

# 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 Foothills Trail 77, 100, and 154 Mile Runs

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

1. You must announce your run by either joining our Listserv ([Here](#)) or emailing me [Jason@foothillstrailultras.com](mailto:Jason@foothillstrailultras.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.
2. Your crew/support team will take pictures of you at the following locations: Table Rock State Park (Eastern Terminus), Sassafras Mt. Summit, Laurel Valley Parking Area (HWY 178), Whitewater Falls Gravel Parking Area (HWY 281), Burrells Ford, and Oconee State Park (Western Terminus). The Eastern Terminus of the 100 mile run should be recorded instead of Table Rock. If you miss one, it's not a big deal, but please have your crew do their best to get one at each area.
3. Garmin data is highly preferred, but not required. This will be the easiest method on you as a runner and be solid proof of your run.
4. If you are running unsupported (no crew/pacers) then you will need to provide at least 7 photos at major features along the course with your time visible taken evenly along the course including the start and finish.
5. Having witnesses such as your crew, pacers, family, friends, etc. is a plus. They should be listed in your email when you send in your finishing time data.

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

A Garmin will probably not be practical for most runners because they will be forced to wear an extra battery with it or change watches. Instead, please have your crew snap pictures of you at the above areas and record your split times. If you're running unsupported, follow the guidelines above.

**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.**