

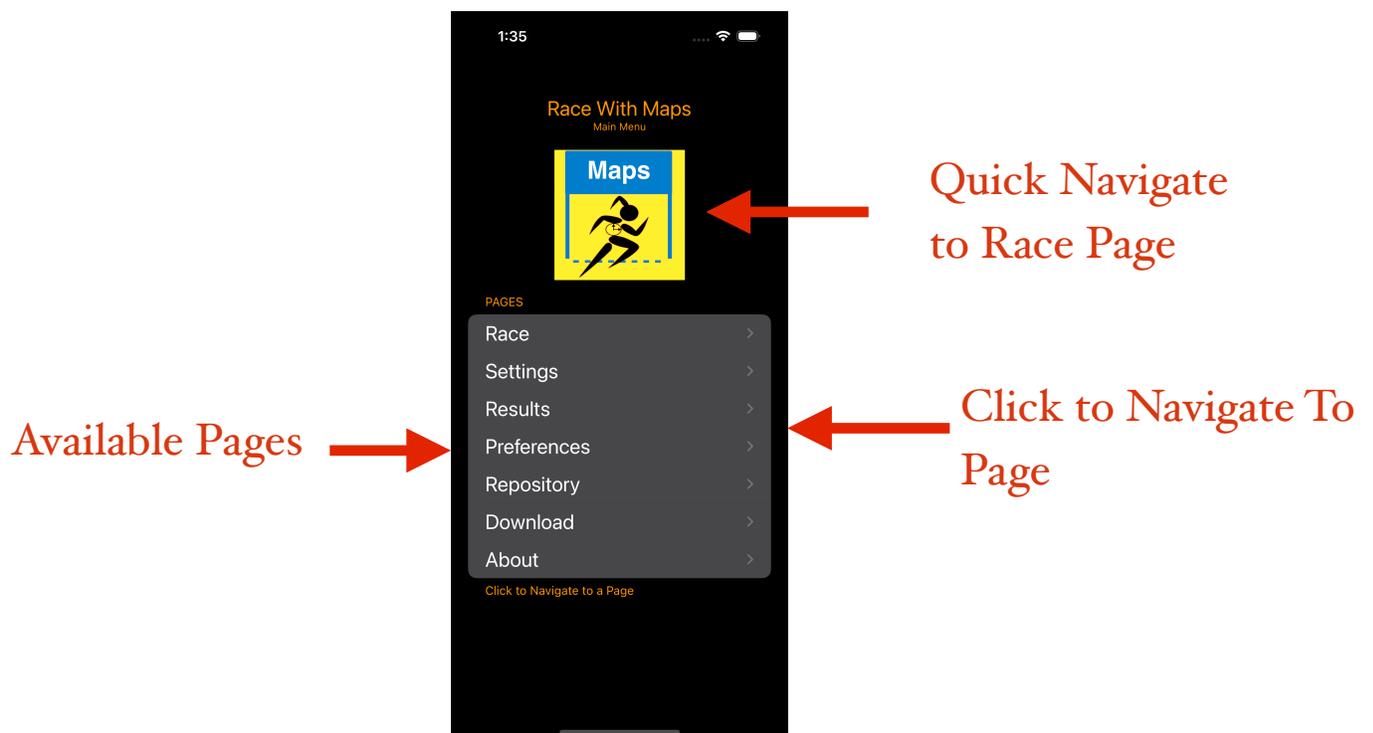
User Guide Custom Race Runner 2.0.0

Race With Maps (RWM) is running App that allows a runner to design custom race courses, called Projects, in Google MyMaps. During the run, as the runner encounters the MyMaps Placemarks of the Project, RWM makes audio announcements using the description of the Placemark. Arriving at Markers, crossing Lines, going over an Area boundary all cause RWM to fire the audio announcement placed in the description of the Placemark. A Start Line Placemark automatically starts the race while a Finish Line Placemark stops the race. This Guide shows a Runner how to use RWM App.

Projects, once converted to a .kml file, are downloaded from the intervalrunner.com website or imported from the runner's iCloud. Once downloaded, the courses are stored locally in the RWM's Project Repository on the phone and are recalled when the runner decides to use them. The Active Project is the Project ready for use for in a custom Race. RWM functions as a standard running App if there are no Projects in the Repository or Projects are disabled. The RWM works in Always-Run or Run-Walk modes. This User Guide is divided into three parts

1. RWM without a Project.
2. Downloading and Importing MyMaps Projects
3. Using RWM with a Project

The user operates the RWMby Navigating to Pages from the Main Menu.



