

MapRun Navigation Challenges



Introduction

MapRun is a free app available from both the iOS and Android stores. It uses the GPS chip in your phone to check that you have successfully completed a navigation course that is available through the App. MapRun will let you know as you reach each check point, called “controls” in orienteering, on the course and upload your result once you finish.

Setup

The first thing you need to do to get going is to download and install the MapRun app. Note that there are multiple versions of MapRun, the latest is MapRun6, please don't use any of the older MapRun apps. Once installed, you need to enter some personal information: name and so on, to identify yourself in the results system.

It is advisable to check that your phone is correctly set up for MapRun as follows:

- **GPS/Location Services** - The GPS/Location services need to be enabled on your device. This will normally be the case if you have any other GPS-based Apps already on your phone (eg Google or Apple Maps).
- **Permissions** - The App asks for permission to track your location and to save files on your device. For the App to work correctly you will need to say yes to allowing these permissions.
- **Battery Saver** - Ensure any battery saver mode on your phone is turned off (as this is likely to affect the operation of the GPS)
- **Background Running** - 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 as check points are visited. 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: dontkillmyapp.com

Getting a Course into MapRun

You are now ready for your first MapRun course. You can find many courses available in the UK at goorienteering.org.uk. Some locations have maps available for sale and some courses have a free downloadable map that you can print at home. Lots of the courses have a QR code to make it easier to load it into the MapRun app on your phone. Alternatively, you can:

- Within the app, tap *Select Event*. You'll need to scroll down to the UK folder, and then the County folder, and maybe, the folder of the nearby town, to find your course.
- Alternatively, go somewhere near the start of a course you have located online, and click on *Events Near Me*. Select the course you want to run.

Wait for the course and map files to download, and then tap Go to Start. The course is now live and is ready to start logging your track and time, but before you pass through and record the Start, your location and track are shown on the screen so that you can see if your GPS is working. These will disappear as you pass through the start.

Also, in the footer of the screen are the GPS accuracy, and a button to centre the screen on the current location.

Using MapRun

On most MapRun courses there is no physical indicator at each control location for you to know that you are in the correct location; it's down to your skill! However, many courses in simpler areas such as city parks, have small indications of the control locations, often a simple square of plastic.

Let's get started. Go through the start location, shown by triangle on your map and screen, this sets the timer running. At each control your phone will vibrate, ping, and a banner will pop up on the screen to show which control you have visited. It will also show the elapsed time and number of controls you have collected. Visit each control in order. Remember that you need to pass through the Finish to stop the timer, but BEWARE, if you do this before you visit all the controls you won't get a valid result.

Some courses are setup with QR codes and or NFC chips as well as just GPS locations. These are usually used in areas where the GPS signal is weaker, such as under dense tree canopy. The App will allow you to read in either the QR code or NFC if the GPS hasn't registered your arrival at the control.

MapRun Results

Once you visit the finish control your results should be uploaded automatically to the MapRun server. If they are, you will see a prompt on the screen to allow you optionally to upload to Strava. If not, you should see a prompt simply to upload results.

You can now compare your results with others on the same course and view the route you and they took.

Trouble Shooting

If you have difficulties with your Android or iPhone recording your track, please check the following points.

- If your phone shuts down or MapRun crashes during a run, when you re-start MapRun, it will offer the option of continuing with the partially completed event (ie **Resume**). So, if all else fails - restarting MapRun and/or your phone may be an option.
- If you are having problems with MapRun6 not recording your location on Android:
 - Try changing location permissions to "Always / All of the Time"
 - Try clearing the MapRun6 cache (in Settings > Apps > MapRun6)
- For **more hints phone settings** for GPS-based Apps, look at the information provided by Apps such as Strava:
 - support.strava.com/Troubleshooting-GPS-Issues

MapRun Support

The developer has a website full of useful information and a forum to ask for help from other users. You can find it at: maprunners.weebly.com