



Phone Setting Tips



- Make sure your phone is fully charged before beginning a MapRun session.
- Turn up your volume so that you can hear the phone beep during you run.
- Switch off other apps during your run.
- Make sure your 'Location Services' are 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). This is very important as it means the app and therefore the map is constantly displayed during the run. Equally as important is to reset your phone auto lock time to your normal setting after you have finished.
- Open the app and select the course you are intending to run before arriving at the MapRun. Each MapRun will have specific instructions on the course available and how to select them.

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

- **Permissions** – When first loaded 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 while you are using the app. This can be updated on the apps page inb settings.
- **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 and controls are punched. 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
- 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.