



What is MapRun?

MapRun is a smartphone app, that is used to participate in an orienteering event.

The app will show a map on your screen with the orienteering course marked on it. As you navigate around the course the app will record your GPS track and which controls you visit.

When you finish your course the app will produce your result which is added to a results list so that you can compare how you did with other participants.

Navigating using the map on the phone screen can be a bit tricky, especially if you are running, so there will usually be an A4 size paper map that can be printed off to make navigation easier.

What to wear / bring

MapRun events often take place in urban environments around residential streets and local Parks. Therefore special clothing is not required. Your usual running gear will be fine.

MapRun events may also happen on regular countryside orienteering terrain. Leg cover and good grip shoes are often necessary in these areas.

Although the navigation involved is usually quite straightforward, a simple compass is still useful to help point you in the right direction.

Downloading and using the MapRun App

Visit: <https://www.maprunners.weebly.com> or search for **MapRun 7** on your phone's App Store and download the MapRun App to your smart phone. **MapRun 7.5.5** is the latest version.

The website has lots of useful info about using the app.

Phone Settings:

You may need to make a couple of adjustments to your phone settings to allow the app to function properly. Try the following:

GPS / Location Services:

As you approach the Start, check the GPS status bar at the bottom of the screen. It should be green. If it is red or yellow then the phone is not receiving a reliable signal.

Make sure your Location Services are turned **on**. You will also need to give the app

Permission to use the phone's Location Services. The app needs this permission to access the GPS network in order for it to function properly.

Some phones take longer than others to 'locate' themselves after switching on Location Services. Sometimes it is simply a case of waiting a few minutes for the phone to pinpoint its location.

Screen lock:

Most people have their phone set to lock after a certain amount of time e.g. 2 minutes.

You don't have to change this for MapRun as the app will still run in the background, but you will probably not hear a beep each time you visit a control. **To hear the beep at each**

control, switch off your Auto-Lock feature. *For security reasons make sure you remember to change this back to your usual setting after the event!*

Battery:

Make sure your phone is fully charged before coming to a MapRun session.

Volume:

Turn up your volume so that you can hear the phone beep during your run.

Other Apps:

It is a good idea to switch off other apps while using MapRun. This helps to preserve your battery and avoids any possible interference between apps.

Open the app and tap either '**Events Near Me**' or '**Select Event**', then select the course you want to run. Each MapRun event will have specific instructions on what type of course it is, e.g. Line Course (visit each control in a specified order) or Score Course (visit as many controls as possible in any order within a set time limit).

Some events are protected by a PIN number that the organiser will provide before you start.

Once you have selected your course and are ready to start, tap '**Go to Start**' and enter the PIN number, if one is required. As you approach the Start your phone should beep, indicating that you have started. On your phone screen the red Start triangle will turn green. As you visit each control your phone will beep and the control circles will turn green on your screen. At the Finish your phone will beep and your run is complete. Be careful not to stray too close to the Finish during your run as you may end your run before you intended! Planners will try and avoid this potential problem by placing the Finish in a location that participants won't visit until they are ready.

Results:

When you Finish your run, the app should automatically upload your result.

It may not do this if there isn't a phone signal available or you have the '**Automatically Upload Results**' feature turned off.

To check that '**Automatically Upload Results**' is switched on go to '**Options and Settings**' on the home screen. Under '**Event**' you will find '**Automatically Upload Results**'. Switch this on if it is currently off.

If there isn't a phone signal you can manually upload your result later.

If you have any questions you can email Tony at info@mthoodo.org.