

How to get started on your first Virtual Permanent Orienteering Course.

There are some things you are going to need to do before you start:

1. **Download an app called MapRun6.** It is available for both Android and iPhones. Look for this icon:  (NB, you may see references contained in the links below to MapRun and MapRun F – these are just earlier versions of MapRun6, but for the user, there should be negligible difference in the advice shown)
2. **Print out the map** for the course you want to do. Maps are available to download on HALO's website. Be aware that the ink and the paper will not be waterproof so if you are going out in the rain, the map will need some protection.
3. Before you set off for your first run, preferably where you have wifi available in your home, **open the MapRun6 app and fill in all the details** required under the tab "Name". You won't need to do this bit again on your subsequent runs.
4. Then tap "Select Event" and navigate through **UK/Hull/Permanent Courses** and lastly the name of the course you want to run round. Our first course is "**Victoria Dock**". The app will then download that map to your phone and under "Select Event", back on the home page, it should now show the name of the event you just downloaded.
5. You may also, need to change some **settings on your phone** before your run – and your phone will need to be charged! Turn your notifications up to full volume and make sure it is not in Battery Save Mode. If you have problems, further advice can be found at: [Phone Settings - MapRunners \(weebly.com\)](http://Phone Settings - MapRunners (weebly.com))
6. The Victoria Dock PVOC has 24 controls and one Start/Finish and we have set it up so that **you can visit the controls in any order you like**, but you must get all of them to get a time registered. Each control is worth 20 points.
7. The paper map is showing a fixed location for the Start/Finish but we have set up the course so **you can choose to Start/Finish at any of the controls** you want to. On your phone as you go through the control you have chosen to start at Start/ Finish at that control will automatically change from just one of the controls to being the Start/Finish...and the Start/Finish that is showing on the paper map will become just another control which must be visited.
8. Now you should be ready to go for your run. You may find an arm band is good for putting the phone in, or some use a bum bag or even a pocket. Before you get to the start **open the MapRun6 app** and select "Go to Start"but be patient, the phone will now try to find its gps location. You can tell when it's found it correctly when the bar across the bottom of the screen changes to green from red or orange.
9. When it has found the gps signal correctly and you are ready to go.....**go to the control that you have chosen as your Start (and Finish) point** and the phone will "bleep" and the clock starts. Everytime you approach subsequent controls the phone will "bleep" again. Sometimes, where the signal isn't good, say under a tree canopy, this can take a few seconds. When you have collected all the controls **it is essential to go to the Finish.**

10. Once you have finished the result should be automatically uploaded to the MapRun server and you will then have the option to send your track to Strava.
11. If you are a keen runner and want a longer run then why not do all the odd numbered controls (in any order) first, to be followed by the even numbered ones (in any order).
12. If you intend running with a suitable **Garmin watch** and you need advice on how to do this - follow this link:

[MapRunG - MapRunners \(weebly.com\)](http://www.maprunners.com)

It should be noted that the following advice applies:

- ✓ All current Covid laws and Government advice should be followed.
- ✓ Under 16s should not participate unless accompanied by an adult... dangers from traffic and strangers.
- ✓ Events take place on streets, footpaths and open places. Pay attention to the usual urban risks: including traffic, wet surfaces, kerbs, blind corners.
- ✓ Wear clothing and appropriate footwear for the conditions. This may mean Hi viz and torches if participating at night.
- ✓ Do not cross any Out of Bounds areas that may be marked on the map. These are usually shown as purple crosses or purple hatching.
- ✓ Anyone undertaking a VPOC (MapRun) is doing so in their own time and run at their own risk. British Orienteering and Humberside and Lincolnshire Orienteering Club (HALO) take no responsibility for any damage or injury whilst participating.