

### **How to use MapRunF:**

Download the app. Make sure you choose MapRun6 (not MapRun).

<http://maprunners.weebly.com/>

Create a profile (if you're concerned about personal data, you can use your team name), but whatever you put in as your name will be what shows up in the results, so either use your name, or team name.

Select the event. If you are close to the start, just tap 'Events near me' and it will find it. Otherwise, go 'Select Event', 'Canada', 'Ontario', 'X-League' and then 'Snowshoe Raid 2022'

You'll need to enter code 5404 in the next step.

When you are close to being ready to start, tap 'Go to Start'. That will bring up the event map and show where the start location is and if you are nearby, you will see a red dot indicating where you are.

Be warned, AS SOON as you get to the start, the timer will IMMEDIATELY start running! The race is now on! If you accidentally start before you would like, there is an option to abandon the course, tap the Home icon in the top left corner.

We've set the race to display your location while on course, however this is for safety reasons, and you should run with the phone tucked somewhere warm to preserve battery life.

Checking in at checkpoint is easy. Once you get close enough, the app will beep and vibrate and the checkpoint will change colour on the app.

### **Now, a note from the App developers:**

Many people prefer not to interact with the MapRun App as they run, and they often prefer to carry a paper map. In such cases, the phone will normally go to sleep after whatever timeout period is set. Normally we want MapRun to continue to operate "in the background", so the track continues to be recorded and controls are punched. Many device manufacturers are making it more difficult to allow Apps to run in the background, as this drains the battery. Accordingly, it is important that you:

Allow MapRun to run in the background. This is generally set in "Settings > Apps > MapRun", but is different on different models and versions of Android/iOS.

Check the battery saver function. Often in low-power mode the phone will turn the GPS off

For more details see sites such as: <https://dontkillmyapp.com>

### **Other important Notes:**

- Make sure you don't run through the finish part way though the course. It will stop the timer as soon as you pass through it.
- If you have any issues, battery failures etc, you CAN restart, or you can upload a gps track after the run (if you're wearing a GPS-based watch).

- Be sure to start with a fully charged battery. You'll want to keep your phone close to your body to preserve battery longevity. You could also place a hand warmer in the pocket where you're keeping your phone. Finally, you could run with a small back-up battery and cable to plug in if your phone battery dies quickly in the cold.
- It's best to close all other apps on your phone while using MapRun.
- Make sure your GPS has 'settled' before starting. Best thing to do after you've loaded the course is just give the phone visibility of the sky. Ideally you want the GPS bar at the bottom of your screen to be Green (which means you have a strong lock on the satellites). Moving around makes it harder for your phone to lock on. If the bar is red the App won't allow you to start.
- If you have any issues out on course, don't worry, just keep running. If the app isn't picking up a CP, don't worry - just keep running. **Just. Keep. Running.** We can fix anything manually after.

#### Did the App skip a checkpoint that you visited?

There is a function in the app to add back in any CPs you missed after the run:

- On the map screen tap the menu icon (three lines) in the top right hand corner
- Tap Review Results (HITMO)
- If you scroll through the list of CPs, any that were close to your track will be available to add in (increase the Tolerance number if it's not picking everything up)
- Select all the CPs the app missed
- Tap 'Submit a Revised Result' on the bottom of the screen

This is somewhat of an honesty system. Only use this method if you got right to the flag/ribbon to touch it, but the app still didn't 'ding'.

#### I ran with my GPS watch and need to upload the file

The GPS file can be uploaded here:

[https://console.maprun.net/#/gps\\_track\\_upload](https://console.maprun.net/#/gps_track_upload)