

# User Guide

## Define Race With Maps Projects using Google My Maps

### Introduction

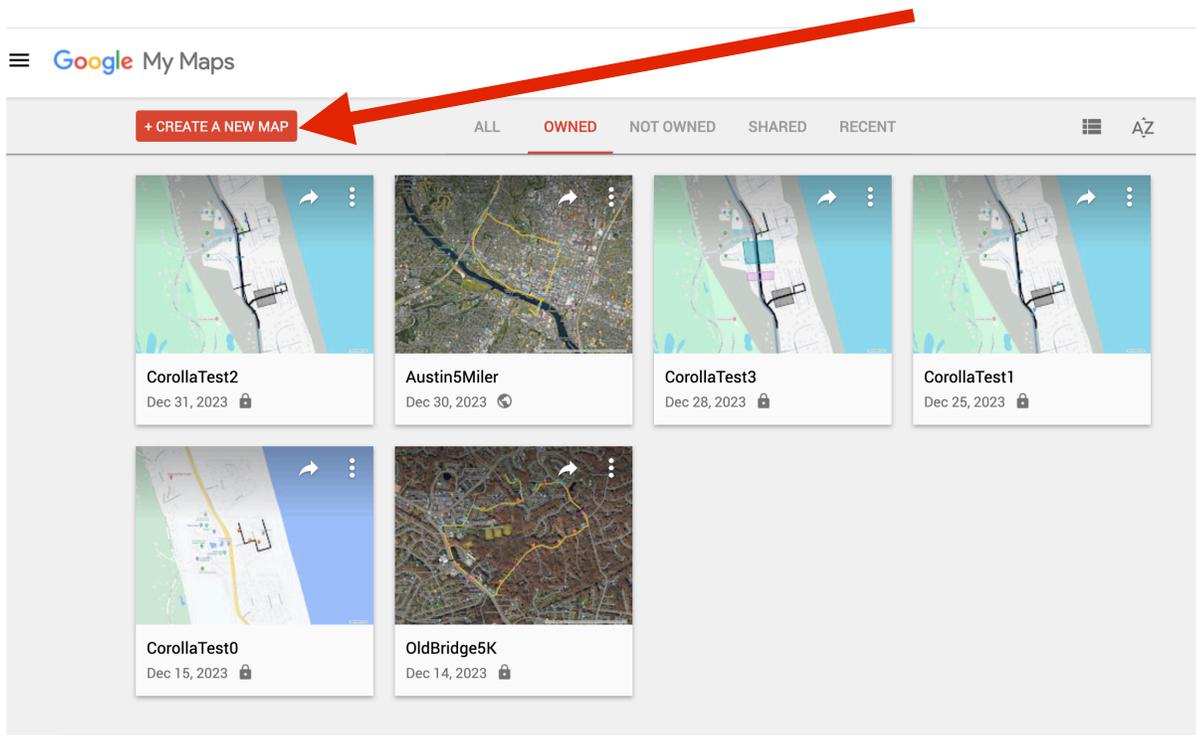
Google My Maps can be used to create a custom race course, called a Project, that can be imported into Race With Maps Runner (RWM) as a.kml file. The user can author Projects that contain;

1. Race Route (mandatory) - a series a interconnected lines that trace a path.
2. Start and Finish Lines - geographic lines that intersect the route and are the start/finish of the race.
3. Announcement Waypoints - a geographic points that make audio announcements upon arrival.
4. Announcement Lines - geographic lines that make announcements upon crossing.
5. Boundary Polygons - closed shape that makes announcements upon entering or exiting.

This is a user manual for creating Projects using Google My Maps for import into RWM. This manual will use a 5K race as an example.

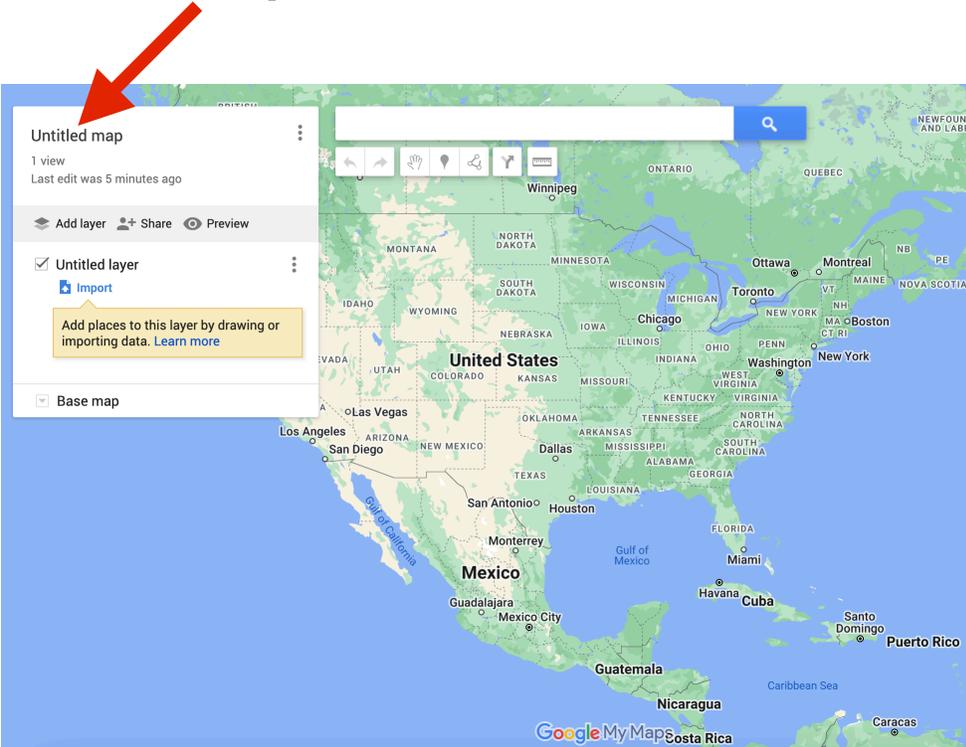
### Getting Started

Open Google my Maps and use the Create a New Map Button.



## Naming

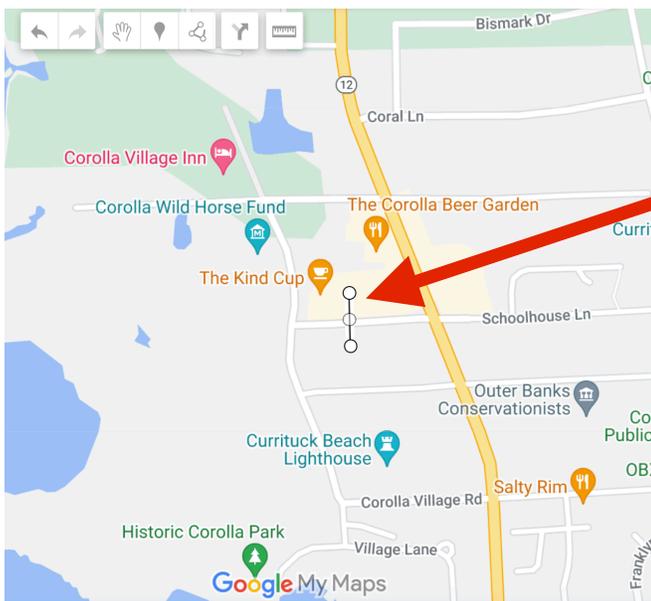
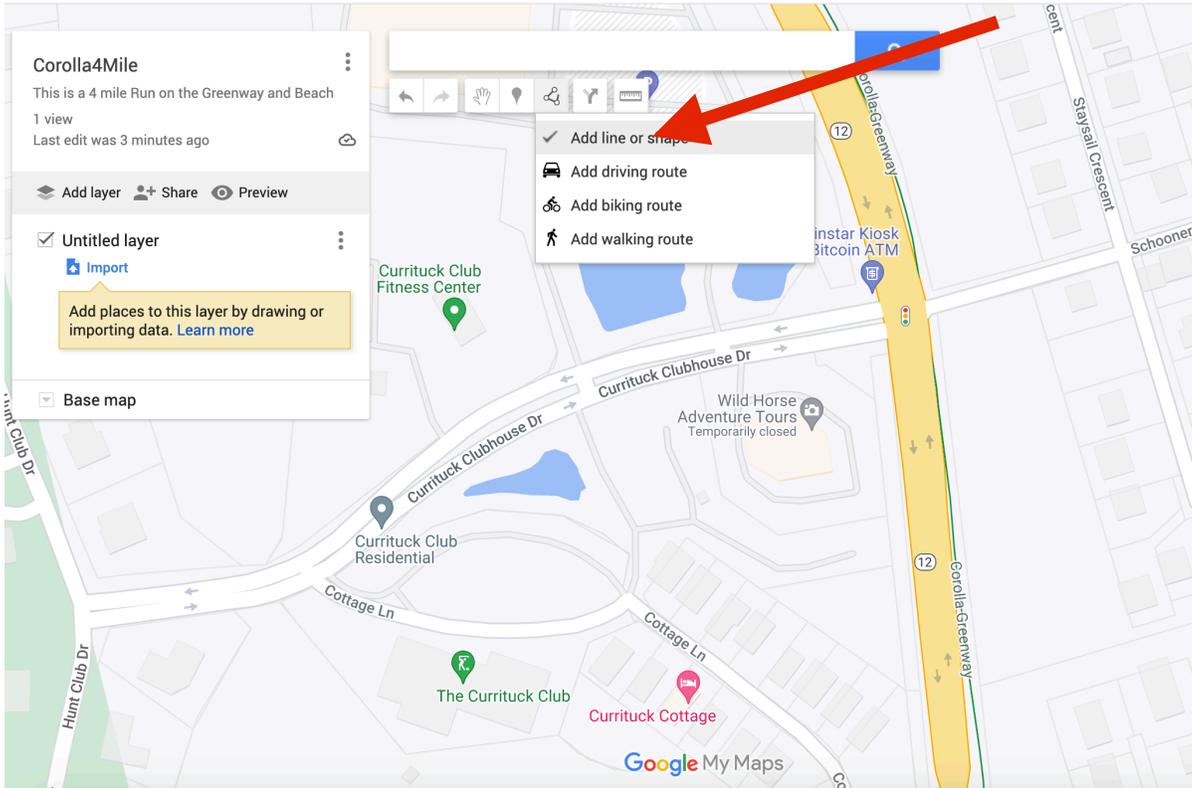
Click on “Untitled Map”



