



# How to Use MapRunF

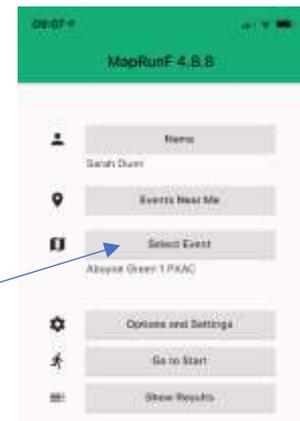
Steps 1 to 6 require a wi-fi connection or access to mobile data for download and can be done in advance of your participation.

You do not need any mobile signal, data or wi-fi access whilst taking part.

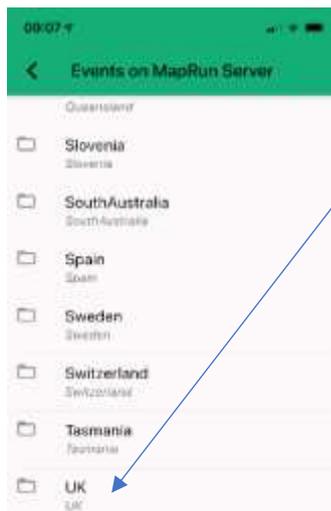
## Before You Leave Home



1. Download the MapRunF App from your phone's App Store.
2. Download and install it onto your phone
3. Open the App
4. The first time you use it, you will need to enter your name, gender, email address, year of birth and Post Code. You are now ready to use the App.



5. You now need to Select an Event by clicking on **Event List**



- A list of folders will appear on the screen. Scroll down until you find **UK**
- Then select your local area in most cases they are by county e.g. **Gloucestershire**
- Select the event/course near you that you wish to run
- The screen will return to the front page of the app with your event now selected.

6. You may prefer to have a paper map in your hand whilst out on the course and stow your phone. Clubs often have pdfs of the MapRun courses on their websites for you to download and print

