

MapRun Userguide

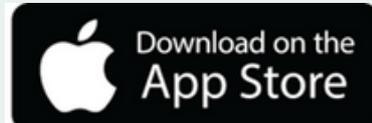


A GUIDE TO SETTING UP AND USING MAPRUN

MapRun is a mobile app that can be used to track people when orienteering. We have used it for several years for our Street Series but it has now become common to use for Permanent Orienteering Courses.

INSTALLING

You can download from Google Play or Apple Appstore. The most recent version is MapRun and this is recommended.



You will need to grant permission for it to access location services.

SETTINGS

In most cases, the app works fine without having to do any fiddling. However, some devices have quite aggressive power saving features that can switch the GPS off mid-course. To avoid this, make sure that all battery saving features are off on the device settings, including things like 'sleep after 30 minutes inactivity'. It is also worth checking that the 'GPS battery save mode' is switched off in MapRun's Options and Settings.

You should also ensure that all sounds and vibration are turned on. Then you will clearly know when you have punched a control.

MODES

There are two modes - GPS punching and QR punching. The mode is set by the course administrator. Make sure you read the course documentation so you know which it will be.

ACCESSORIES

The less of your body that obscures the device's view of the sky, the better GPS lock it will get. An armband is a good way to hold it when in use on a GPS punching course. For a QR course, being able to get the device out quickly is important. Either a zipper pocket or a drawstring pouch on a running harness is good.

Whilst there is a map on the app, it doesn't always exactly match the ground so controls appear misplaced. If you have a paper map, rely on that not the app map.

LOADING A COURSE

There are several ways to do this. If the start is in a remote location it is worth loading at home in case you don't have a good data signal when you get there.

Always available:

 Tapping 'Events Near Me' in the app and selecting the one you want.

 Tapping 'Select Event' in the app. Click on  and scroll to UK > Wales > Swansea Bay > select the event you want.

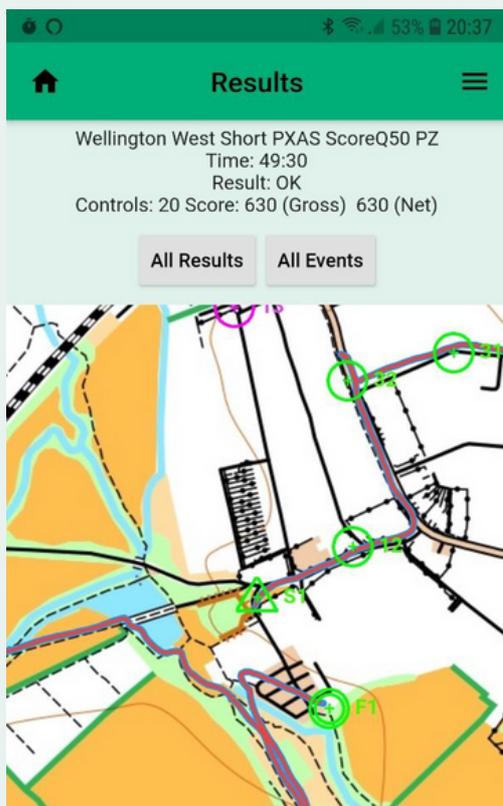
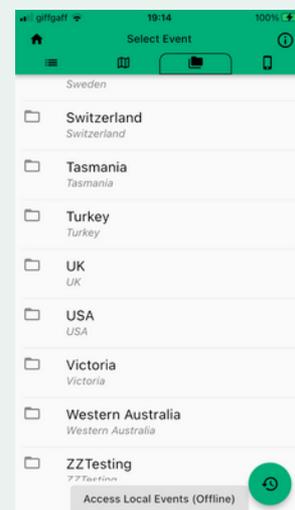
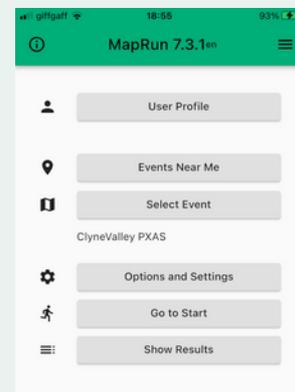
Available for some courses:

 Clicking a link on the event or POC webpage while on the device.

 Scanning a QR code on the map.

When you are ready, tap 'Go to Start'. You might then be asked for a PIN. This will either be printed on the map or given to you just before the start.

You will see a location marker and track. This will help you find the start. When you punch the start, the marker and track will vanish and your timer will begin.



