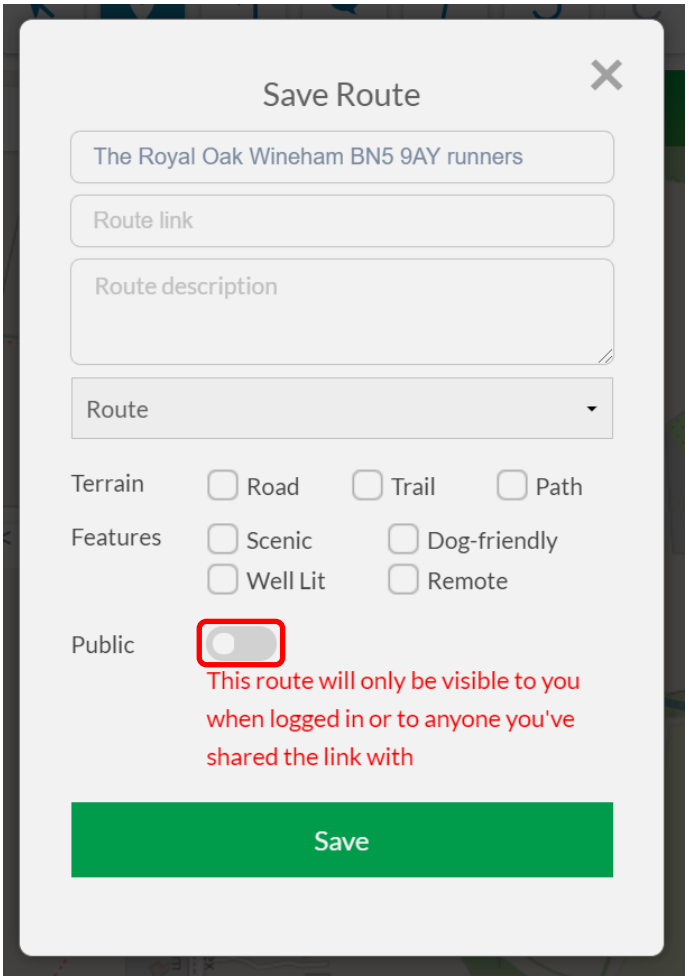
Spinning around, and moving south a little, brings you to the view overleaf, where the runners route will take a left turn onto a track. The arrow at the top-left of the image returns you to map view.



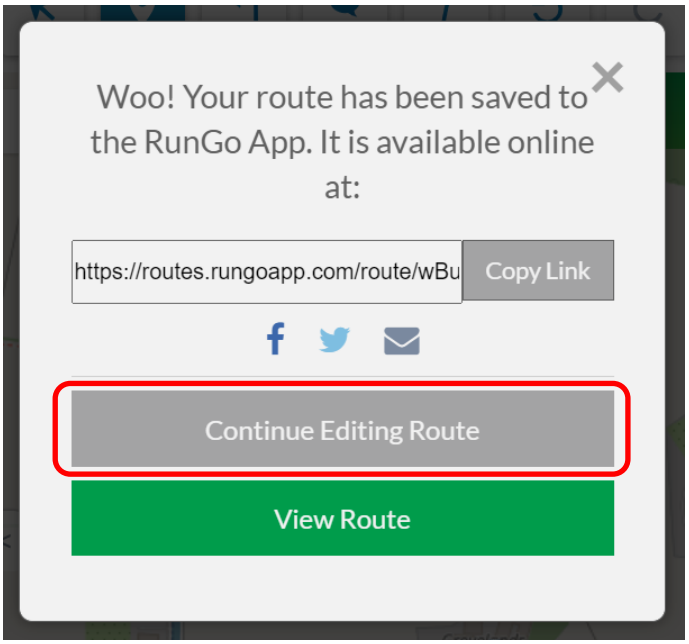
Here's how the map looks after the second click along the route. Note the blue direction-change symbols, automatically added by RunGo. Note also the 0.88 mile route length thus far, showing above the red symbol. The symbols and their distances are listed at bottom-left.



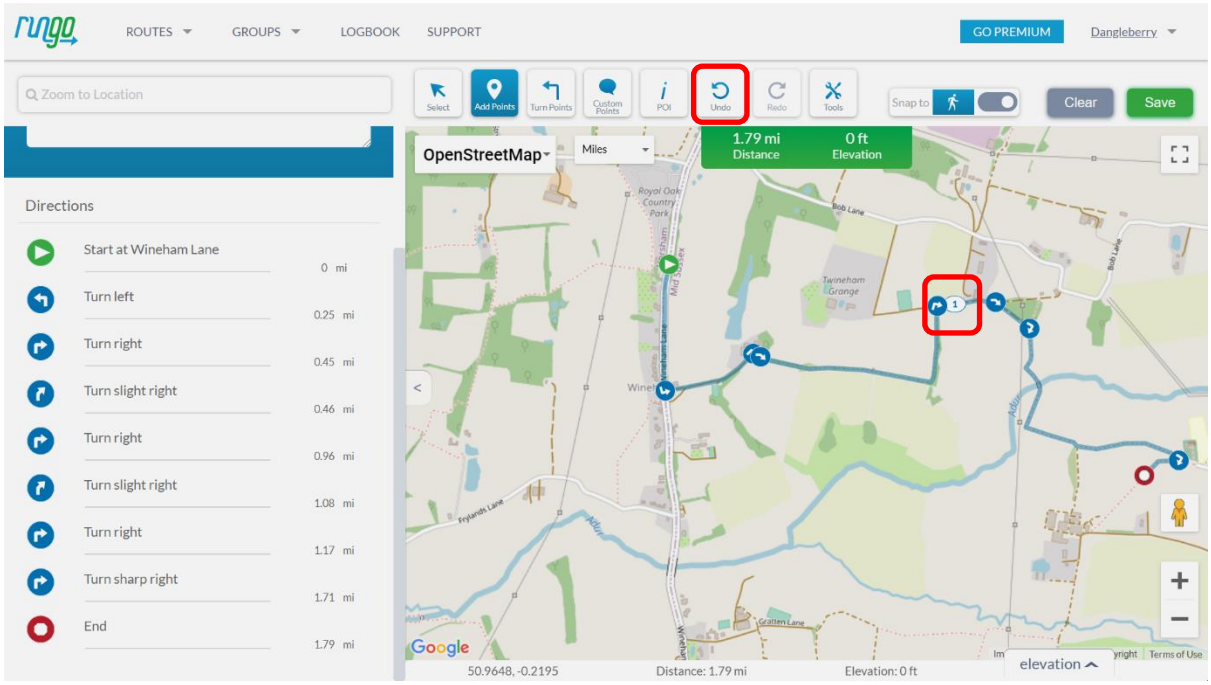
To save your work so far, click Save near top-right. The popup overleaf will appear. Switch off the Public slider, to keep the route under-wraps. Then click the Save button.

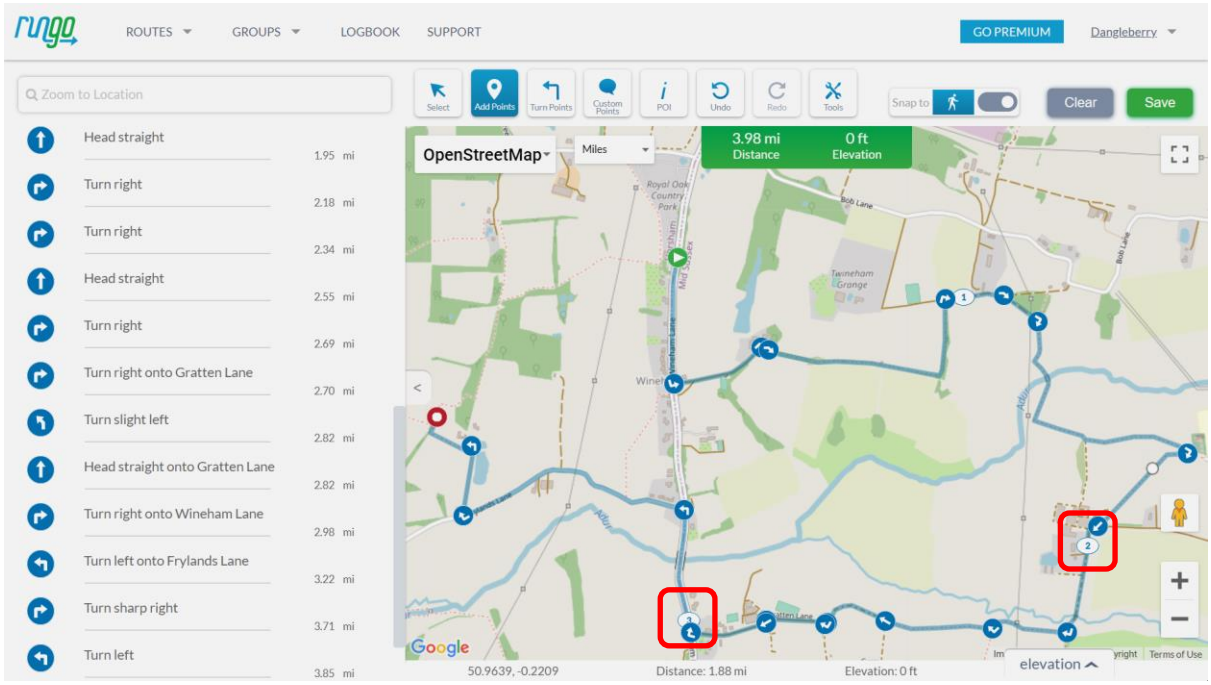


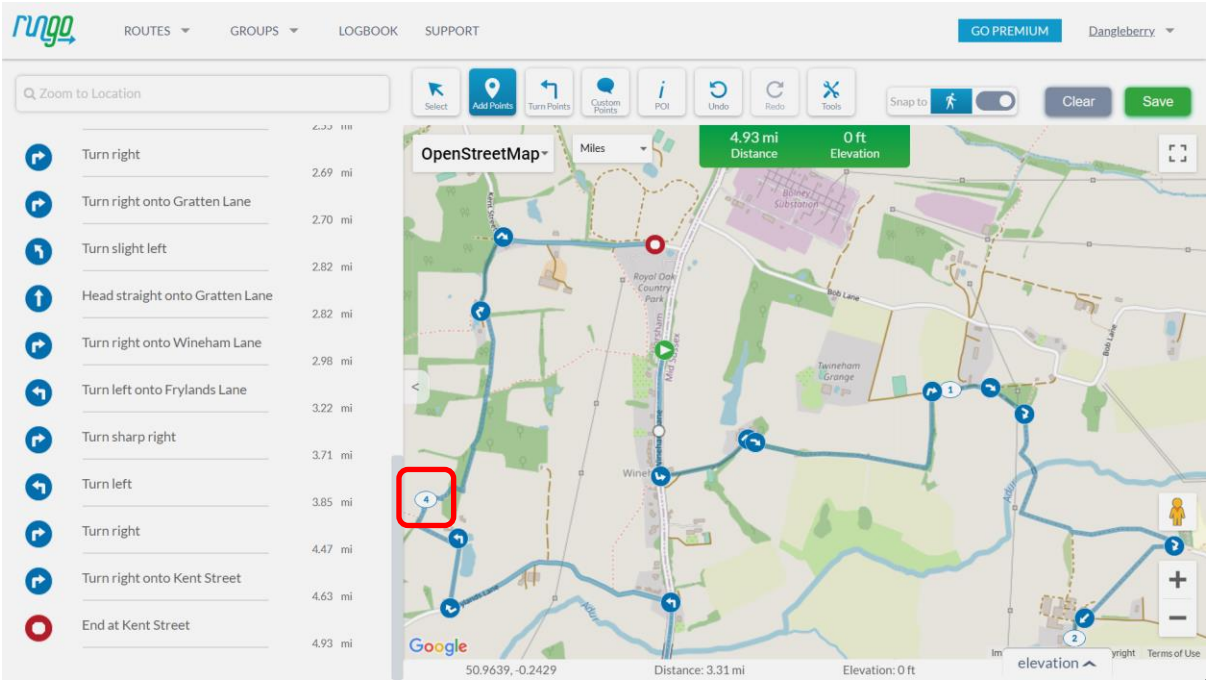
The popup below will appear. Click Continue Editing Route.



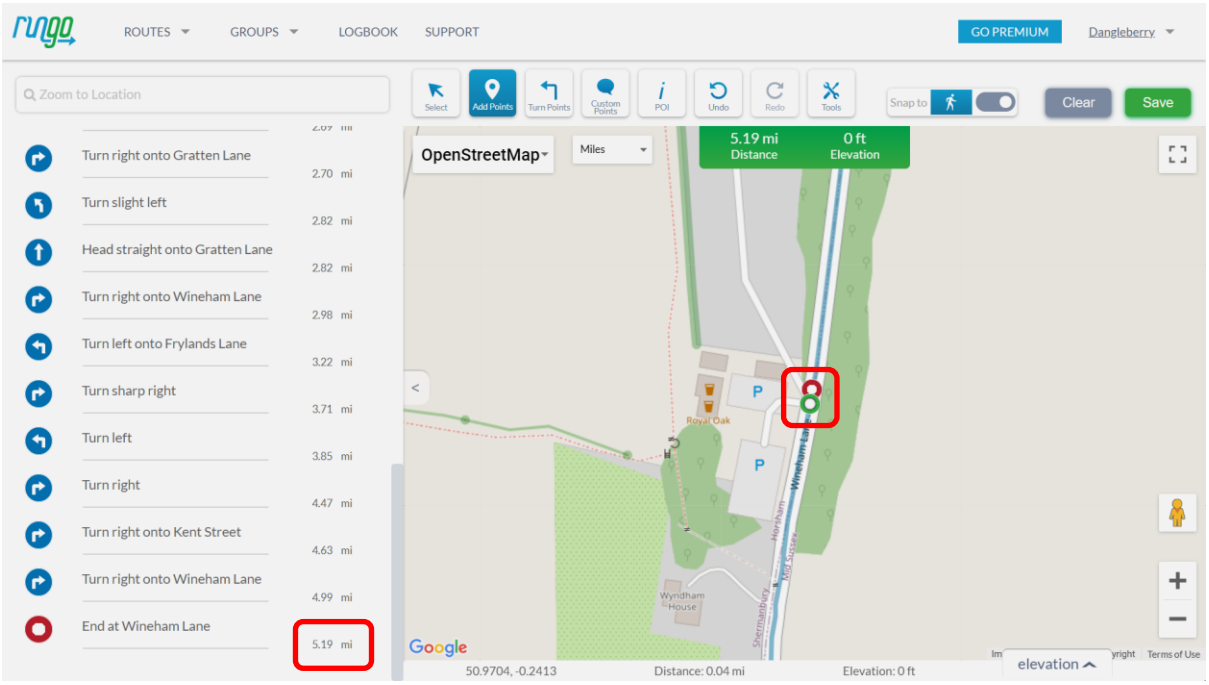
The following screens are how things look after each successive click along the route, now zoomed out a bit. Note the white mile marker symbols, automatically added by RunGo. Note also how far along the route it's possible to place each click, with RunGo automatically drawing the route inbetween clicks. If you overdo it, or make a mistake, Undo at the top-centre of the screen undoes the last click.





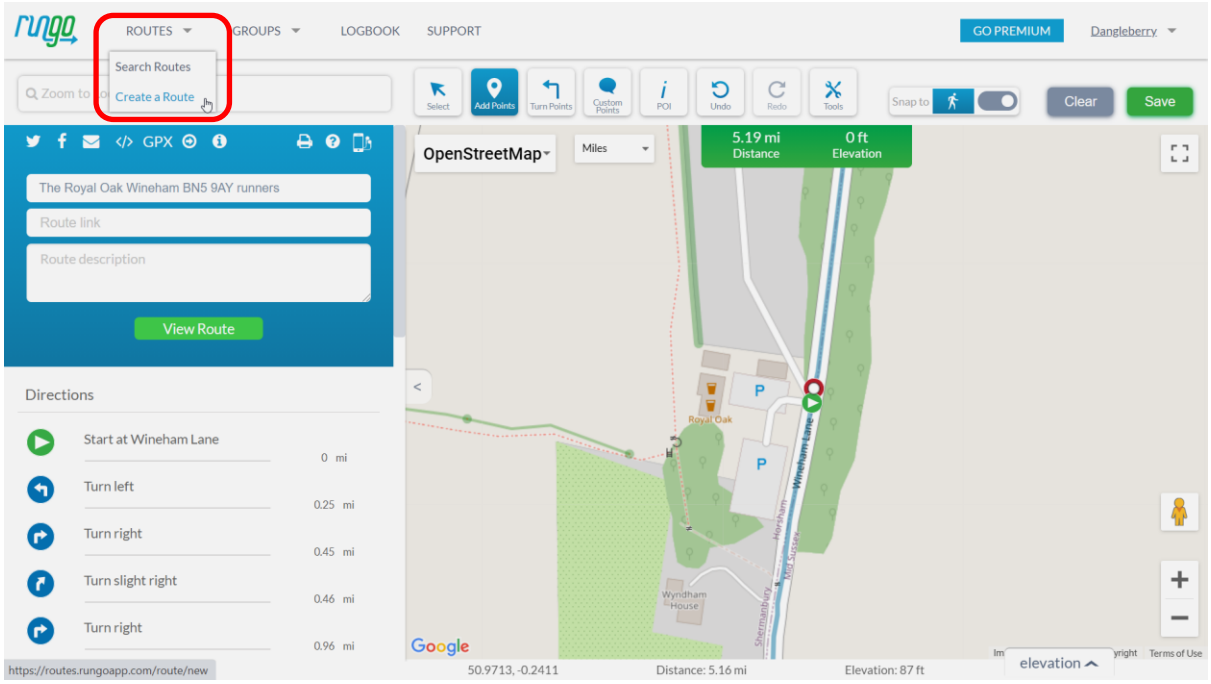


For the last section, zoom in on the pub, then click just before the start/end point, as below. This so that a blue square can be placed *over* the green and red symbol, if the help map is based on a screenshot. Note that we now have a runners distance, of about 5.2 miles, which actually is a bit long. Save your work, as described previously.



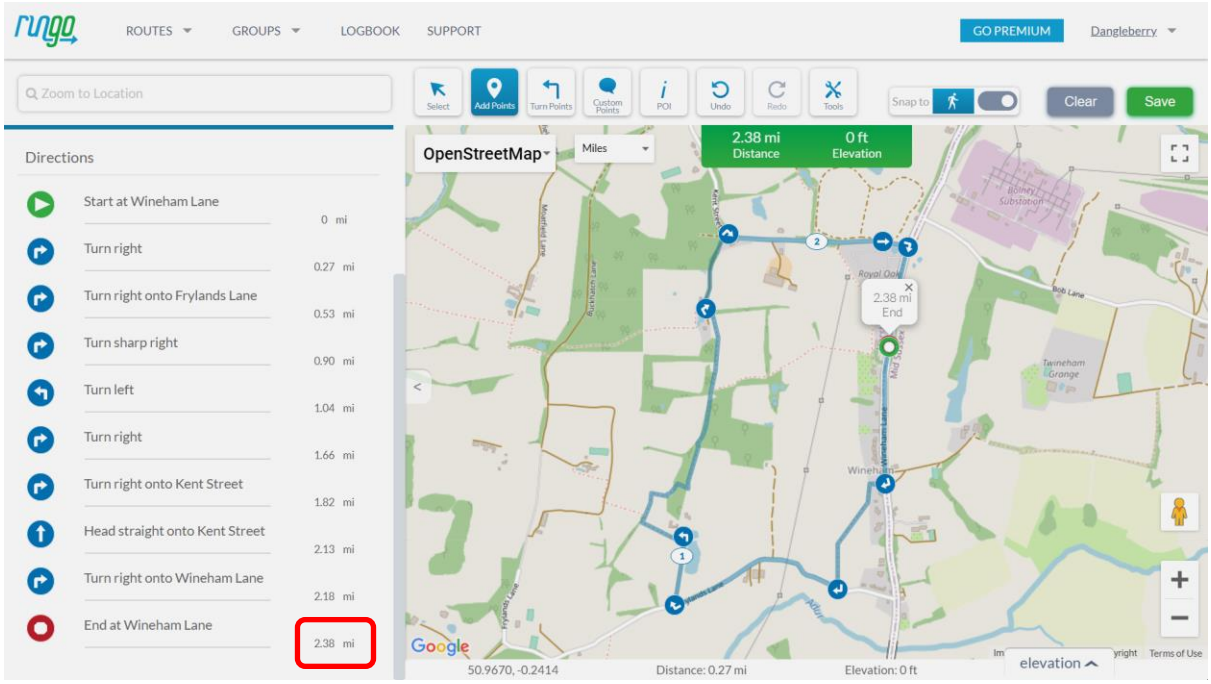
Walkers route

We'll now draw the walkers route, just to find the distance: As overleaf, click ROUTES near the top-left, then Create a Route.



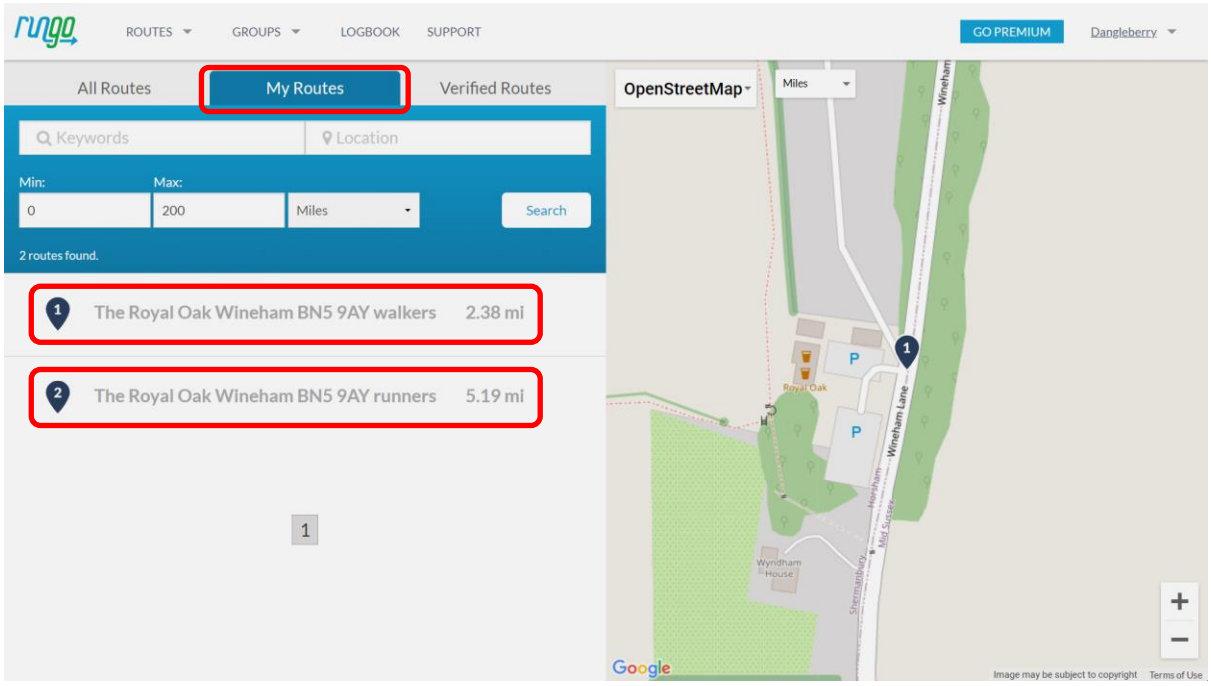
As before, click At Location initially. If prompted for location, enter the pub postcode, BN5 9AY. Otherwise, enter the postcode in the Zoom to Location box, at top-left, and press Enter. The map should then centre on the pub. You'll need to choose **OpenStreetMap** again, in the dropdown.

In the Route name box, near the top-left, type The Royal Oak Wineham BN5 9AY walkers. As before, zoom-in on the pub, and click on the road outside, to create the route start point. Then zoom-out, and click on points along the walkers route, which is as pictured below, until back at the pub. Note that we now have a walkers distance, of about 2.4 miles. Save your work, as described previously.

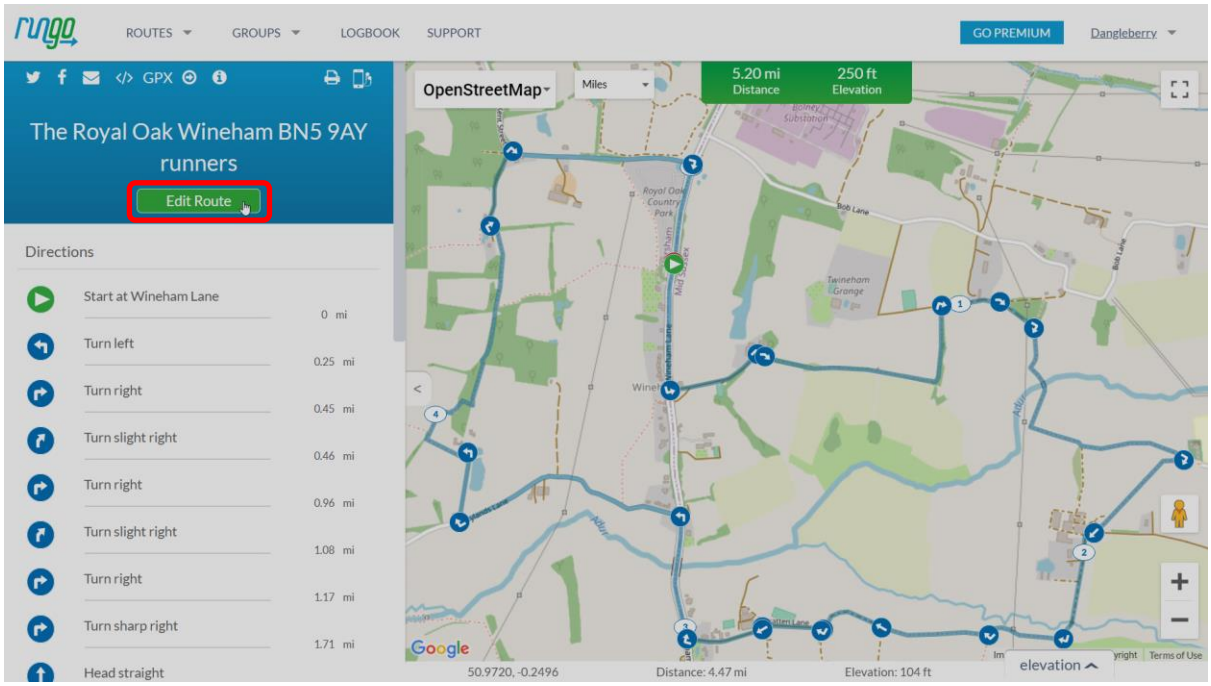


Viewing your routes

Click ROUTES near top-left, then Search Routes. Then select the My Routes tab. Click a route to view.

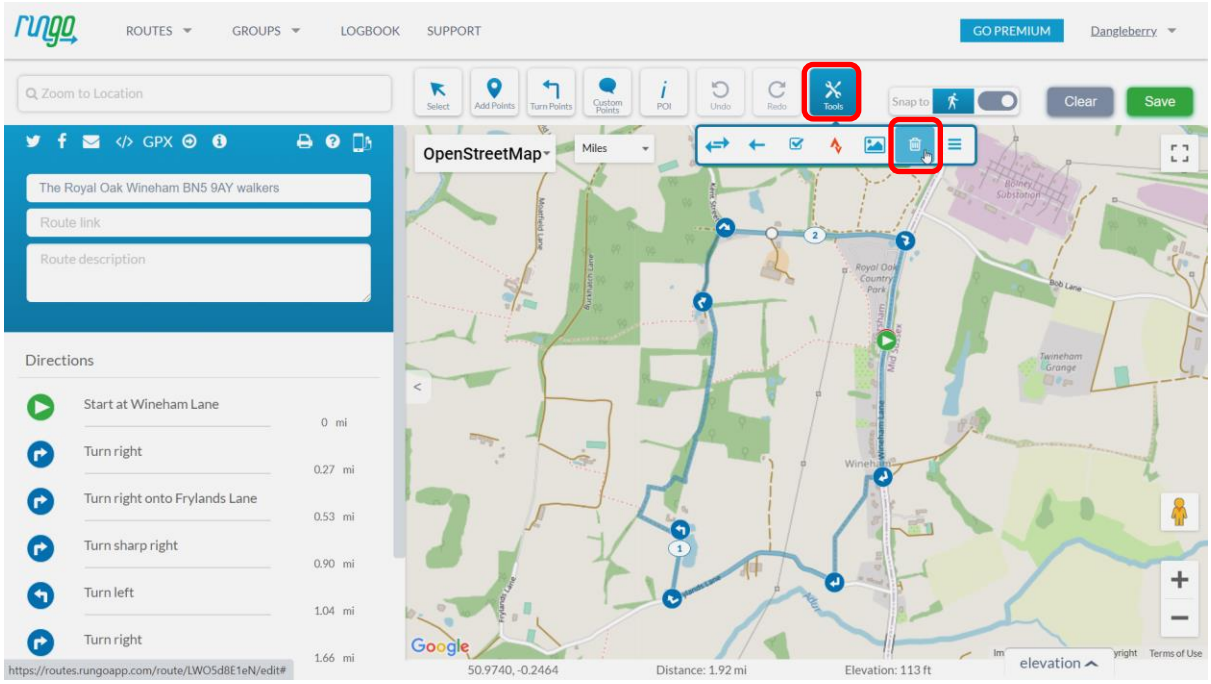


For example here's with the runners route clicked. To re-edit, click Edit Route.



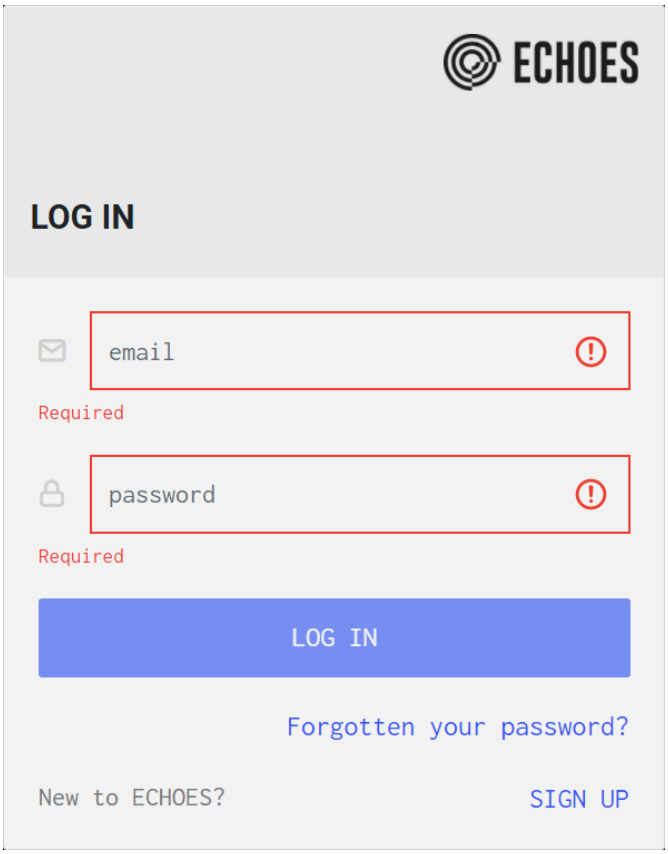
Deleting a route

With a route open for editing, click Tools, then the bin, as overleaf, then OK.