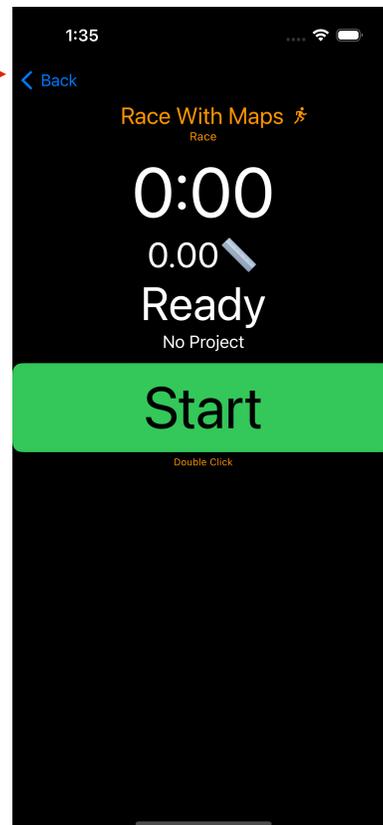
RWM without a Project

RWM has seven primary pages

1. Race Page - starts and stops a race
- 2 Settings Page - modify parameters routinely used in a race
3. Results Page - view the results of the race and show a Map of Track from a race
4. Preferences Page - Modify less common parameters
5. Repository Page- shows available Projects, selects Active Project, imports Project from iCloud
6. Download Page- Download a Project from intervalrunner.com
7. About Page - Information about the App

The user navigates to a page of the Main Menu page. To return to the Main Menu the user clicks “Back” on a Page

Back Button to
return to Main
Menu

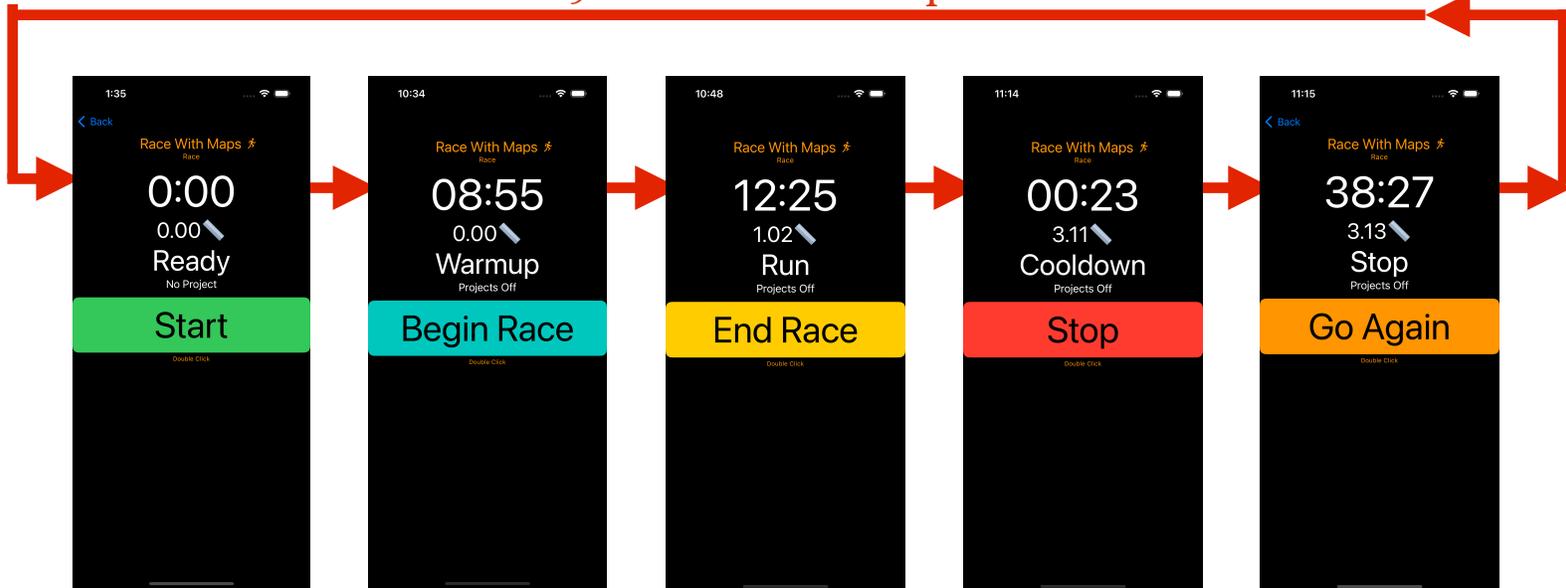


Race Page

The Primary way of using the RWM is accomplished using the Race Page One button, that must be double clicked, on the Race Screen is used controls the App and place it into its Active Mode, which includes a Race Phase. This button when double clicked sequences the App through a five phase sequence