ON THE COURSE

If it is GPS punching, you just need to reach a control and it should register, though there can be a bit of a delay if your device only checks its location every ten seconds or whatever. If it is QR punching you will need to tap the button saying 'Scan for QR' and then point your camera at the code on the control.

Either way, when it registers your device will beep and vibrate and the control on the phone map will turn green. If it doesn't register, carry on. The administrator will check your track afterwards and award any controls that failed to punch. If it fails for a couple in a row, you might want to check your device hasn't gone to sleep.

Sometimes for training purposes, the course will be set up to allow you a limited number of 'Show Me's. These will briefly indicate where you are on the map.

AFTER THE COURSE

On punching the finish, the app will attempt to upload your result to the server. If your data is turned off or the signal is poor, it won't manage. You will have to upload them yourself once you have a good connection by tapping the hamburger top right when looking at your Results page and then tapping 'Upload (Manual)'.

TROUBLESHOOTING

MapRun usually works very smoothly; the most common issue we've come across is the app failing to get a GPS fix. This can be caused by settings on the phone. Here are a few things you can do to check that the app is working correctly:

1. Open the app and tap the menu icon (three bars in a green circle at the bottom right of the screen).
2. Then tap the Quickstart option. The app will search for your location and display an aerial view of it with a red circle over your current location. This shows that the app has picked up the GPS service.
3. Now tap Cancel, then Select Event. Scroll down to the UK folder, then tap that and go on down to the Wales folder.
4. Select any sub-folder; within it, select an event to download. It doesn't matter which event you select.
5. The event will download, and you'll go back to the main app screen. Tap Go to Start. You will see a map of the course. At the bottom of the screen will be a thin band, coloured red, yellow or green. It may start red, then go to yellow then green, or any variant of these, but the key is that it ends up green. This shows that the app has acquired the GPS and is ready to go.
6. If you have a green band, you are good to go. If it's red, there are one or two things you can try to get it to turn green:
 - If you are indoors, go outside to where you are more likely to pick up a GPS signal.
 - Check that your location service is ON, and that MapRun has access to it. How you do this will depend on your phone make and operating system version, but if you use the phone for route finding it will invariably be on.
 - Check that MapRun has access to location and data. It will have asked permission to use these services when you first use it, and assuming you said yes the app should have the necessary authorities. You can also check the app details in the phone, which should show that it has access to location and data.
 - Switch your phone off, and then back on again. This sometimes kicks the system into providing location services to MapRun.
 - If all of these things fail to turn the GPS status bar green, tap the small 3 line icon towards the top right corner of the main course screen, showing the map. This will show you a view of the MapRun log, and it should be showing regular inputs from the location service. If it is, but the status bar remains red, you can probably run the course, and the app will be recording your track, though it won't be recording your punches.
7. If none of this has worked: if you have a GPS watch you can run using that, and can upload the GPX track from it afterwards to see how you did. MapRun has a facility which will check the track and work out which controls it thinks you visited.

USING MAPRUN G

Run in a MapRun event with just your Garmin Watch. Get a beep/buzz at each control and see your track and results on your phone, as per normal, at the end of your run.

The control locations for the event are passed to the MapRunG App on your Garmin Watch. MapRunG detects the Start, each control and Finish, much the same as MapRun6 does. It beeps/buzzes and shows the controls punched on the watch face.

At the finish, your watch syncs with Garmin Connect (as per normal) which passes the punches and track firstly to Garmin and then to the MapRun server. Then on your phone, in MapRun6, your results will be available as if you had just run with the Phone. (It may take a few minutes for the data sync to Garmin Connect).



Three Steps to Setup MapRunG:

1. Check that your Garmin Watch is capable of running Apps, that it is paired with your phone and connected to Garmin Connect, and that you are using MapRun on your phone.
2. Install MapRunG from the Garmin Connect IQ store.
3. Use the Settings in MapRun6 to turn on Watch Mode and enter the ID of your watch. Then login to your Garmin account to give MapRun permission to access your runs

Two Steps to Run with MapRunG

1. Select the event in the normal way in MapRun6 and instead of “Go to Start”, tap “Send Event to my Garmin Watch”. Ensure you have Garmin Connect running on your phone and start the MapRunG App on the watch to download the selected event. Confirm that the event is the correct one. MapRunG remembers the last event you downloaded.
2. When you are ready, tap the Start/Stop button on your watch and run the event, the same as you would with your phone.

Two Steps to get Results

1. After punching F1, tap Start/Stop on your watch to select “Finish” and then sync your track to Garmin Connect (normally automatic).
2. In MapRun6 on your phone, select “Show Results” > “Get track from Garmin”. Select the track, and your results will be presented (and uploaded) as if you had run with your phone.