



## Downloading and using the MapRun App

Visit: [www.maprunners.weebly.com](http://www.maprunners.weebly.com) and download the MapRun App to your smart phone.  
Either version is ok, but I would recommend MapRunF.

The 'Quick Guide' section gives some simple instructions on how to get started.

Please see the 'User Agreement' section for terms and conditions.

The 'Technical Section' has some info about phone settings.

Top tips:

- Make sure your phone is fully charged before coming to an event.
- Turn up your volume so that you can hear the phone beep during the event.
  - Switch off other apps during the event.
- Make sure your 'Location Services' is turned **on**. To do this on iphone go to 'Settings' then 'Privacy' where you will find 'Location Services' (android phones may be slightly different).
- Switch off 'Auto-lock' for your screen. To do this on iphone go to 'Settings' then 'Display & Brightness' then switch 'Auto-Lock' to 'Never' (android phones may be slightly different). For security reasons make sure you remember to change this back to your usual setting after the event!
- Open the app and select the course you are intending to run before arriving at the event.
- Some events are protected by a PIN number, the organiser will give you this before you start.
- Bring something to carry your phone in. A specialist armband is best but a bum bag etc works fine too.