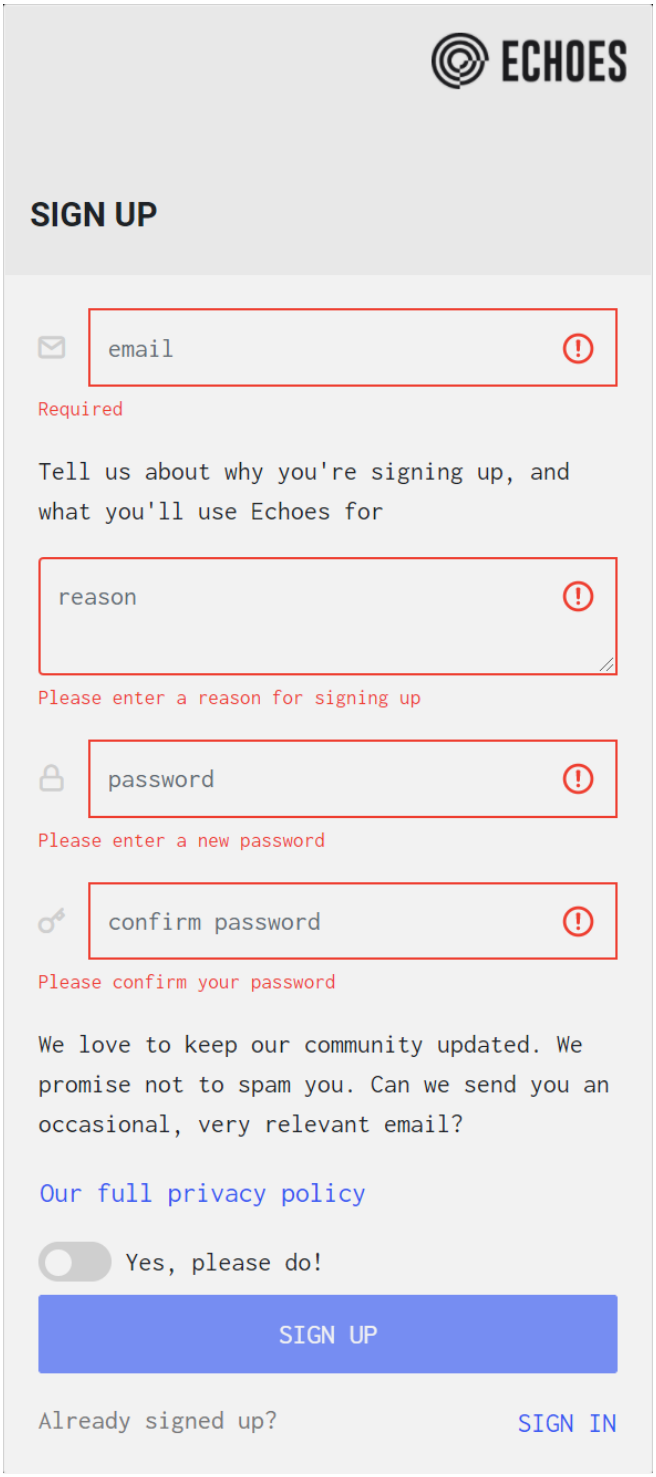


Echoes signup

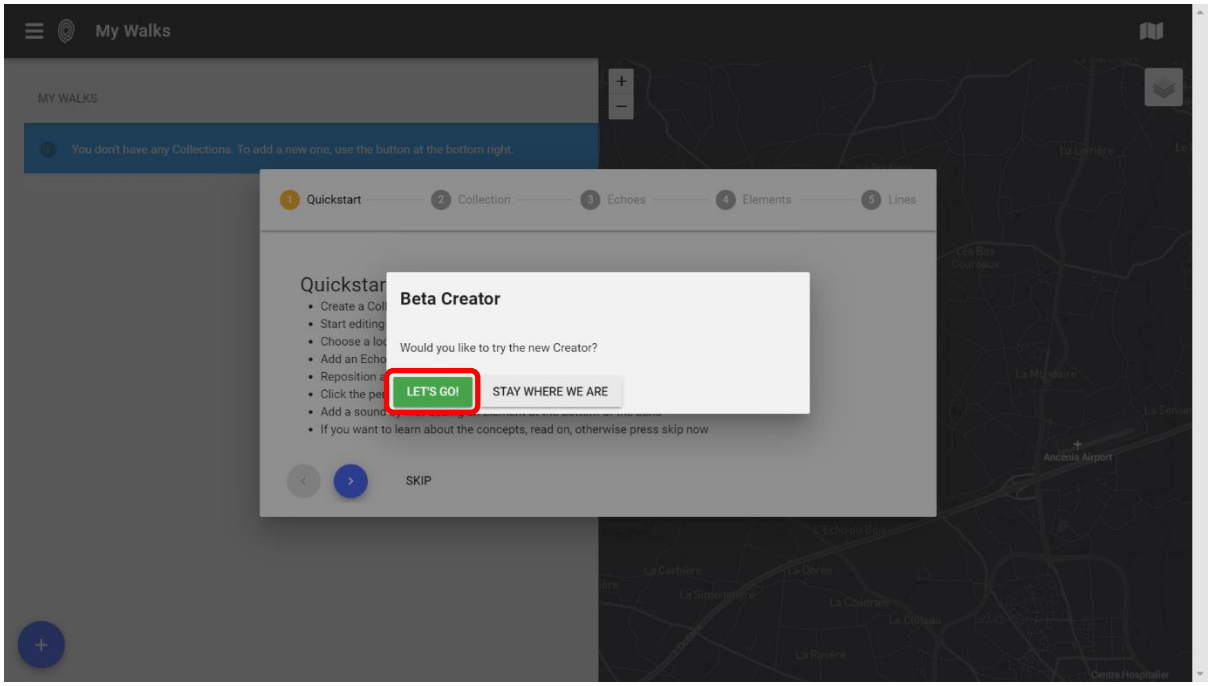
Now the fun starts: If you've used Echoes Creator before, at https://creator-beta.echoes.xyz/login enter the login details you use, comprising email address and password, and click LOG IN.



Otherwise, at https://creator-beta.echoes.xyz/signup, complete the signup form as below: Type your email address. For reason, type eg For guided runs/walks. Choose a password. And click SIGN UP.

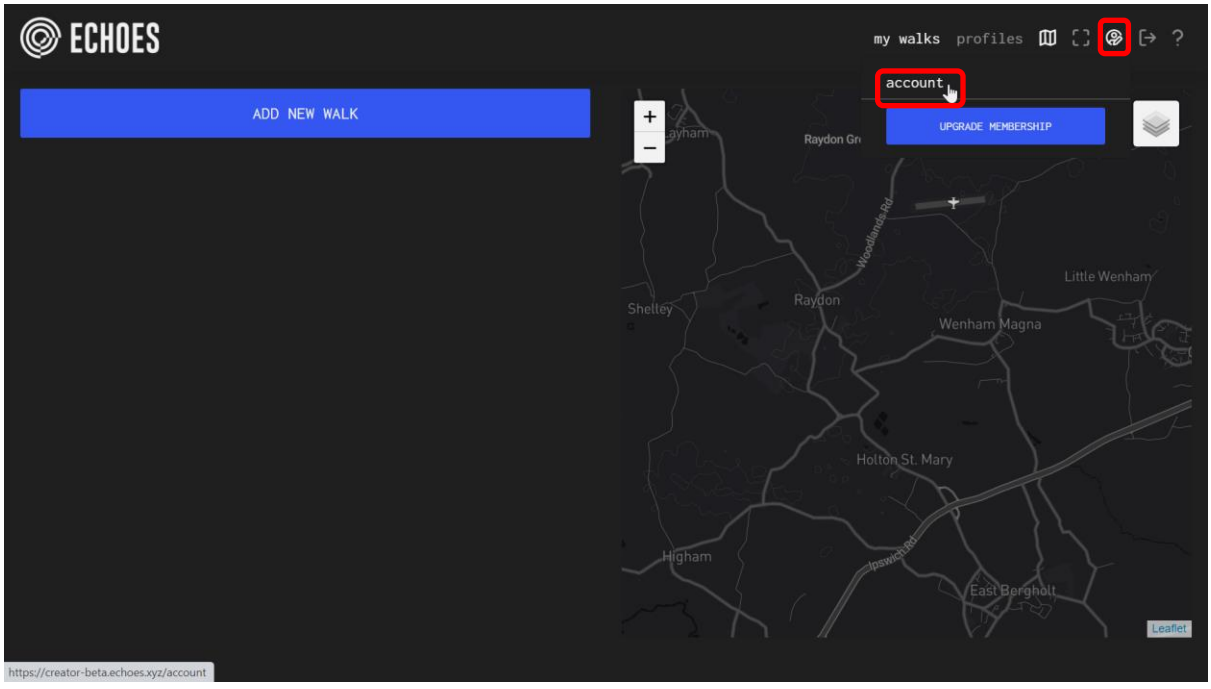


If the popup overleaf appears, click LET'S GO!

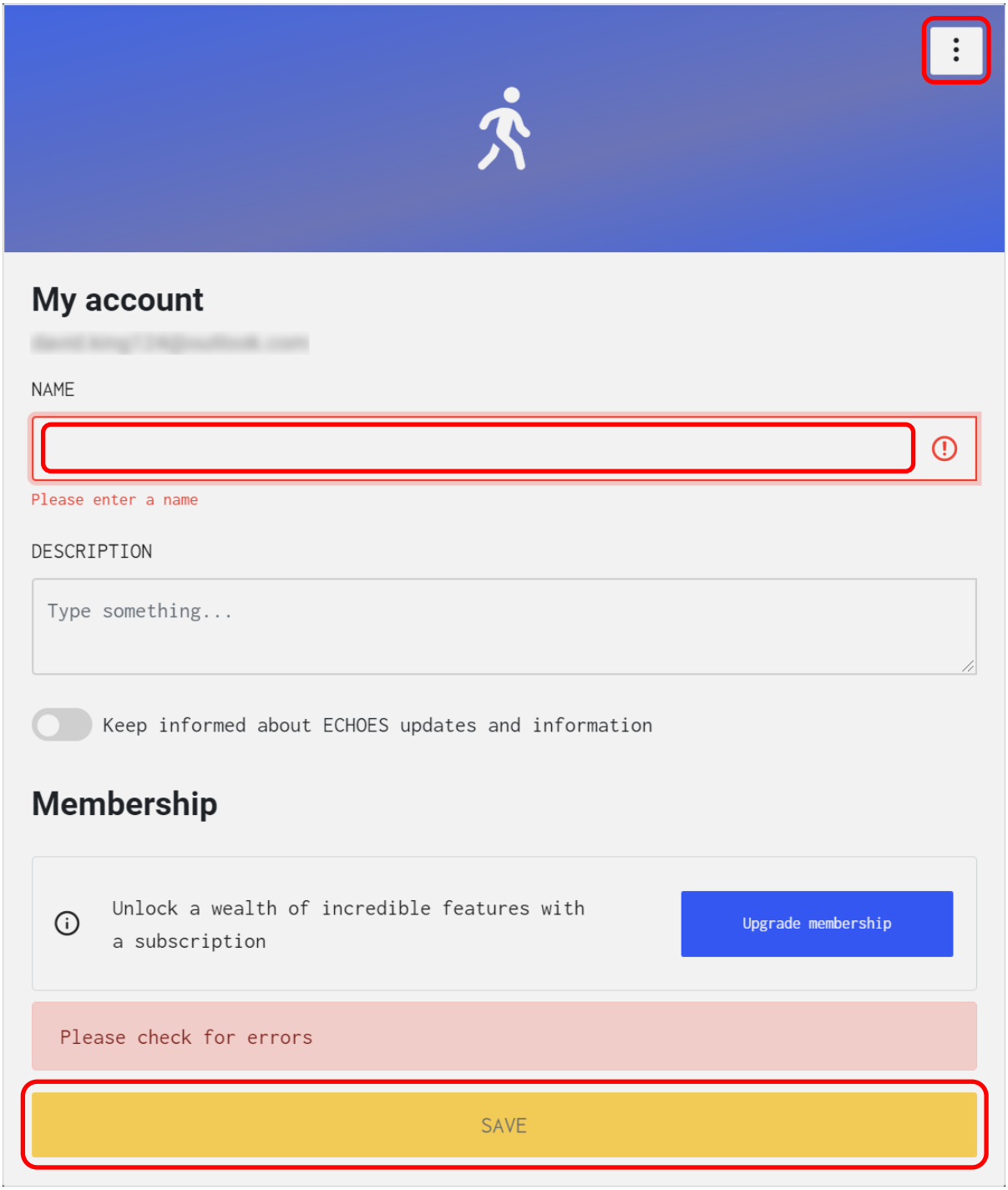


Name and photo

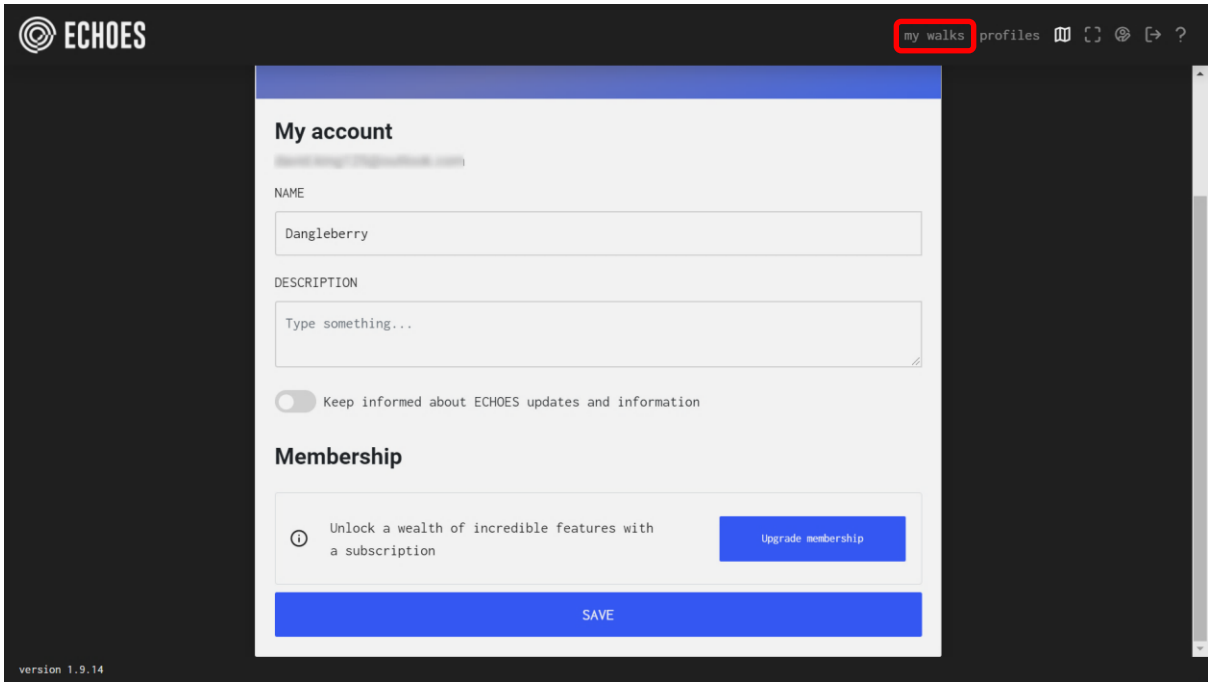
Click on the user symbol, then click account, near the top-right:



In the popup overleaf, for NAME, type your hash handle or name. And if you must, click ⋮ at top-right, then Upload new cover image, and select a selfie. Then scroll to the bottom, and click SAVE.

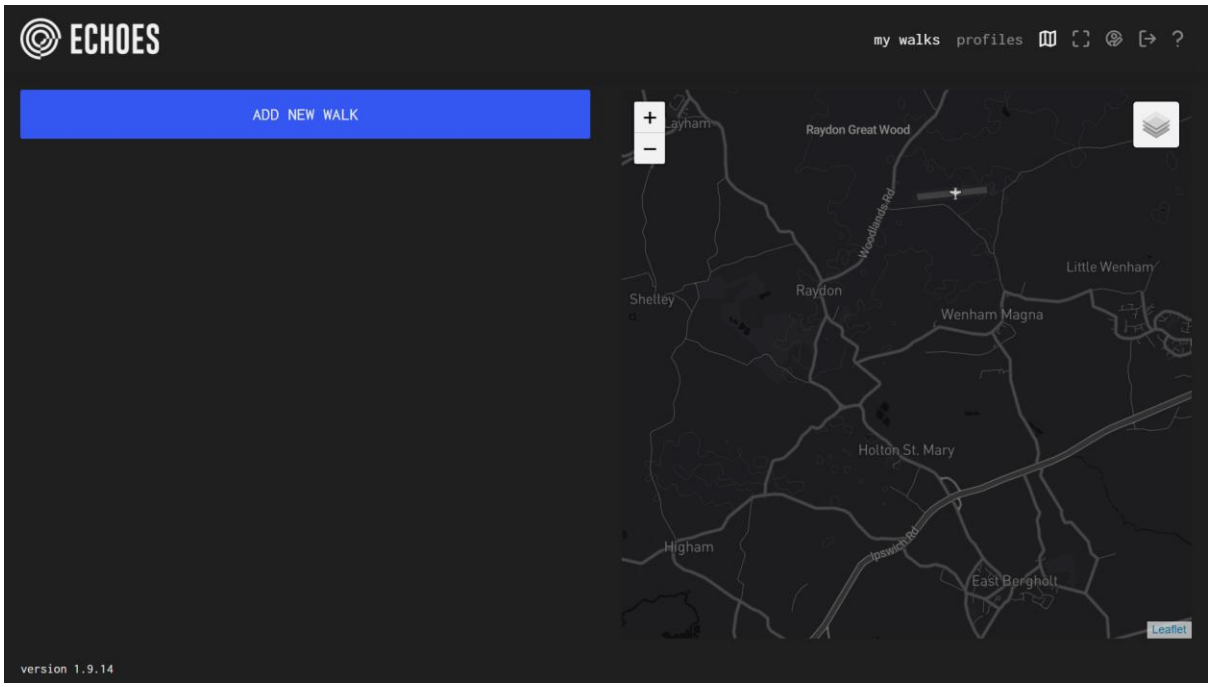


Then click my walks near the top-right, as overleaf.

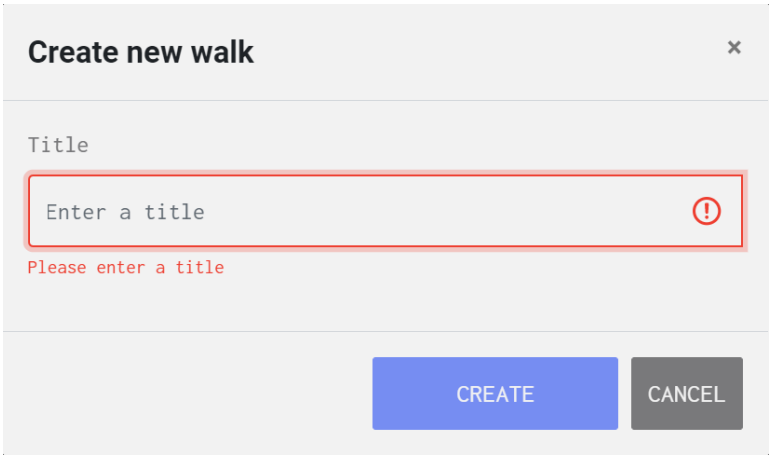


Trail title and photo

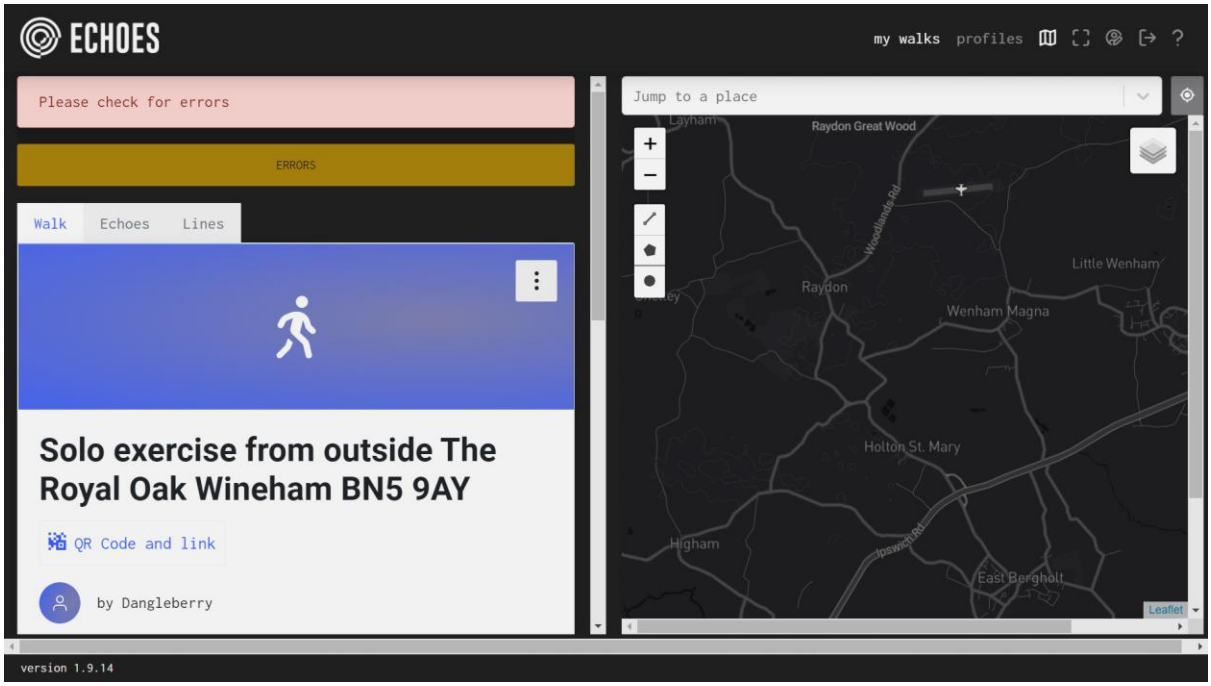
The screen below should now appear. Click ADD NEW WALK. Echoes uses the word walk, but our trail will be a combined one for runners and walkers, with different route sections for each.



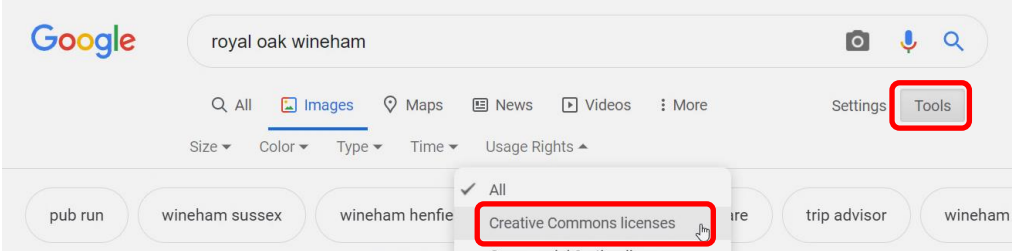
In the screen overleaf, enter the title Solo exercise from outside The Royal Oak Wineham BN5 9AY and click CREATE.

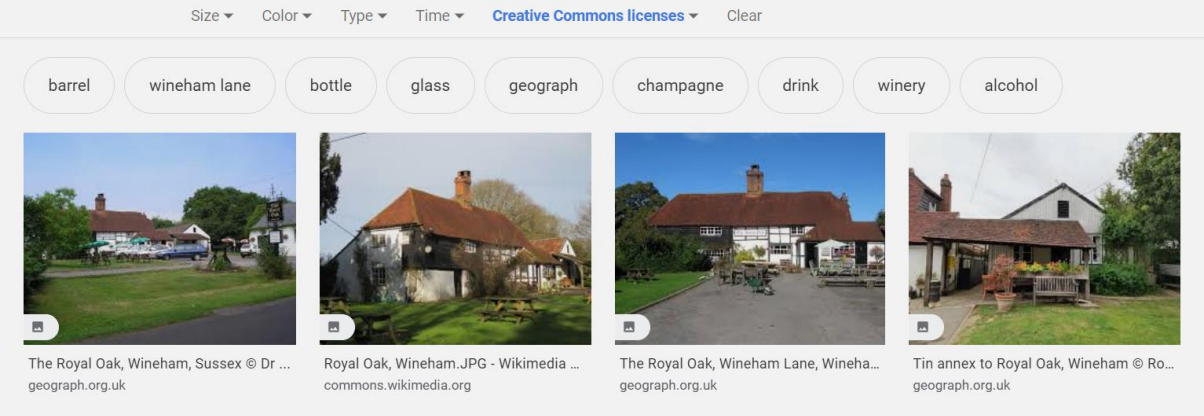


The screen shown below will then appear. The error messages are just because we've yet to add a trail description.

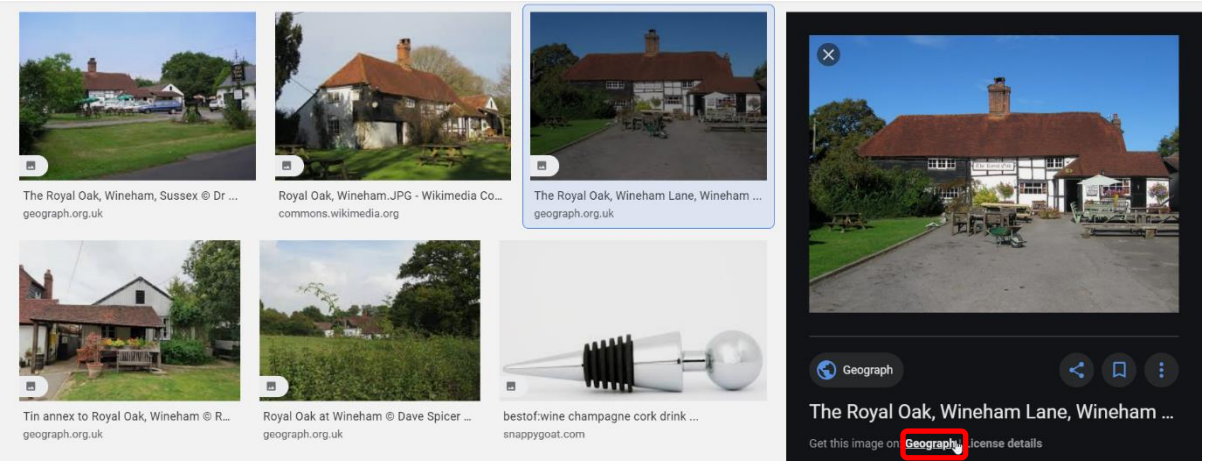


First though, we'll add a pub photo, to replace the walker symbol. It's as well to use a photo that you have the right to use. One option is a photo you've taken yourself. Another is to go to Google Images https://www.google.com/imghp, and type royal oak wineham. Then click Tools, then Usage Rights, and select Creative Commons licences. The photo selection offered includes those shown overleaf.

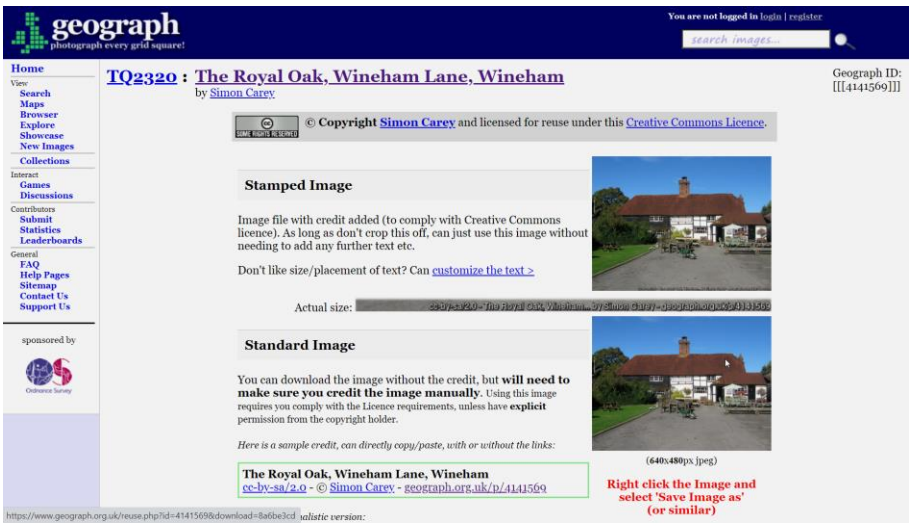




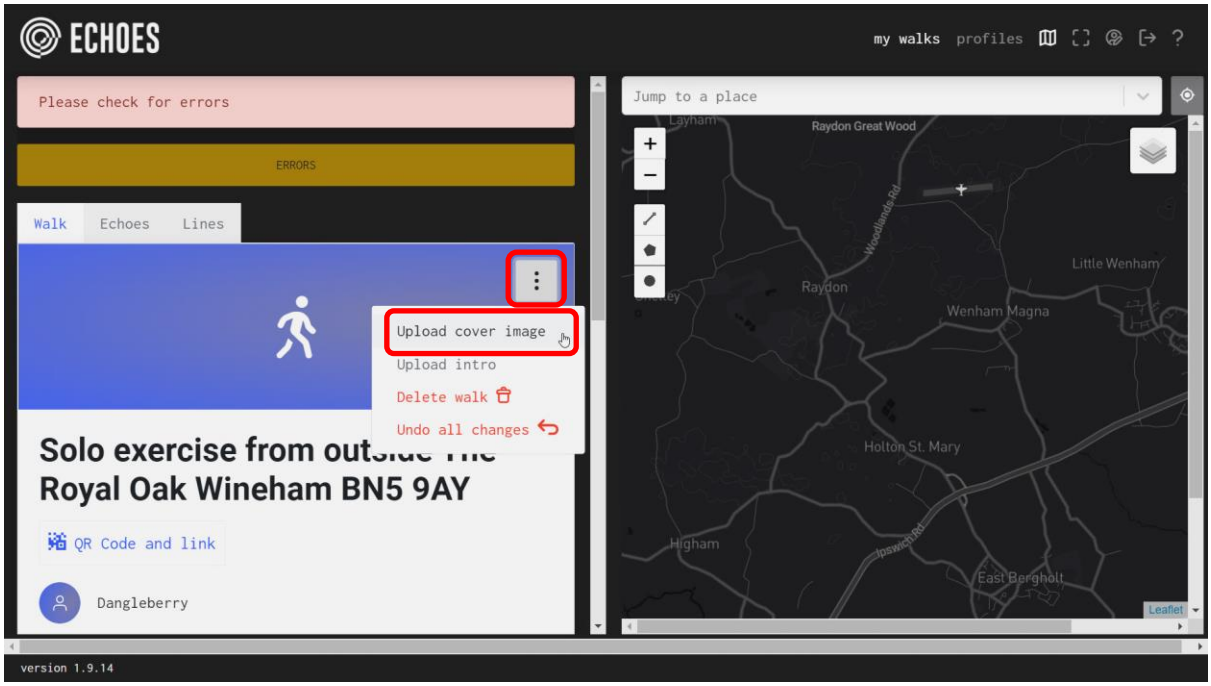
Click say the third. And in the panel that appears to the right, click Geograph, who are the licensor.



