



USER GUIDE

For this event we will be using a smartphone app 'MapRun6' to record your time and visits to the virtual control points on the course.

The app is available for free on the App Store and Google Play. There are a couple of earlier versions of the app – MapRun and MapRunF, so make sure you get the correct version for your phone.

MapRun6 needs Android 5.0 or iOS 9 (or higher)

MapRunF is for Android 4.3 or iOS 8 (or higher)

Links below.



MapRun uses your phones inbuilt GPS to determine your location on the course. Before you start you download the course file via the app and the virtual checkpoints are linked to their unique lat/long references, so your phone knows when you have reached a checkpoint, at which point it PINGS to let you know and records the time of your visit and points if it is a rogaine style course. The app also records your 'track' so you can view this afterwards and upload it to other apps like Strava.

So, go ahead and download the app and open it up. The first time you use it, you will need to enter some details – name, gender, email, year of birth and post code. If you are doing a MapRun course with someone else just include all names in the profile you create. You can easily change this anytime. You are now ready to go.

Before you start your first course make sure you read the **Super-Duper Important Tips** below.

BEFORE DOING THE EVENT

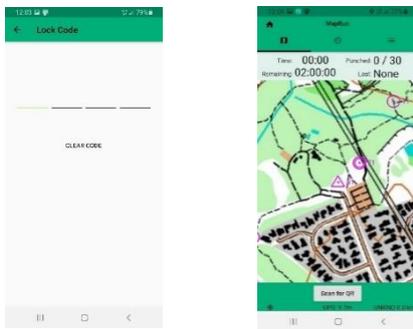
Before each event you will need to print off the course map and download the course file that you are planning to do. It's a good idea to download the course before you leave home, just in case the data coverage is not great at the course start area, then it's stored in your phone. To download the course file into the app, just

scan the QR code on the map. This will open the app and download the course file. Another option is to go to the actual start area for the event and push the 'Events Near Me' button on the apps home screen.

If the event is protected by a 4 digit LOCK CODE you will be given this at the event, or it will be displayed on the map. You will need to enter this to start the course.

BEFORE YOU START AND DURING THE EVENT

When you are ready to start your course open the app and select 'Go to Start'. You will be asked to input the 4 digit LOCK CODE. Once entered you will see the course screen with the map of the course, the Start (S1), the Finish (F1) and all of the course checkpoints.



Once you have started the course this screen will show you some useful information such as the time you have been on the course, how much time you have remaining and how many checkpoints you have 'punched'.

Once underway use the paper map (its easier to read and sometimes more accurate than the one on the phone screen) to navigate to the checkpoints.

To start the course timer make your way to the location marked by the Start (triangle) on the map and wait for the app to PING, this will get your time ticking.

As you visit each checkpoint the phone will PING and the checkpoint circle on the map on your phone will turn from pink to green. That means you have successfully located that checkpoint! Well done, now onto the next one.

Once you are done head to the finish (double circle on the map) and wait for the phone to PING to stop your time.

AFTER YOU FINISH

After you have finished turn on your phones data or jump on some Wi-Fi and your result will upload to the MapRun server. You will also be able to see the route you took (handy for working out where you made mistakes!), all the checkpoints you visited and split times between them. There is an option to do a manual upload later

if you don't do it as soon as you finish. You can also see the results of all the other participants who have completed the course and upload your route and details to Strava, if you are into that.

SUPER - DUPER IMPORTANT TIPS

- Make sure your phone is charged up before starting. A 2hr run around might use 20-30% of your battery charge.
- Turn up your volume full so that you can hear the phone PING during your run.
- Switch off all other apps during your run to save battery drain.
- Go into your phone settings (the App settings part) and enable/allow the MapRun6 app to operate in the 'background'. If you do not do this the app may go to sleep during the event. You do not really want this to happen.
- Make sure your 'Location Services' are turned on. This is kind of important as it needs to use your phone's GPS to work! The app will still work in 'Flight mode' with the location services on, but it is more accurate if you leave the phone on also, so it can still link to cell towers for calls/messages. You don't need to have your mobile data on when doing the course.
- Think about protecting your phone from rain/sweat...etc.
- When you are moving around the course your phone is talking every few seconds to satellites in the sky. It works best if your phone has a clear view to the sky, so do not bury it at the bottom of a backpack. A pocket is ok but get it out when you are near the checkpoints.
- There is a punching tolerance radius around each checkpoint (set to approx. 15m) so the app might PING slightly before you get to a checkpoint. The correct etiquette would be to continue to the centre of the circle before continuing to the next checkpoint.
- When you are approaching a checkpoint, try and hold your phone in front of you so it has a clear view of the sky. Generally, it will PING straight away, but in some instances (particularly around buildings and under thick tree canopy) it might take a few seconds to register you are at the checkpoint, particularly if you are running super-fast. Use this time to plan your route to the next checkpoint! If you find you are standing around for 30secs or more (and you are sure you are in the correct place), don't stress if you don't get the PING, just continue on with the course and let us know at the end. We will be able to tell from the GPS track that the app records if you were in the right place, or not!
- Don't get too close to the 'finish' until you actually want to finish the course. If you pass near it too soon the app will assume you are finishing the course and will stop the timer.