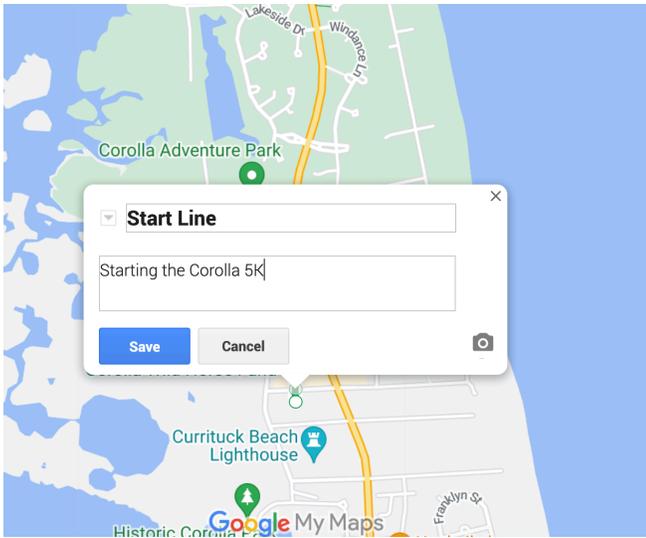
Give the project a name which uniquely identifies it and a description. The description will become an audio announcement at the beginning of each race session. Announcements often have directions on how to get to the Start Line.

# Create a Race Route

Once the project is created, the next step is to create the race route. The first step in creating a route is identifying a start of the race.



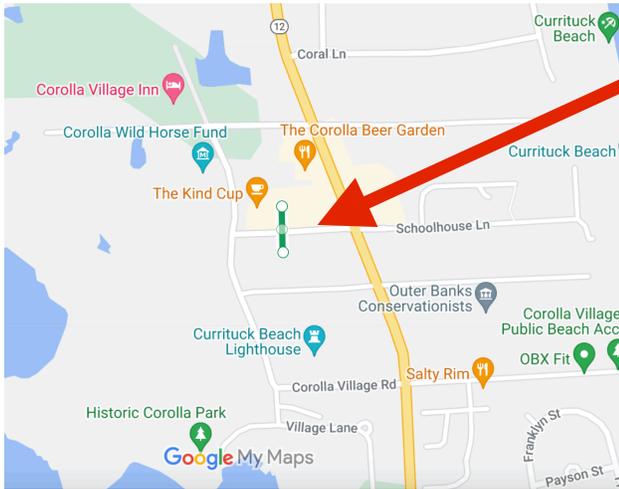
Once the start is identified, draw a line at the race start.



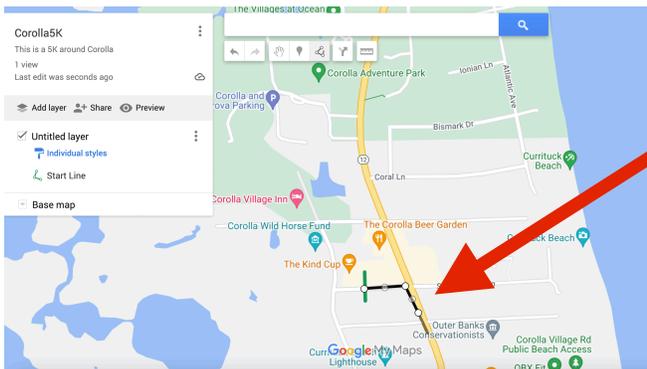
Make it a thicker green color. The name must include the word “Start”. Add a description that will be spoken when the runner crosses the start—for example “Starting the Corolla 5K”.

All names in the Project must be unique.

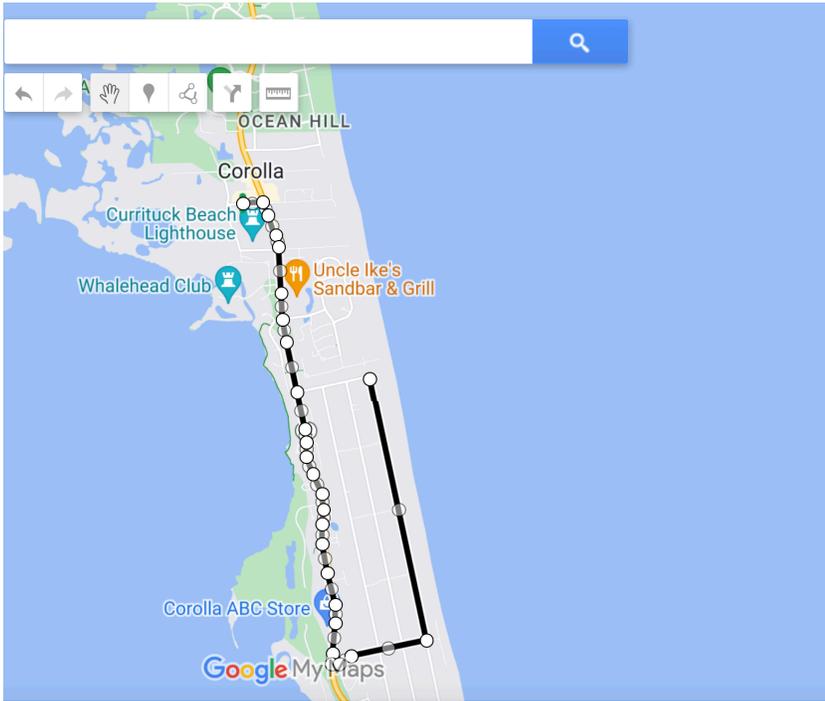
Use Styling to change the Color and thickness of the Start Line



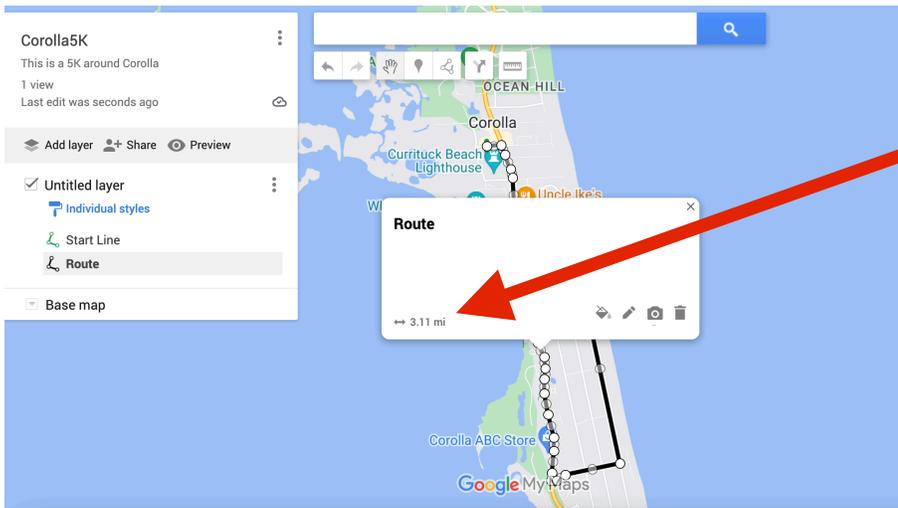
Start. Line before route tracing.



