

HVHS Virtual Training Session #8 – 15 May 2020

Here's the eighth "virtual orienteering" email to replace our Friday trainings. Below you'll find a new way to do orienteering which you can try. Plus get some exercise at the same time.

CAREFUL STEPS

...steps back to real orienteering this week.

We've got some courses on a cellphone app called MapRun. Instead of an orange ribbon, or a flag and an electronic stick, the GPS in your phone knows when you get to the control, and gives a beep. It records your time and uploads everything to a website.

We've got the courses from the "Have A Go Day" at the Hutt Rec set up. Why don't you give it a go? Even if you've already done one of the courses, you could try a different one. The benefits are:

1. A step back towards real orienteering
2. Would be good for you to get experience using this app so we can use it again.
3. Cellphones are all a bit different and we want to collect advice, so you're part of a "research project"
4. Because it's fun!



PRINTING THE MAP

The course maps are on the web at:

Yellow map: [www.mapsport.co.nz/hvoc/CSW Have A Go 2020 Yellow.pdf](http://www.mapsport.co.nz/hvoc/CSW_Have_A_Go_2020_Yellow.pdf)

Orange map: [www.mapsport.co.nz/hvoc/CSW Have A Go 2020 Orange.pdf](http://www.mapsport.co.nz/hvoc/CSW_Have_A_Go_2020_Orange.pdf)

Hope you have a colour printer and haven't run out of ink 😊. Otherwise the map will be on your phone and you can use this to do the course.

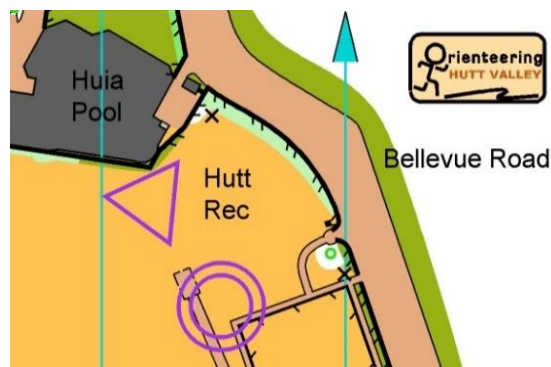
Now we're still in Level 3, so don't organise to hang out down at the Hutt Rec with others not in your bubble! So do it by yourself or with others in your bubble and give people a wide berth.

INSTRUCTIONS FOR THE MAPRUN APP



1. The app is available on Google Play or the App Store. It's free. Get "MapRunF" which is the newest version.
2. If using a printed map, organise a way to carry your phone safely when jogging – eg an armband. You're only going to need to access your phone at the start and finish. The map will be displayed on your phone which you can use instead of a printed map.
3. Make sure mobile data and location are turned on. If you don't have data on your phone, then download the map (Steps 1-7) while in wifi range.

4. There's also something which I don't fully understand – Make sure MapRun can run in the background otherwise it can go to sleep. Every version of Android/iOS is different.
5. First time of use you'll have to enter your name and other data. The app is run by an orienteer in Brisbane, he's not part of "big brother".
6. Go to somewhere near the start and find the "event". The best way is the button "events near me" because the phone's GPS knows where you are.
7. Each MapRun event only has one course, so the "Have A Go Day" is there as 3 events. Choose the one you want to do. At this stage your phone downloads the course and you'll see the map on your phone. It's pretty hard to read your phone on the go and you can't "thumb" your position, better to have that paper map. I think it says "Go To Start" at this point.
8. The start is near the corner of the Huia Pool building. When you get near* the phone will beep, and you're off.
9. Everything else is automatic – a beep records each control and the finish. The app verifies that you got the controls correctly, and uploads the results to the MapRun website at the end. If the results did not upload to the website (eg if you lost reception or do not have data on your phone) then you can manually upload your results when you have reception or wifi.
10. The app uses only uses GPS while doing the course. without consuming data.



HOW NEAR IS NEAR?

You probably know that GPS's in phones aren't perfectly accurate. Neither are the positions of the controls that we put into the app. There's a "tolerance" in the software which records the visit once you're within 15m. If everything is perfect this means you'll get the beep before you get there. Sometimes you might have to cast around a bit. Worth making sure you're in the right place first 😊

HOW DID IT GO?

Results go onto the MapRun website which is www.maprun.org.au. We'll be able to see you there. But we know that some people have trouble with the app and we want to try and anticipate those. So fling us an email (michael.wood@mapsport.co.nz) with what happened. Thanks!

VIDEO OF THE WEEK

Back in the day, we didn't have contactless control punching, or anything electronic at all. We had people at the finish with stop-watches, and at each control you had to pin-punch in a numbered box on a card. Checking the punches afterwards was an awful job.

So when the Sport Ident system came in (early 2000's) it was a big thing. We practiced our hand-eye coordination. We learned how to punch on a bike without stopping. There were even punching races. There was an event near Auckland where the finish chute came down a big sandhill, and after everyone had finished they set up a one-control race, just down that hill. Enjoy.

www.youtube.com/watch?v=nnAvKx6SAel



Keep safe in your bubbles and make the most of your free time 😊

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