<u>Here are some quick steps to use MapRun for downloading the course in advance:</u>

- Download the **MapRun app** on Google Play or the App Store to your GPS-enabled smartphone.
- Enter your personal details in the app settings.
- Select "**Events Near Me'** If you are onsite at Strathcona Wilderness Centre to display a list of events near your current location.
- You will have three courses to choose from:
  - **ScoreV120** – is a 24-checkpoint Scatter O, which means you can visit as many as you like within a 2-hour window.
  - **Course A** – is an 11-checkpoint course where you visit the checkpoints in the order shown on the map. Course Length: 2.7KM as the crow flies.
  - **Course B** – is a 7-checkpoint course where you visit the checkpoints in the order shown on the map. Course Length: 2.9KM as the crow flies.
- Tap **Goto Start** to see the map and course.
- Run or walk through the **Start** to trigger the course timer. Navigate to the various checkpoints according to the rules of the event type. Remember that you need to pass through the **Finish** to stop the timer.

To download a map onsite at SWC on MapRun that is under the option 'events near me', you need to:

- Open the **MapRun app** on your smartphone or Garmin watch and make sure your GPS is turned on.
- Tap **Select Event**
  - Tap Canada
  - Tap Alberta
  - Tap Edmonton
  - Scroll down the list and tap Strathcona Wilderness Centre
- Select the event you want to run from the list. You will have three courses to choose from:
  - **ScoreV120** – is a 24-checkpoint Scatter O, which means you can visit as many as you like within a 2-hour window.
  - **Course A** – is an 11-checkpoint course where you visit the checkpoints in the order shown on the map. Course Length: 2.7KM as the crow flies.
  - **Course B** – is a 7-checkpoint course where you visit the checkpoints in the order shown on the map. Course Length: 2.9KM as the crow flies.
- The event will be downloaded from the server and a copy will be saved on your phone.
- Tap **Goto Start** to see the map and course on your phone or watch screen.