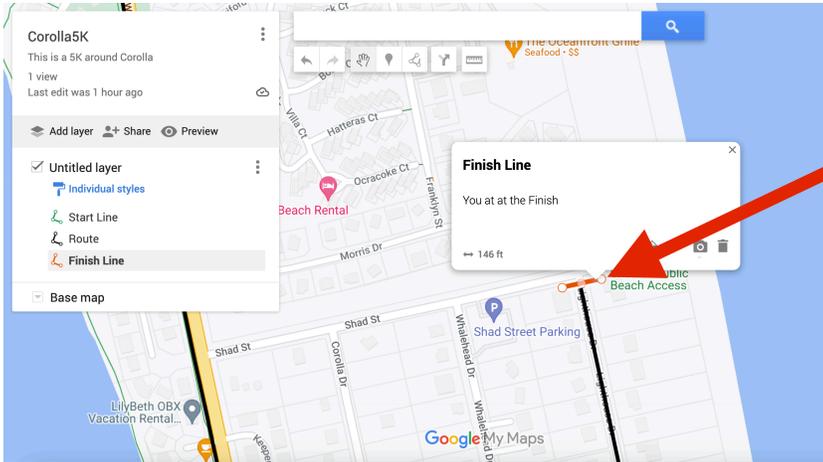
Beginning at the Start Line, create a new line and draw the path of the Race



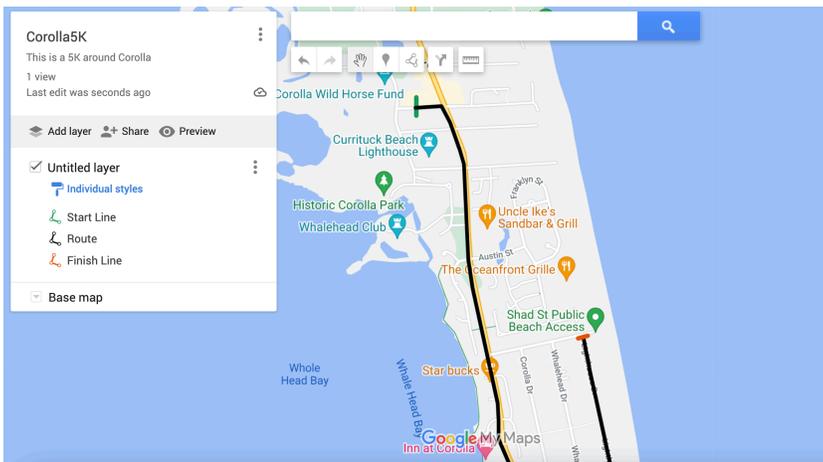
Draw the entire path of the Race



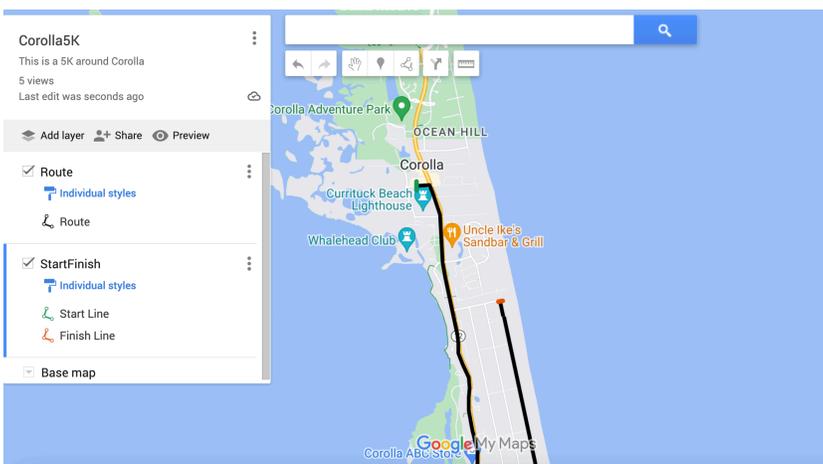
Change the Name to "Route". In the lower left corner is the distance of the Route Line



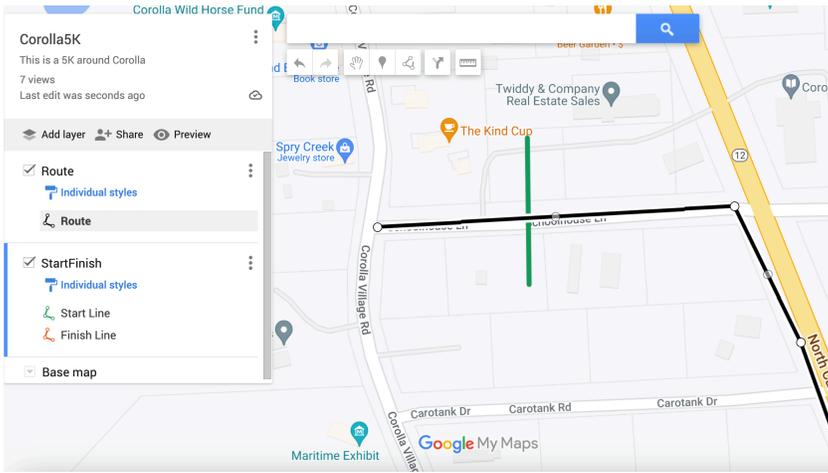
Draw the Finish Line at the end of the route. Color it red and make it thicker.



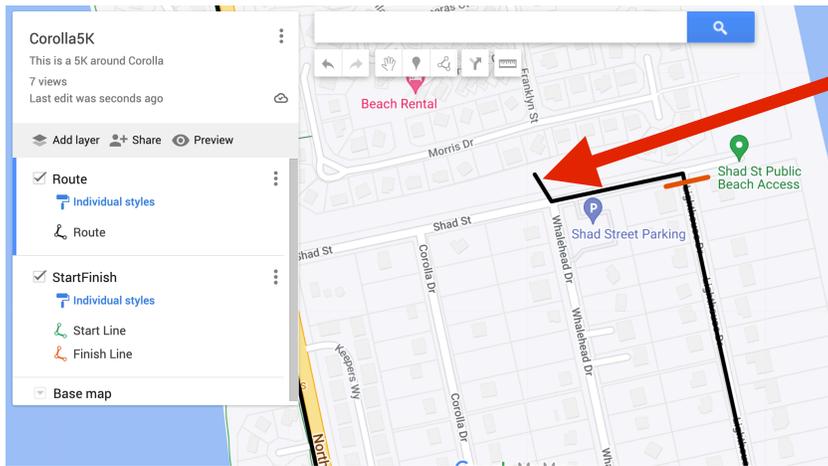
The Project with Route, Start and Finish Lines



Place the Route and Start and Finish Lines in separate layers. Layers are used by RWM to determine actions to be taken by the App and to assist the Project author.



Disable the StartFinish layer and extend both the Route before the Start Line for a warmup region.

