

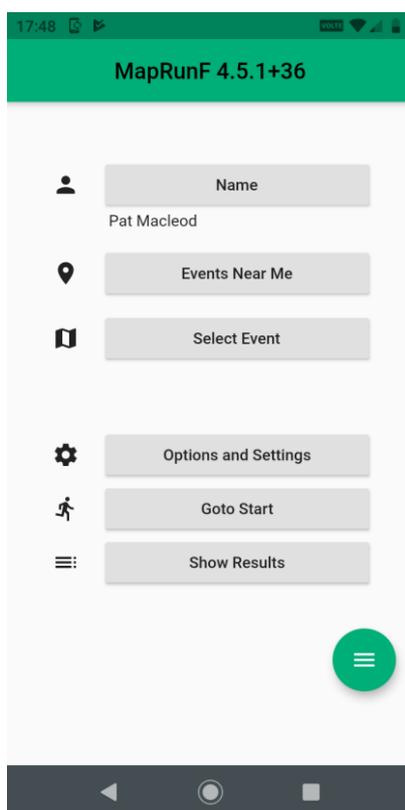
Getting Started

The first thing you need to do to get going is to download and install the MapRun app on your smart phone. The quickest way is via these links:



Or you can search for the recently updated app called **MapRun6**, by **FNE Enterprises**. **MapRunF** will also still work.

Please note that if you used MapRun before please make sure you have the newest version called **MapRun6** (MapRunF will also still work but any earlier versions won't).



Once installed, you need to enter some set up details. Open the MapRun app and select '**Name**'. This will be a small amount of personal information - name and so on – for safety and to identify yourself in the results system.

You should also check that your phone is correctly set up for MapRun. Click [here](#) for guidance on phone settings for the MapRun app.

You are then ready for your first MapRun course.

To Download an Event

Tap '**Select Event**' on the main page, scroll down to the **UK** folder and then **West Yorkshire** followed by **Calderdale, Kirkless or Wakefield** (depending which area the event is located). Within each of these 3 folders you will find a number of areas/courses, select the course you want to run. The course names are a bit convoluted, but look for the relevant course name as described in

the event details.

You can do this anytime in advance of your start. The file size downloaded varies from 1.5 – 3 MB of data, so depending on signal strength at the area you may want to do this in advance.

Once the course is downloaded, you should see the name of the course appear below **'Select Event'** on the main screen

Course Options and Settings

Tap **'Options and Settings'**. There will be many options, some will have a padlock and that means you be unable to change and other defined by the organiser. Under the **'Event Display Options'** for safety you have:

- **'Display Current Location'** set to on - this will mean a dot will be on the app showing you where you are.
- **'Display Track'** will be set to off. Which means, your route track once you pass the start will be invisible.

Both of these options you can choose to toggle on or off as you see fit. Once you have started you will not be able to alter these settings

To Start a Course

Tap **'Go to Start'**. You will require a **PIN** to activate the course on your phone. These can be found on the maps and descriptions lists in each event folder on the EPOC website in the MapRun page.

The course is now live, and will start logging your track and time when you pass through the Start. Advice that you do this at least 100 m before the start point, but can be earlier.

Before you pass through and record the Start, your location and track are shown on the screen so that you can see if your GPS is working. These will disappear as you start. Also, in the footer of the screen is shown:

- GPS accuracy, and
- A button to centre the screen on the current location

The map will be on your phone, but put it in your pocket and use your paper map to navigate by.

'Punching' a Control

When you get to a check point (start, control, finish), your phone will beep & vibrate and the control will turn from red to green on your phone's map.

Please note the punch tolerance is normally set in the course options to 15m, so it may register you slightly before you get to the control.

To Finish

Remember that you need to pass through the Finish to stop the timer.

Your results should be uploaded automatically to the MapRun server. If they are, you will see a prompt on the screen to allow you optionally to upload to Strava. If not, you should see a prompt simply to upload results.

Top tips:

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

- 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).
- 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 information, please email the club

Come along and have a go!