



What is MapRun?

MapRun is an app, that when downloaded to your smartphone, 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 usually a combination of time taken and points scored for the controls that you visited.

The app will also produce 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 event organisers will usually print the maps on A4 size paper to make navigation easier.

What to wear / bring

Maprun's usually take place in urban environments around residential streets and local parks, therefore specialist clothing is not required.

Your usual running gear will be fine, whatever you feel comfortable in.

Bring something to carry your phone in. A specialist armband is best but a bumbag etc works ok too.

MapRun's often have a time limit and all will have a course cut off time, so a watch is handy.

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

Downloading and using the MapRun App

Visit: www.maprunners.weebly.com and download the MapRun App to your smart phone.
Either version is ok, but I would recommend MapRunF.

The 'Quick Guide' section gives some simple instructions on how to get started.

Please see the 'User Agreement' section for terms and conditions.

The 'Technical Section' has some info about phone settings.

Top tips:

- Make sure your phone is fully charged before coming to a MapRun session.
- Turn up your volume so that you can hear the phone beep during you run.
- Switch off other apps during your run.
- Make sure your 'Location Services' are turned **on**. To do this on iphone go to 'Settings' then 'Privacy' where you will find 'Location Services' (android phones may be slightly different).
- Switch off 'Auto-lock' for your screen. To do this on iphone go to 'Settings' then 'Display & Brightness' then switch 'Auto-Lock' to 'Never' (android phones may be slightly different). *For security reasons make sure you remember to change this back to your usual setting after the event!*
- Open the app and select the course you are intending to run before arriving at the MapRun. Each MapRun will have specific instructions on the courses available and how to select them.
- Some events are protected by a PIN number, the organiser will give you this before you start.

If you have any questions or want more info please email Matt Atkins
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Come along and have a go!