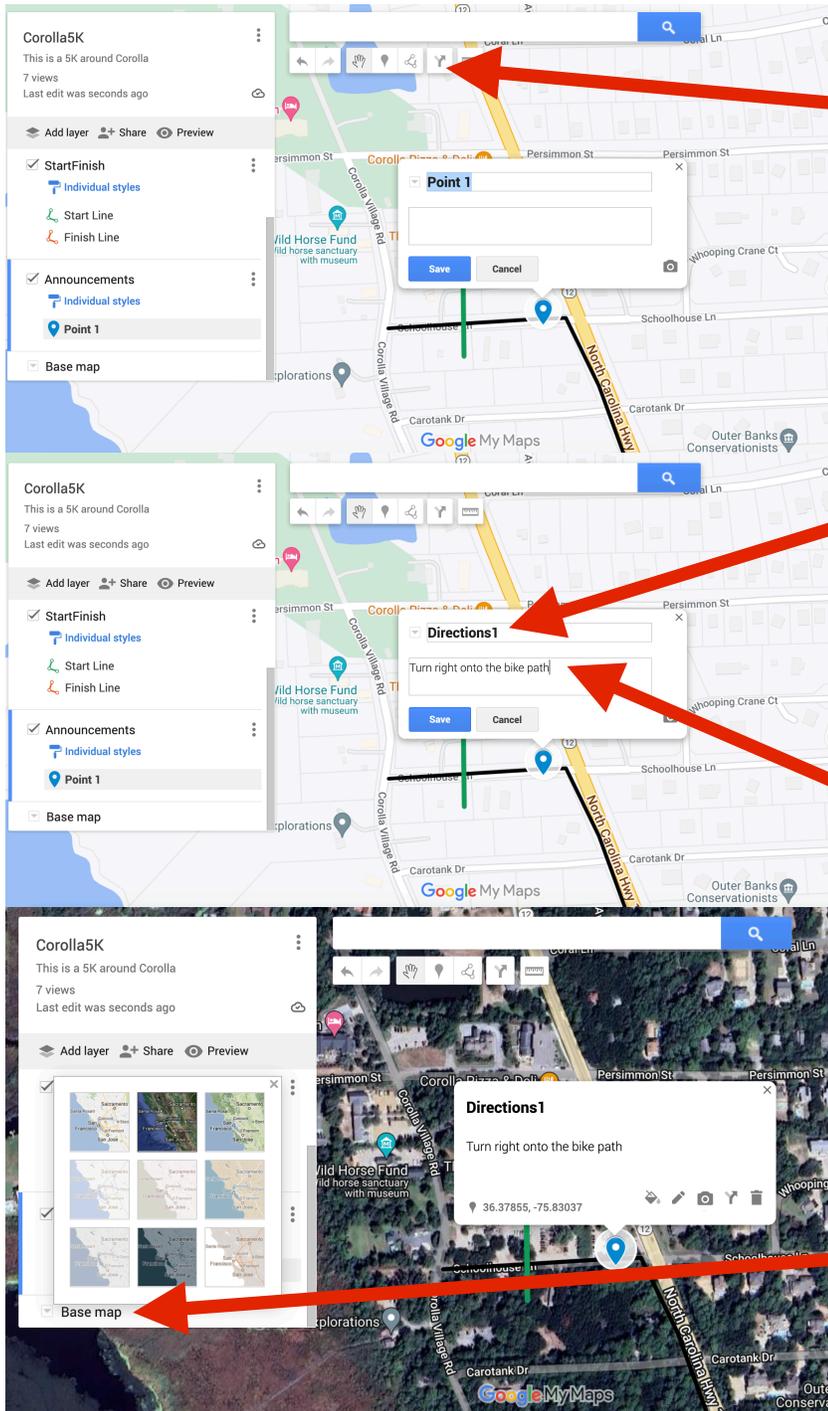


After the Finish Line extend the Route for a cooldown region. The cooldown region must have an additional "simulation end" segment beyond the

All names in the Project must be unique.

# Announcement Waypoints

Announcements are spoken phrases when RWM encounters a Waypoint, Line or Polygon. They are placed in a MyMaps layer with the title "Announcements". The spoken phrase is the description of the Waypoint or Line. Announcements can provide race directions, points of interest or upcoming stations. Waypoints are added using the add Marker button and then clicking where to place the Waypoint



Add Marker

Note: ... in text will add a slight pause

Name of Waypoint

All names in the Project must be unique.

What to say upon arriving at this Waypoint

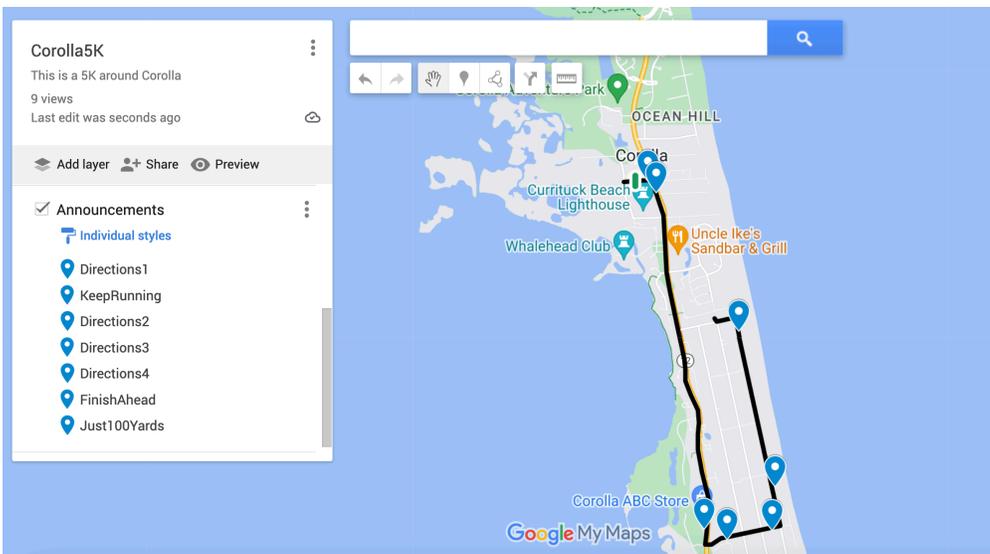
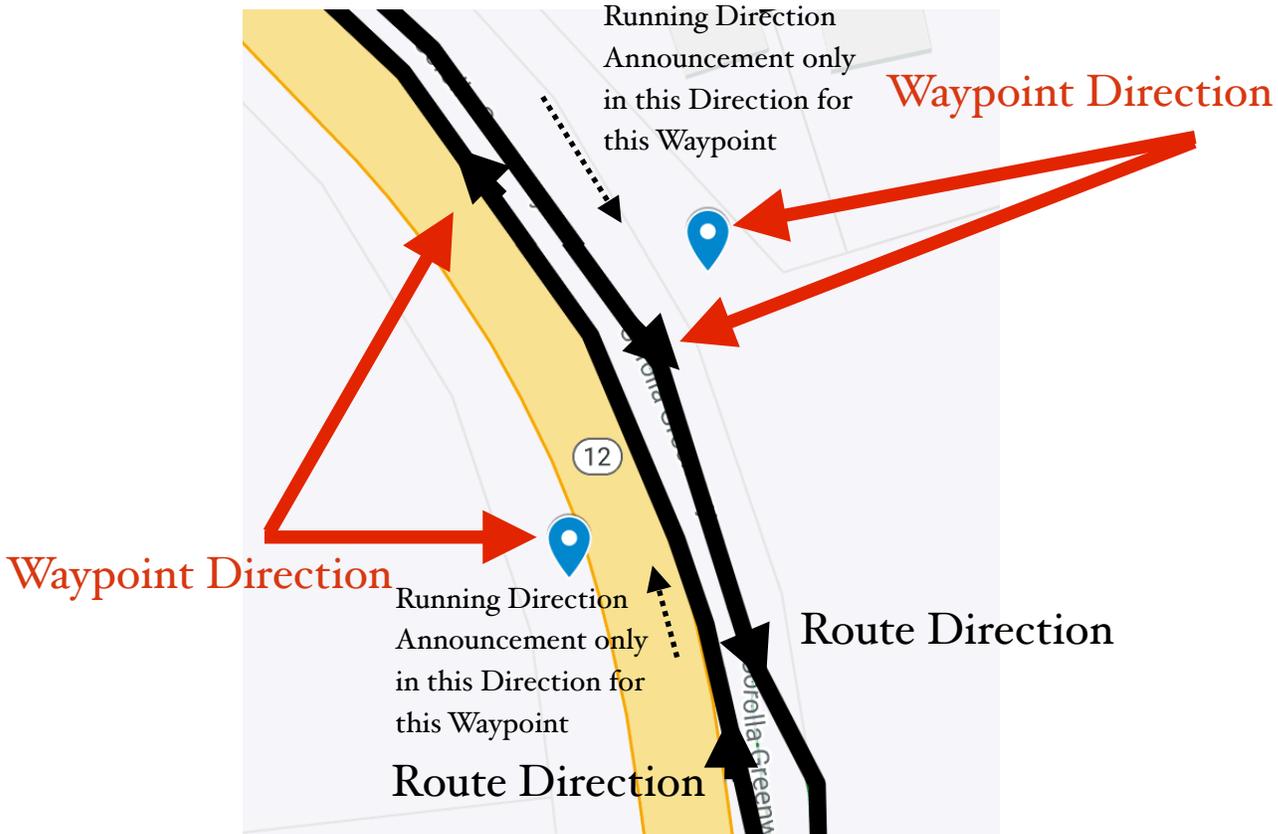
Note: If description is blank—"arrived at Name" is announced by RWM