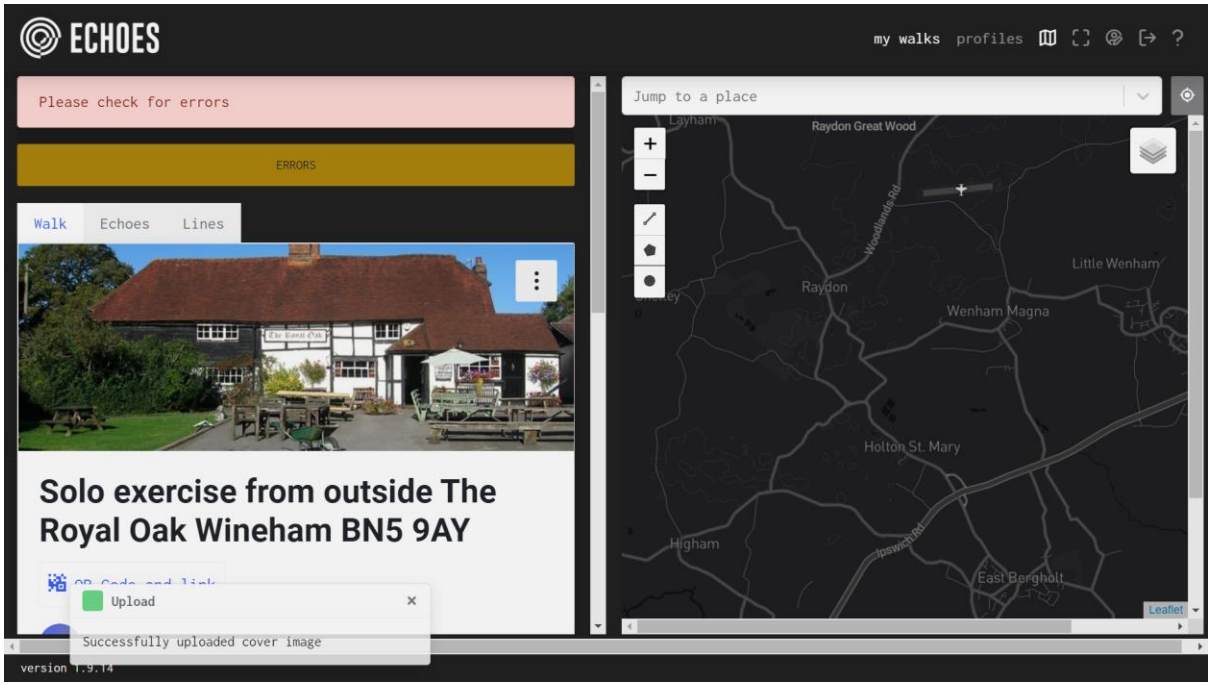
The screen below should then appear. Click on the first image, which should download file geograph-4141569-by-Simon-Carey.jpg to your Downloads folder.



In Creator, click ⋮ then Upload cover image, as overleaf. Select your Downloads folder, then the file.



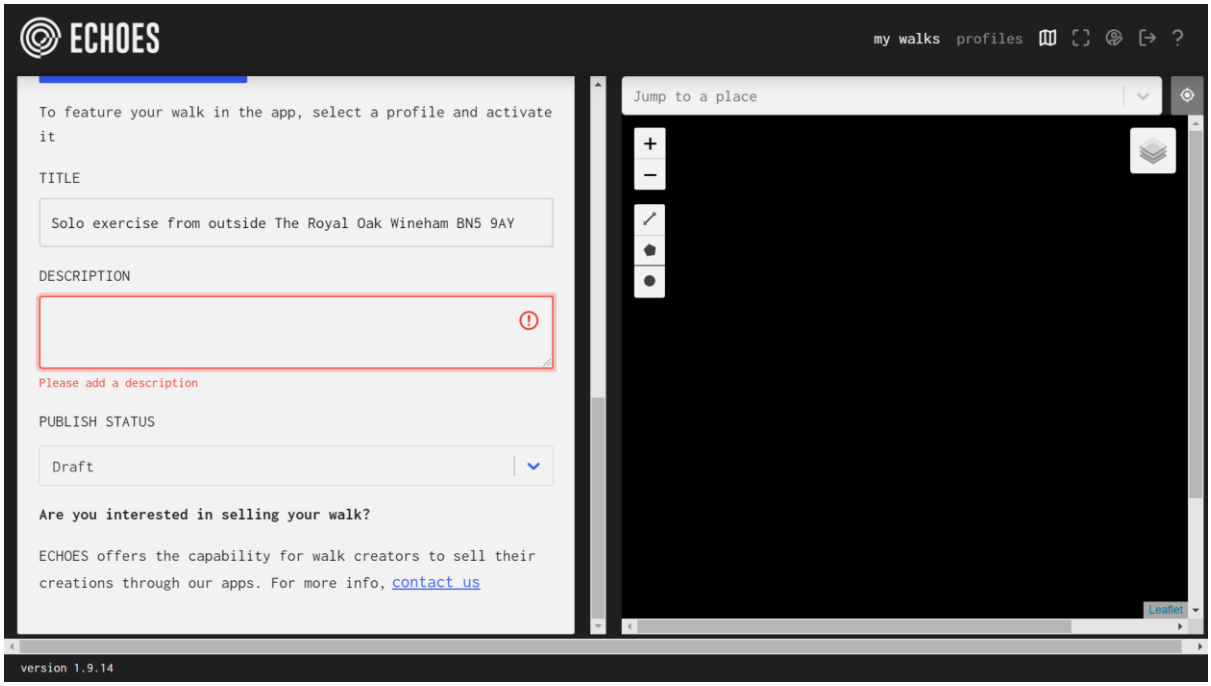
The following screen should result:



Another photo option is to screenshot one from Google Street View, zoomed-in for best quality, and with the copyright line included.

Trail description

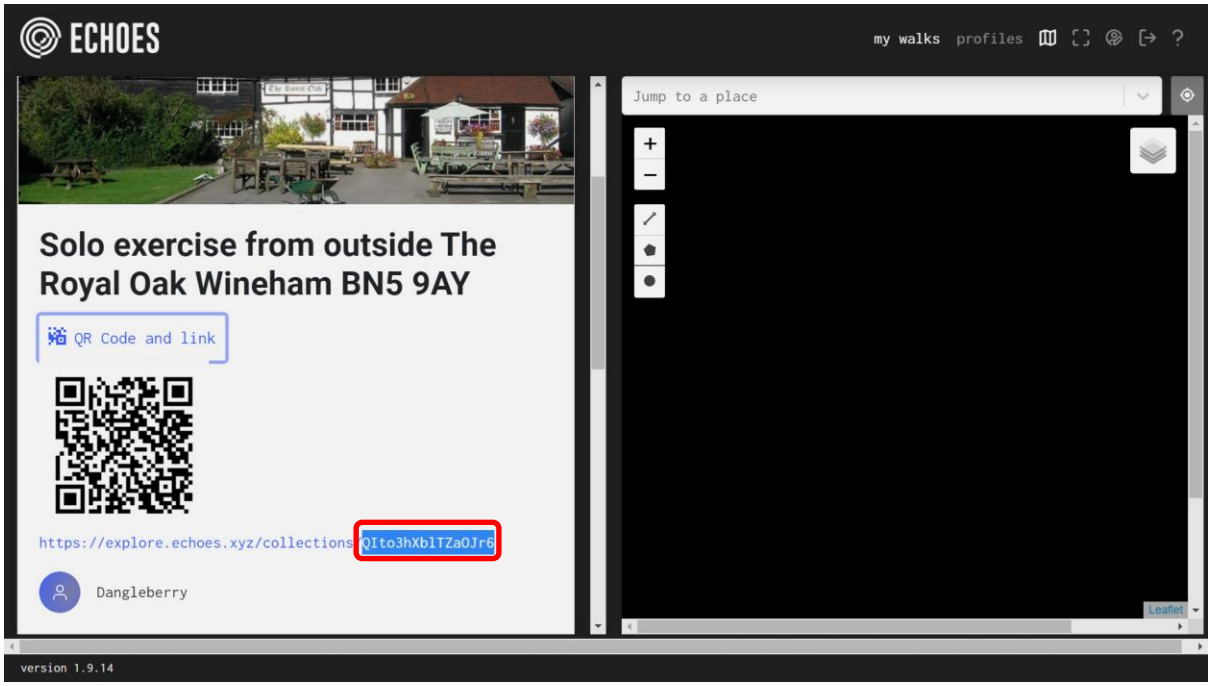
In the Creator left panel, scroll to the bottom, where you'll find a DESCRIPTION box, as overleaf.



Sash trails created thus far have used the text on the next page, if including a walkers route. Or if not, the text on the subsequent page.

You can copy/paste the text to the DESCRIPTION box, then re-add a blank line between paragraphs. Then make edits as follows. It may be appropriate to make other changes or adds, to suit your trail.

- For blobs, the sash default is *three and you're on*. If your custom is *two* or *one*, replace the yellow text with Two blobs in succession or A blob, respectively. We'll keep with three.
- Replace the orange figure with the length of your runners route. And the pink figure with the length of your walkers route, if you have. The figures are already correct for our trail.



Solo exercise, inspired by hash running and walking, so called sash !

Ground rules: 1) No set date or time. 2) Only do solo, or with people you live with, or your support bubble, or one other person. 3) Keep 2 metres apart from others if you encounter. 4) Ideally pick sashes that are local to you. 5) Ideally pick sashes a walk or cycle from the start/end point rather than drive. 6) Ideally drive only as a part of an essential journey being made anyway, such as for food buying. 7) Walk bits where you can't clearly see the way ahead, so that 2 metre separation from others can be maintained. 8) No going in the pub, may be shut anyway. 9) Do the sash at your own risk.

How it works: Visible on your Apple/Android smartphone or GPS-equipped tablet, referred to here as device, are the following: A start/end square, and four circles showing the initial direction. Your device audibly 'echoes' blobs, checks, etc, when in the vicinity. You can just keep your device in your pocket or backpack, and follow the blob echoes. Or for a check echo, discover which way the blob trail continues. Three blobs in succession, or another check, and you've found the onward trail. A false echo means it's not that way. An echo saying 'on/go left', or 'on/go right', means go that way. One saying ‘on on’ means go straight ahead. Echoes can announce a fair few paces prior to the spot. And echoes repeat every 15 seconds if you linger. For longer stretches, echoes repeat every 15 seconds regardless of where you are within the stretch.

The runners true trail is 5.2 miles, the walkers 2.4 miles. Part-way along the trail, your device echoes that the runners and walkers trails diverge. The trails rejoin enroute.

Along the shared sections, the walkers will encounter the checks, so they'll have a bit more work to do than on a regular hash. The runners-only part has one 'fish hook' echo, at which participants should return to the last check, then rerun that section.

For runners and walkers, about half-way around, your device echoes 'beer near', then 'beer stop'. For the latter you may like to take some refreshment in your backpack. Nearer the end, your device echoes 'circle up near', then 'circle up', so save some refreshment. After, your device echoes 'inn no', and leads you back to the start/end point.

If you get stuck, a help map is available: Zoom in on the start/end square, then tap the triangle beside, then tap SEE MORE. The blue square is the start/end, the arrows show the trail direction, and the walkers-only part is dotted.

On your device, open the Apple App Store or Android Play Store, and type ‘echoes’ in the store search box. The ECHOES app icon looks a bit like a fingerprint. Install, then open, and sign up. The trail should list under 'near you'. Tap MORE NEAR YOU if not. Possible too, is a tap on the magnifying glass, then type the trail postcode with space, or 'sash' for all. Tap a trail, then tap STREAM WALK to use online copy. Or tap DOWNLOAD or down-arrow symbol for offline copy, then tap START. Swipe down screen to refresh downloaded copy, in case changed online. Sometimes app exit then app restart are needed to fully refresh downloaded copy. Download might get stuck before reaching 100%. In which case, exit app then restart, and tap STREAM WALK instead.

Tips: Like most location apps, ECHOES uses the battery a fair bit. A fully-charged device should be enough for the trail. But you might like to take a powerbank, or spare battery. Plus a paper map as backup.

This info is viewable in a browser at https://explore.echoes.xyz/collections/1234567890123456

Trail last updated 21 March 2021 14:31

With walkers route

- The purple text suits a trail drawn per this guide with RunGo. If you drew with a different planner, or will use a photo of a trail drawn on paper, edit the text to suit, if need be.
- In the Creator left panel, click on QR Code and link to expand. Then copy the red-circled, and paste over the red identifier.

Solo exercise, inspired by hash running and walking, so called sash !

Ground rules: 1) No set date or time. 2) Only do solo, or with people you live with, or your support bubble, or one other person. 3) Keep 2 metres apart from others if you encounter. 4) Ideally pick sashes that are local to you. 5) Ideally pick sashes a walk or cycle from the start/end point rather than drive. 6) Ideally drive only as a part of an essential journey being made anyway, such as for food buying. 7) Walk bits where you can't clearly see the way ahead, so that 2 metre separation from others can be maintained. 8) No going in the pub, may be shut anyway. 9) Do the sash at your own risk.

How it works: Visible on your Apple/Android smartphone or GPS-equipped tablet, referred to here as device, are the following: A start/end square, and four circles showing the initial direction. Your device audibly 'echoes' blobs, checks, etc, when in the vicinity. You can just keep your device in your pocket or backpack, and follow the blob echoes. Three blobs in succession, or another check, and you've found the onward trail. A false echo means it's not that way. An echo saying 'on/go left', or 'on/go right', means go that way. One saying ‘on on’ means go straight ahead. Echoes can announce a fair few paces prior to the spot. And echoes repeat every 15 seconds if you linger. For longer stretches, echoes repeat every 15 seconds regardless of where you are within the stretch.

The true trail is 5.2 miles. Just a single trail, run or walk per preference.

About half-way around, your device echoes 'beer near', then 'beer stop'. For the latter you may like to take some refreshment in your backpack. Nearer the end, your device echoes 'circle up near', then 'circle up', so save some refreshment. After, your device echoes 'inn no', and leads you back to the start/end point.

If you get stuck, a help map is available: Zoom in on the start/end square, then tap the triangle beside, then tap SEE MORE. The blue square is the start/end, the arrows show the trail direction.

On your device, open the Apple App Store or Android Play Store, and type ‘echoes’ in the store search box. The ECHOES app icon looks a bit like a fingerprint. Install, then open, and sign up. The trail should list under 'near you'. Tap MORE NEAR YOU if not. Possible too, is a tap on the magnifying glass, then type the trail postcode with space, or 'sash' for all. Tap a trail, then tap STREAM WALK to use online copy. Or tap DOWNLOAD or down-arrow symbol for offline copy, then tap START. Swipe down screen to refresh downloaded copy, in case changed online. Sometimes app exit then app restart are needed to fully refresh downloaded copy. Download might get stuck before reaching 100%. In which case, exit app then restart, and tap STREAM WALK instead.

Tips: Like most location apps, ECHOES uses the battery a fair bit. A fully-charged device should be enough for the trail. But you might like to take a powerbank, or spare battery. Plus a paper map as backup.

This info is viewable in a browser at https://explore.echoes.xyz/collections/1234567890123456

Trail last updated 24 March 2021 14:31

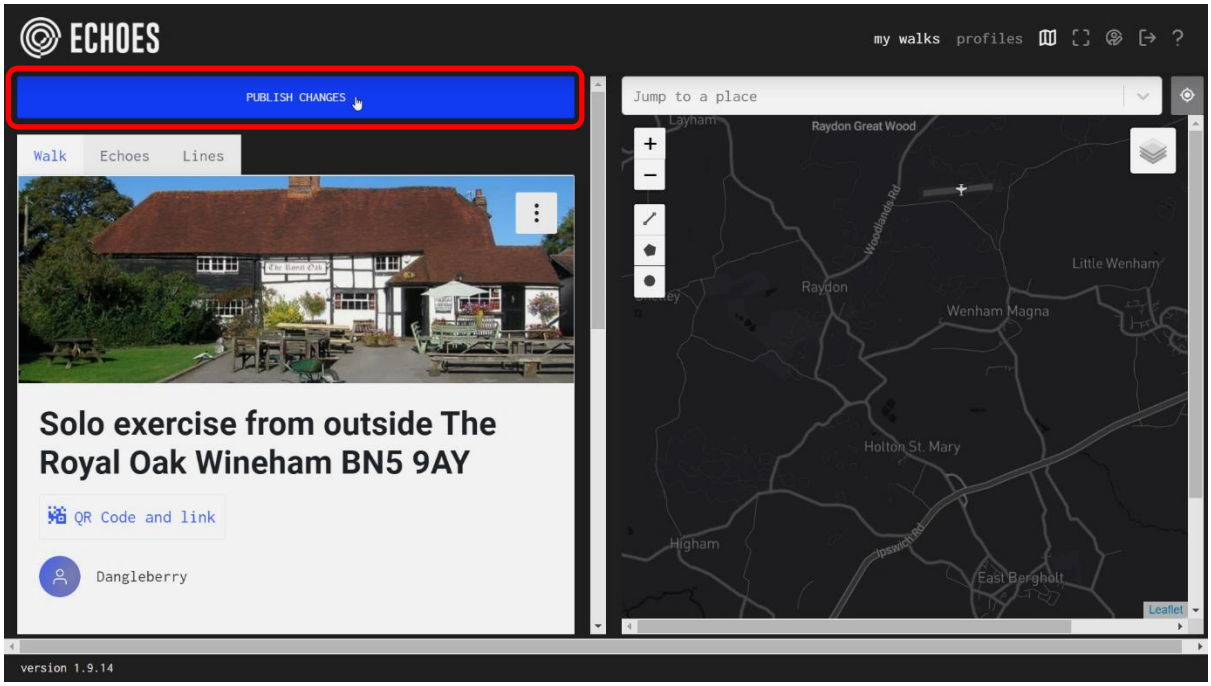
***Without* walkers route**

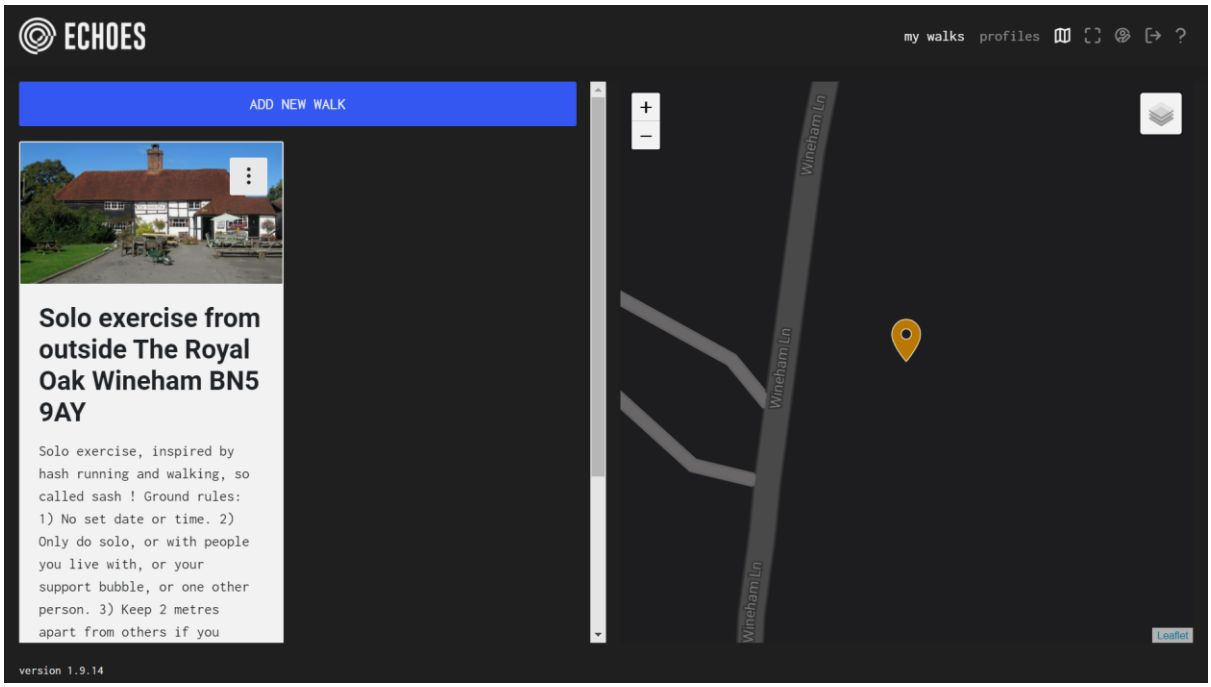
- Change the green to the date and time now. And likewise if you change a published trail, so that Echoes app users know that their copy needs re-download.

Now scroll to the top of the Creator left panel, and click PUBLISH CHANGES, as overleaf. Infact this just saves your trail. Because PUBLISH STATUS remains Draft, the trail is unpublished, as yet.

Re-login

If you close the Creator, you may need to re-login, at https://creator-beta.echoes.xyz/login. The second screen overleaf will appear. Scroll the left panel to the bottom, and click the pencil button.

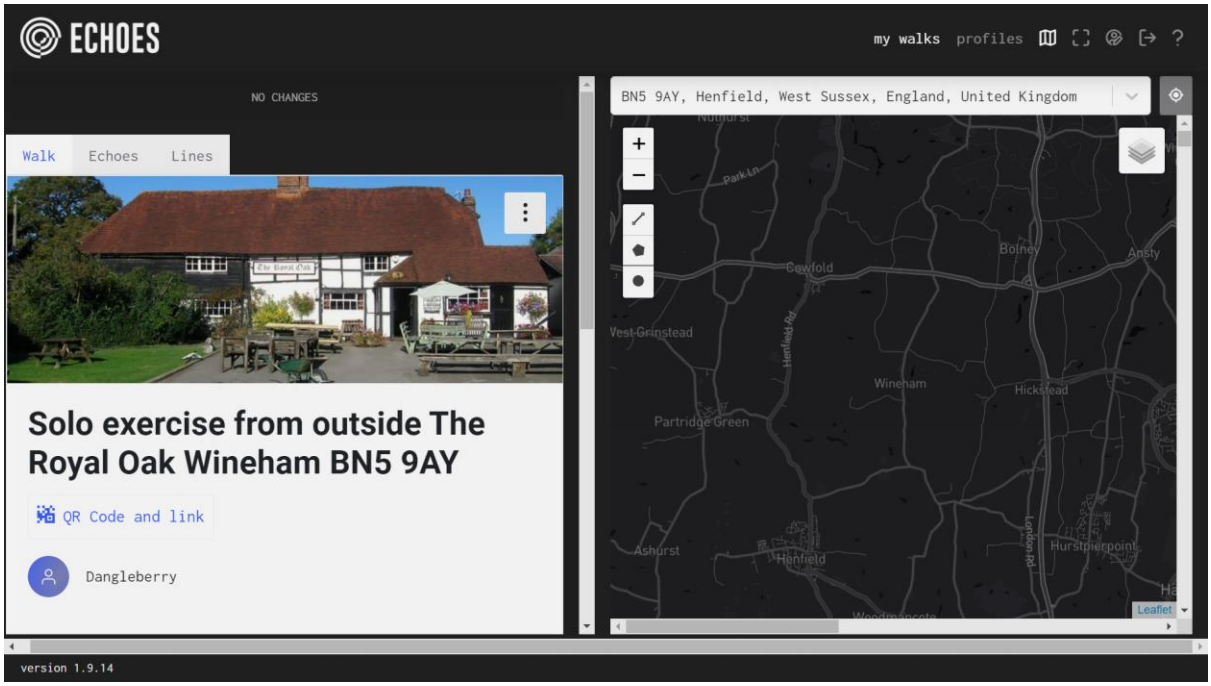




Out trail

OK, we're at last headed to the pub. So pour yourself a prelube drink. And punch the pub postcode, BN5 9AY, into the Jump to a place box, at the top of the Creator right panel, and select.

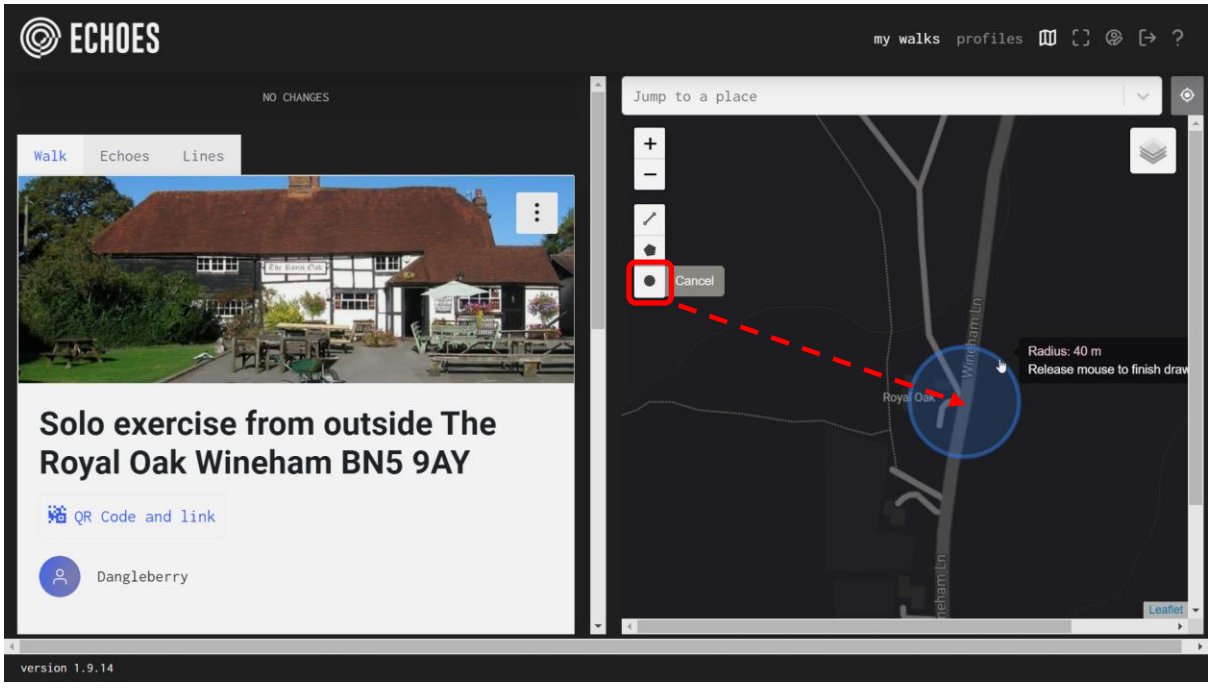
The right panel should then appear as overleaf, with the map centred on Wineham. Click the plus button five times, to zoom-in, revealing The Royal Oak.



In the right panel, click the circle button, then move the mouse to the road outside the pub. Click and hold, and drag out a circle, till the screen says Radius: 40 m, as shown. Then release the mouse.

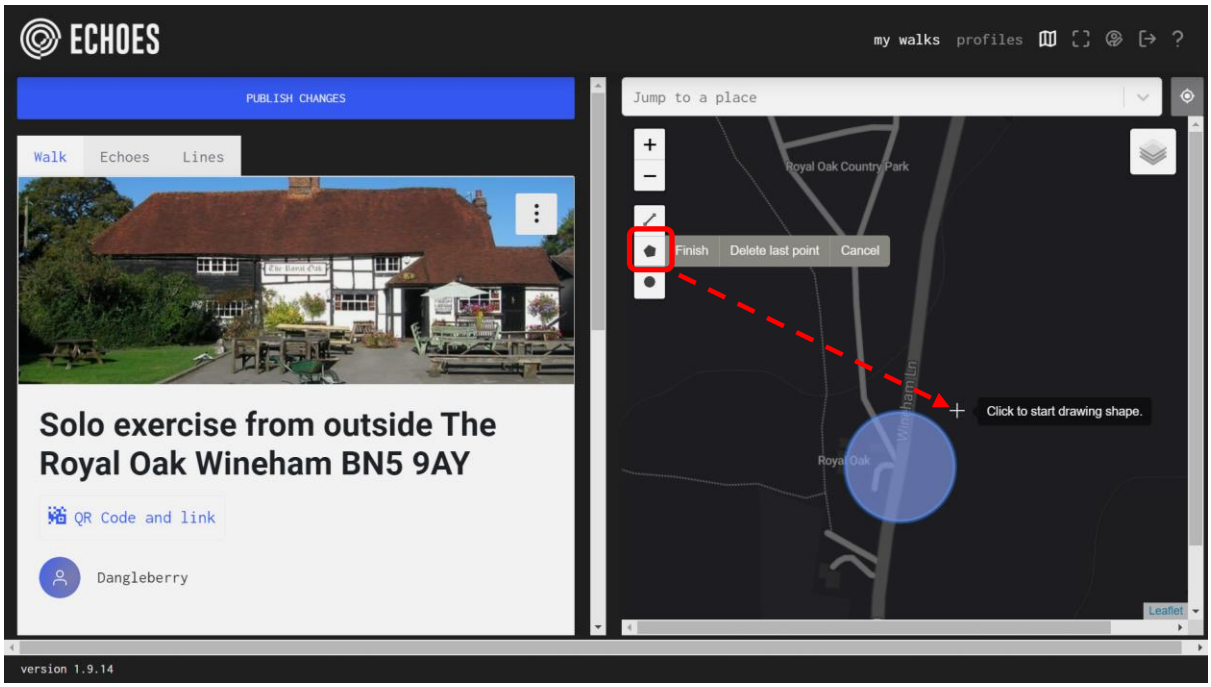
You've made your first echo !

