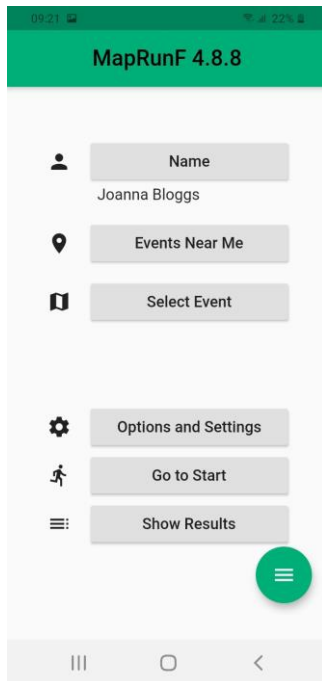


How to SmartRun

Download the MapRunF app from the Apple Store or Google Play



- this is one to look for -



When you first open the app you'll need to select '**Name**' and enter your details

Now you need to identify the course you want to take part in.

One option is to go to the park, open MapRunF and click on '**Events Near Me**'. If you have a good data connection you can download it there and then – it's only a couple of MB

If you'd rather you can find it at home using the '**Select Event**' button. This has a rather laborious menu system as it works across the world! First select '**UK**' (a long way down the alphabetical list!), then '**Mole Valley**' and finally '**SmartRun**' to see all the courses available

Whilst you can follow the course using the map on your phone, this is only really there to record your progress along the route. It is best to download a map of your chosen course from the Virtual Course page on the MV website [here](#) and print it off before you go.

2k courses are suitable for juniors, families and less physically able participants. We would recommend that juniors are accompanied by an adult for safety.

5k courses are aimed at adults although there is no reason why others might not take a leisurely stroll around them as well 😊

The basic **SmartRun** uses tracks and paths. There is a checkpoint marked with a circle on the map at each turning point (or complicated junction) to help guide you along the route.

SmartRun Challenge is a second option with fewer checkpoints. The challenge is to choose the best path to follow between the checkpoints.

SmartRun Adventure takes you off the paths from time to time – a bit more of an adventure!

The **Start** is marked on the map by a purple triangle. **Checkpoints** are shown with circles and described in the text on the printed map so you'll know what you are looking for – it's always in the middle of the circle. The **Finish** is marked with a double circle – one inside the other.

You might like to walk the course first so that you'll know where to go when you attempt to run it at speed. Or just go for it and run it a second or third time to improve your personal best.

You start by clicking on the '**Go to Start**' button. You'll get the best result from the app if you do this out in the open where the phone has a good 'view' of the GPS satellites. Once your phone has a GPS fix – warm up and head over to where the Start is marked on the map. When you get there it will beep and away you go – the clock is ticking from now!

If you want to check your progress on your phone, a red dot shows you where you are on the map and as you pass through each checkpoint it goes green. Or you might prefer to put your phone safely in a pocket before you set off – you'll still hear the beep. Make sure that the volume is turned up and the app is enabled to run in the background.

When you get to the Finish the phone will beep one last time and you can rest easy! Click the '**Show Results**' button to see your final time.

If you have a data signal the result will be posted to the database – this uses less than a MB of your allowance. If not you can do it over Wi-Fi when you get home. On the Show Results page you can also click the '**All Results for this Event**' button to see where you are in the overall standings.

If you prefer you can use a **GPS enabled running watch** which tracks your route and records your time. Just email us your 'GPX' track and if you have visited all the controls sites in the correct order you will have a valid time. We will then post it on the results page linked from our website.

Problems with your phone getting a GPS signal? A good starting point is to go into your settings and check that the MapRunF app has permission to use 'Location Services'. If that doesn't solve the problem there are some detailed technical notes [here](#)

If you have any **questions** contact us at MVSmartRun@gmail.com and we'll be delighted to assist.

Follow us @MVSmartRun on Twitter and @MVOrienteeingClub on Facebook for news of new courses as they become available.

IMPORTANT NOTES: You should only take part in these activities if you can do so whilst adhering to the current government guidance e.g. observing social distancing. They are designed to be run or walked individually or in family groups, please be courteous to others. You are advised to shadow a child or vulnerable adult to ensure their personal safety whilst taking part in a SmartRun.

These courses are not official events. You are wholly and solely responsible for your own safety and conduct whilst using the map and/or running a SmartRun course. By downloading a Mole Valley Orienteering Club map either on paper or via the MapRunF app you accept this responsibility.