



MapRun The Grove metrogaine

Sunday 18 August 2019

We will be offering participants of **The Grove metrogaine** the option to use MapRun as well as the multiple choice question event. Here is a quick guide on how it works and what you need to do before you come to the event. So you can have an enjoyable event with instant results.

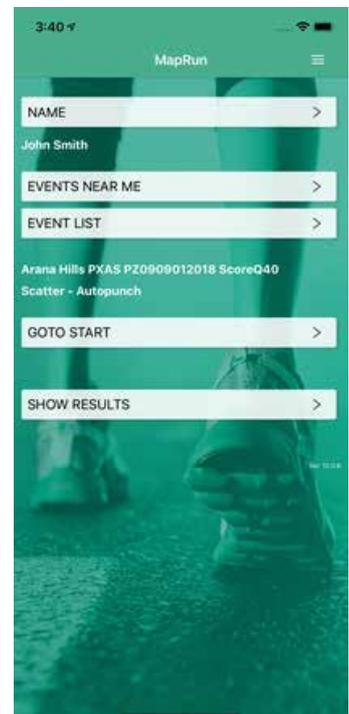
Quick guide

MapRun is easy to use.

Install the **free** MapRun app for iOS or Android:



- Start the **App**
- Enter your **Name** - to be used with your results.
- Tap **Select Event** and browse to the event you are looking for.
- Alternatively, tap **Events Near Me** to display a list of events near your current location.
- Tap **Goto Start** to see the map and course.
 - If the organiser has locked the event, you may need to enter the 4-digit PIN that has been set.
- Now tap **Start GPS**. It may take your GPS a moment or two to locate enough satellites, in which case you'll get a 'Waiting for GPS signal' message.
- Once the GPS is live, you need to **run or walk through the Start** to trigger the course timer.





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- In most cases the Finish is in the same place, but MapRun should not punch the **Finish** if you have not visited a least one checkpoint.
- Remember that you need to pass through the **Finish** to stop the timer.
- At the finish, MapRun will automatically **upload your results**, or you can do it yourself. You can also send your results to Strava.
- Finally, you can compare your **results** with others on the same course, and view the route you took.
- See the **Results** page for more information on the results and tracking service.

Runner	Start Time	Lap Time	Score
44	09:26:34	00:44	40
43	09:26:59	00:25	40
39	09:28:09	01:10	30
50	09:28:35	00:26	50
45	09:29:21	00:46	40
46	09:30:15	00:54	40
42	09:30:57	00:42	40
51	09:31:26	00:29	50
58	09:31:52	00:26	50
35	09:32:21	00:29	30
F1	09:32:34	00:13	--
Penalty			0
Total		27:06	1530

How does this work?

When a runner runs with the MapRun App, with an Event selected:

- The App tracks their location (without displaying it).
- It continually compares their location with the Latitude and Longitude of control locations contained in the Course File for the event.
- If the distance to a control is less than 10 metres, the App records a punch on that control.
- Events are started and finished by visiting the Start and Finish punches.
- At the end of the event, the “rules” for the event type are applied to determine a result: calculating a score for timed score courses.
- The runner’s result file and track are automatically uploaded to the MapRun server at the end of the run.
- The runner’s result is merged with other results for this event and displayed on the phone and on the website.



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What is MapRun?

MapRun is orienteering using a SmartPhone for punching and timing, avoiding the need to put flags and timing units out on the course:

- This saves time and effort for organisers.
- Courses can be left open for extended periods of time.
- Instant feedback is provided with GPS tracks, personal results and leader board screens.

What do you have to do?

Before you come to the event:

- Install the free MapRun App (Apple App Store or Android PlayStore) on your smart phone.
- Charge your battery to 100%, turn up the sound (check mute button).
- Start the app and “register” by entering your details as requested.
- Press “Select event” and scroll down to the “MR Geelong” folder.
- Select the “The Grove WALK” file or “The Grove BIKE” file.

At the event:

- Open the MapRun app.
- Press “Goto start” and the map with course will appear on your screen.
- Start your phone’s GPS, then make your way to the start,
- Using the map on your phone or a printed version of the map, visit as many checkpoints as you can in the time allowed (360minutes for walkers and 300 minutes for bike riders).
- Start at the triangle (S) on the map and finish at the double circle (F).
- There are no flags at control sites. As you reach a control (you have to be within -5m) the phone will beep and buzz and add to your score.
- Your points score is calculated as follows: for each control, round down its number to a multiple of 10 (e.g. control 27 gets 20 points).
- Make sure to come back to the Finish before the 300 mins is up or you will be penalised 20 points per minute (or part thereof).
- At the end of your run press “Upload Results” to be in the result list.