And when a user enters that circle, they'll hear a Blob sound, that we'll shortly add.

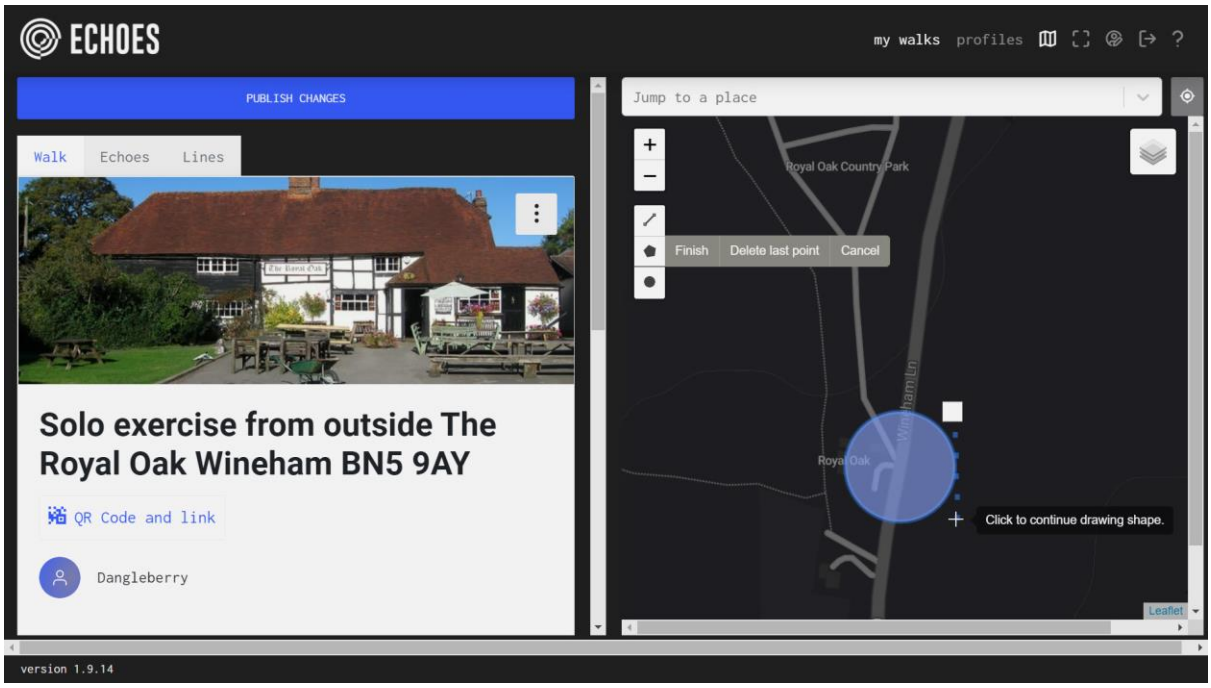


40 metres might seem huge. But less is found insufficient for devices to reliably trigger a sound. Inparticular with the GPS inaccuracy of some devices.

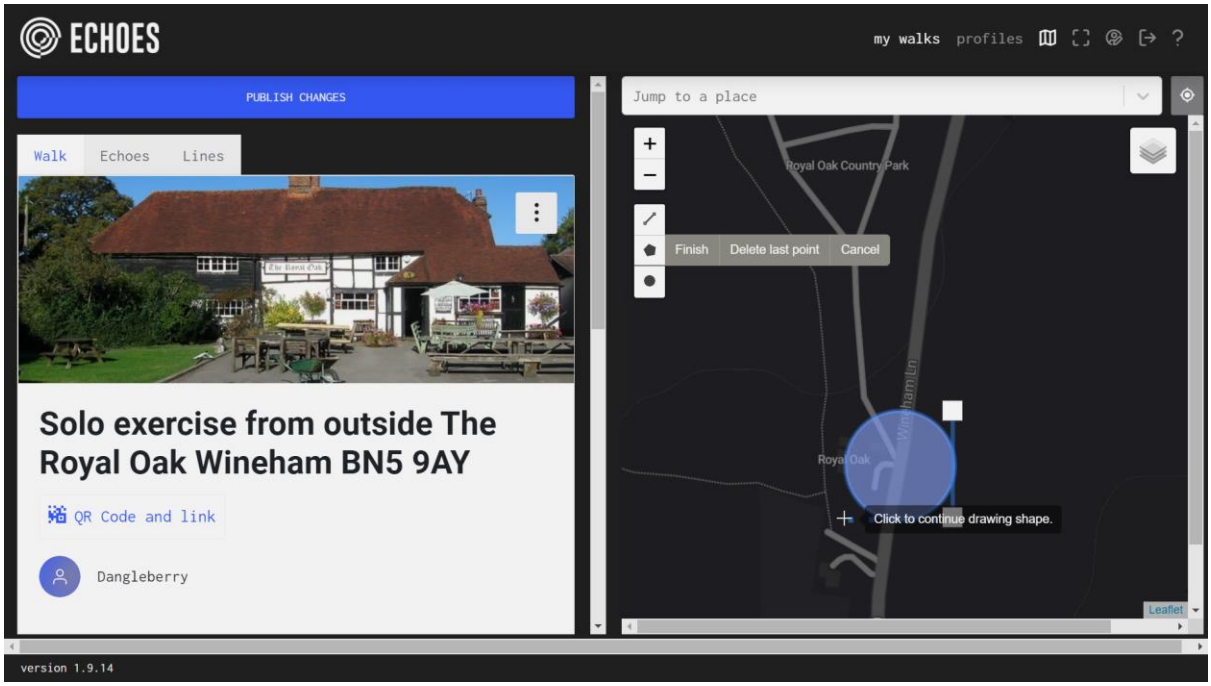
We'll shortly move the circle a little along the out trail. For the moment though, we'll use the circle as a guide, for drawing the start/end square of the same size. Click the polygon button, and move to the top-right of the circle:



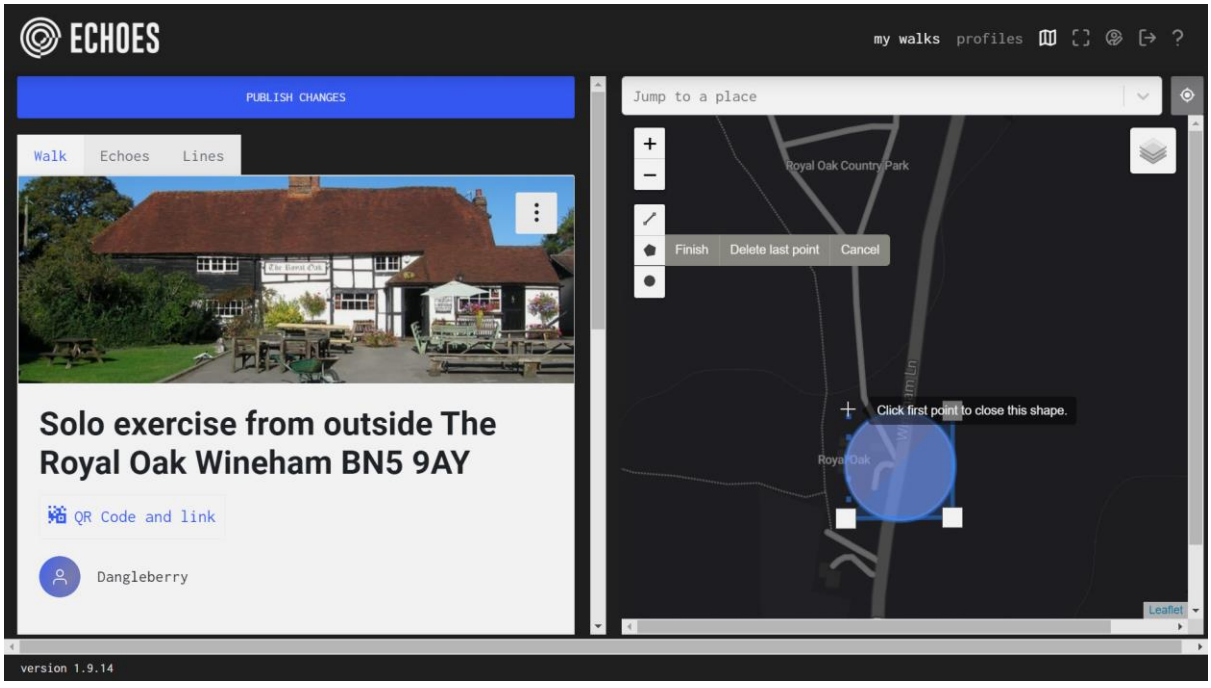
Click there, then move the mouse down, to the bottom-right of the circle:



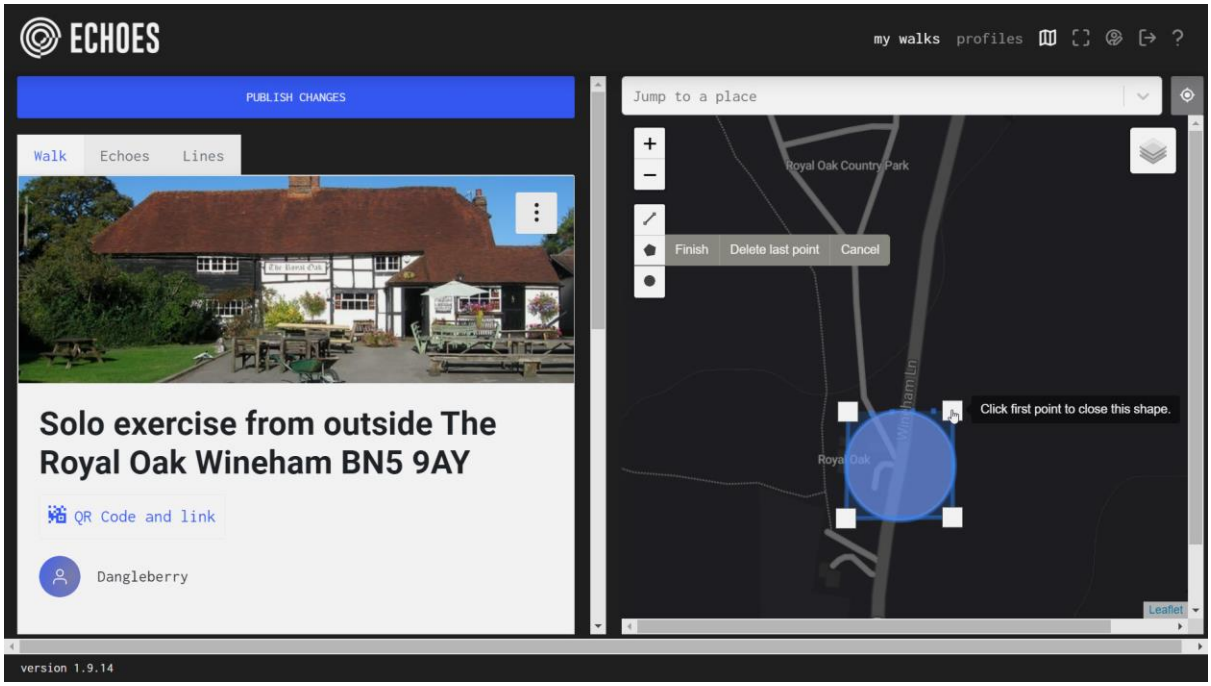
Click there, then move the mouse left, to the bottom-left of the circle, as overleaf:



Click there, then move the mouse up, to the top-left of the circle:



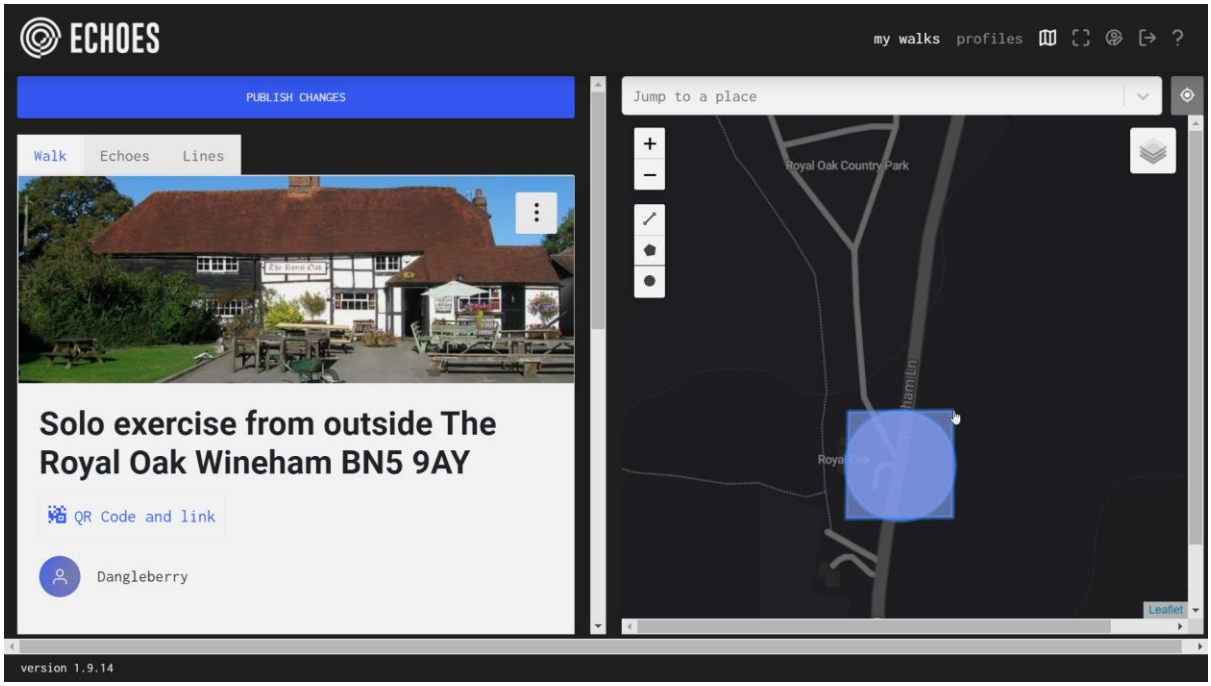
Click there, then move the mouse right, and click on the first point, to complete the square, as overleaf:



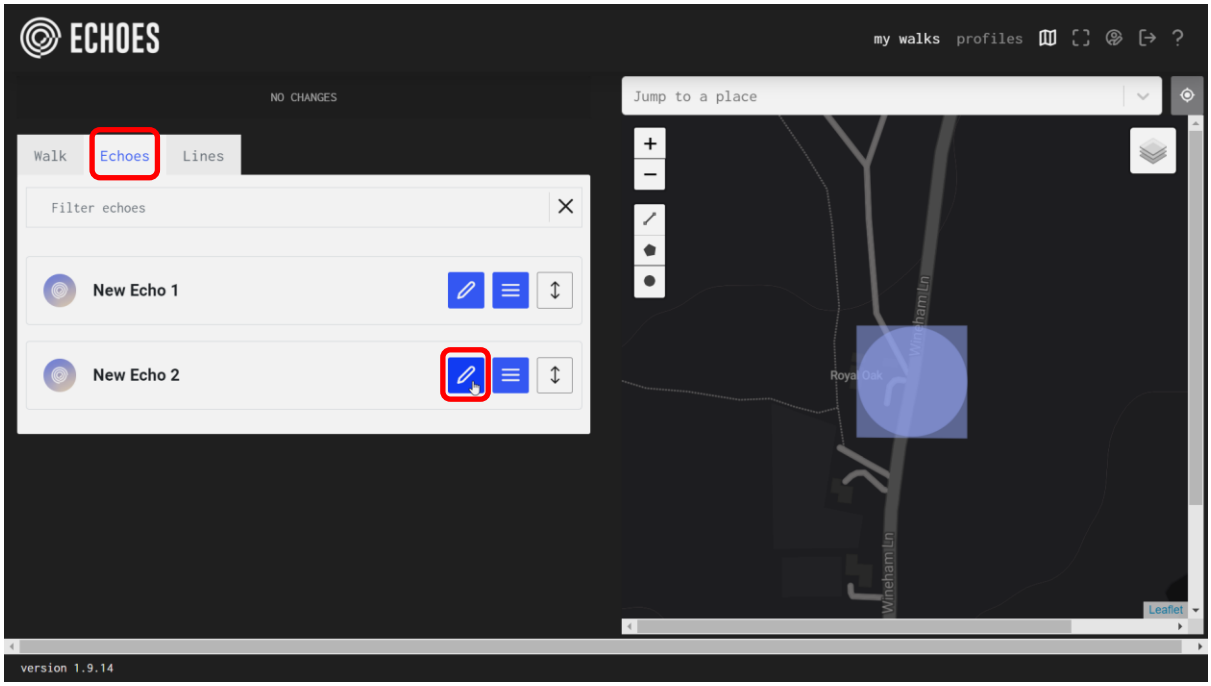
The screen should now appear as below. If so, you've successfully made your second echo:
A polygon echo, as opposed to a circle echo. There are just those two types.

If your square is a bit wonky or misplaced, you can click it, then drag corners to adjust.

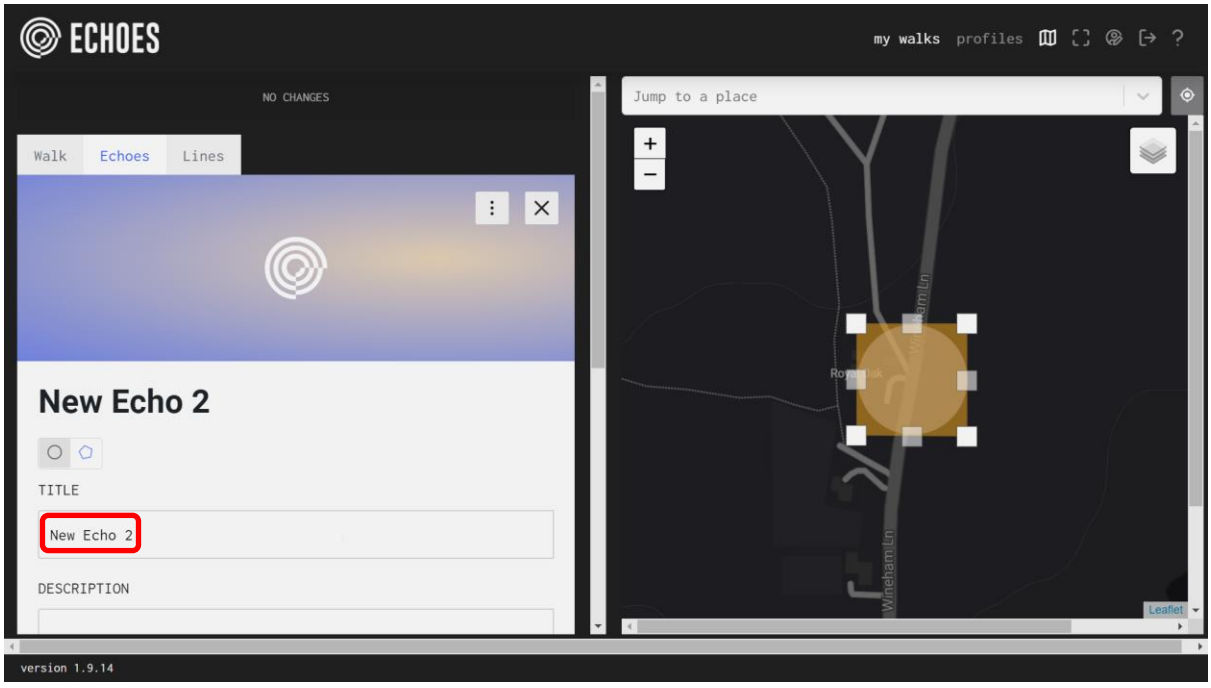
Click PUBLISH CHANGES, at the top of the left panel, to save your work.



In the left panel, now select the Echoes tab, then click the pencil button beside **New Echo 2**, which is our newly-created square:



The screen should then appear as below. For TITLE, type Start/End in place of New Echo 2.

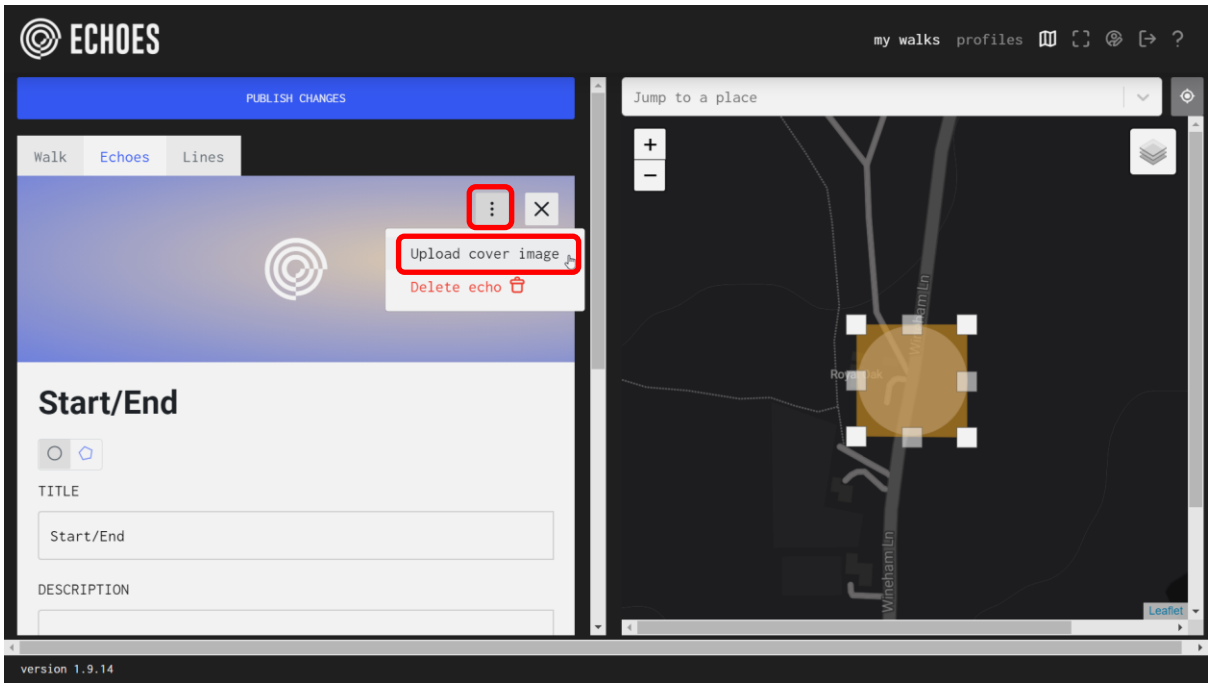


Download http://www.brightonhash.co.uk/Misc/SASH/SashPicsAndSounds.zip if you've yet to do so. The 6MB file should appear in your Downloads folder.

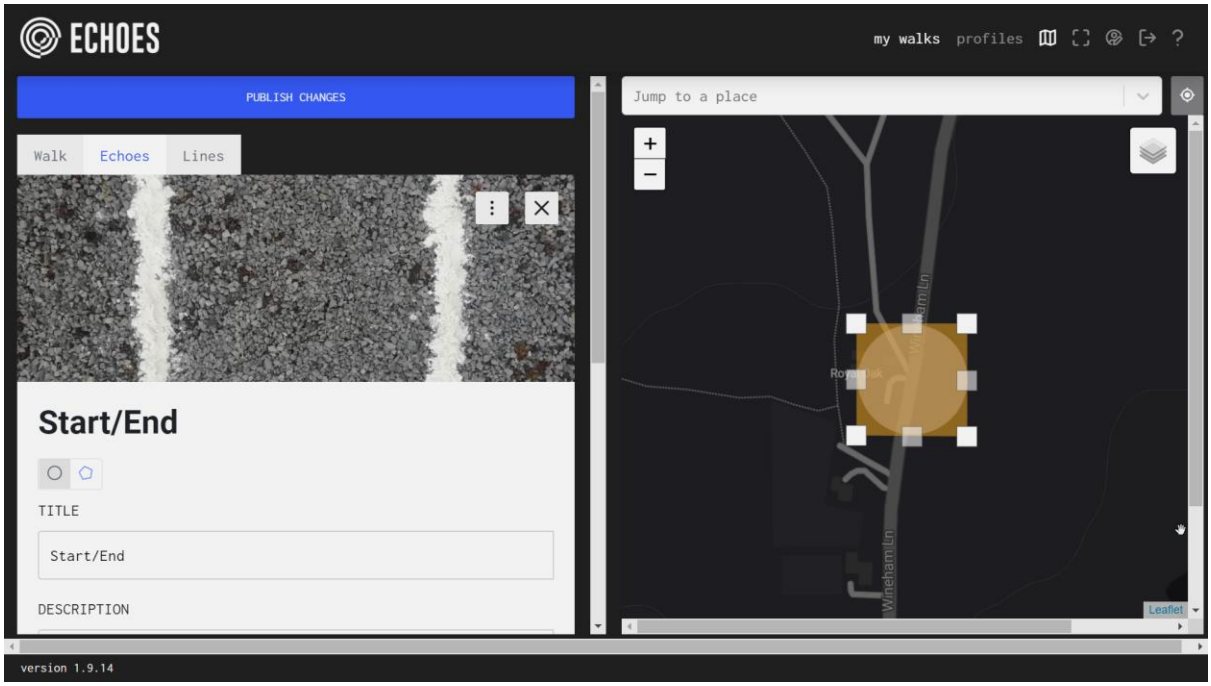
With Apple, start Finder, then double-click the file to unzip. With Android, tap the file, then select Extract. Or with Windows, in File Explorer, right-click the file, then select Extract All… then Extract.

In your Downloads folder, a SashPicsAndSounds folder should appear, containing picture and sound files. Or for Android, the files might be all in your Downloads folder.

In Creator, click ⋮ then Upload cover image:

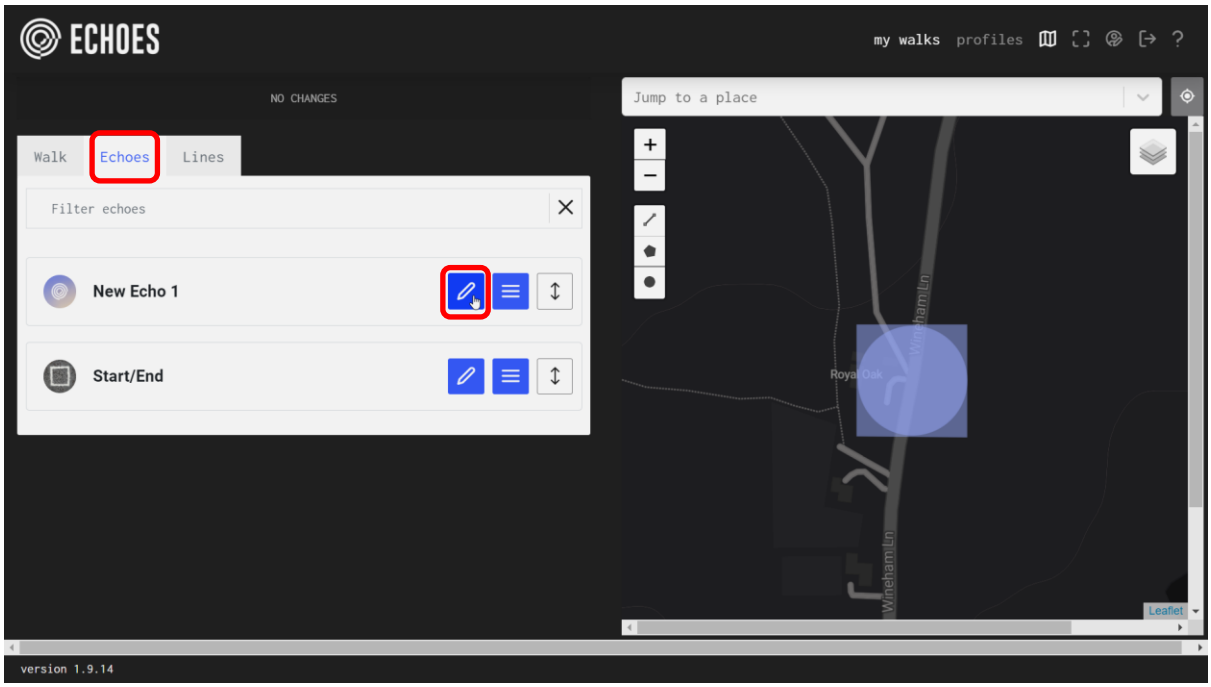


Select the Gravel Start picture, as blue-highlighted below, then double-click to open. Once uploaded, the screen should appear as below.

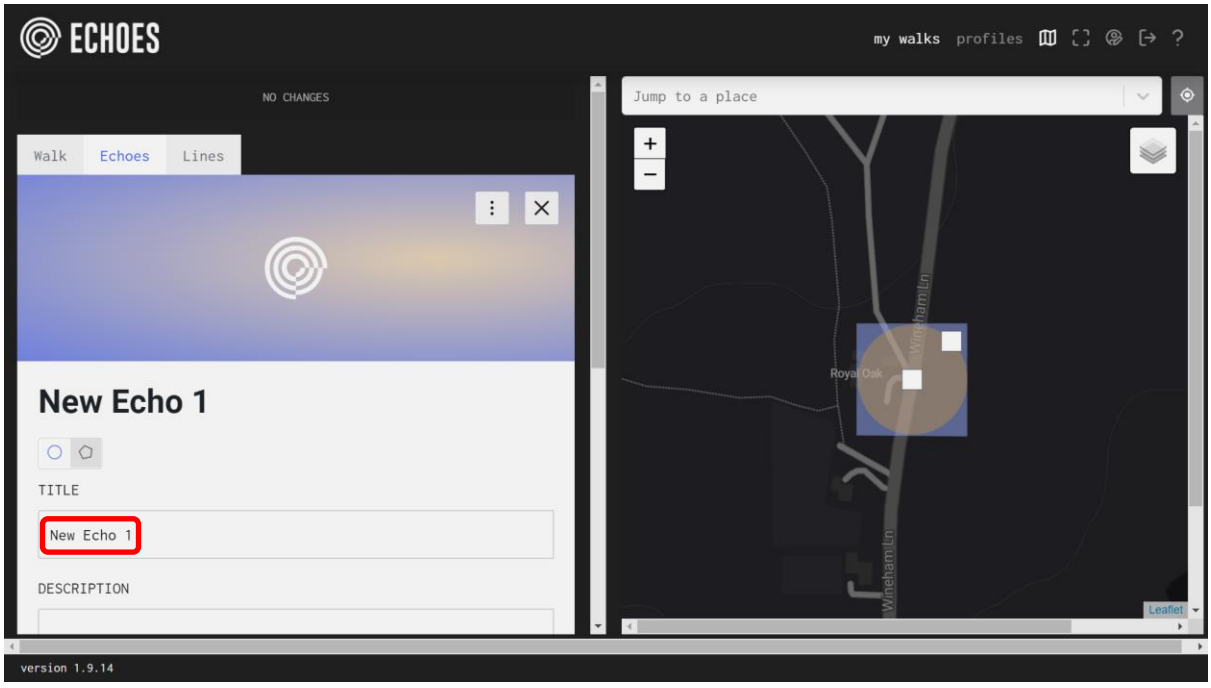


Don’t worry that the square appears cropped. It will be fine in use. Click PUBLISH CHANGES.

