


# Orienteering Courses

## What You'll Need:

- A paper course map (pick up at park entrance ranger station)
- A compass
- A smartphone for control punching and timing

## Preparation:



1. On your smartphone, download and install the free application called **MapRun**. This app can download orienteering courses and track and time your progress through them. To do this, it needs access to your GPS location, so grant this permission during the install.
2. Open the MapRun app, tap the "**User Profile**" button at the top of the home screen, and fill in your details. Put "**FLO**" as the Club name at the bottom. This helps us track how much use the courses are getting.
3. There are 2 courses available at Moss Park: a **Beginner** course (2.0 km) and an **Intermediate** course (3.1 km). If you have not done orienteering before, start with the Beginner course.
4. Go to the **ranger station** at the park entrance and ask for a paper map for the course you wish to do.
5. Back on the MapRun home screen, tap the "**Select Event**" button. On the Select screen, tap the folder icon  at the top right and navigate down through the folders:  
**USA > Florida > Central Florida > Moss Park Permanent Courses**  
and pick the "**MossPark PermanentCourses Beginner or Intermediate**" course.
6. When the course has downloaded, you are almost ready to go. Gather your gear, water, and any snacks or other supplies you want. Then follow the instructions below to start.

## Instructions:

1. Each course consists of a series of markers called "controls", which have a numbered tag on top with the orange & white square orienteering symbol like those pictured below. To complete the course, you must visit all controls, IN ORDER, and return here.
2. Each control has a 2-digit ID number marked on it. These numbers will match those listed on the "clue" inset on the paper map. Remember that there are more controls out there than just the ones on the course you're doing, so just because you found a marker doesn't mean it has to be the one you're looking for – make sure the ID number matches the control you're seeking on the map's clue sheet.
3. At each control, "punch in" using the MapRun app. Each control tag has both a QR code and an NFC tag on it. You can punch with either one depending on your phone's capabilities. To punch a control
  - a. With QR code: Press the "**SCAN QR**" button on the bottom of the MapRun screen, then aim your camera at the QR code until it beeps.
  - b. With NFC tag: Press the "**SCAN NFC**" button on the bottom of the MapRun screen, then place the center of your phone directly on top of the NFC circle on the control until it beeps. (If the "SCAN NFC" button is disabled, you may have to enable NFC in your phone's Settings.)
4. To begin the course, you must punch the **START** control below. Then punch each control on the map IN ORDER, and come back here and punch the **FINISH** control below. You will then get a results screen listing your total elapsed time and splits time to each control.
5. If you accidentally punch an incorrect control, or a correct one out of order – no problem. Just continue on and punch all your course controls in their correct order, and you will still complete the course successfully.
6. **WHEN YOU ARE READY TO BEGIN:** Tap the "**Go to Start**" button on the MapRun home screen, punch the **START** control below, and you're on your way!



**Security Note:** Our QR codes will always be **inside the laminate** and have the Florida Orienteering **manatee logo** embedded in them. **If a QR sticker is placed on top of the laminate, DO NOT SCAN IT, and please report the tampering to the park rangers.**

All NFC tags have been programmed and permanently locked to prevent tampering.

