

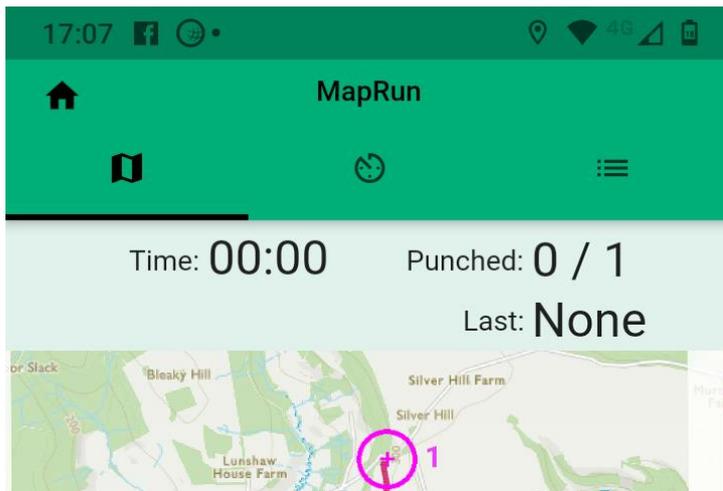
Using the MapRun App

Instal the free App from Google play or the App Store.

Be sure to choose MapRun6 (There is also MapRunG for Garmin watches)

(If you have an older iphone MapRun6 may not work on it – though it's worth a try. You could also try the previous version MapRunF)

1. Open the App
2. Enter your **Name** - to be used with your results (You only do this once)
Don't forget to enter your club name here too.
3. To set up GPS control punching, from the home screen tap **Events Near Me** and allow on two screens. (When you have done this, you will see a list of local orienteering routes but you can exit unless you fancy trying one!) *(I found this procedure necessary with MapRunF to ensure punching even when the phone had gone to sleep. It may not be necessary with MapRun6)*
4. For optimum user-friendliness (in my opinion!), check in **Settings** that the following are set:
 - Display Orienteering Map Overlay – ON
(Don't worry, the map you'll see is a normal one)
 - Opacity of Map Overlay – 100%
 - Background Map Type – Open Street Map
 - Display present location - ON
5. To load a course into the App, **WITH THE APP CLOSED**, tap the link for the course which will be posted on the website:
<http://www.harrogate-league.org.uk/> The App should open automatically and the name of the course should appear under **Select Event**
6. To preview the course and the map, tap **Go to Start** and you will see a screen with this header. The screen should display the map and course. If it doesn't, tap the icon on the left which looks like a flag.



7. If, for some reason, step 5 doesn't work for you, tap **Select Event** and browse to the event you are looking for. You will see a list of countries. Whiz down to UK then North Yorkshire and to the subfolder stated on the course details on the website.
8. Having selected the route you will be able to load it again (if you have loaded another route in the meantime) via the button at the bottom of the screen showing the list of countries **Access Local Events (Offline)** so it's worth finding the route before you go to the start. In fact you will need internet access for this stage so, if the start doesn't have a phone signal, you could be in trouble otherwise.
9. The purpose of the App is to ensure, by requiring you to pass the control points, that everyone runs the same course and doesn't accidentally take a shortcut and to provide an accurate time for your run. It also provides an accurate timing system and downloadable results. It isn't intended to be used for navigating but I think that the way I've set it up and the style of map I've used will help a great deal and should certainly tell if you stray from the course. However I found the red dot which indicates your position hard to see while running. For navigation refer to the map and instructions provided. (A GPX will be provided)

When you go out to run the course

10. Tap **Goto Start** to see the map and course. You should then be able to put your phone away unless using it to assist navigation.
11. When you run or walk through the **Start** your phone will bleep to confirm that the course timer has started. Be sure that it has started because, otherwise, nothing will be recorded.
12. The Finish may be in the same place, but MapRun6 should not punch the Finish if you have not visited a least one checkpoint. The App will emit a

bleep on punching each checkpoint (control). Don't worry if a control doesn't punch or if you don't hear it but **it is essential that at least one does** or Finish will not punch either. You won't be disqualified for a mis-punch if your track and recorded distance confirm that you have run the course.

13. While the timing is accurate, the measurement of distance is, as in Strava and any GPS based system, not precise.
14. Remember that you need to pass through the Finish to stop the timer.
15. At the finish, MapRun6 will automatically upload your results, or you can do it yourself. You can also send your results to Strava.
16. You can view your results on your phone by tapping **Show Results** on the home screen. It will first display a map showing which controls you have punched. Tap the 3 lines at top right and **Show Details** to get your time and splits. You can also view other runners' results.

Caution! The results of each run, whether completed or not, are saved in the App. I found that (at least when using MapRunF), if there are three previous results saved, the App doesn't work until at least one is deleted. This is done by swiping an entry in the list of results. If the Start isn't punched, this may be the reason.