

# Verification rules for FHT Finishes as of 1/1/2013

With the volume of Foothills Trail Runs increasing at a high rate to challenge FKTs (Fastest Known Times) it has become necessary to begin a verification system for any runner wishing to have his/her time recorded on our website.

This system is not perfect, but will provide a uniform system to verify finishing times and keep the high level of integrity on our website. Personally, I don't like rules but this will prevent false finishing times from harming the integrity of our website in future years to come.

First of all, I would invite you to read Peter Bakwin's post regarding FKTs, most of our verification will come from his advice:

<http://fastestknowntime.proboards.com/index.cgi?board=readfirst&action=display&thread=19>

## For the Heartbreak Bench Marathon Run & Laurel Valley Runs

This applies to runners who will attempt to break the 1<sup>st</sup> place time record only.

You must announce your run by either joining our Listserv ([Here](#)) or emailing me Charles.foothillstrailultras@gmail.com – then I will make a post to our list. This pays respect to the runners who have come before you and opens the door for anyone else to come out and be a spectator. This act alone will take most doubt away from the integrity of your finishing time.

Garmin watch data is highly preferred, but not required. Please plan to use a Garmin if you're attempting to break the record. This will be the easiest method on you as a runner.

If you cannot provide Garmin data, then you must provide photo evidence of the run and have a witness willing to stand behind your finishing time who was on the trail or at the start/finish during your run. You will need a picture of your watch time showing the start area, The Bench (turn around point) and a picture of your watch at the finish area.

This applies to all other runners – not challenging the record.

Garmin watch data is still highly preferred, but not required. If you have a Garmin, or can borrow one, please do. This is still the easiest way to validate your run. If you can't use a Garmin, provide your split times at the Bench (turn around) and finishing time.

If you're running LV for the 100 Mile Challenge without a Garmin, snap a few photos of your watch along the course and at the finish.

**Of course you can run any of the FHT without following these rules at any time, but we cannot consider your finishing time official & post it to the website unless your run meets these criteria.**