

MapRunF Instructions

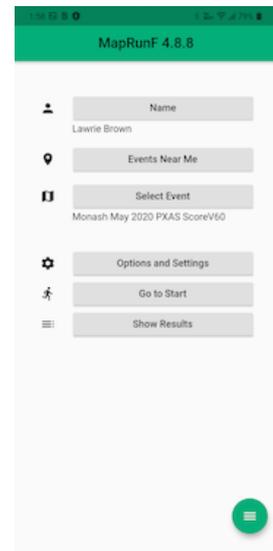
What is MapRunF

MapRunF is an App that allows rogaining (and orienteering) using a SmartPhone for punching and timing, avoiding the need to put flags and punches out on the course, or for competitors to touch any items that others may have also touched. Courses can be left open for extended periods of time, as will be the case for this virtual rogaine. Feedback as soon as you finish is provided with GPS tracks, personal result and leader board screens.

Setup

You need to install [MapRunF](#) on your smartphone, tablet or similar device. You can download it from either the Google Play or Apple App Store, as appropriate. Make sure you install the **MapRunF**, not the older, now superceeded, "MapRun" or "MyOMaps" apps. Do this before you go to the start.

When you start the app, you will see the home screen, similar to this image. When you run the app for the first time, you should select the "Name" tab, and fill in your "User Details" (all fields need some value). You should also load the map at home before you go to the start.



The various tabs provide access to the following features (with more details on key operations given below):

Name

access screen to enter your user details that are associated with your results (fill in when run app initially).

Events Near Me

access list of geographically close events, including the Orienteering ACT events you may like to do as well. This is not needed for this event.

Select Event

Upload the event at home before you go to the start. Choose the ACT folder and the sub-folder Rogaine. In there will be the event map titled "Mt Rogers ScoreQ180". Note that this will not be available until Thursday 28 May.

Options and Settings

Not required for this event. All settings will be pre-set.

Go to Start

to start (or preview) a course. This brings up the map and on-course dashboard. While you could use this map to navigate with, the resolution is not fantastic and you will spend lots of time making the map larger and smaller. Either print yourself a copy or pick up a teslin map from Paddy Pallin's.

Show Results

see the list of all results recorded locally in the app (and then access "All Results for this Event" recorded on the server if online)

At the event

Make sure your phone is fully charged before the event. This App is power hungry! If you have an external battery source, think about putting that into your backpack just in case you need it. One vetter, who has an older phone, only just got around the three hours of vetting and taking photos on the battery.

Step by step:

1. Make sure your phone's GPS is enabled.
2. Open the MapRun app.
3. When you are ready to start, press "Go to start" and the map with course will appear on your screen.
4. Make your way to the designated start, the Mt Rogers rock at the carpark. The App will automatically start you when you get within 10 m of the start with a beep and buzz.
5. Using the map on your phone or a printed version of the map, visit as many checkpoints as you can in the three hours. There are no flags at control sites. As you reach a control (you have to be within 10 m) the phone will beep and buzz and add to your score.
6. The finish is the same as the start – go close to the Mt Rogers rock at the carpark.
7. At the end of your run press "Upload Results" to be in the online result list. Please only upload one result per team. Results will also be transferred to the ACTRA website at the end of the event. If you don't have a lot of data on your phone you can do this when you get home.

Tips

- If the phone is in your pocket and the screen locked it will only buzz at a control, and not beep. It is a good idea to pull it out and unlock the screen when you are close.
- If you reach a control and it hasn't registered, circle around the feature. It should register at some point. The 10 m setting in MapRunF is pretty reliable to counter the small errors in GPS signals.
- Background Running - Some people prefer not to interact with the MapRunF App as they run. In such cases, the phone will normally go to sleep after whatever timeout period is set. Normally we want MapRunF 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 MapRunF to run in the background. This is generally set in "Settings > Apps > ... MapRunF", 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>
- If your phone shuts down or MapRunF crashes during a run, when you re-start MapRunF, it will offer the option of continuing with the partially completed event (ie **Resume**). So if all else fails - restarting MapRunF and/or your phone may be an option.