

MAPRUNNERS

Don't just park run – explore with Map Runners

Run your own course - It's fun, free and easy

www.maprunners.com.au

Version: 20160810

MapRunners

at the Rotunda – New Farm Park
Saturday – start from 7:30 – 9:00am



- Don't just "ParkRun" – explore with MapRunners!
- Its Free, Fun and Healthy for all ages and levels of fitness
- You have 30 mins to visit as many sites in the park as you can (or want to)
- Start any time between 7:30 and 9:00am on Saturday – or if that doesn't suit, MapRun in your own time during the week and your results will still be recorded
- It's different each week – but you can still compare your pace from week to week
- Run fast to beat the competition or take it slow to enjoy the park
- Upload to see your results:
 - Total points – for the sites visited – minus any penalty for taking longer than 30 minutes
 - Distance and Pace

MAPRUNNERS

How Does It Work?

- Bring your iPhone or Android (Or we can lend you one)
- Install the free App (MapRun) (BCC wifi is available on site)
- Talk to the friendly helpers to see how it's done
- Start the App – Go to the Start – Choose your own route to go to as many sites as you can in 30 mins
- Set off in your own time individually or in a group
- At each site the App “beeps” and adds to your score
- Come back to the Finish before your 30 mins is up – or your score starts to reduce
- Upload your results
- Compare with others or against your own pace from previous weeks


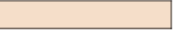






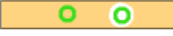









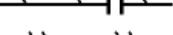












Where Can I Go?

- On your phone you'll see a map like this (or you can use a printed map too)
- Start at the triangle and finish at the double circle
- Go to as many of the other sites (circles) as you can in 30 mins
 - Decide your own route
 - Sites have numbers – the higher the number – the higher the score
- Kids – stay in the park; don't cross streets
- Adults – Get extra points for sites that are further away



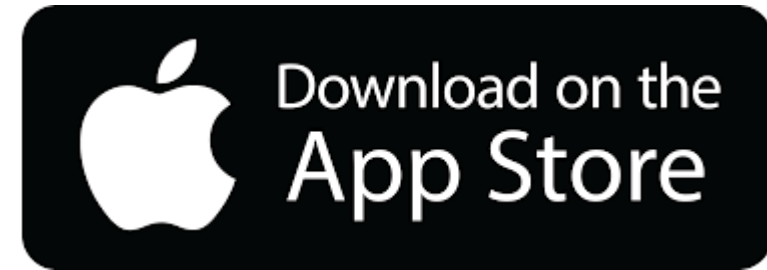
How do I read the Map?

- You don't need a compass
- See the symbols shown here
- Don't worry it's not too hard, but
 - Don't run through gardens
 - Don't climb over fences
 - Don't run through the markets
 - Don't disturb other park users

	Private area, gardens - forbidden access
	Hard paved area
	Soft paved area (play area)
	Open land
	Open land with scattered trees
	Forest : easy running
	Distinct vegetation boundary
	Dense vegetation; Hedge - forbidden to cross
	Prominent large tree, with canopy
	Prominent bush or small tree < 0.5 m diameter, with canopy
	Road
	Bike path
	Foot path
	Unpaved track
	Small track
	Passable wall
	Impassable wall - forbidden to cross
	Passable fence, gate
	Impassable fence - forbidden to cross
	Passable stone wall
	Building - forbidden to pass through or over
	Canopy
	Light pole
	Boulder
	Man-made feature (play equipment)
	Bus stop; sculpture
	Contour
	Formline contour
	Steps
	Water tank
	Out of bounds

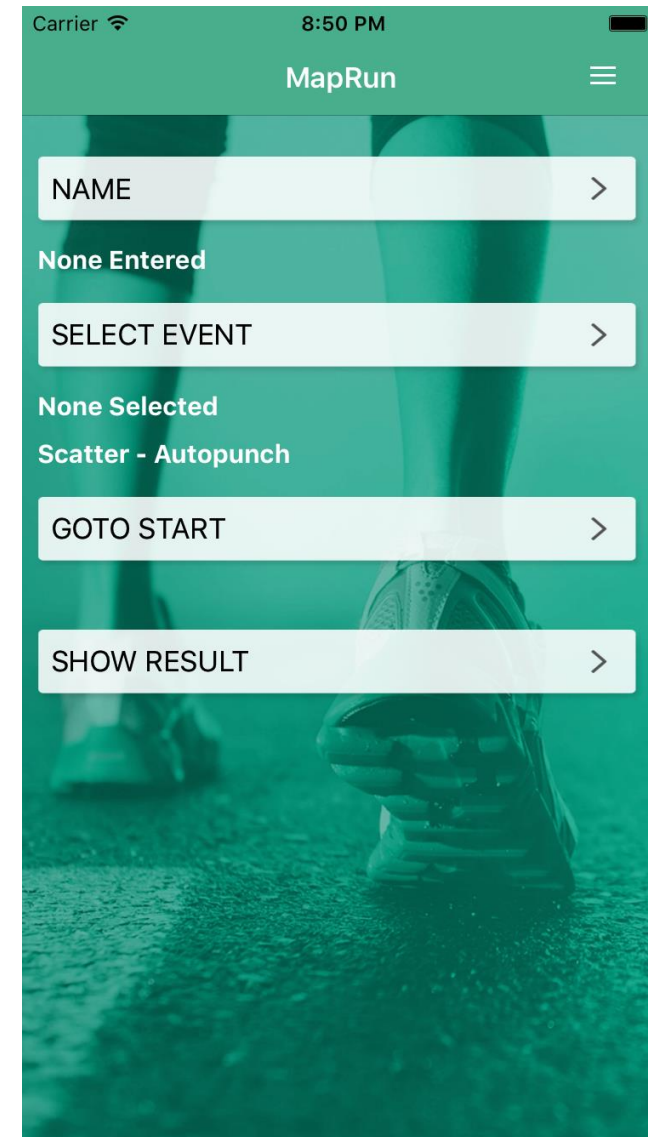
How do I get the App?

- For iPhones
 - Go to the App Store
 - Search for MapRun
 - Install it (free)
- For Androids
 - Go to the Play Store
 - Search for MapRun
 - Install if (free)



How Do I use the App?

- Here's a quick overview if you are new to MapRun:
 - Tap **Name** and enter your details
 - Tap **Select Event** (or **Reload Event** if you've already downloaded the Event)
 - Choose the event at the top on the list: New Farm Park
 - Tap **Goto Start** to see the map
 - Then when you are ready, press **Start GPS** and go to the Start Triangle. Your time starts when you hear the "beep" at the Start.
 - Your time finishes when you hear the "beep" at the Finish



Results?

- On your phone
 - Your time, your points, your distance and your pace
 - Also the track you took and the sites you visited
- On the web (We'll email you too)
 - Your position
 - Your previous runs
 - www.maprunners.com.au
- Like use on Facebook
 - @mapruns



Race Result			
Time Results			
44	09:26:34	00:44	40
43	09:26:59	00:25	40
39	09:28:09	01:10	30
50	09:28:35	00:26	50
45	09:29:21	00:46	40
46	09:30:15	00:54	40
42	09:30:57	00:42	40
51	09:31:26	00:29	50
58	09:31:52	00:26	50
35	09:32:21	00:29	30
F1	09:32:34	00:13	--
Penalty			0
Total		27:06	1530