Re-select the Echoes tab, then click the pencil button beside **New Echo 1**, which is our created circle.

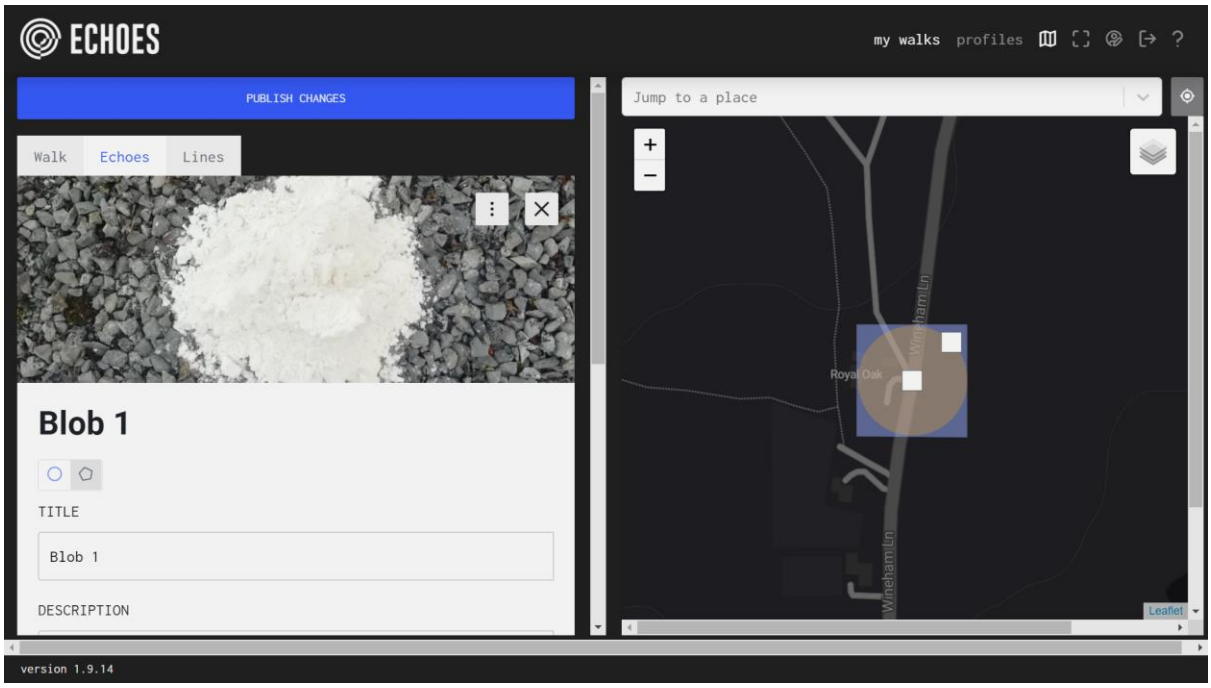


The screen should then appear as below. For TITLE, type Blob 1 in place of New Echo 1.

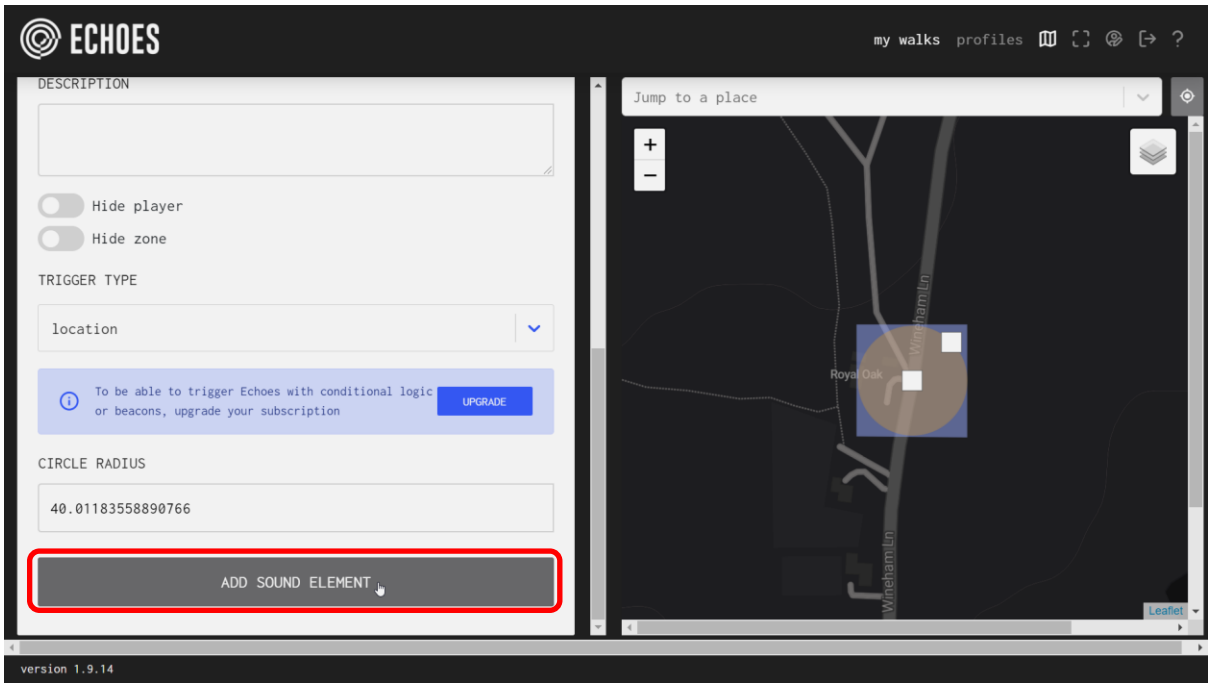


As before, click ⋮ then Upload cover image. Then select the Gravel Blob picture, as blue-highlighted overleaf, and double-click.

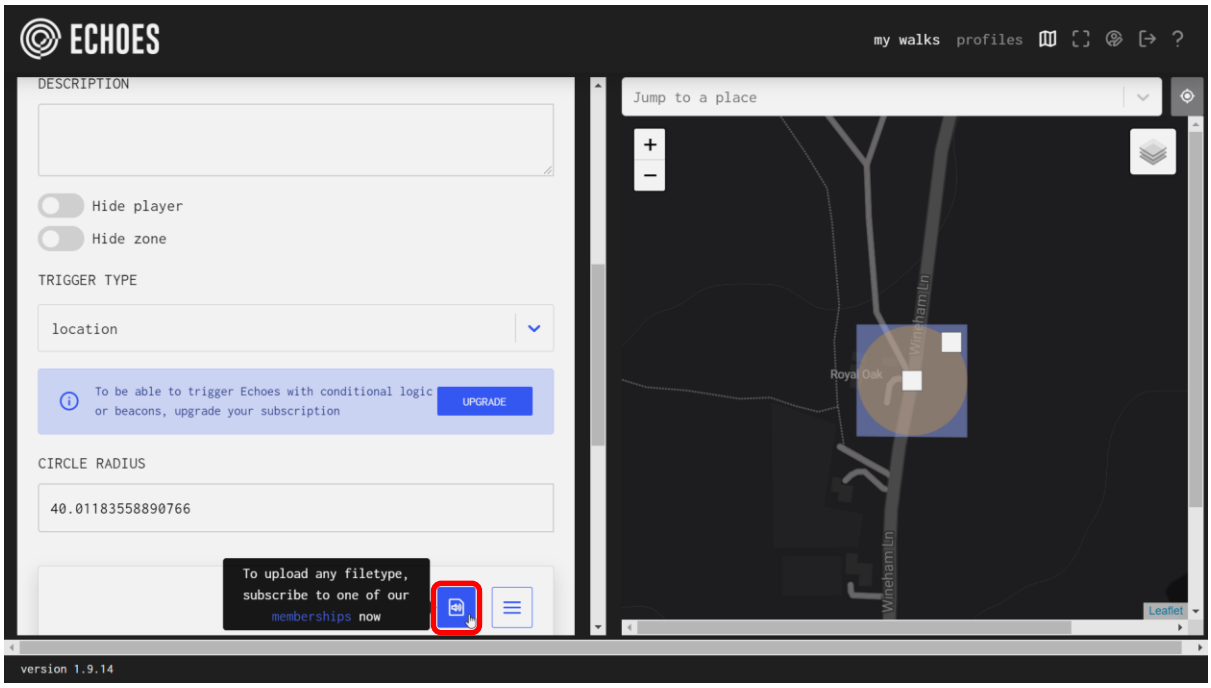
Once uploaded, the screen should appear as follows:



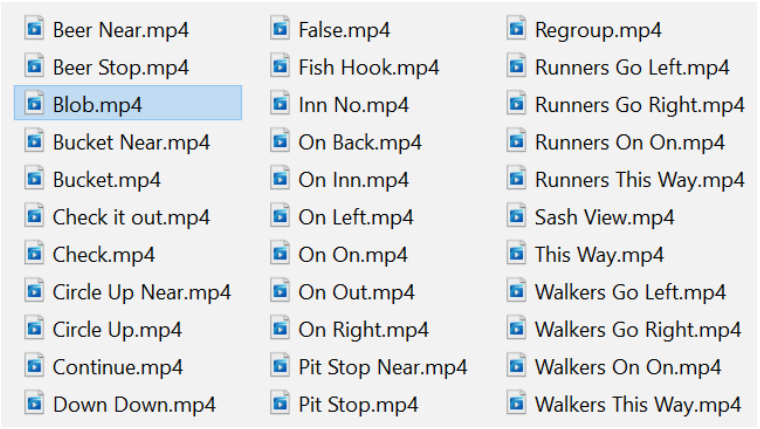
Scroll the left panel to the bottom, and click ADD SOUND ELEMENT:



Click the sound button:

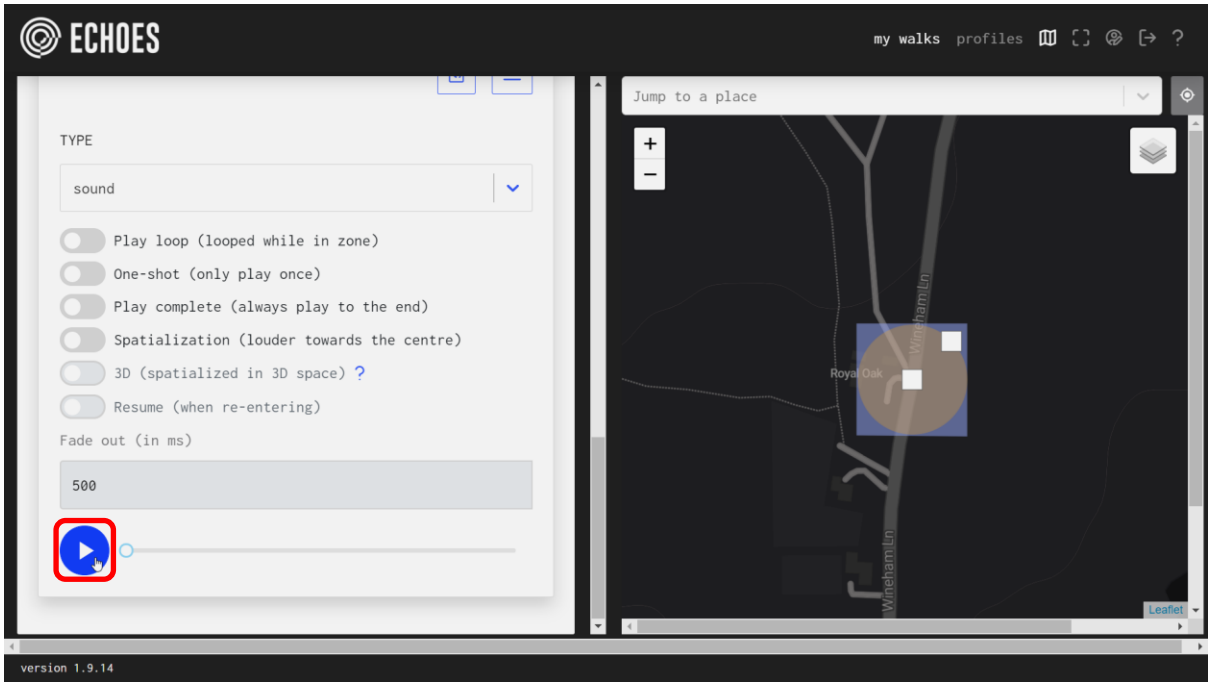


Select the Blob sound, as blue-highlighted below, and double-click.

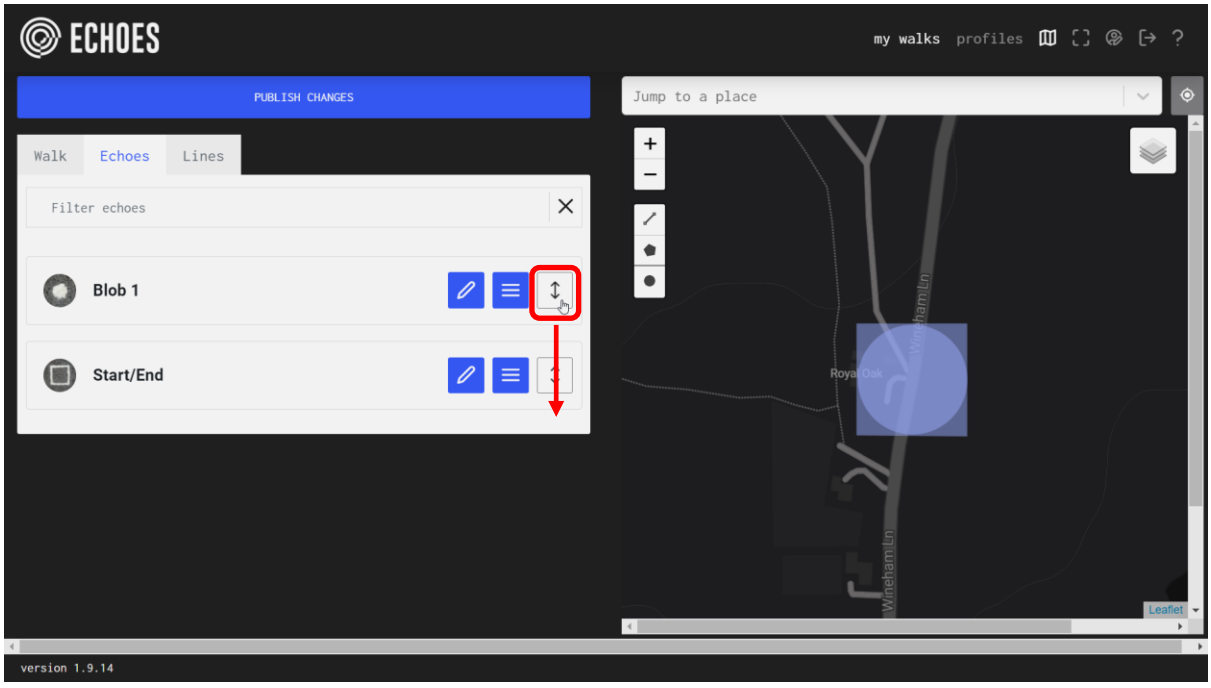


Once uploaded, scroll the left panel to the bottom, and click the play button, as overleaf. You should hear a bazooka sound, the word Blob, then 15 seconds of silence.

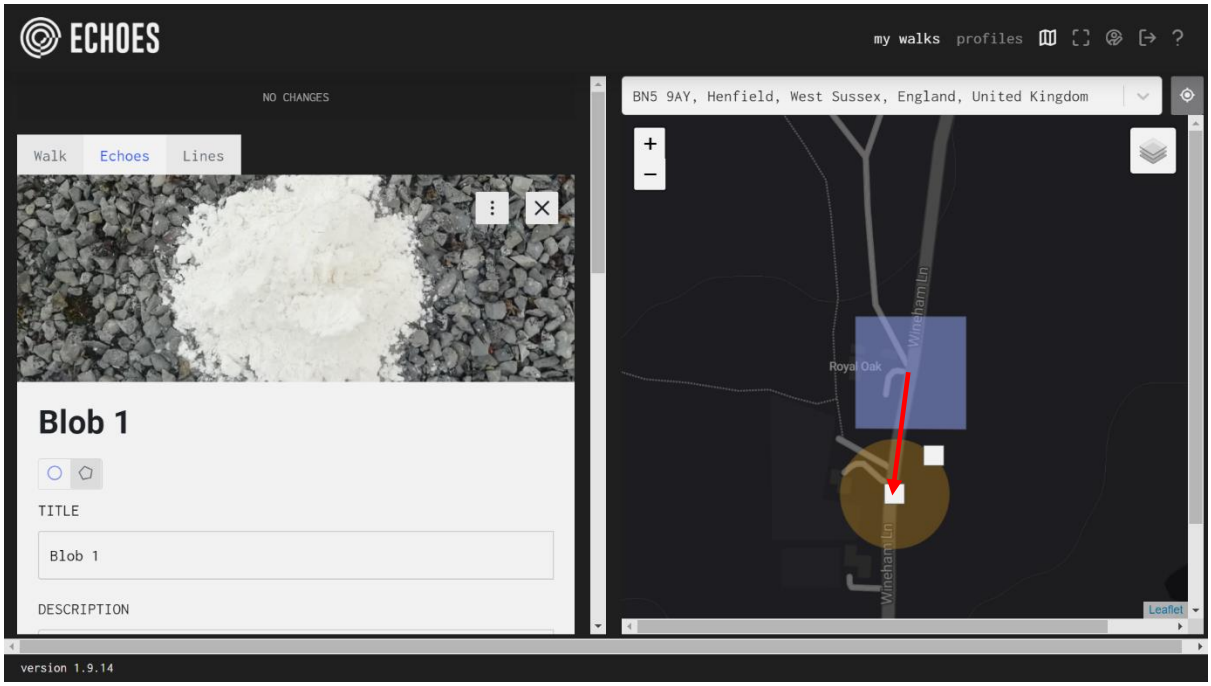
Scroll the left panel to the top, and click PUBLISH CHANGES.



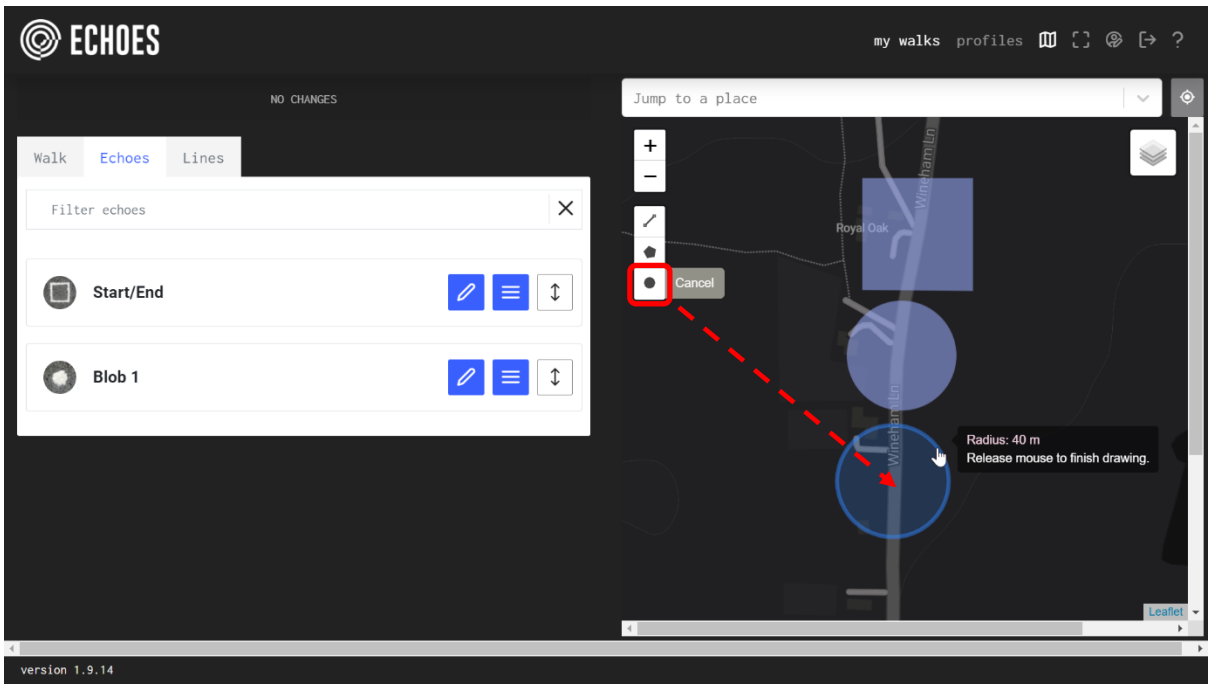
Select the Echoes tab. Then use the button below to drag the **Blob 1** echo to last.



In the right panel, click the circle to select. Then drag down to below the square, as overleaf.
Click PUBLISH CHANGES.

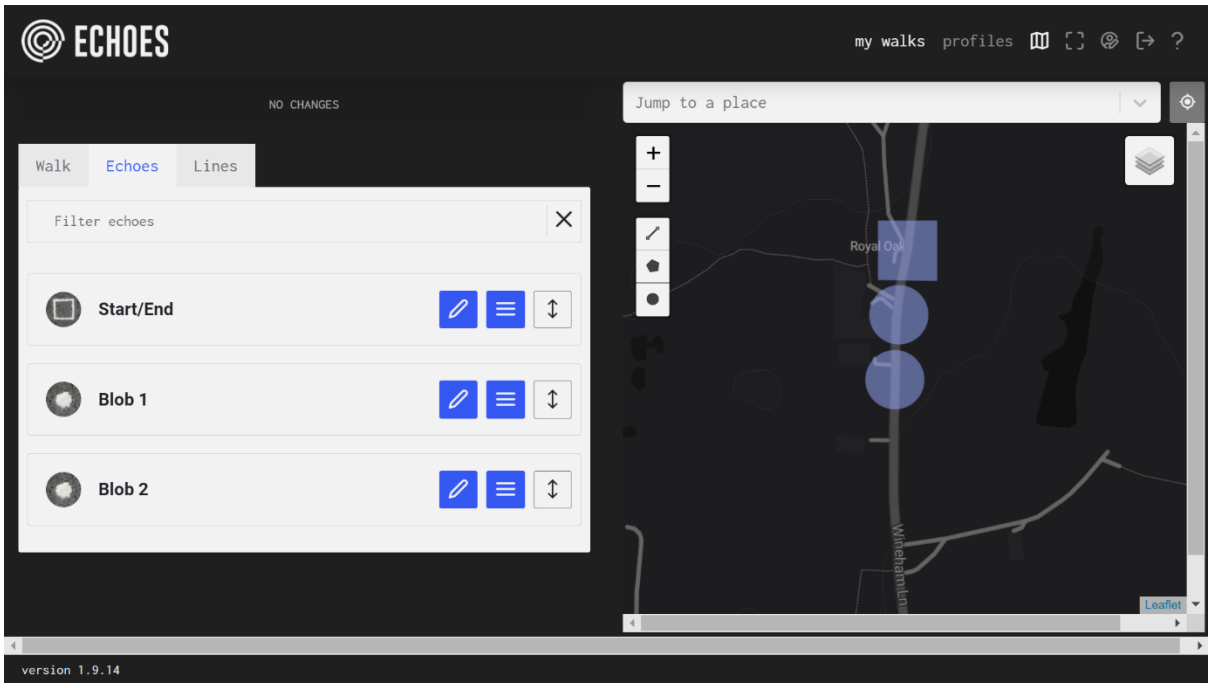


Creator lacks an echo copy feature. Instead, scroll the right panel up a bit, and create a second circle, as you did the first: Click the circle button, and move the mouse to south of the first circle, on the road. Click and hold, and drag till the screen says Radius: 40 m, then release the mouse. If you need to adjust a circle location, click it to select, move the mouse to the centre, and drag.



Select the Echoes tab, if not already selected. Then click the pencil button beside **New Echo 3**, which is our newly-created circle. For TITLE, type Blob 2 in place of New Echo 3. As before, upload the Gravel Blob picture, and a Blob sound. Then click PUBLISH CHANGES. You can follow PUBLISH CHANGES with a F5 key press, to refresh the map, should old positions or shapes of echoes linger.

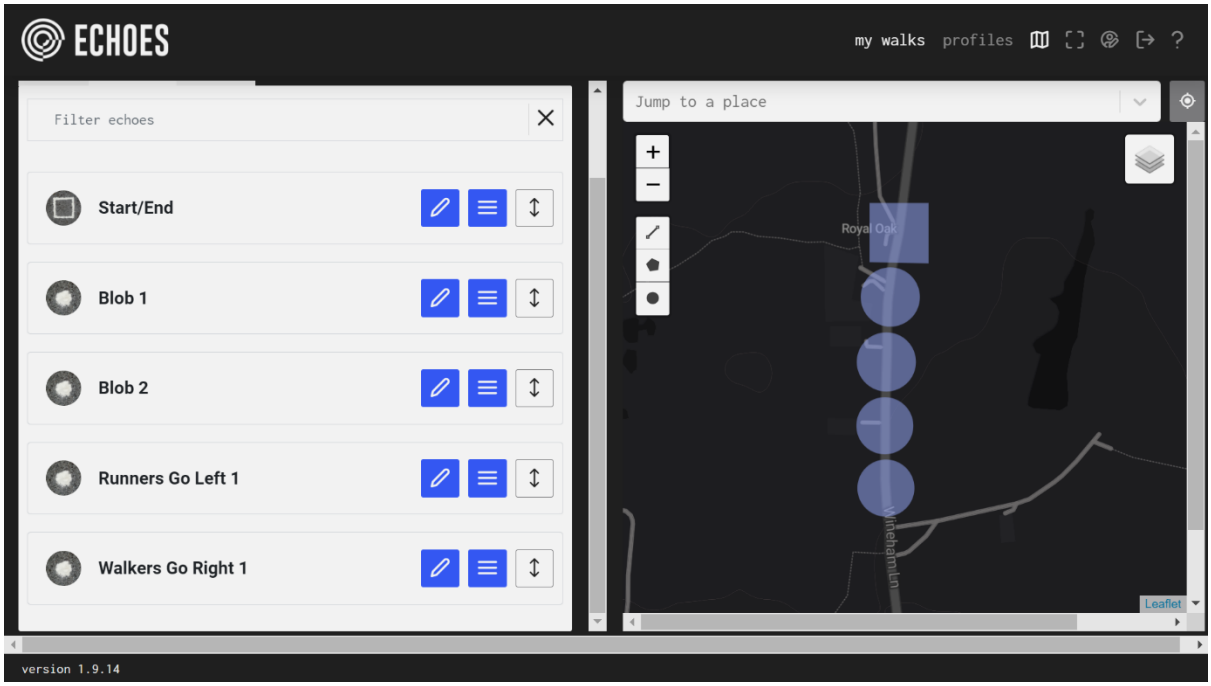
The screen should then appear as below. The map is zoomed-out a bit.



The third circle is usually another blob, with the fourth a blob or a check. Here though, the third will be south of the second, and the same except a TITLE of Runners Go Left 1, with the Runners Go Left sound. The fourth will be south of the third, and the same except a TITLE of Walkers Go Right 1, with the Walkers Go Right sound.

For each, select the Echoes tab, add the circle, then click PUBLISH CHANGES.

