SMOC's Guide to MapRun

This is a guide for those wanting to use South Midlands Orienteering Club's MapRun courses.

IMPORTANT NOTES

- ***You take part in any MapRun events as an individual activity and not a club activity, and therefore will not be covered by British Orienteering's public liability insurance.***
- ***Under 16s should not run unaccompanied. Many of our courses involve road crossings, sometimes of busy routes.***

1 What is MapRunF?

MapRunF is an app for GPS-enabled orienteering created by Peter Effeney in Australia. You can get it from the App store or Play Store, depending on your phone: note you need to select MapRunF, not MapRun (which is the old version).

If you have a sufficiently fancy Garmin watch (one that can take apps) then you can use this to run a course instead of your phone (MapRunG). You will still need a phone to set things up. See here for full instructions and a video.

The MapRun website has a great "Quick Start" guide which gives you all the information you need to get started.

MapRun will record (virtual) control punches, record a GPS track of your route, and publish results to a database so you can compare with other runners. To find the SMOC MapRun courses, open up the MapRunF app on your phone, click "Select an Event" and then scroll down to "UK". Click, and then scroll to the South Midlands folder. Click on the event you want to download it to your phone. To actually see the map and the course on your phone, you'll need to press "Go to Start". The accompanying PDF map, which you probably want to print out to use for your run, is not stored in MapRunF. This is available separately on the club's website. Our website also contains much more information about each course - suggested parking areas, descriptions of the terrain, any unusual control types and so on.

2 Running a course

To run a course with your phone, first download the course as described above. We recommend you do this before heading out, in case you experience connectivity problems at the event location. Once "Go to Start" has been pressed, your time will begin as soon as you are at (or sufficiently near) the start. Bear this in mind for events where the car park is near the start – you might have inadvertently punched the start while putting on your shoes. Don't worry if you did: simply end your run (press the "Home" icon in the top left, then "Confirm Exit") and start again when you are ready. It is a good idea to give your phone a few minutes to get a good GPS lock before you start. When you are ready, simply run the course as you would a normal orienteering event – your phone should beep or buzz as you reach each control.

There are three types of course we on offer:

- Linear: this is like a normal orienteering event. Go to the Start and take the controls in order, taking care not to miss any out, until you get to the Finish.

- Score: You must visit as many controls as you can in the specified time limit and then tag the Finish. There is a penalty for each minute of lateness. There may be a specific control scoring system where controls are worth different numbers of points but this will be explained on the website.
- Scatter: You must visit all the controls but can do so in any order. The clock stops once you have visited all the controls and returned to the finish.

There are one or two important extra considerations:

- Take great care not to run past the Finish until you intend to end your run!
- Controls will not be marked with orange and white flags! Your phone should beep or buzz when you get sufficiently near.

3 Options & Settings

You don't need to adjust the options but If you tap "Options and Settings" on the home screen you can view and change some settings.

There are four categories of setting: Device, Event display options, event settings and preferences.

- Device
  - For example, the GPS source, and the MapRun server (you don't need to change these)
  - Option to turn on GPS Watch Mode which enables MapRunG
- Event Display Options
  - These relate to how an Event will be displayed on the screen (e.g to remove the orienteering map and just use Google Maps)
  - There may also be the option to display your current location and or your GPS track but in most cases these options will have been disabled by the planner.
- Event Settings
  - These relate to the specifics of how an Event will operate
  - For example – it shows if the event is a line/scatter/score, some events may require a PIN for confidentiality.
- Preferences
  - These are user preferences that don't impinge on the running of an Event
  - For example - track colour and width, beep sounds

4 Results

Results for all our MapRun events may be found on the app or on the MapRun website.

5 Troubleshooting

- Make very sure that you have punched the Start.
- If, when you get to the Finish, you discover that the phone failed to pick up a control or two, you can submit a revised result. The facility for doing this is called HITMO ("Hey, I think I missed one"). To use it, click on "Show Results", select the results for the event in question, click on the three bars (top right) and select Review Results (HITMO). You can then tick the box against any controls you want to claim and click a button to update your results in the database. (If you cheat in MapRun then you have bigger things to worry about.)
- MapRun will not punch a control if your phone reports a GPS accuracy of worse than 30 metres.

- Hibernating Android phones. Some Android users have found that they need to stopping their phone from hibernating in order to register controls but in some case even this is insufficient. A solution is to pin the app to your screen. Search for "pin app" in your phone's documentation.

6 Safety

- Please remember that these are individual activities, not covered by British Orienteering insurance. You are responsible for your own safety.
- Under 16s should not run unaccompanied. Many of our courses involve road crossings, sometimes of busy routes.

7 Feedback and acknowledgements

Comments, corrections and suggestions regarding this document, the webpage and the courses are welcome. Thank you to Peter Effeney and Pat McLeod for their help in getting SMOC set up with MapRun. Thanks also to TVOC for their MapRun Guide on which this document is based.