Base Layer Change

Change the Base map to assist in Waypoint placement

# Waypoint Placement

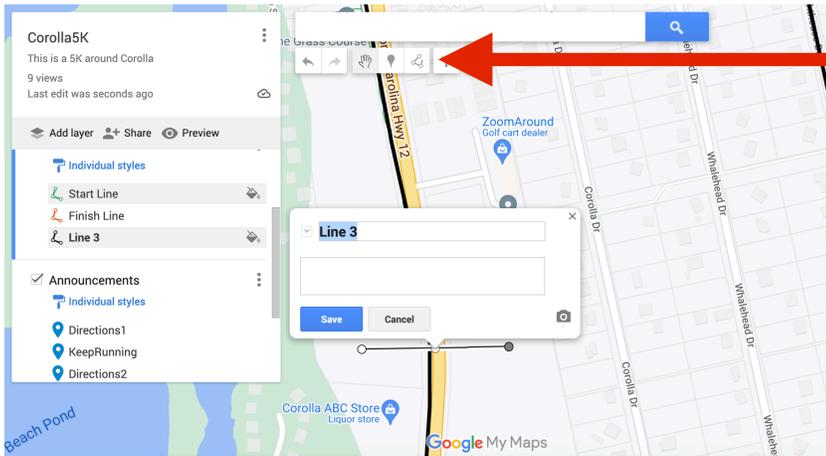
Waypoints announcements only occur when the runner is going in the same direction as the nearby route.



Place Additional Waypoints along the route as needed.

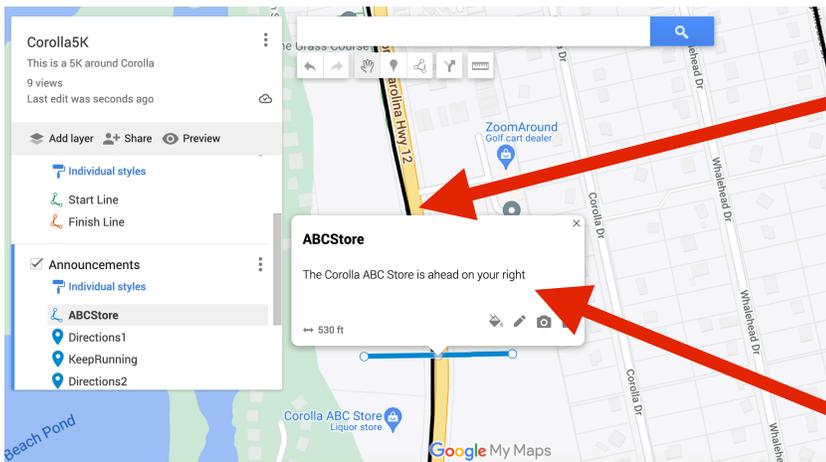
# Announcement Lines

Announcement Lines make RWM audio announcement upon the runner crossing that line. Use Announcement Lines instead of Waypoints when there is a larger uncertainty of where the runner will pass. Enter a name and a description that will be the audio announcement upon crossing. Announcements will occur for each line that intersects the route.



Insert Lines along the route using the draw a line tool.

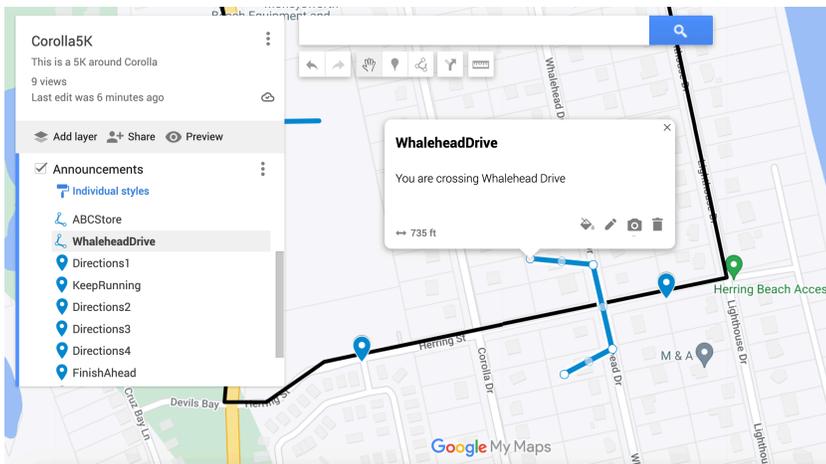
All names in the Project must be unique.



## Line Name

Enter a name and a description that will be the audio announcement upon crossing. Announcements will occur for each line that intersects the route.