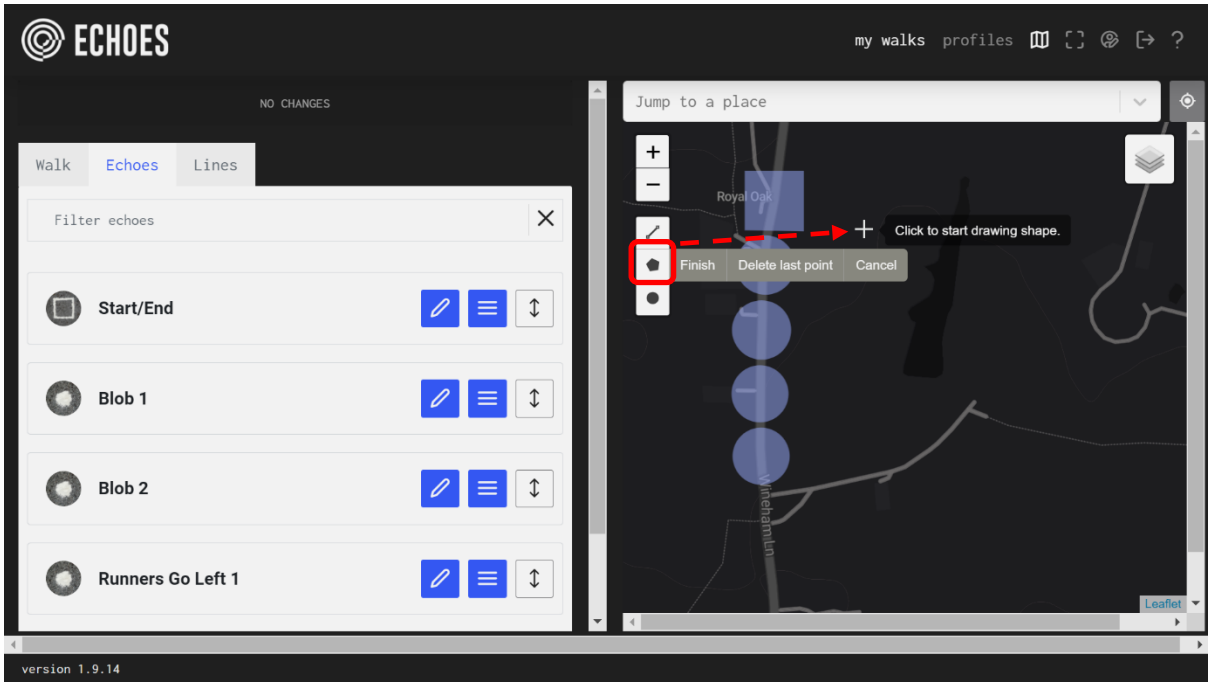
Re-select the Echoes tab. The screen should appear as follows:



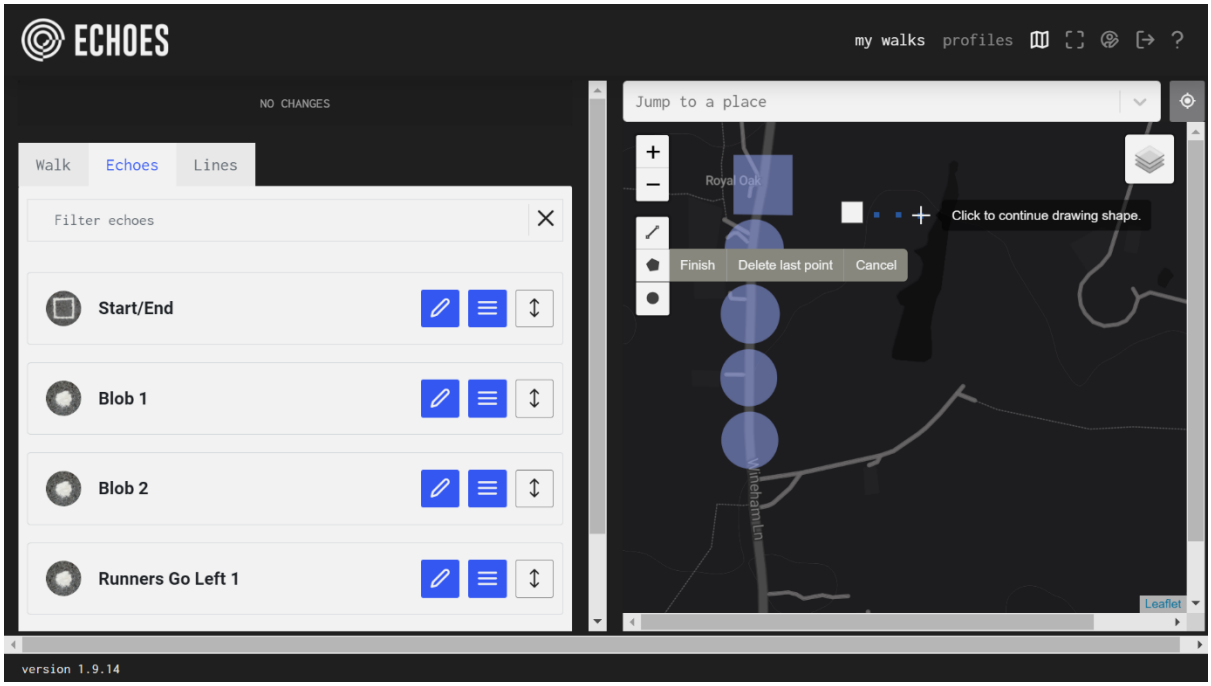
Help triangle

To the right of the start/end square, off the trail route, we'll now add the help map triangle.

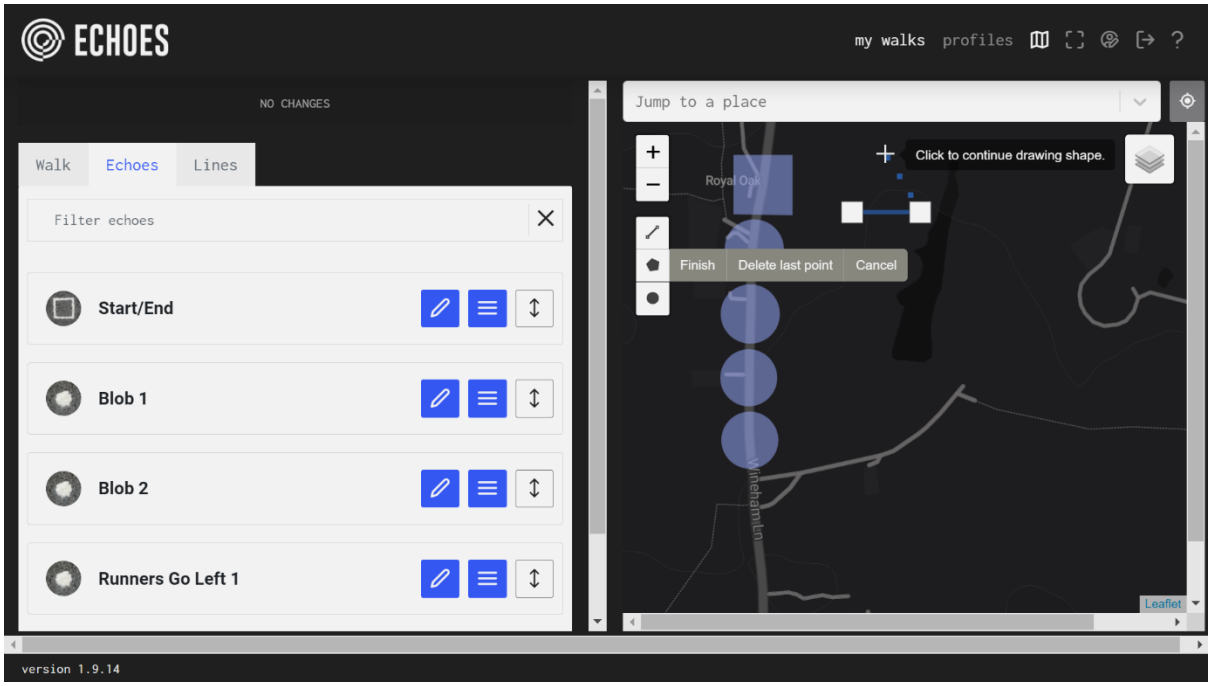
Click the polygon button, and move to roughly the position shown:



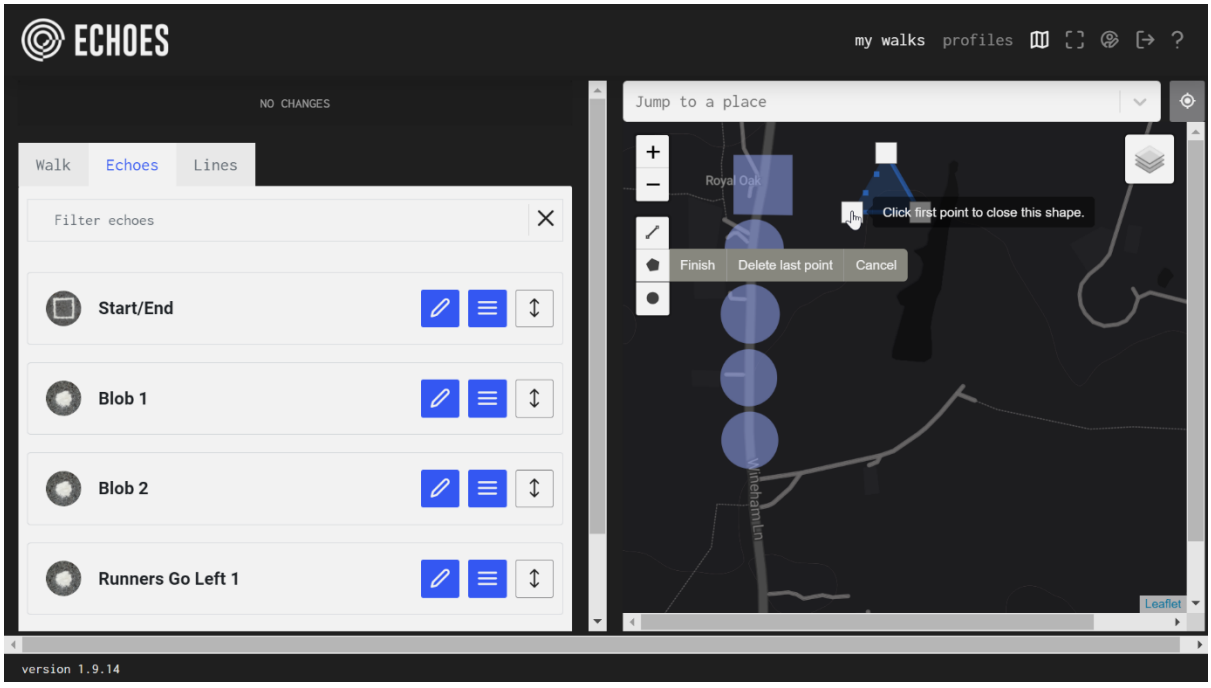
Click there, then move the mouse right, about the same width as the square:



Click there, then move the mouse to the position shown overleaf.

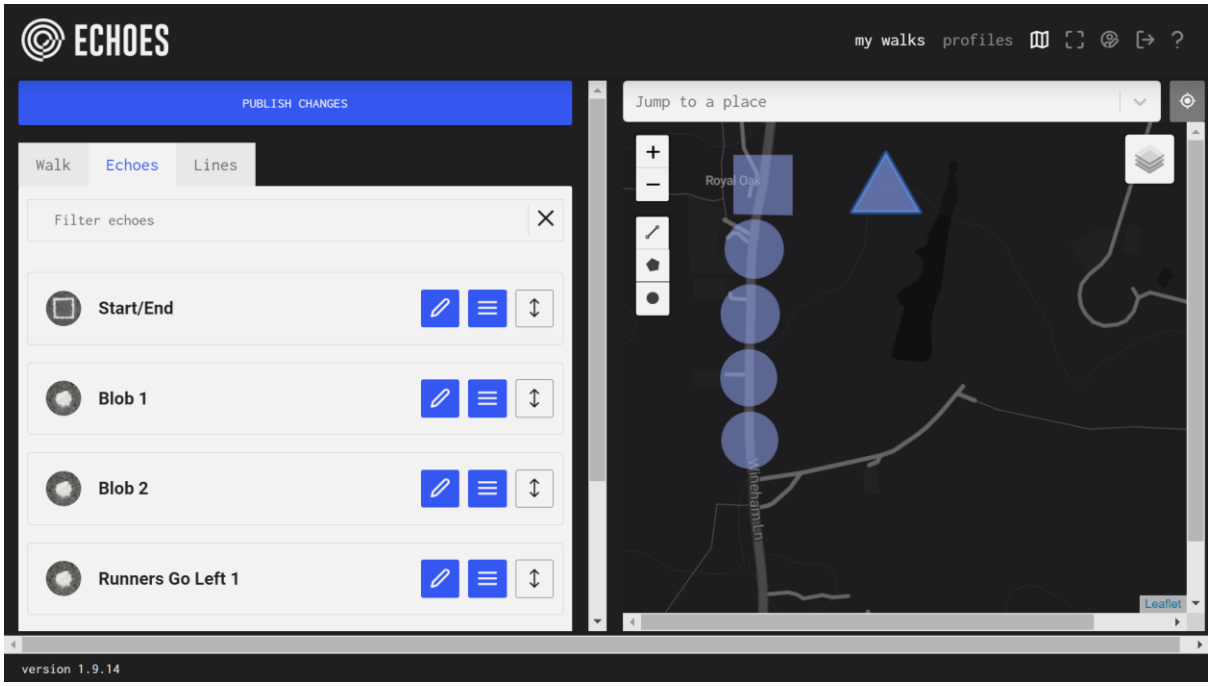


Click there, then move the mouse to the first point, and click, to complete the triangle:



The screen should now appear as overleaf. If your triangle is wonky or misplaced, you can click, then drag corners to adjust. Scroll the left panel to the bottom, and click the pencil button beside **New Echo 6**. For TITLE, type Help Map in place of New Echo 6. Then click PUBLISH CHANGES.

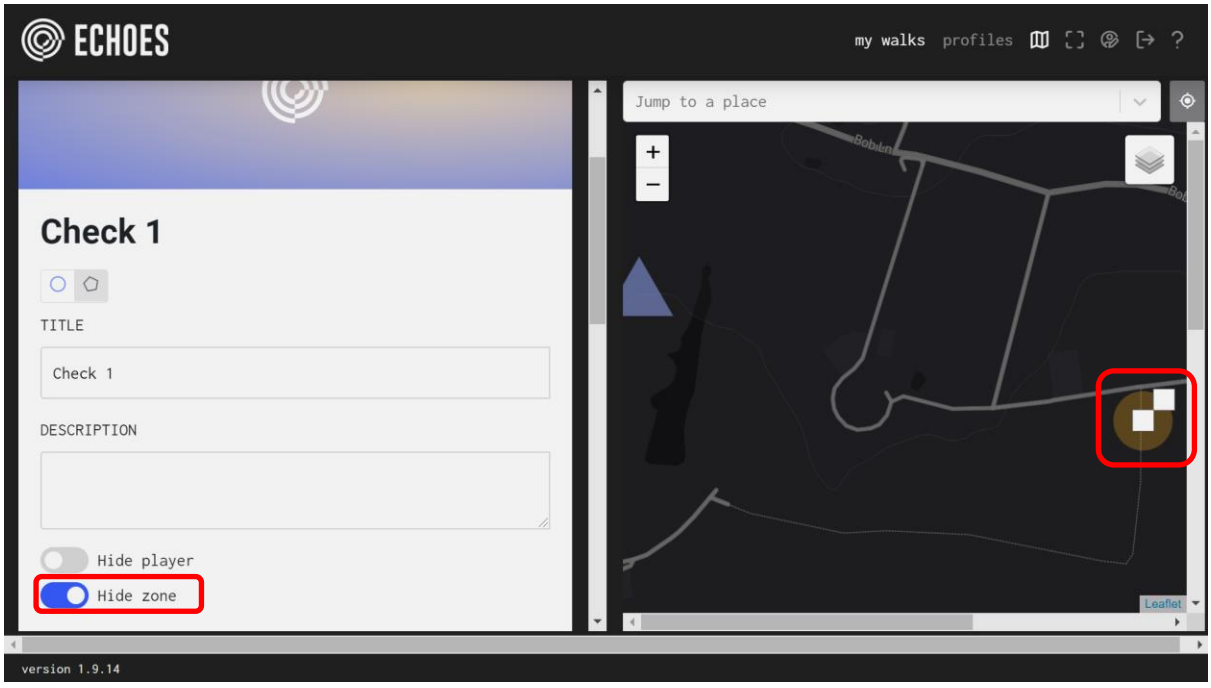
The help map image will be added later. Images are needed just for these first six echoes. Other echoes will be set to hidden, for your hounds to find 😊 Those other echoes won't appear on the map shown by the Echoes webpage for your trail or the Echoes app.



Because no more images, creating your trail now speeds. Particularly for the other blobs, as a single polygon echo can be used for stretches, with a Blob sound repeating every 15 seconds. Likewise for false deserts, with a False sound repeating every 15 seconds, while your hounds are off-flour.

Checks

It's easiest next to add checks: Before most junctions, add a circle echo, with a TITLE of Check 1, Check 2, etc, and the Check sound. For example, here's with Check 1 added. Be sure to switch on Hide zone, which hides the echo in the app. And likewise for all subsequent added echoes.



Here's with all checks added, with Fullscreen map toggle used, as shown and the map zoomed-out. Hide zone makes circle echoes pale, so a missed switch on for those is easily spotted. For the picture below I've kept switched off, for a clear view of the checks. Add all fifteen, in the positions shown.

False trails

If keeping with *three and you're on*, you may like to add a blob or two along some of the false trails, to make your hounds work a bit! If *two and you're on*, of course add just one blob.

Overleaf, is with some blobs added. The last blob TITLE was Blob 2. So use Blob 3, Blob 4, etc, and the Blob sound. For the picture overleaf, I've switched on Hide zone for the checks, but kept off for the blobs for a clear view. I do similar for subsequent adds. Add all ten blobs, in the positions shown.

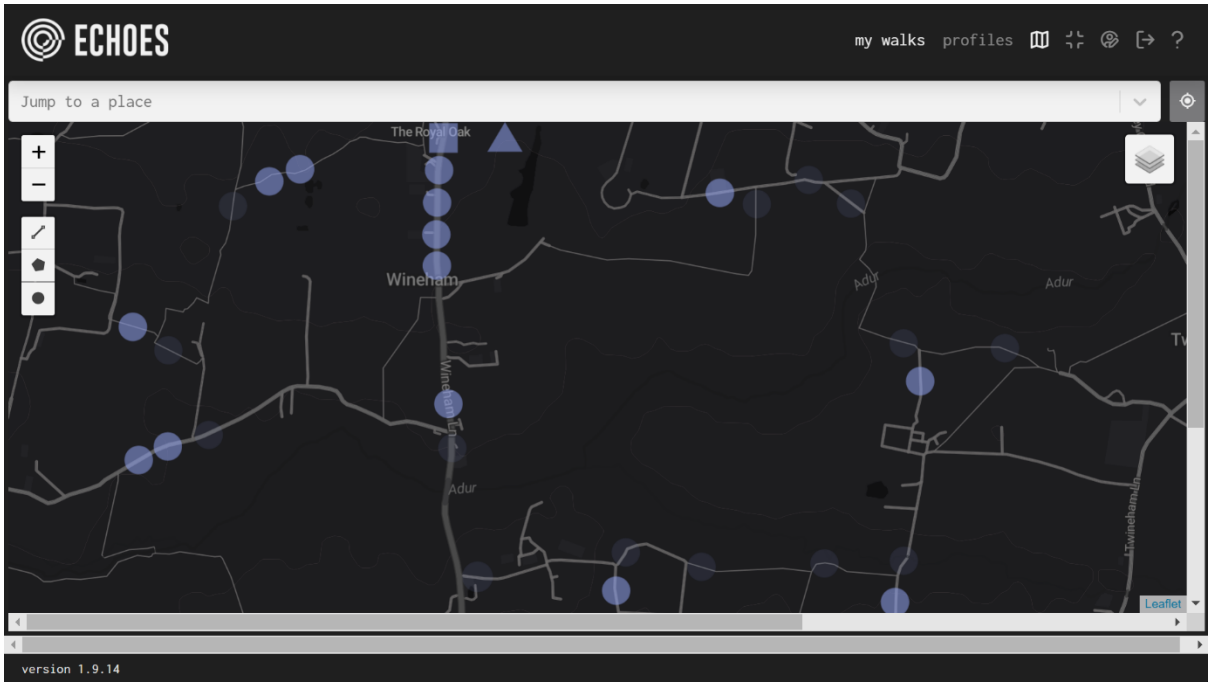
Special echoes

Now to add the Beer Stop and prior Beer Stop Near, about half-way around. Similarly, the Circle Up and prior Circle Up Near, toward the end. And an Inn No, on approach to the pub. Plus four direction marks. And a runners-only section Sash View north to Twineham Grange* and a Fish Hook. Using a circle echo, add all eleven, in the positions shown in the second screen overleaf, with TITLE and sound as indicated. TITLE *omits* a trailing number if there can be only one of that type of echo.

** The adjacent former farm was famous through the 1980s and 90s for producing its own Parmesan cheese. Which after debut of the EU food origin law, was renamed Farmer's Hand (read it quickly).*

Blob stretches

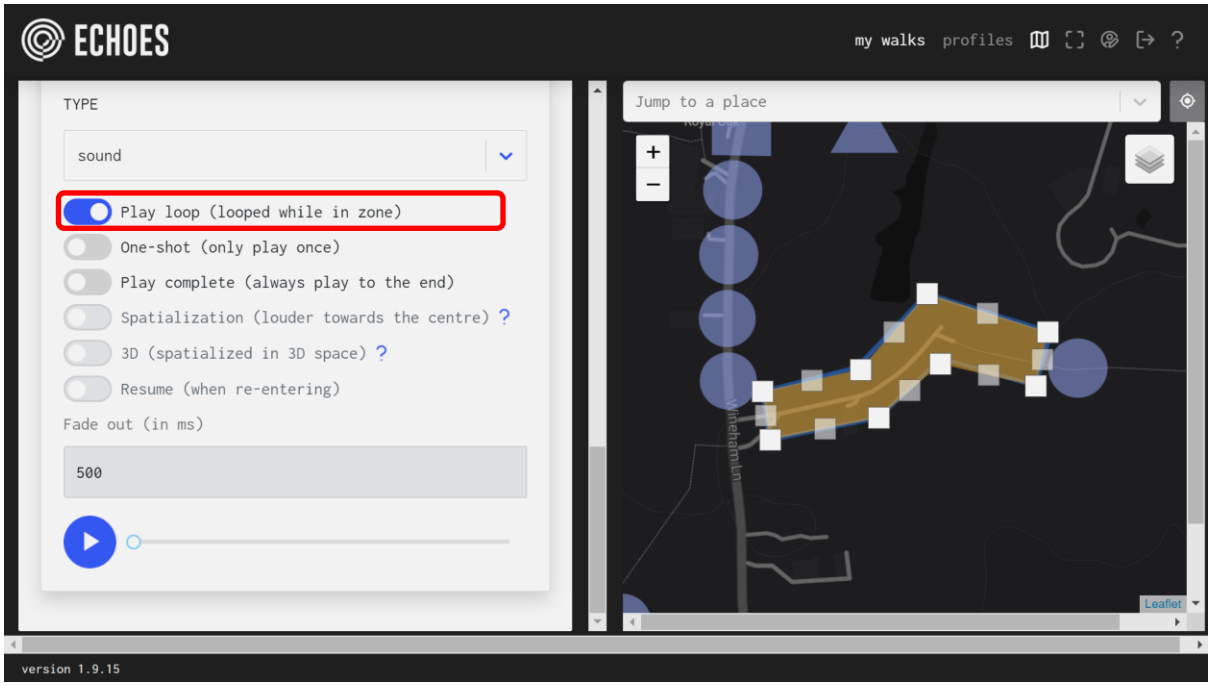
Now to add true trail blob stretches, between all the checks and special echoes. If you're good at wonky shapes, now's your time: The screens two pages hence show the sort of thing we're after.

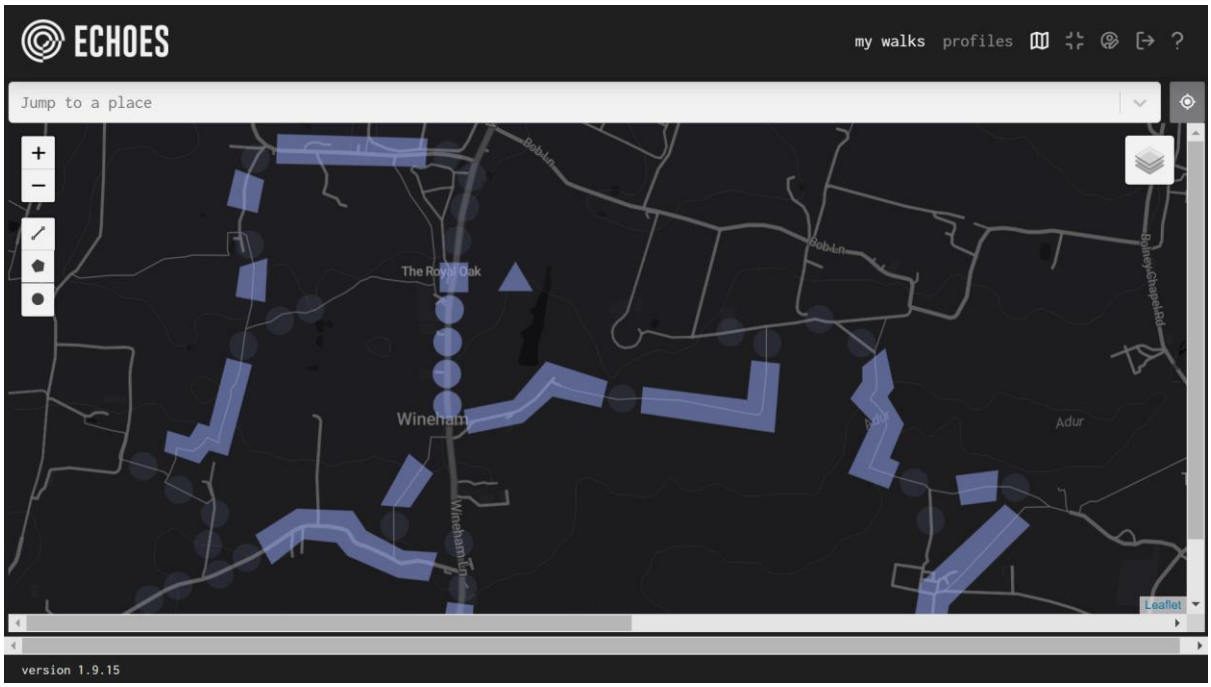


Click the polygon button, then draw the shape shown overleaf. Per the square and triangle, but with more points. Likewise complete by clicking on the first point. Aim for the stretch to be about the same width as a circle. And with the route down the middle.

For TITLE, type Stretch 1. Select the Blob sound. Scroll to the bottom of the left panel, and switch on Play loop (looped while in zone), as shown. Be sure you switch on Hide zone, as it doesn't make polygon echoes pale. This probable bug has been reported to the Echoes people.

The stacked second and third screens overleaf show, for the respective north and south of the trail, all blob stretches added. Add the other fifteen stretches, in the positions shown, with a TITLE of Stretch 2, Stretch 3, etc.


ECHOES
my walks
profiles
TYPE
sound
Play loop (looped while in zone)
One-shot (only play once)
Play complete (always play to the end)
Spatialization (louder towards the centre)
3D (spatialized in 3D space)
Resume (when re-entering)
Fade out (in ms)
500
Jump to a place
Leaflet
version 1.9.15


ECHOES
my walks
profiles
Jump to a place
The Royal Oak
Wineham
Adur
Leaflet
version 1.9.15

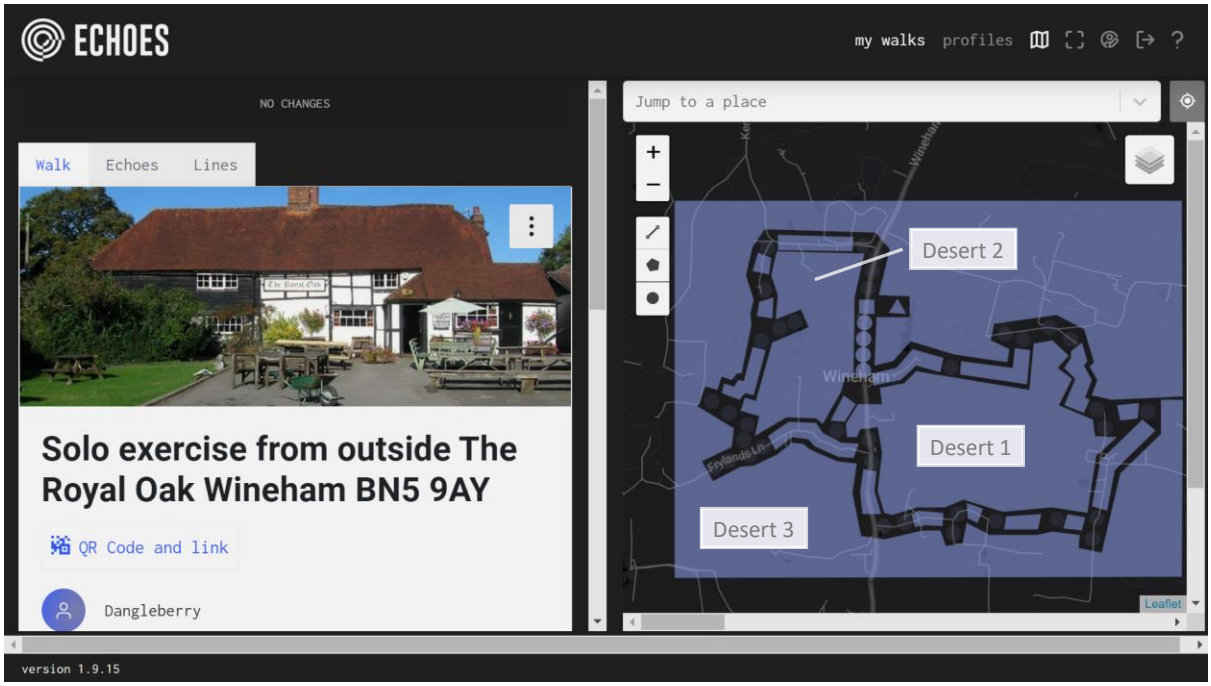
Wineham
Adur
Leaflet
version 1.9.15

Notice how after each check, a stretch starts a little way along the true trail. This is to avoid a stretch Blob being heard on the false trail or trails, due to GPS inaccuracy. Infact like a hash, where the first flour following a check is laid some way along the true trail, so that it isn't found too soon. Notice also that a stretch is omitted if the gap between checks or special echoes is short.

Top-tip: Before drawing a polygon echo, scroll the map so that your shape will be at the bottom or the right. Just so that the polygon button flyout menu doesn't get in the way of your drawing.

False deserts

Our last echoes to add are whoppers: Each is a polygon covering areas you *don't* want your hounds to go, announcing False every 15 seconds. Usually one or two within the trail, and a C-shaped one around, as below. These large echoes are much quicker to make than many individual False echoes. And ensures your hounds don't stray! It's pure coincidence that the trail looks a bit like a Scottie dog.



Add the echoes as shown, with TITLE as indicated. Use the False sound. And switch on Play loop (looped while in zone).

Notice how the echoes overlap no others. And also keep away from the true trail, to avoid a desert False being heard on the true trail.

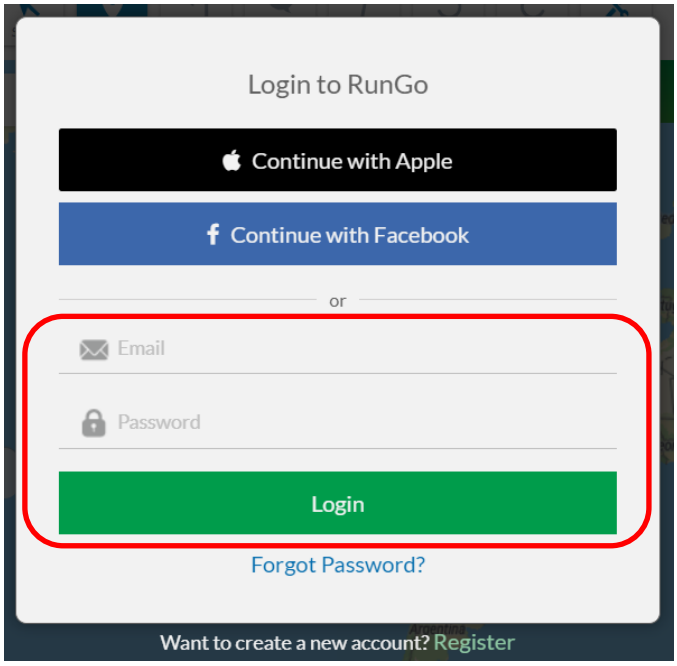
Sound check

Sometimes sounds don't upload properly. So we'll now test each echo. I suggest headphones if others are in earshot, two-legged or four, to avoid over-exciting.