1. Start
2. Warmup
3. Race (Run-Walk or Always-Run)
4. Cooldown
5. GoAgain

the Five(5) Phase Active Sequence



1. Start

Transition to Warmup at button double-click only

2. Warmup

Transitions to Race at button double-click or warmup period

3. Race

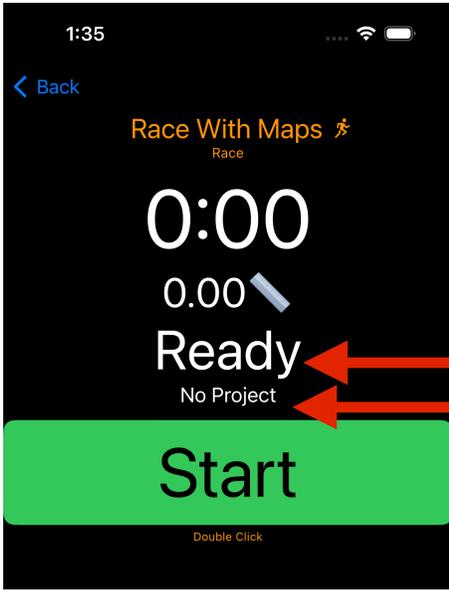
Transition to Cooldown at button double-click only

4. Cooldown

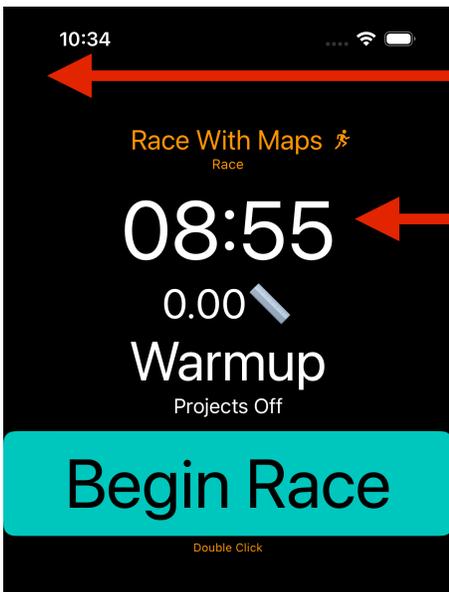
Transitions to GoAgain at button double-click or cooldown period expires

5. GoAgain

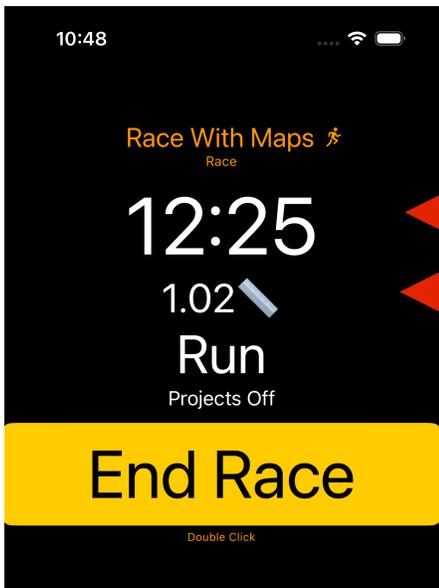
Transition to Start at button double-click only



- Race Status
- Project Status
- Double Click To Start

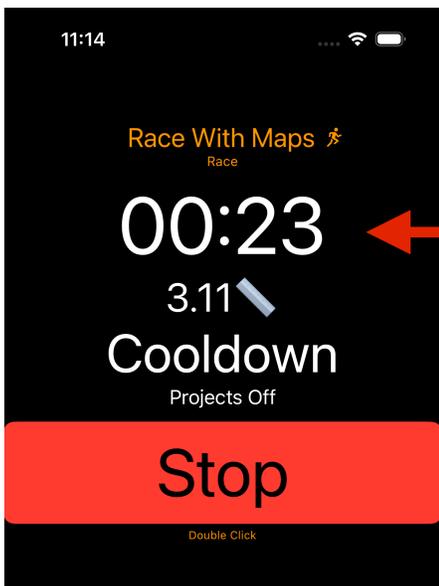


- Back Button Removed during Race.
- Countdown until Warmup Ends and Race Begins.
- Double Click to Begin Race before Countdown Ends.