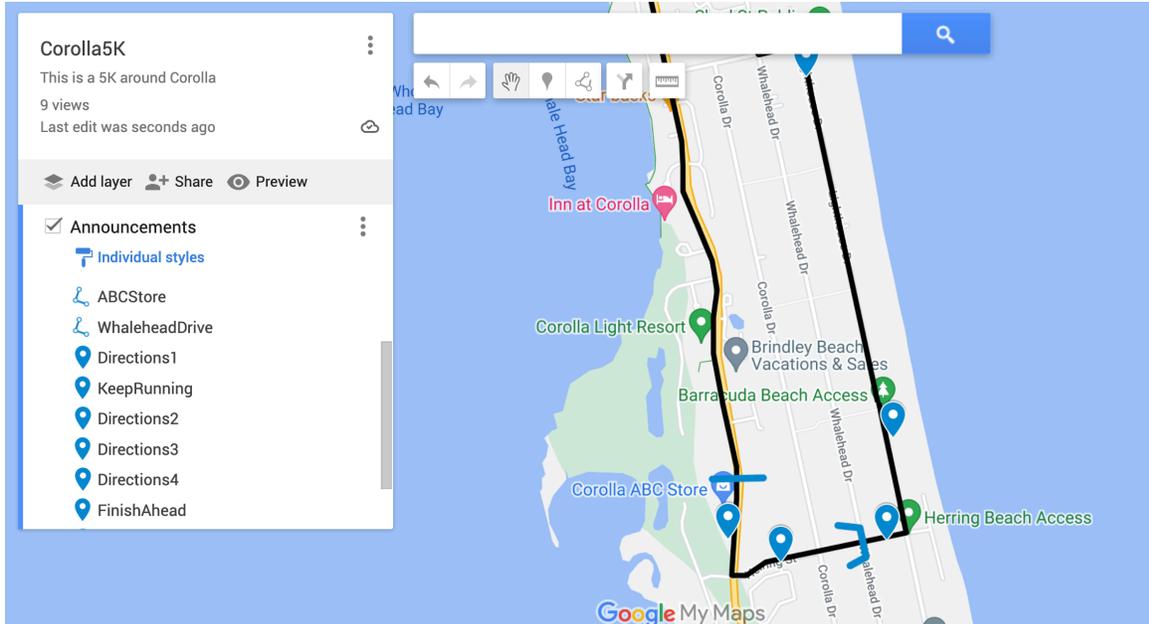
## What to Say upon crossing this Line



Note: If description is blank—"crossing Name" is announced by RWM

Lines can have as many as three segments

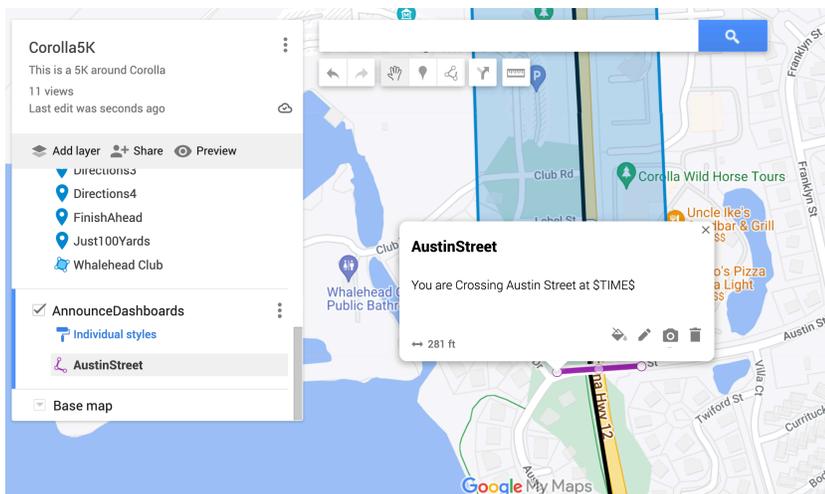
### Project with inserted lines



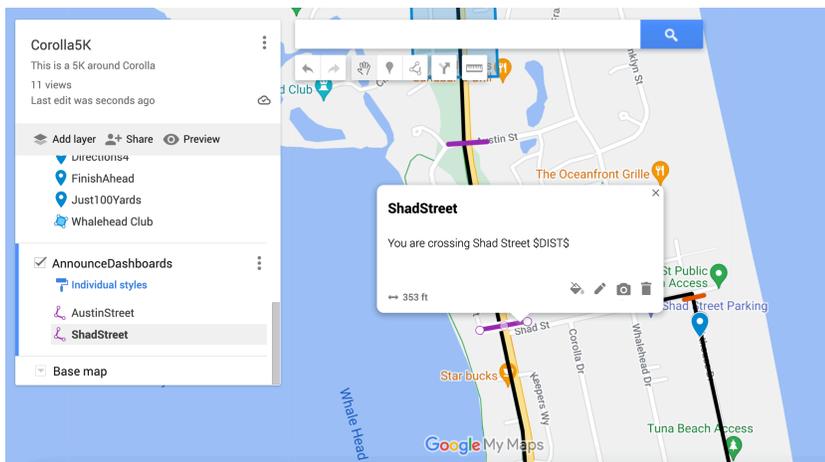
# Dashboard

RWM tracks distance, time and pace during the race and can substitute the current value into an Announcement using dashboard substitutions There are five possible dashboard substitutions upon an encounter with a Waypoint, Line or Polygon.

1. \$TIMES\$ - current race time - “Time is XX minutes YY seconds”
2. \$DIST\$ - current race distance - “Distance is xx.xx miles”
3. \$BOTH\$ - current race time and distance - “Time is XX minutes YY seconds Distance is xx.xx miles”
4. \$PACE\$ - pace since last pace substitution or start - “Pace is XX minutes YY seconds per mile”
5. \$GOAL=1800\$ - time difference(ahead, behind) numeric goal between = and \$ since last pace

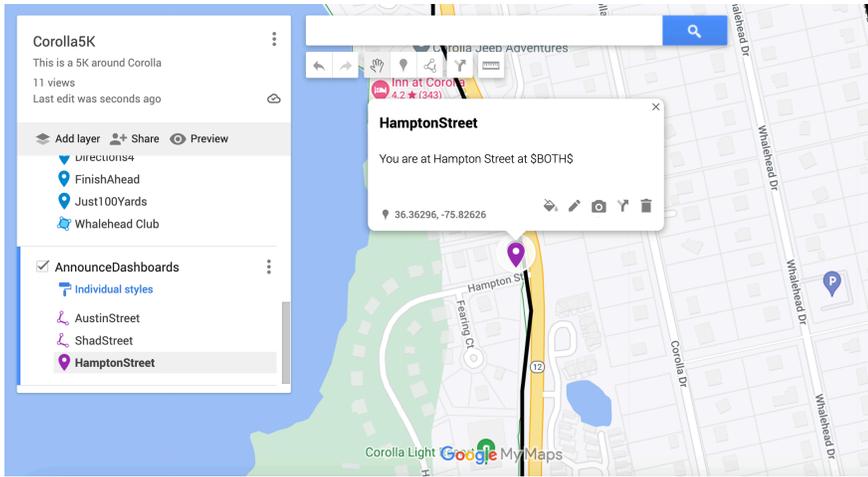


Dashboard example race time

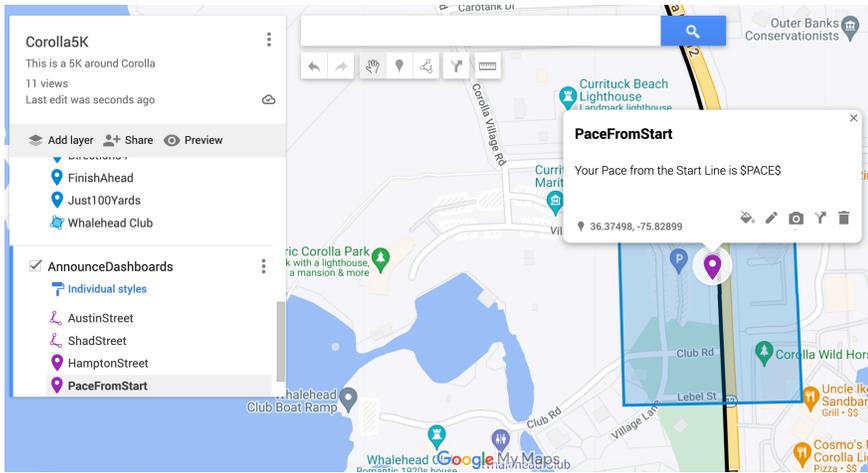


Dashboard example race distance

Dashboard example race time and distance

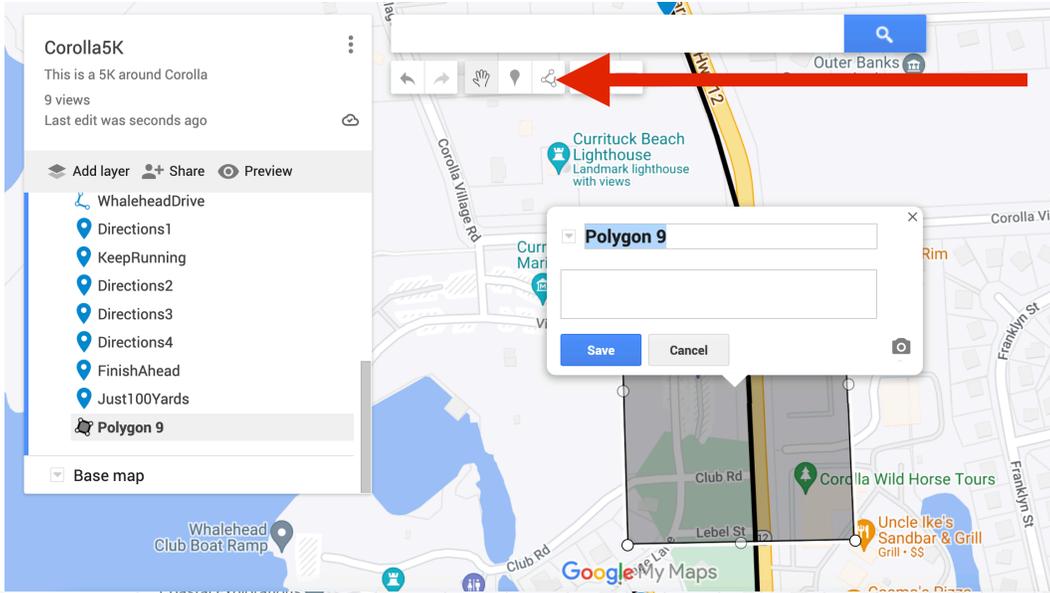


Dashboard example pace. First \$PACES\$ is from the Start Line. Other \$PACES\$ is from the previous \$PACES\$



# Polygons

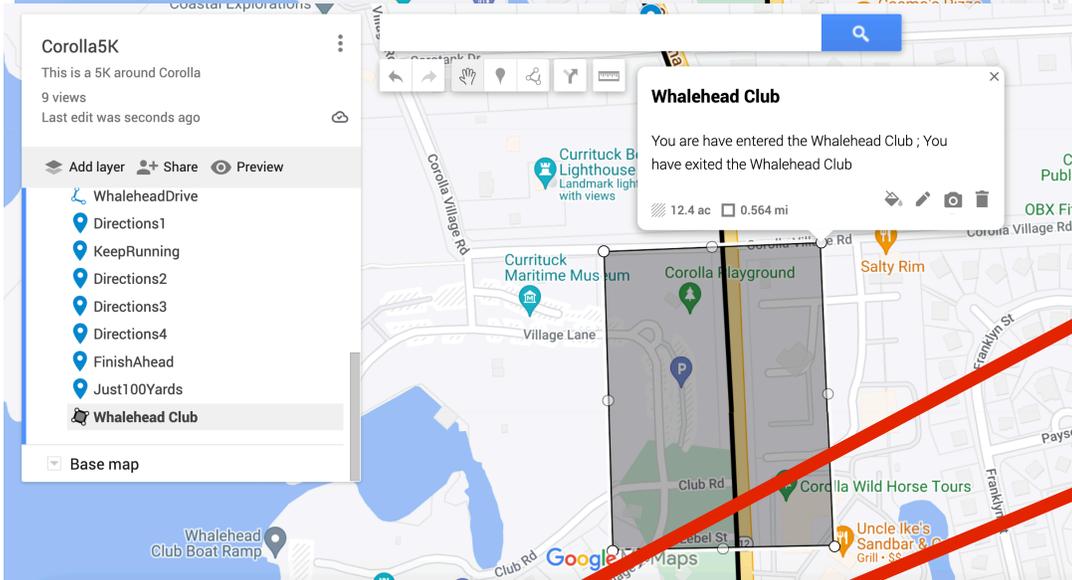
Polygons can be added as a boundary to provide notification of an area of interest.