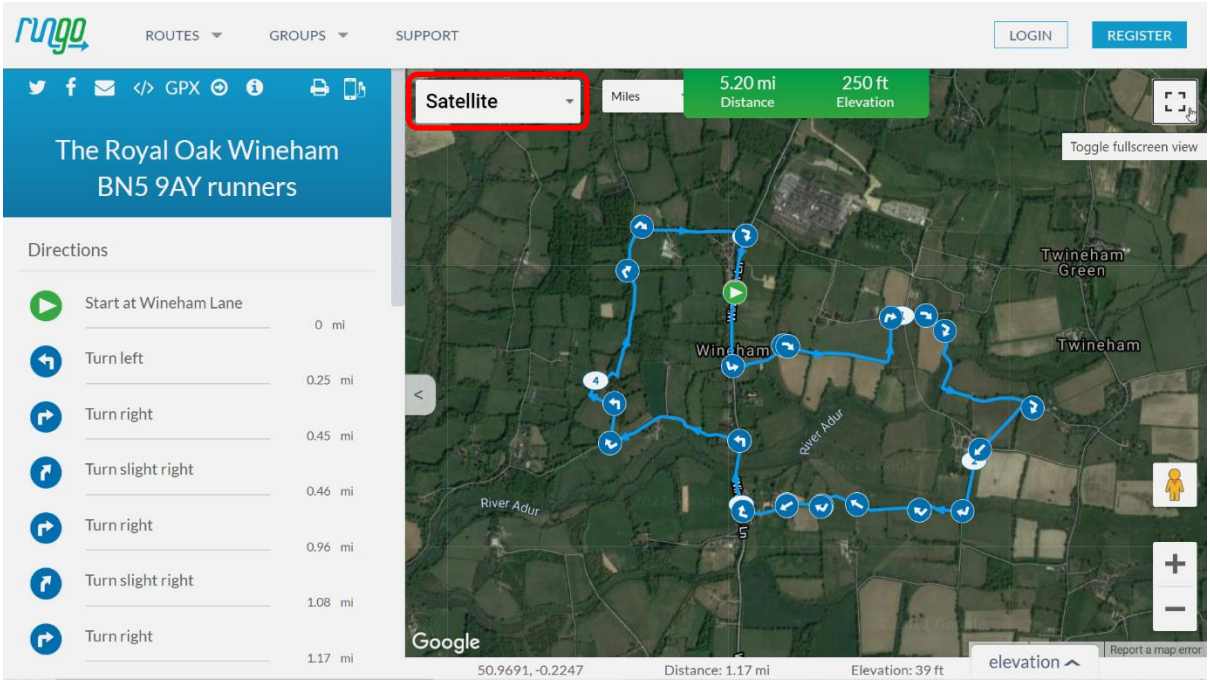
With the left panel scrolled to the bottom, for each echo, select, and then click the play button. Add any missing sounds. For polygon echoes, check that Play loop (looped while in zone) is switched on. Omit the square and triangle, they are soundless.

Help map

If RunGo was used to draw the trail, head to https://routes.rungoapp.com/routes, and select the My Routes tab. If your browser *hasn't* remembered your logon details, the popup below will appear. Enter the email address and password you use for RunGo, and click Login. Or click Continue with Apple or Continue with Facebook if you accessed RunGo that way.

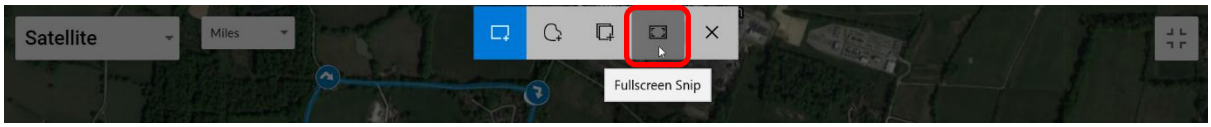


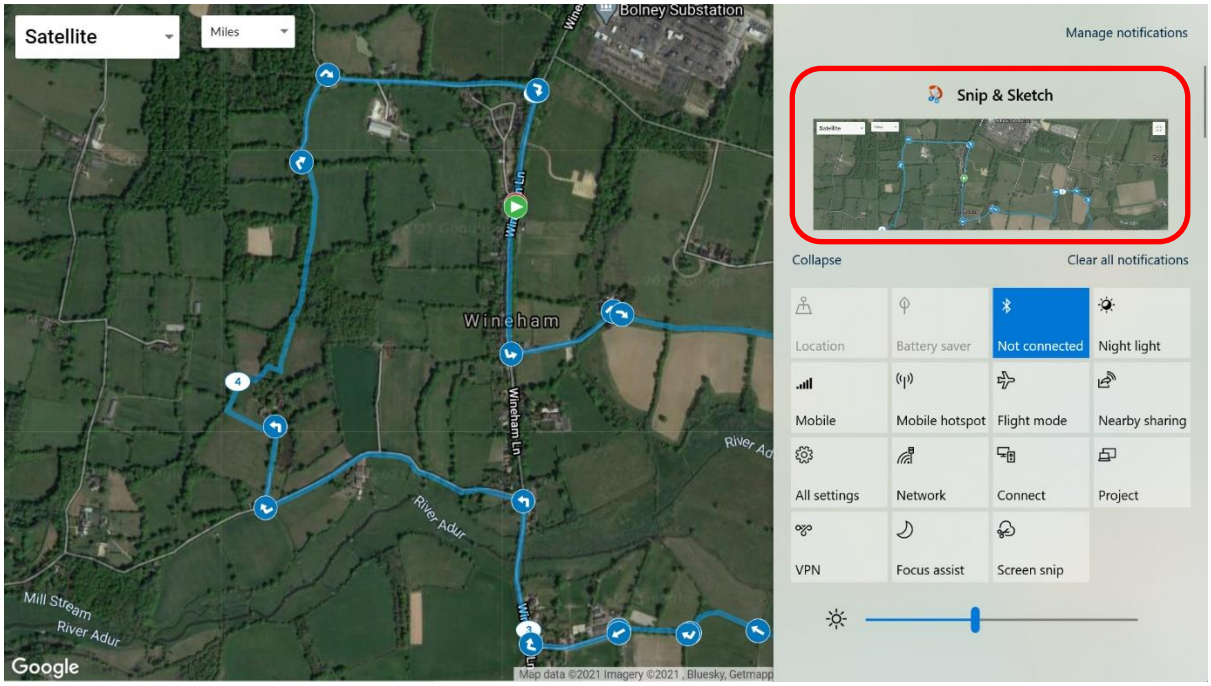
Click on The Royal Oak Wineham BN5 9AY runners route that you created. For sash trails created thus far, the help map has used satellite view, for the additional detail offered. Per the screen below, in the dropdown choose **Satellite**.



Click Toggle fullscreen view at the top-right, and zoom-in for best detail. Move the mouse to the right of the screen, ready for screenshot:

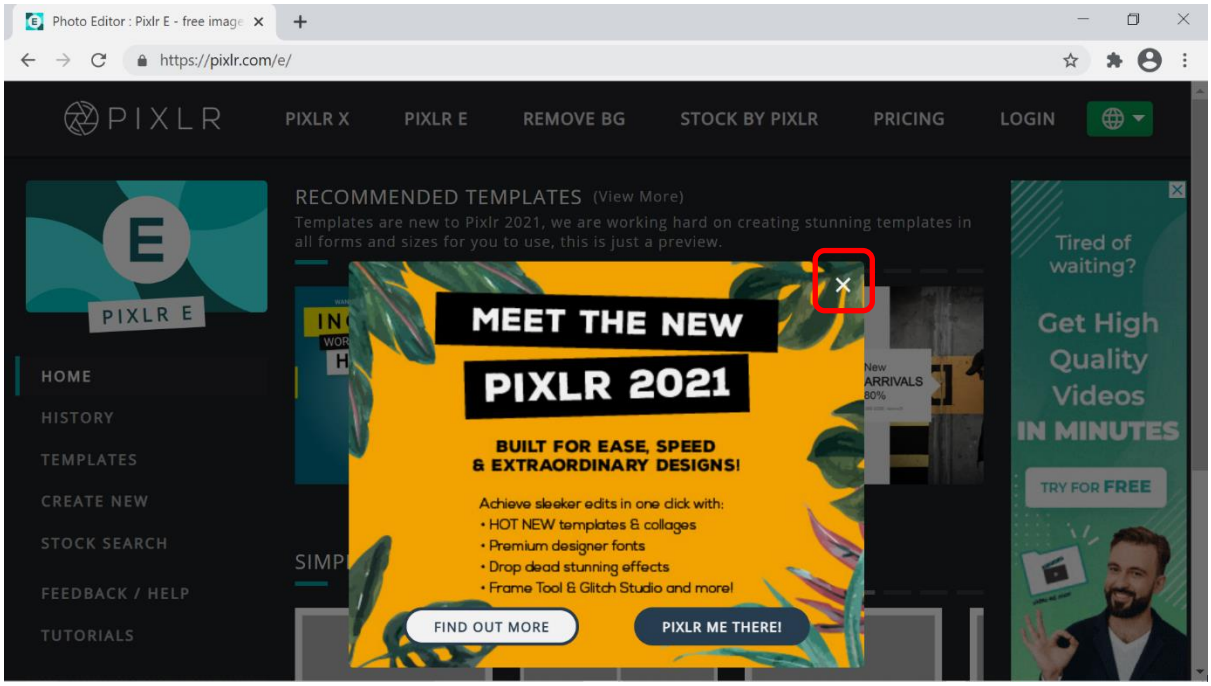
- On an **iPad** with a Home button, press together with the top button. If no Home button, press the top button and volume up button together, and then quickly release both.
  A screenshot with be saved to Photos > Albums > Screenshots.
- On an **Apple PC or laptop**, press these three keys together: Shift ⇧, Command ⌘, and 3. In a moment a screenshot will be saved to your desktop.
- On a **Windows PC / laptop / tablet**, press ⊞ and Shift-S together. As below, the screen will darken, with buttons showing top-centre. Select the fourth, Fullscreen Snip. Press ⊞ and A together, to open Action Centre. Click on the screenshot showing there, as below, to open in Snip & Sketch. Press Ctrl-S to save, and choose a folder.

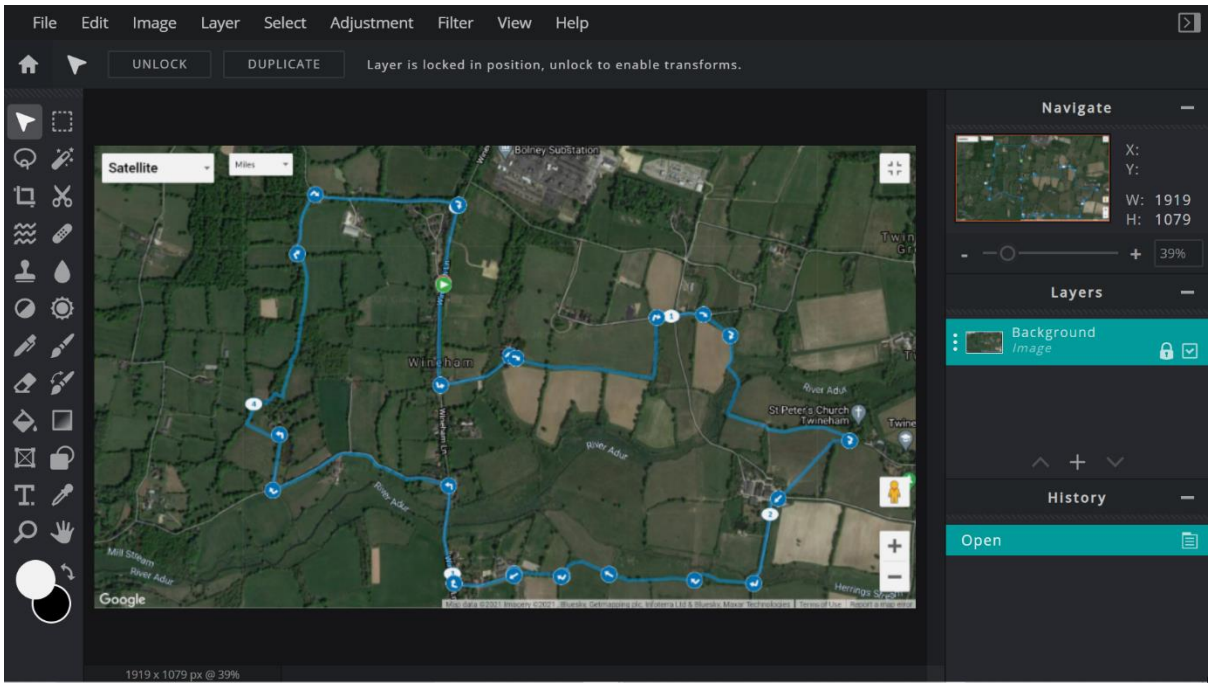




Using online image editor PIXLR E, we'll now make three easy edits to the screenshot: A crop to show just the trail. A blue square with white border at the start/end point, per Echoes. And blue dots for the walkers shortcut, across the Scottie's collar.

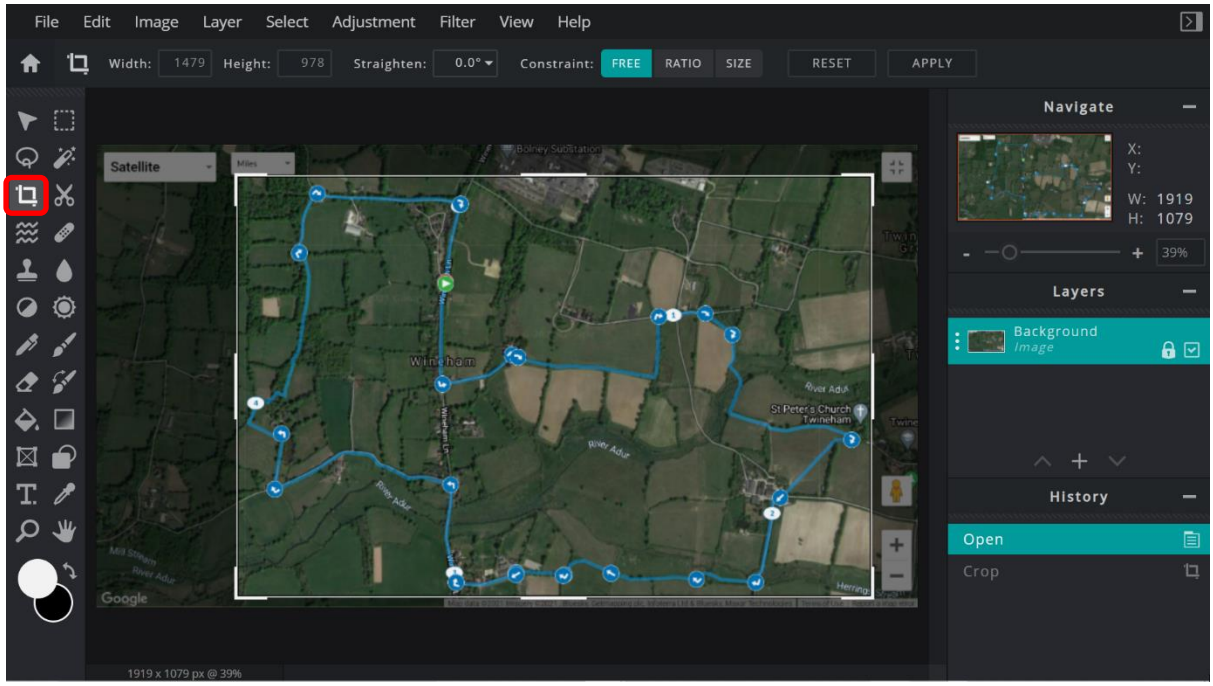
Head to https://pixlr.com/e/ then click X to dismiss the popup, as overleaf. Scroll to the bottom, and click OPEN IMAGE. In the folder containing your screenshot, select, and click Open. The second screen overleaf should result.



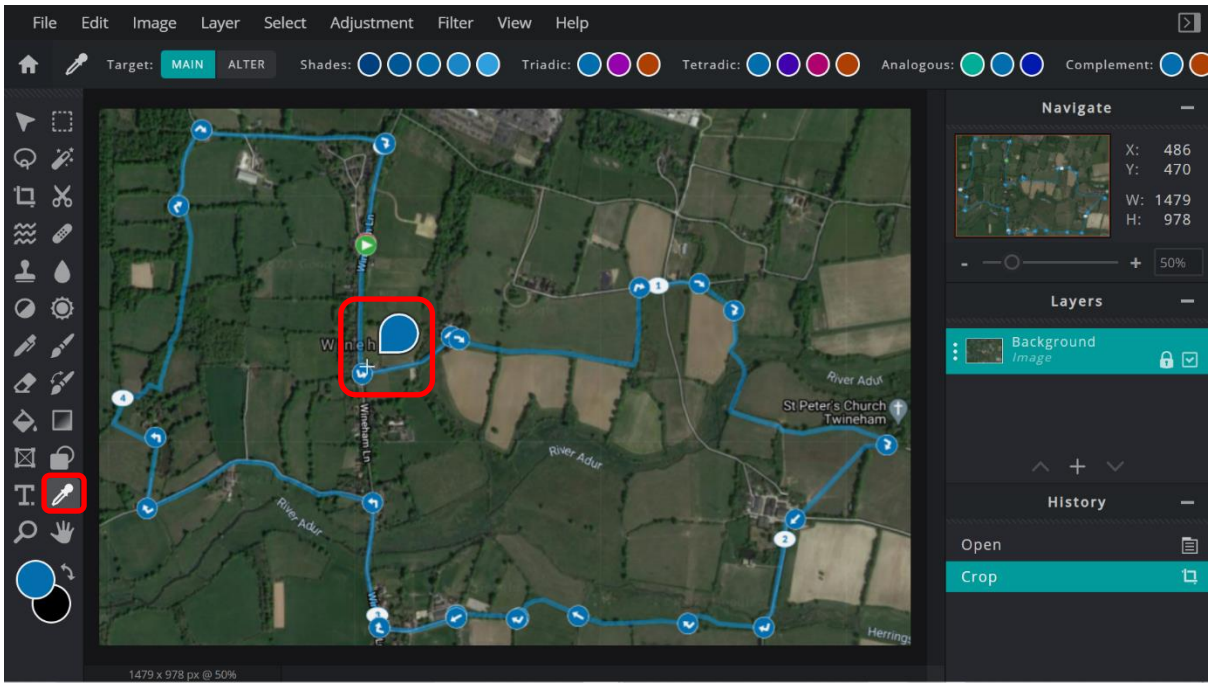


As overleaf, select the Crop tool, then drag in the white bars, until you have just the trail enclosed. Then press Enter to crop.

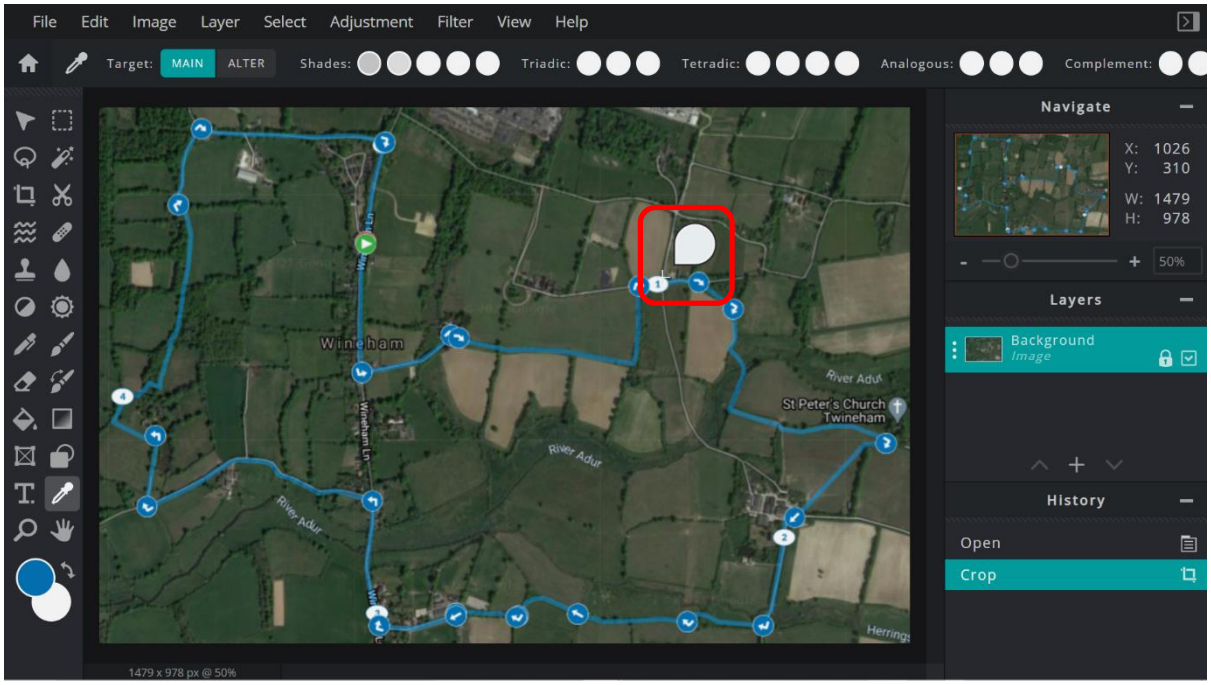
If something doesn't go quite right, you can press Ctrl-Z at any time, to undo the last action.



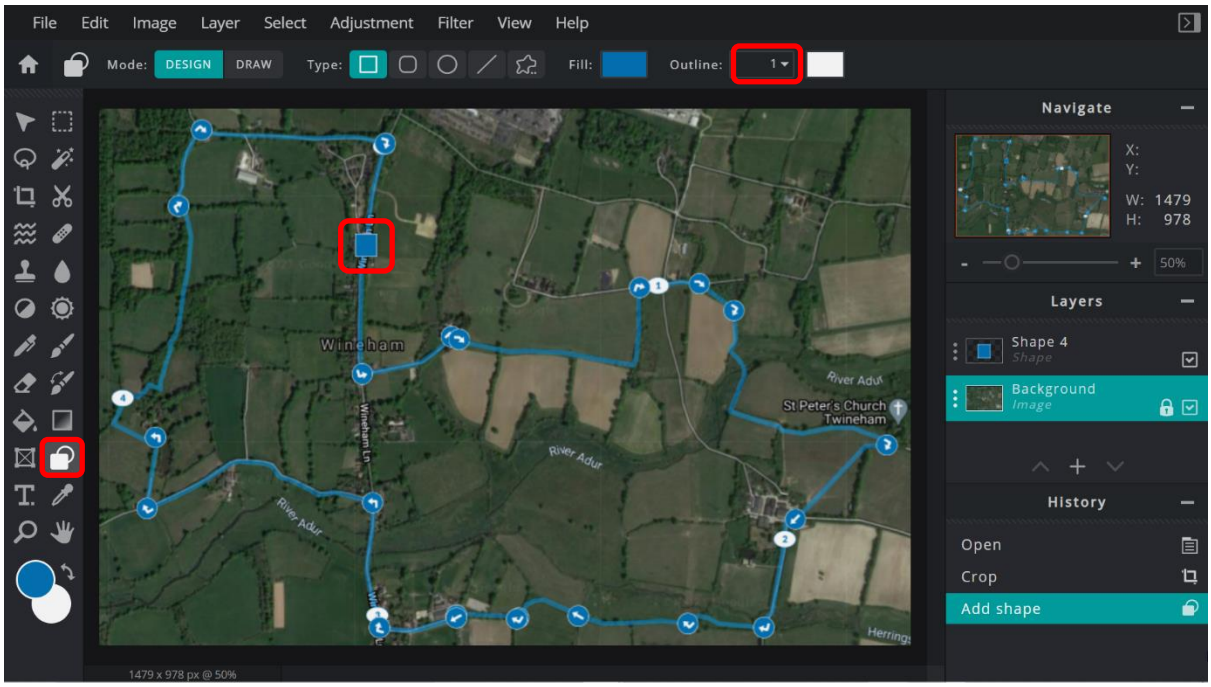
Now select the Picker tool. Move the mouse over the blue of a direction symbol, and click to collect that colour:



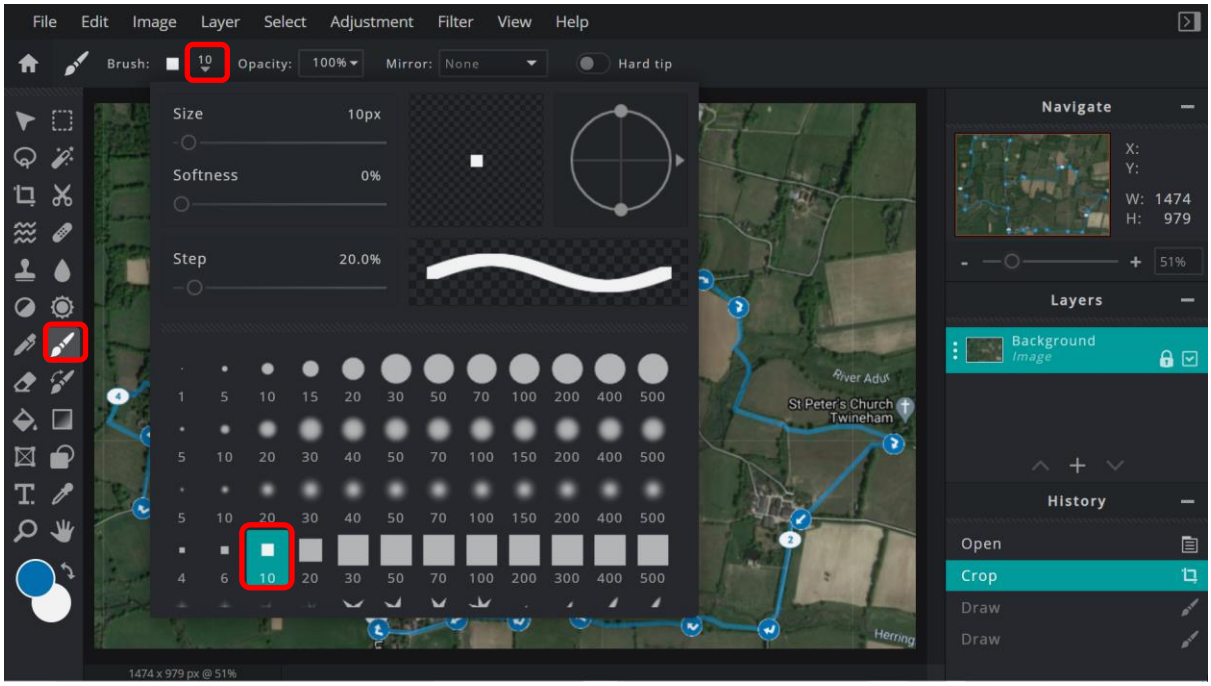
Also with the Picker tool, move the mouse over the white of a mile marker, and *shift*-click to collect white as your *secondary* colour, as overleaf.



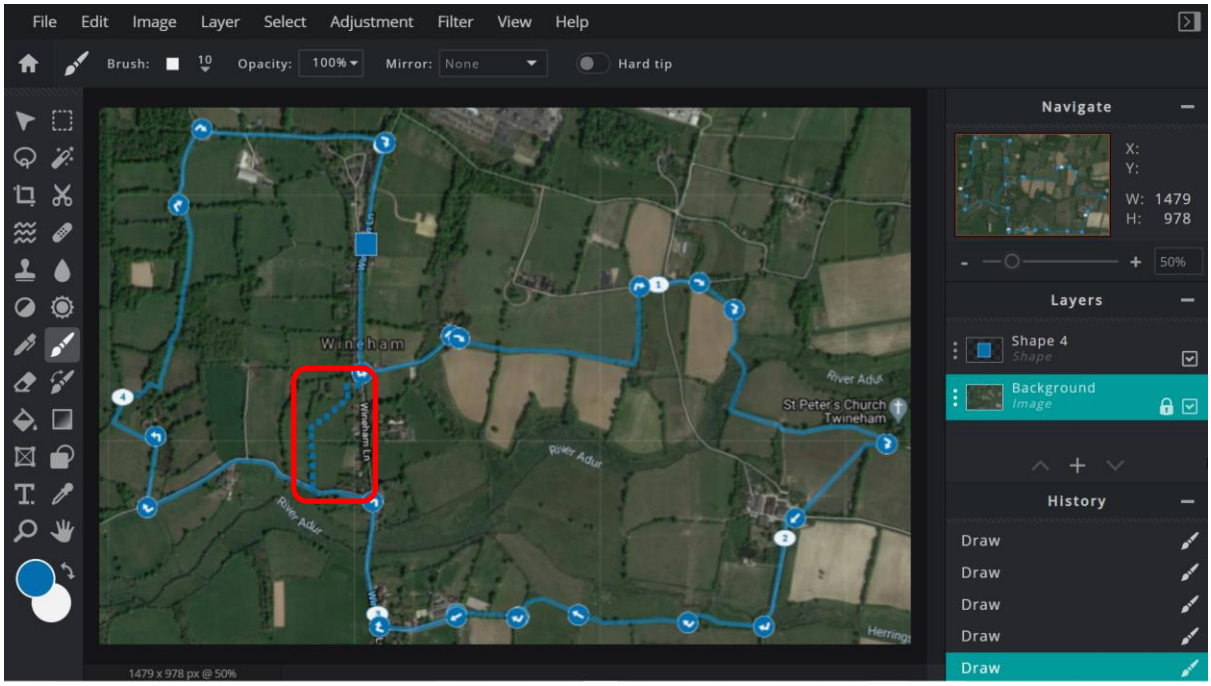
We now have the two colours we need for a start/end square. So as below, select an Outline width of 1. Then select the Shape tool, move the mouse to the position indicated, and drag out a square as shown. Release the mouse to fill the square. Then click to complete.