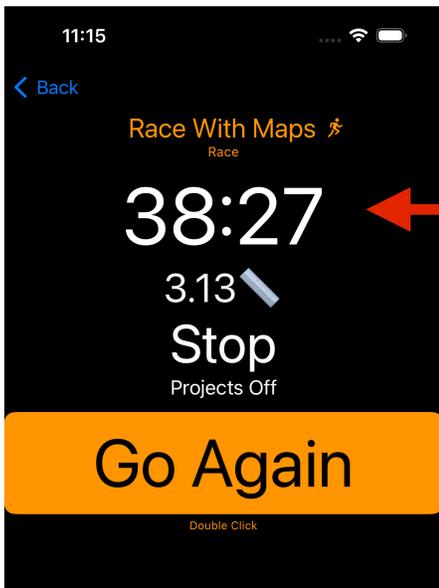
Alternating Race Time and Distance

Double Click to End Race



Countdown until Cooldown Ends

Double Click to Stop before Cooldown Countdown Ends.



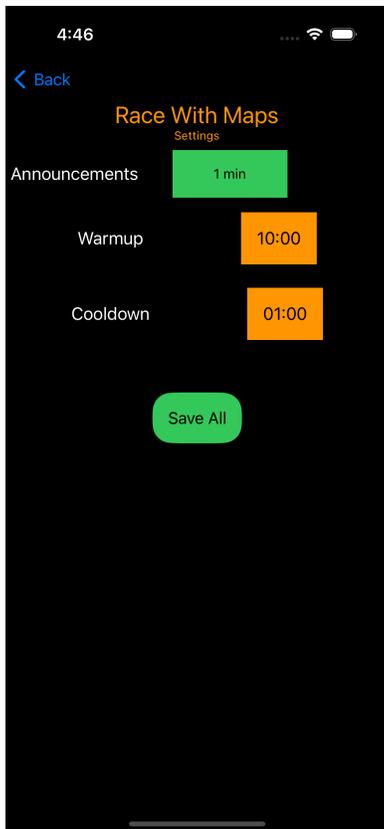
Race Time

Double Click to Start

Settings

Settings are Race parameters most frequently changed by the user. And are controlled on the Settings Page.

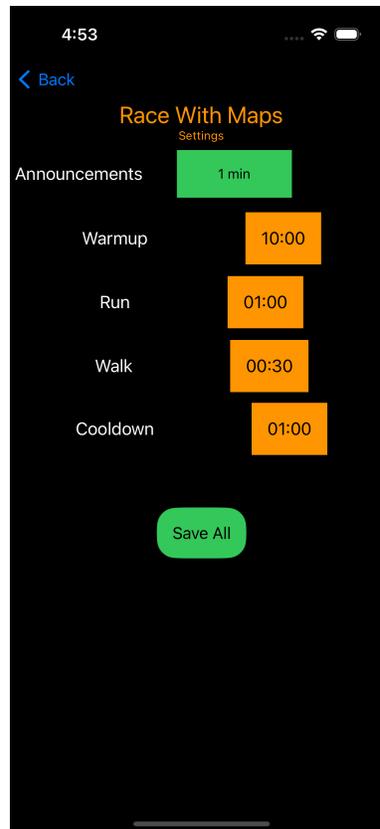
- **Announce** - How often a time and distance audio announcement is made
- **Warmup** - time duration of warmup period
- **Run (Run-Walk Only)** - time duration of run interval
- **Walk (Run-Walk Only)** - time duration of walk interval
- **Cooldown** - time duration of cooldown period



