

Orienteering with MapRun

Nail Can Hill – March 2020

NOTE: While 'social distancing' is in place this activity is intended to be completed alone or with those you normally live with – IT IS NOT A GROUP ACTIVITY

Orienteering is a sport combining running/walking/riding with navigation. MapRun is a smartphone app that uses the GPS in your phone to track your progress around the course. Instead of 'punching' at physical controls, the MapRun app will record your visit and give a 'beep' of acknowledgement. At the completion of your course you can check your route, course time and compare your results with others if you wish. MapRun courses can be done at any time and courses can be repeated, allowing you to try different routes.

Using MapRun

1. Install the free 'MapRunF' App (iOS and Android – note that 'MapRunF' supersedes 'MapRun'). Start the App, read and accept the terms and conditions then tap "**NAME**" and register your details.
2. Tap "**EVENTS NEAR ME**" and select the event you want. If you don't see an event listed then:
a/ ensure 'location services' are active on your phone OR
b/ choose "**SELECT EVENT**" and navigate to 'Victoria', 'Albury-Wodonga' and select an event
3. Tap "**GOTO START**" and the course map will appear, a blue dot will show you current location
4. When ready, go to the start point (triangle on map) and you're off!
5. When you are finished, tap "**SHOW RESULTS**" to compare your time with others or your own result from previous attempts. You can also see results on the website: <http://maprunners.weebly.com/results.html>.

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- This course is based around Nail Can Hill, Albury with the Start/Finish off Pemberton St (use the carpark 100 m south-west of the start location near the intersection with Roper St)
- There are two 'scatter' courses – LONG (all 18 controls) and SHORT (any 10 controls)
 - after starting, visit the specified number of controls in ANY ORDER then return to the start/finish point
 - descriptions of each control are provided on the map
 - results are determined by the fastest time
- A printable map can be downloaded from the link below or scan the QR code

Assistance

- Email: maprun@awoc.org.au
- Phone: 0466 166 020
- MapRun website (see below)

Warning: You participate at your own risk and are responsible for your safety. Take care crossing roads, use pedestrian crossings and lights if available. All council rules and by-laws apply. Please respect our beautiful parks!



MapRun app and info
<http://maprunners.weebly.com/>



Local orienteering
<https://awoc.org.au>



Course maps and details
<https://awoc.org.au/MapRun>