## MapRunF Instructions for MapRun and DIY – Updated 24 March 2020

## Before you start

Charge your phone. You will get poor GPS accuracy when your phone tries to conserve a dwindling battery.

**Download MapRunF app** from the App Store (Iphone) or PlayStore(Android)

MapRunF replaces MapRun, with simpler menus and better handling of the Mass Start.

Accept the prompts for notifications and location when they pop up

Enter your details into the MapRun app (NAME etc). All details are required, and only used for event administration. The email address will only be used for essential communications.

## Head to your selected start location with your printed map.

Open the App and:

- click EVENTS NEAR ME (it may take a minute or two to turn on your GPS and get a fix)
- select your course out of the available Maprun events, ie Rosalind Park2, Gateway Park, Victoria Hill, etc....
- press GOTO START, and move to the centre of the Start Triangle to detect the Start which is the beginning of your Competition timing.
- the map will be visible on your phone.

Your phone will record the controls that you visit with an audible beep, without any further action.

Occasionally your GPS is less accurate, and a particular control won't be automatically registered. Just continue on till the Finish, when MapRunF will stop tracking your route. Ensure the Finish is registered, ie beeps, and turns green

## Results

If you have internet connectivity the results will automatically upload to the MapRun server. If the phone is still asking you to upload Results, check your connection to the Internet (Data Allowance), and upload results when you have internet connectivity. You can then view all scores and/or My Results (tracking, splits, rate, distance, etc.)

MapRun results can also be found at maprunners.weebly.com/results

MapRun QuickStart is an easy way to create your own personal MapRun course. Simply print a map, and replicate the course within the App (follow instructions at the link)