Insert Polygon along the route using the draw a line tool The last point must be the same as the first point

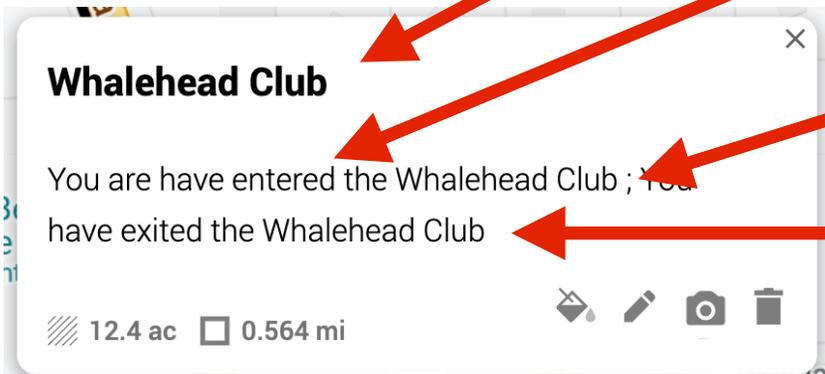
All names in the Project must be unique.

Note: If description is blank—"exiting Name" or "entering name" is announced by RWM



Name of Polygon

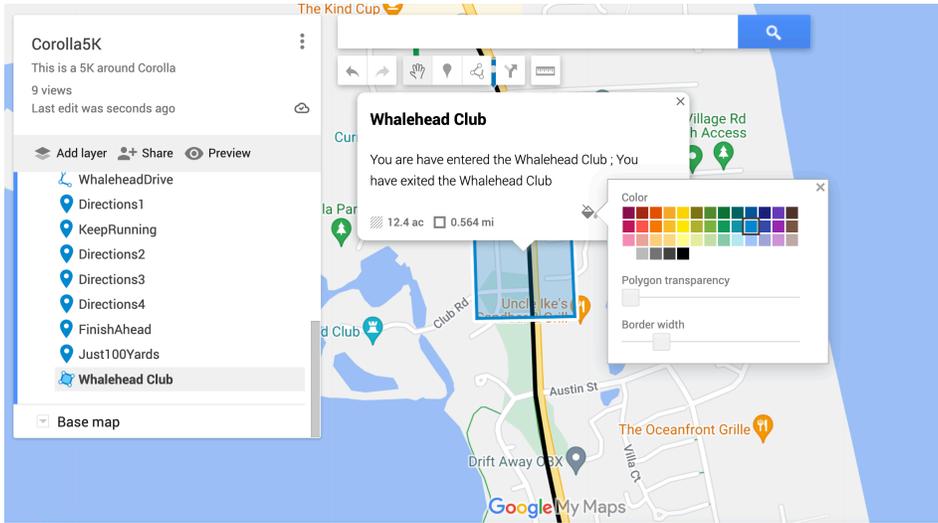
What to say upon entering Polygon



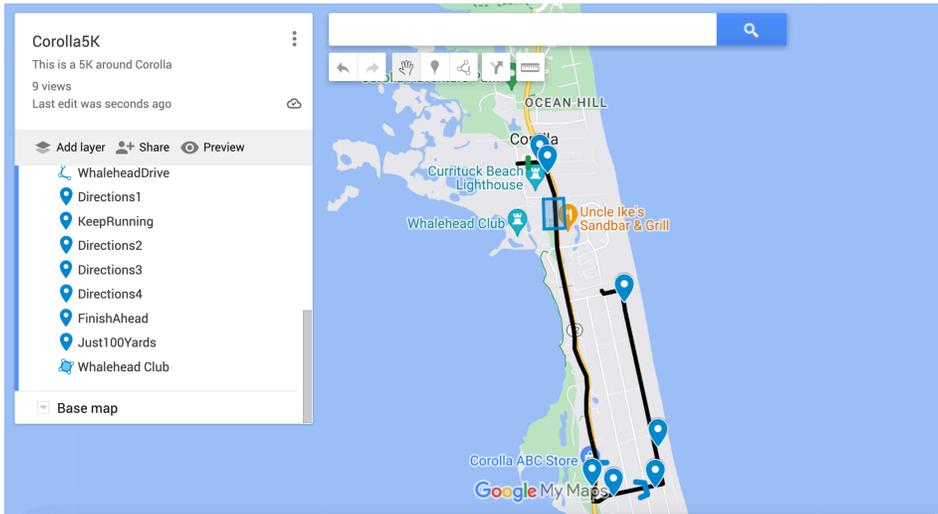
Semi-Colon Divider

What to say upon exiting Polygon

### Styling the Polygon

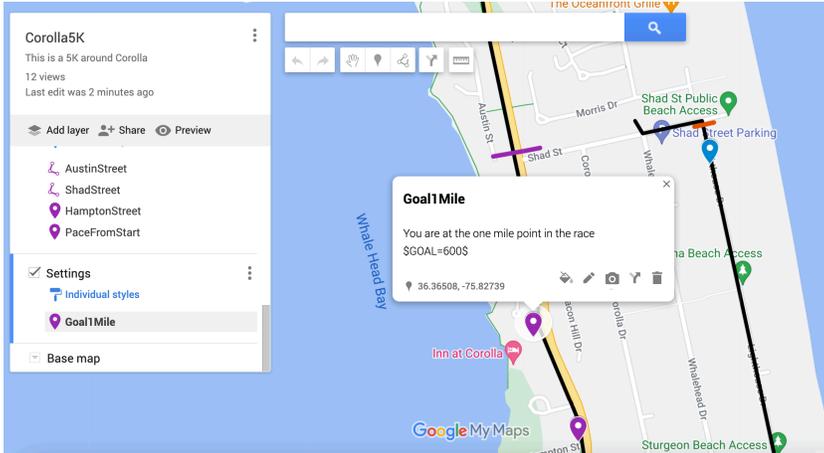


### Project with Polygon

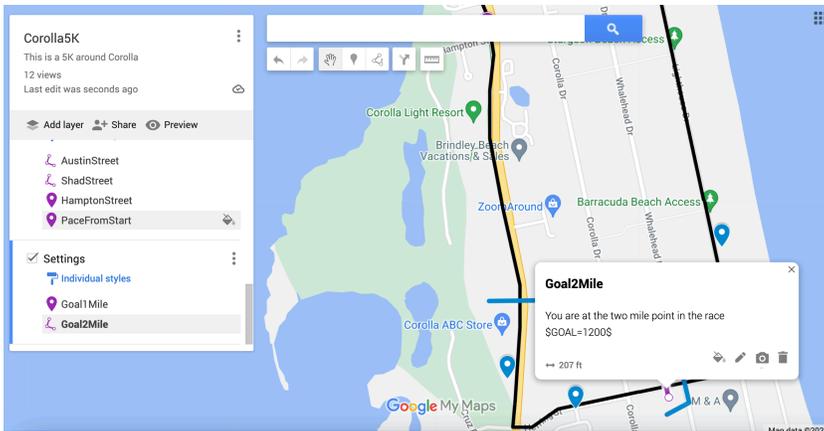
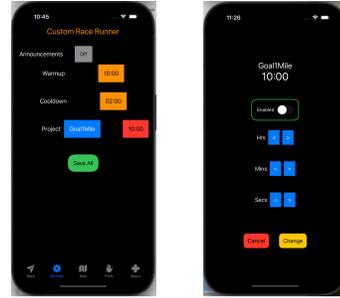


# Settings

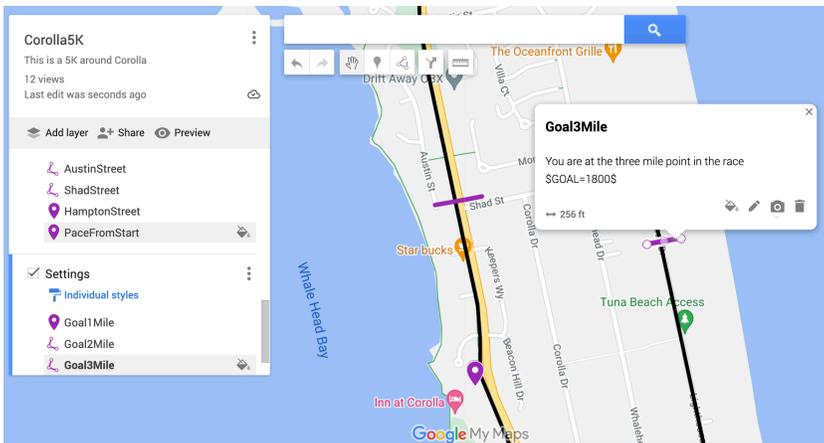
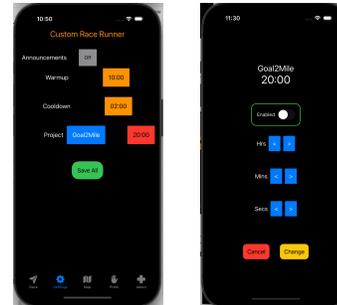
Settings are dashboard inserts that can be changed by the runner on the Settings Page. They are placed in a layer name "Settings".



