MaprunF - User Instructions

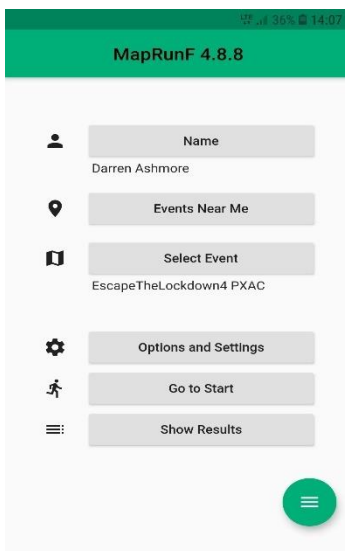### Step 1 - Download the app

Head to the Google Play or Apple Store and search for 'MaprunF'. *Note there is an older version of the app just call Maprun. Don't download this one!*

Step 2 – Change the background settings

Once the app is downloaded head into your phone settings and <u>enable</u> the MaprunF app to run in the background, so it doesn't timeout while you are using it. You might need to search up how to do this on your phone as each phone has different ways of doing this.

Step 3 - Find and load an event

Open the app and go to 'Events Near Me' and select the event that you want to do. This will download the data (1mb approx) into the app on your phone. The name section is what will appear in the results, so if you are doing it with someone else you can add in their names too so it shows in the results.

PLEASE NOTE –

You are responsible for managing your own safety while out on the course. There are multiple hazards around the course, typical of what you would find in any urban environment.

NO ROADS or CARPARKS are closed so please take extra care where there are vehicles.

The course is all on publicly accessible areas and all private property is out of bounds.

Please respect other users of the area.

Step 4 - Running a course

Once you are ready to start your course, make sure your phone is charged up and then head to the start location (you will see this on the printed map), then select 'Go to Start' from the main app screen. If the event has a 'Pin Code' to keep it private you will need to input the 4 digit code at this point.

As you pass by the 'Start', marked by the triangle on the map, your phone will emit a loud beep (make sure the volume is turned up high) and a notification on the screen will indicate that the course time has started. Don't start until you have heard the beep. This also happens at each checkpoint you visit on the course and then again at the finish. Typically, you need to be within approx 10m of the centre of the checkpoint circle.

Your phone needs to be talking to the satellites up in the sky, so it will work faster if your phone is in your hand, or on an armband...etc. If its hidden in your pocket it might take a wee while (10-20secs) before it registers. In some cases, the beep will sound before you get the centre of the circle. If you are running very fast you may need to pause for a few seconds to let the connection catch up!

When you finish your result - time, split times for checkpoints visited, gps track, speed...etc will be uploaded to the Maprun server and to Strava if you enable this setting. You can then select 'Show Results' to see how you went against others doing the same course. You can even check out their route choices.

Good Luck and have fun!