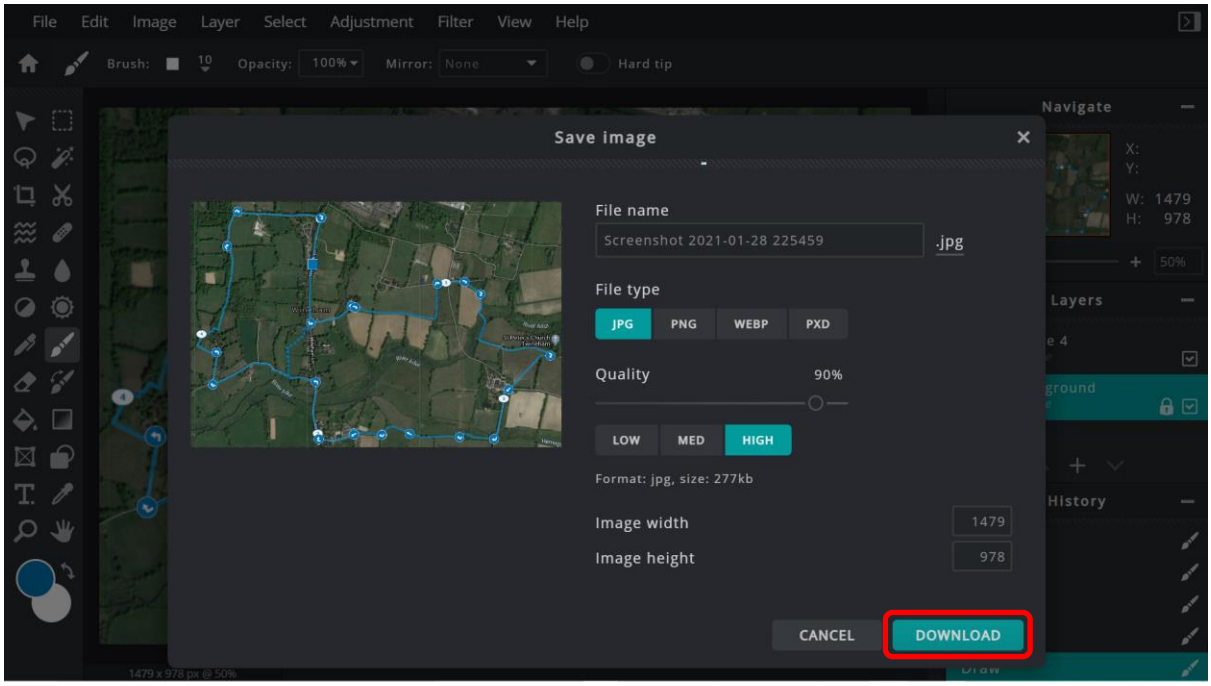
For the walkers shortcut, select the Draw tool, then a size 10 square nib, as overleaf. Then click anywhere on the trail, to dismiss the size selection panel.



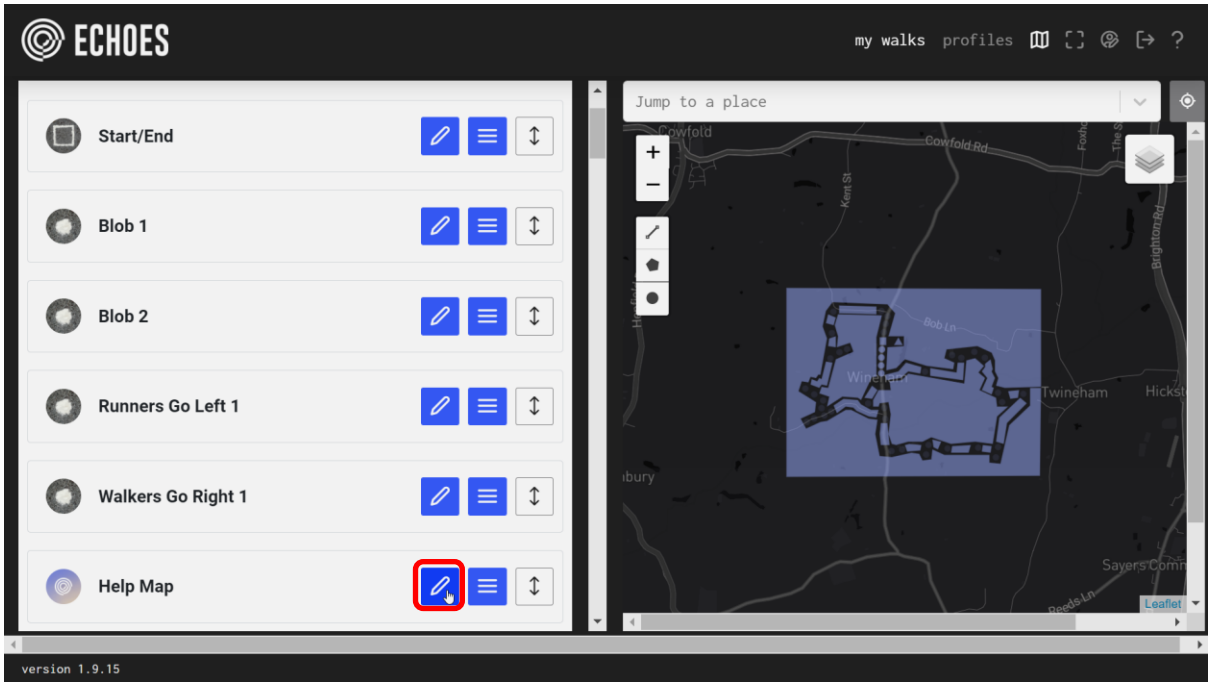
Now click dot-by-dot, along the walkers shortcut, as below:



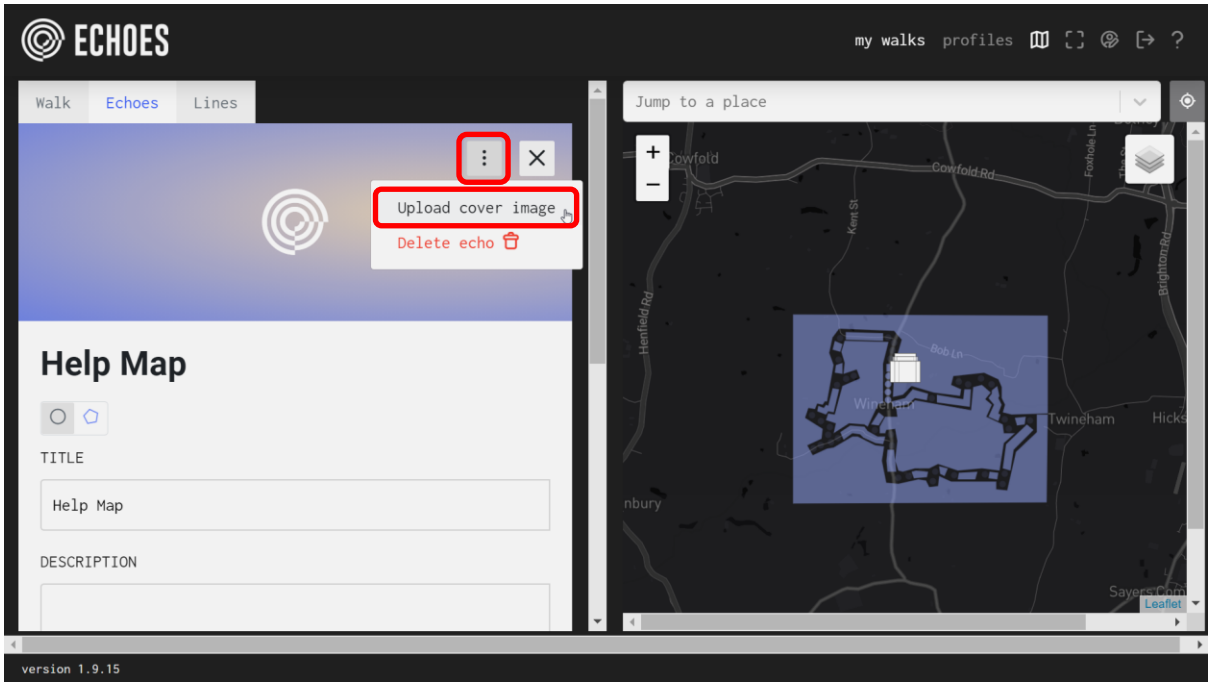
Choose File > Save.. then click DOWNLOAD, as overleaf, to download the help map image to your Downloads folder.



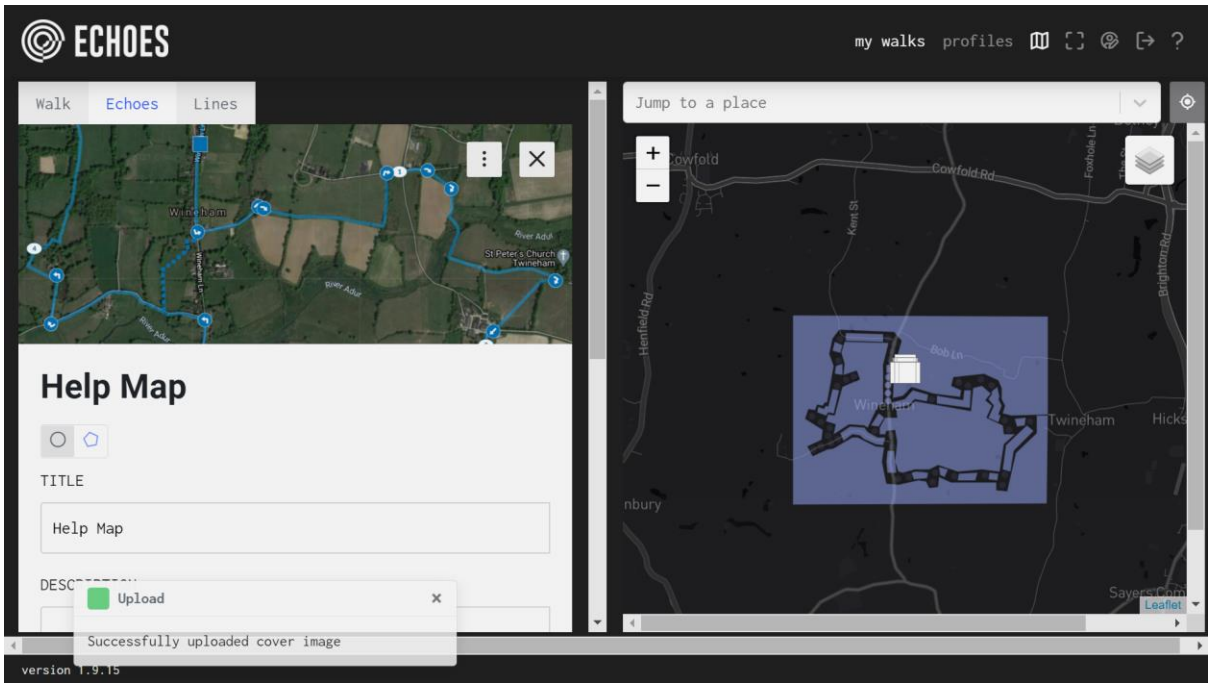
Now switch to Echoes Creator, and in the left panel, select the Echoes tab. Then scroll down to the **Help Map** echo, and click the adjacent pencil button:



The screen should now appear as overleaf. Click ⋮ then Upload cover image, as shown. Select your Downloads folder, then the downloaded help map that you made with PIXLR E, if you did. Or select a photo of the route on paper.

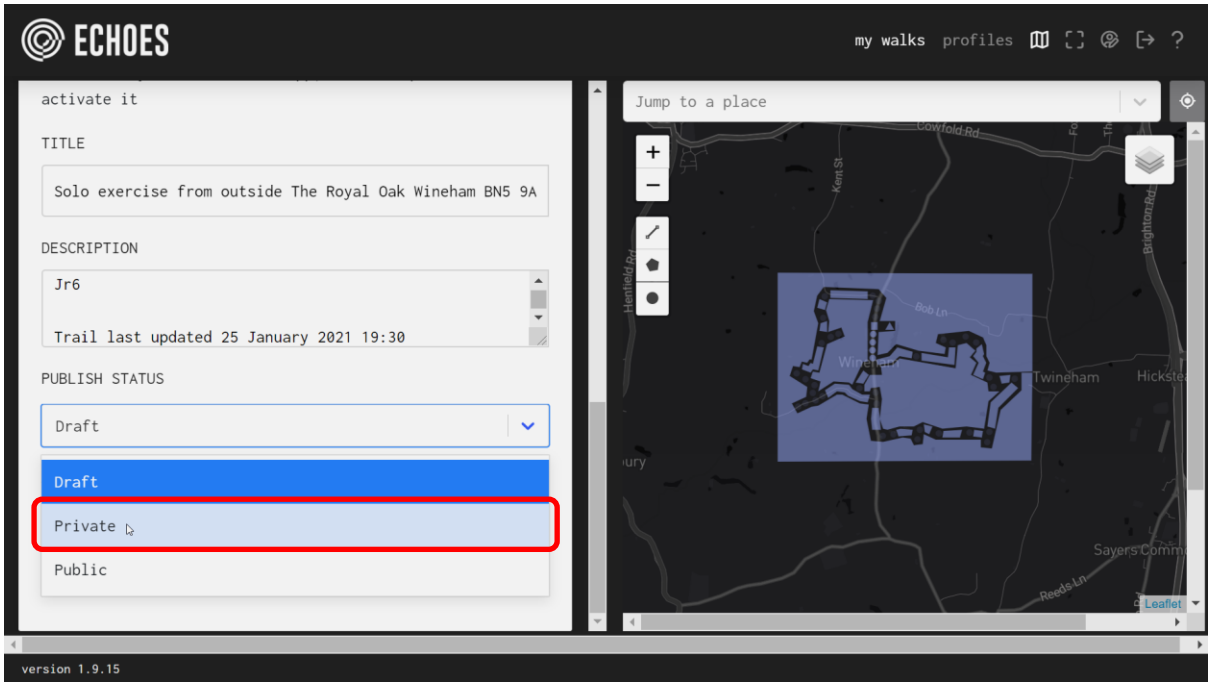


The screen should then appear as below or similar. Don't worry that the map appears cropped. It will be fine in use. Click PUBLISH CHANGES.

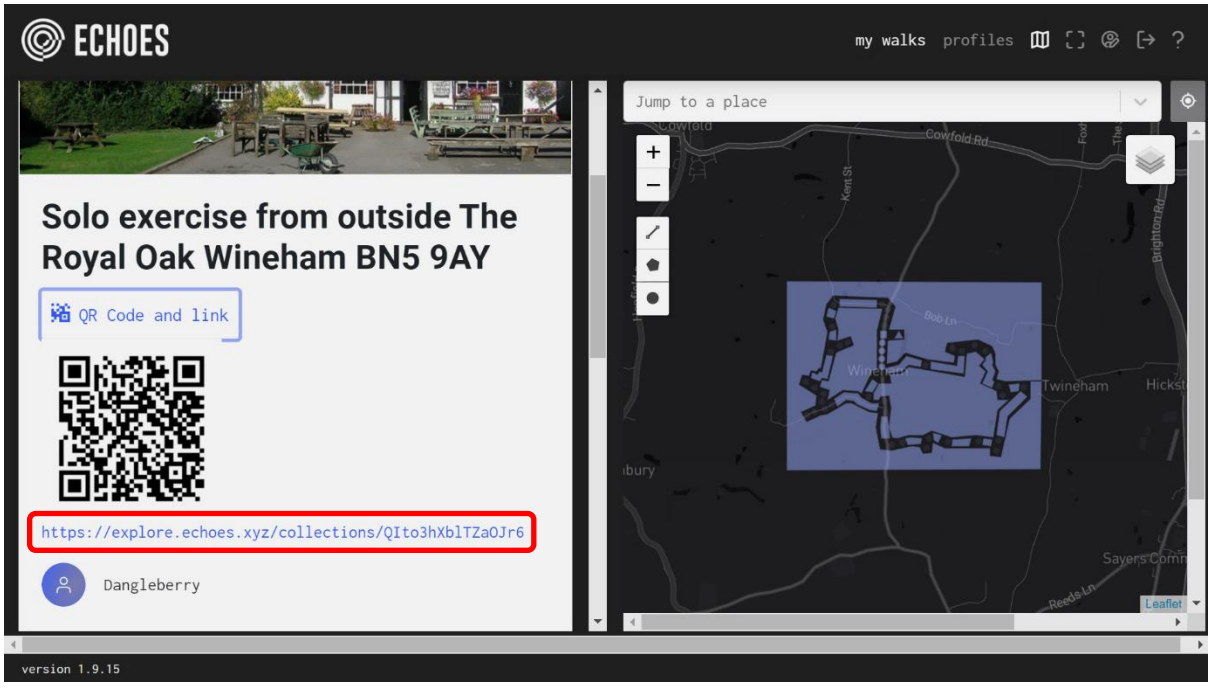


Webpage check

Now select the Walk tab, and scroll the left panel to the bottom. Change PUBLISH STATUS from Draft to Private, as overleaf. Scroll the left panel back to the top, and click PUBLISH CHANGES. The Echoes webpage for the trail is now visible to you, and you can find the trail in the Echoes app 😊 Though not yet for others.



Click on QR Code and link to expand, then click the link as below.



This will open the Echoes webpage for your trail, which should appear as overleaf. Scroll the left panel down to the map, and check it appears as shown. If any other echoes are visible, they will need Hide zone selecting. Also scroll down to the bottom, and check that the first five echoes appear as shown. If any differ, they will need the Gravel Start or Gravel Blob picture selecting. Also scroll up, to the *end* of the text, and check that the link works to *reopen* the webpage.

Click the browser back button to return to Creator, and make any corrections needed.

ECHOES

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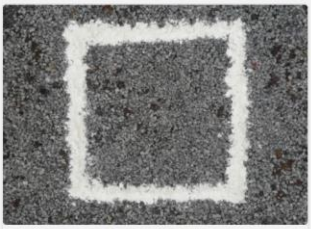
Solo exercise from outside The Royal Oak Wineham BN5 9AY

61 ECHOES

Solo exercise, inspired by hash running and walking, so called sash !

Ground rules: 1) No set date or time. 2) Only do solo, or with people you live with, or your support bubble, or one other person. 3) Keep 2 metres apart from others if you encounter. 4) Ideally pick sashes that are local to you. 5) Ideally pick sashes a walk or cycle from the start/end point rather than drive. 6) Ideally drive only as a part of an essential journey being made anyway, such as for food buying. 7) Walk bits where you can't clearly see the way

The Echoes



Start/End

Blob 1

Blob 2

Runners Go Left 1

Walkers Go Right 1

Discover more geolocated content in our apps.

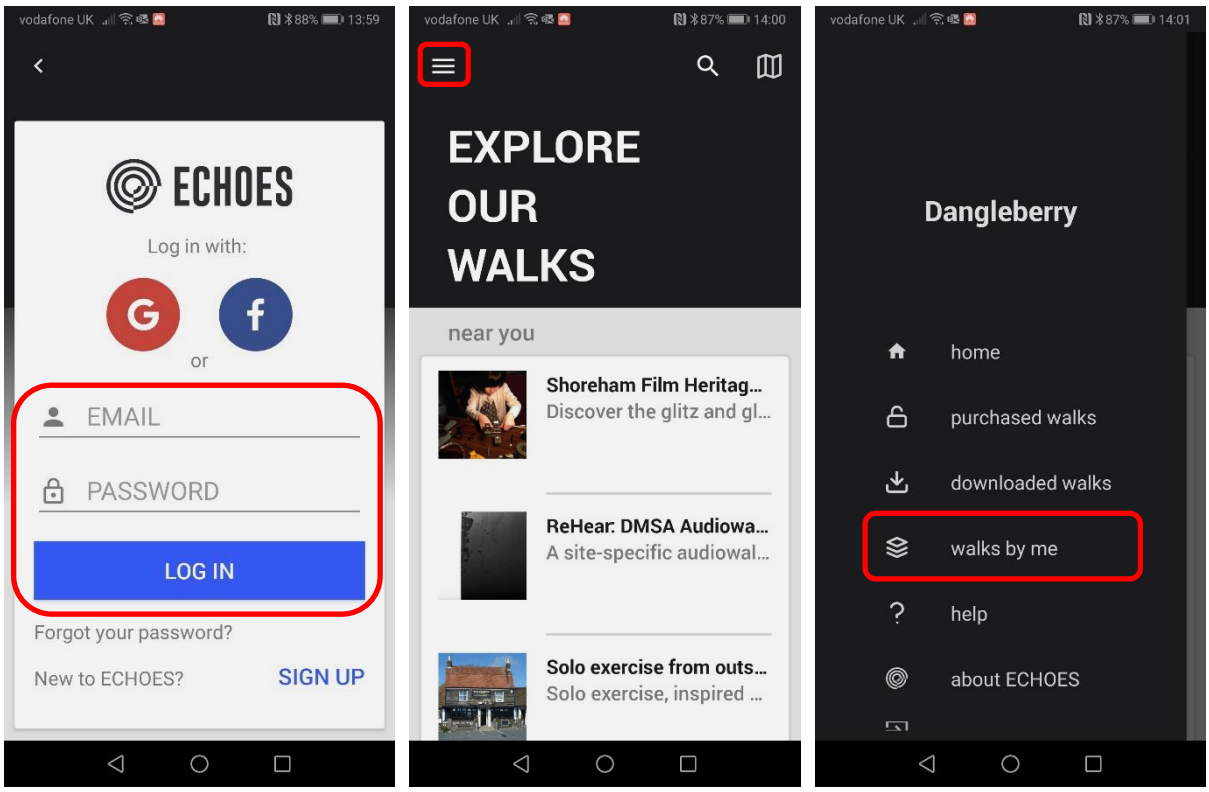
GET IT ON Google Play | Download on the App Store

Or start creating tours, treasure hunts, POI maps... Just let your imagination guide you.

App check

If you've yet to install the Echoes app on your phone or tablet, now's the time: On your device, tap the Apple App Store or Android Play Store icon. In the store search box, type echoes. Recognise the Echoes app by it's icon, as pictured below. Tap install. Once done, open the app using that icon. You may need to swipe your device screen right a few times to locate the app icon.

In the first screen below, enter the EMAIL address and PASSWORD that you use with Echoes Creator, then tap LOG IN. Ignore the circular buttons for Google and Facebook. You should then see a screen like the second. Tap ☰ at the top-left, and in the third screen, tap walks by me:



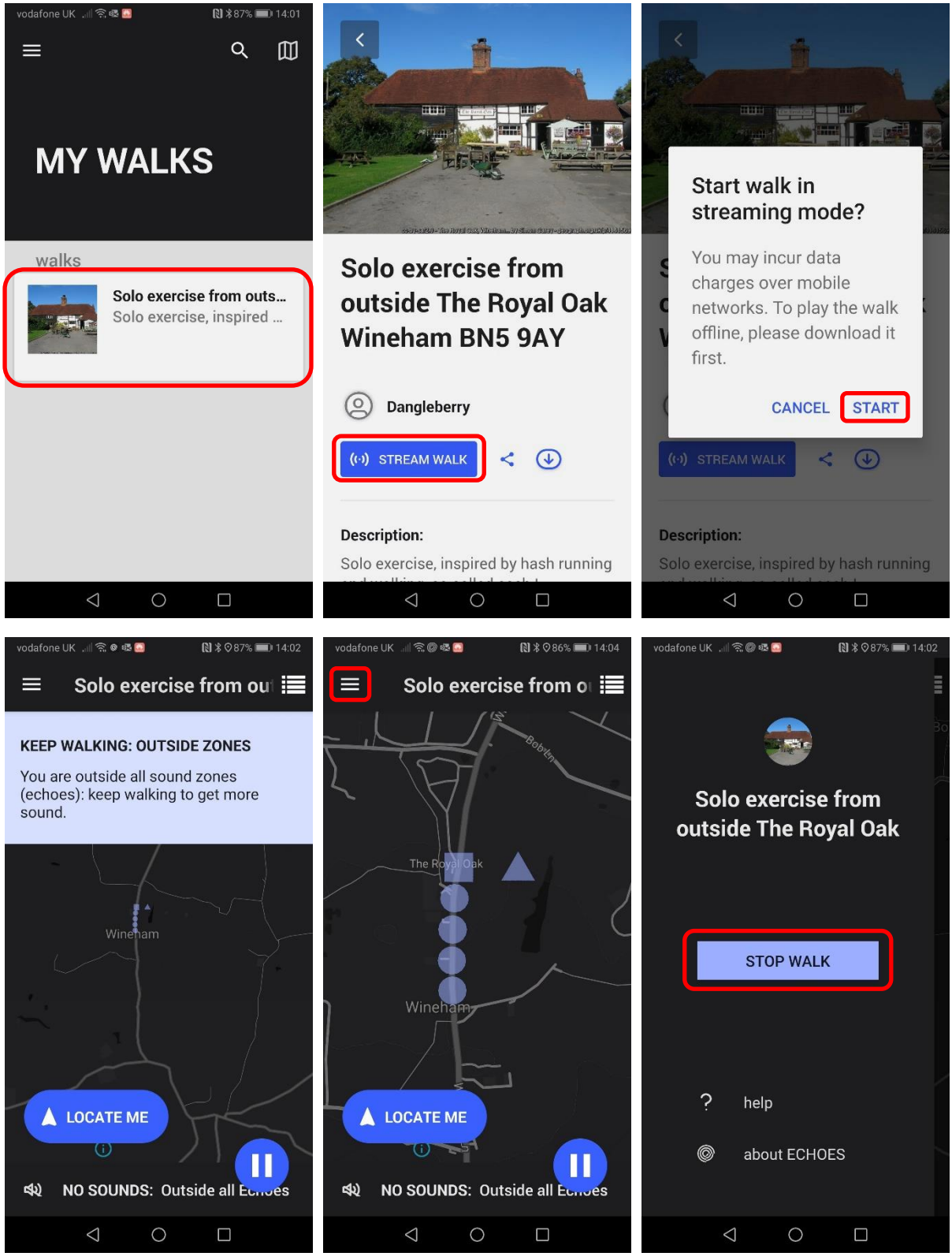
You should then see your trail listed, per the first screen overleaf. Tap, to show the trail page, per the second screen. Tap STREAM WALK, and in the third screen, tap START to confirm. You should then see a screen per the fourth. You can two-finger zoom-in, per the fifth screen. Tap ☰ at the top-left, and in the sixth screen, now tap STOP WALK.

Trail trial

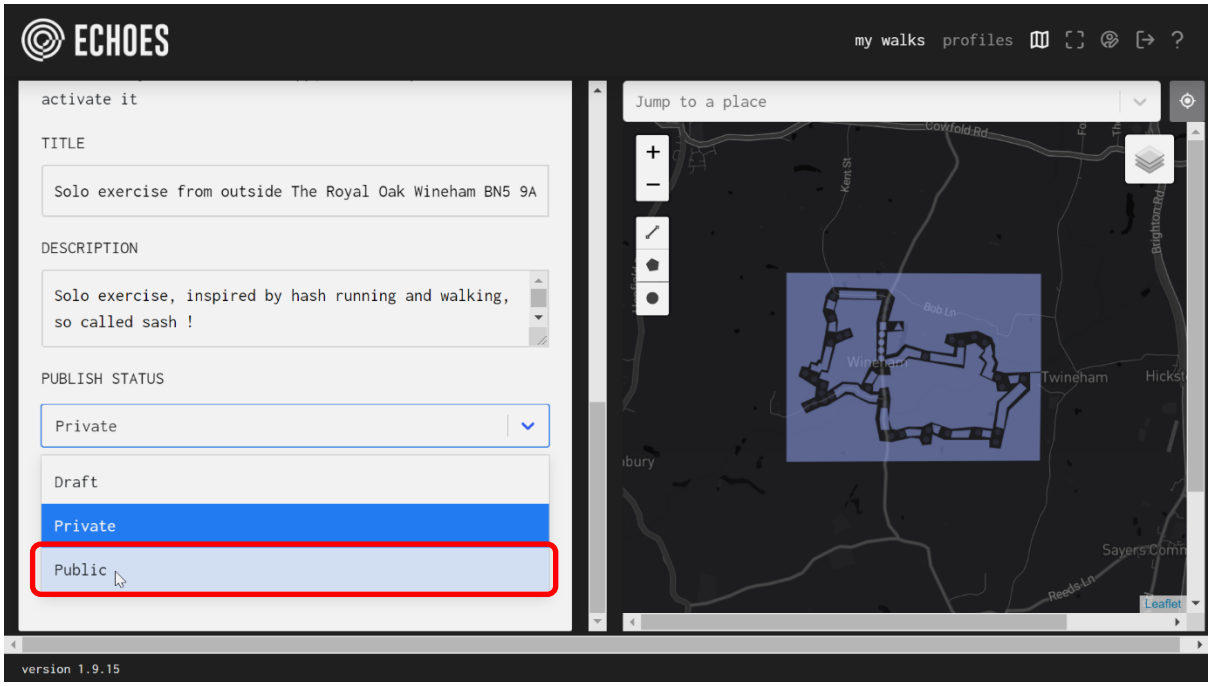
If keen, and not too distant, you may like to trial your trail, checking the runners and walkers route on-the-ground. A trial can serve as allowed exercise. Don't forget to bring exercise rehydration, to properly test the beerstop/pitstop, and the circle up. After in Creator, make any fixes needed.

Publishing

Select the Walk tab, and scroll the left panel to the bottom. In the DESCRIPTION box, scroll to the end, and change the last line date and time to now.



Then change PUBLISH STATUS from Private to Public, as overleaf. Scroll the left panel back to the top, and click PUBLISH CHANGES. Your trail is now visible to all 😊



Heads up

Here's a message you could use for your hash Facebook page or mailing list, to publicise your trail. Copy/paste, re-add a blank line between paragraphs, and then make the edits below. Of course make other changes or adds, to suit your trail.

Hi,

Here's a sash (solo hash) trail, for you to try. The link to view the trail is https://explore.echoes.xyz/collections/1234567890123456

The trail is from The Royal Oak in Wineham, BN5 9AY. There's a r*nners and w*lkers route.

For the uninitiated, visible on your Apple/Android smartphone or GPS-equipped tablet, are the start/end square, and four circles showing the initial direction. Your phone or tablet audibly 'echoes' blobs, checks, etc, when in the vicinity.

Grab the free ECHOES app, from the Apple App Store or Android Play Store, if you haven't already. Just search in the store for 'echoes'. The icon looks a bit like a fingerprint. And proceed per the blurb at the link.

To view the first 10 sash trails, head to https://explore.echoes.xyz/, scroll down to the 'Find your next adventure' box, and type sash. Enter unneeded, and don't click the magifying glass.

On On,

Dangleberry

In the Creator left panel, click on QR Code and link to expand. Copy the last part of the link, and paste over the red. When creating your own trail, replace the orange with the start/end location. And change of course the green.

Happy sashing !