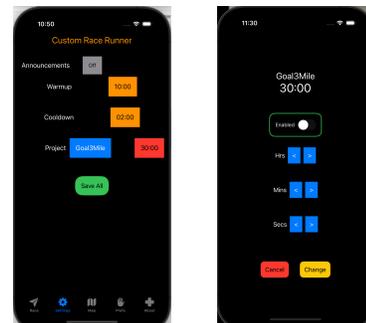
Settings Goal. Value is in seconds (600=10minutes)



Settings Goal. Value is in seconds (1200=20minutes)

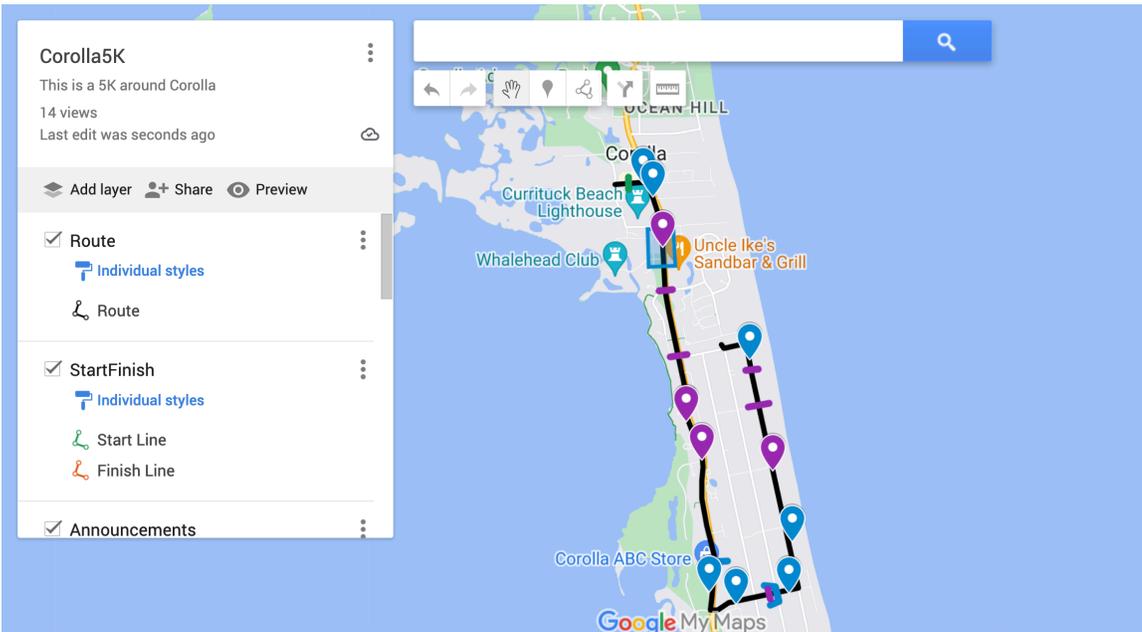
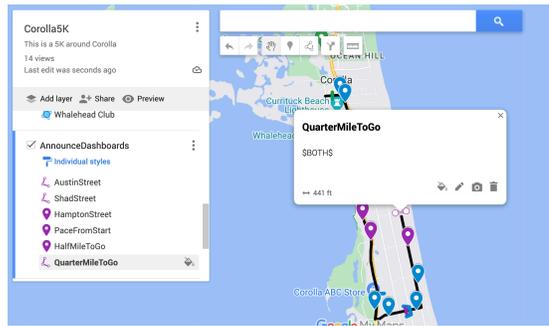
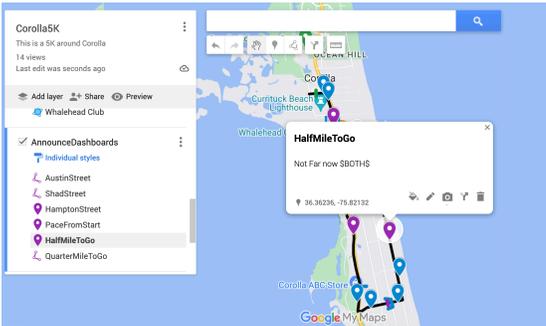


Settings Goal. Value is in seconds (1800=30minutes)



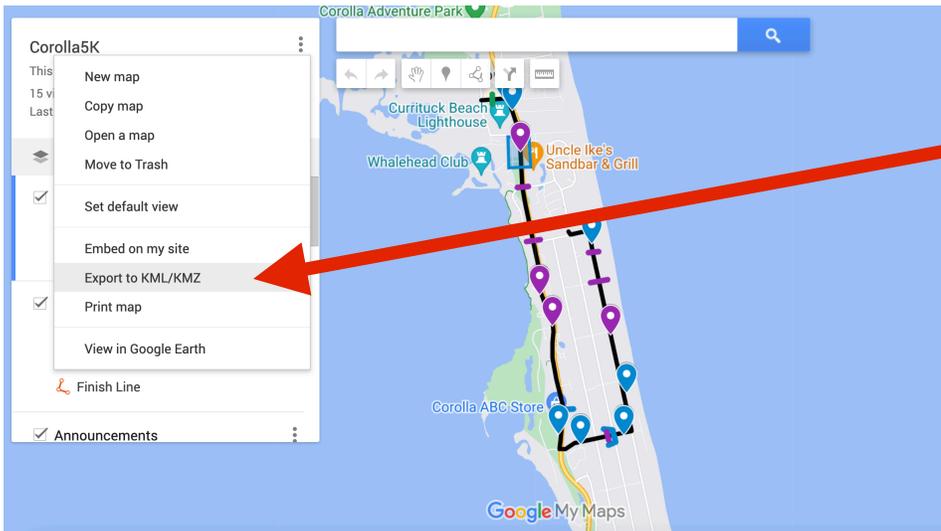
# Completing the Project

One additional Waypoint and One additional Line will be added to complete the project.

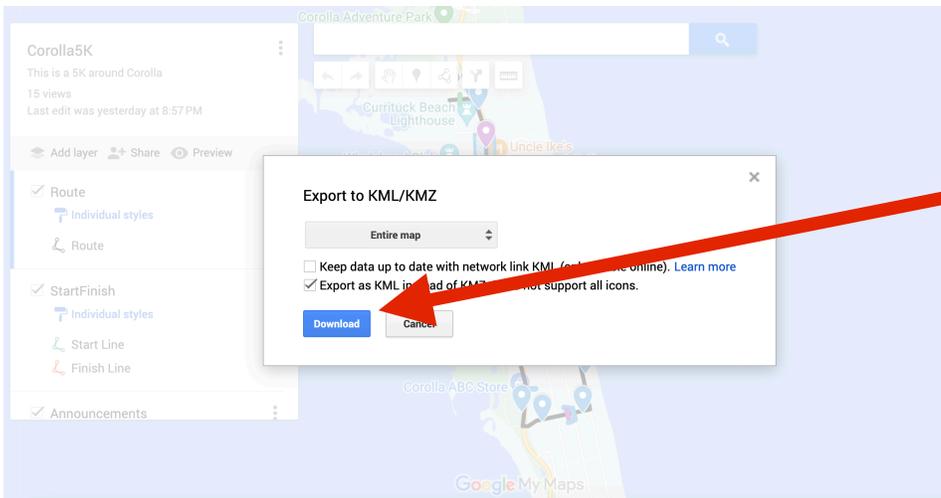


# Export the Project from Google Maps

Once complete the project can be exported from Google MyMaps. Exports are placed in the downloads directory. After download, the file should be moved to iCloud or equivalent directory that is accessible by the Apple Files App.



Export



Load in Downloads Directory