Always Run Settings



Red Color indicates saved needed



Run-Walk Settings

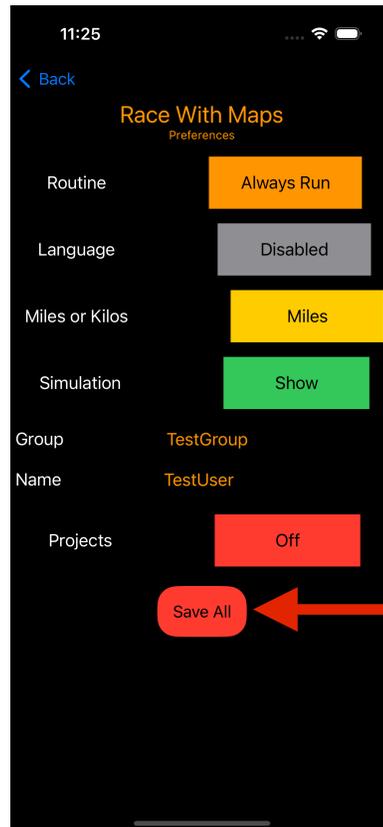
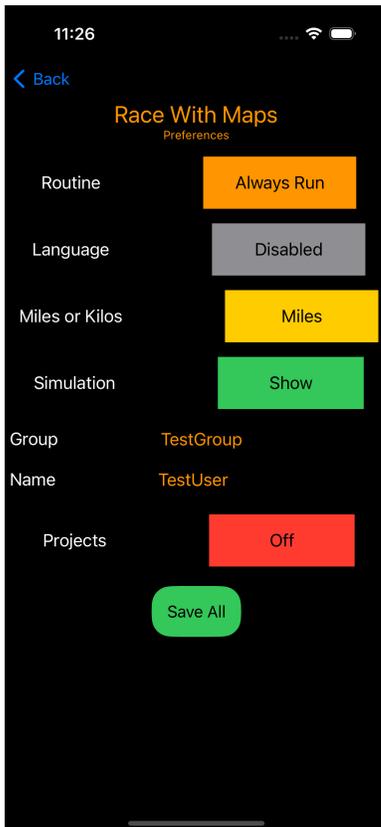


Red Color saved needed

Preferences

Preferences are only occasionally changed by the user and are controlled on the Preferences Page.

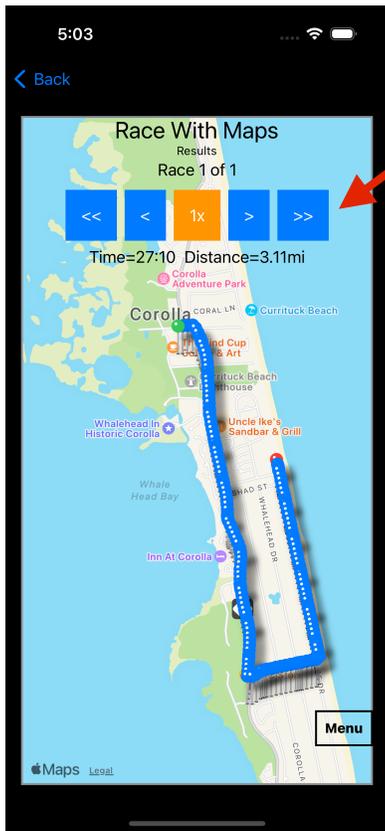
- Routine - Always Run or Run-Walk
- Language - English only for now
- Miles or Km - distance shown in miles or kilometers
- Simulation - Show or No Show Simulation Control on Settings Page
- Projects - Turns Project on and Off
- Group - user group - disabled for now
- Name - user name - disabled for now



Red Save Button indicates Saved Needed

Results Page

After a race, the user can review the results of the race on the Results Page. All races are saved into Local Storage after the race and can be recalled on the and shown on a Map. The Map shows the track of the recalled race with the green pin at the start and the red pin at the finish. The user can scroll through and recall previous races using the selector at the top of the page with the most recent race shown first and the oldest race shown last The Menu button provides additional functions on this page



Race Selector



Green Pin indicates Start

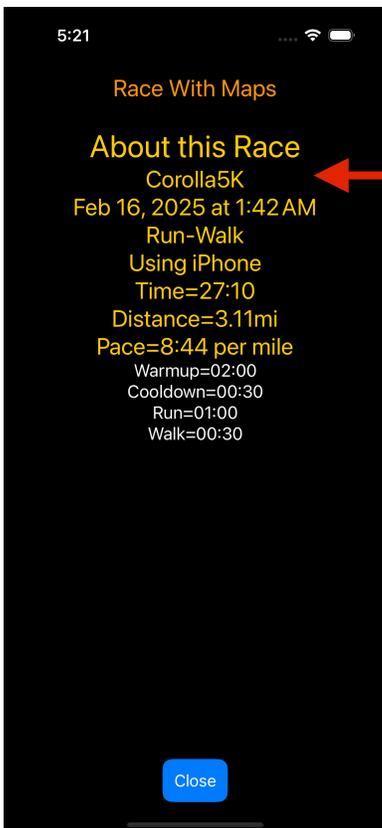
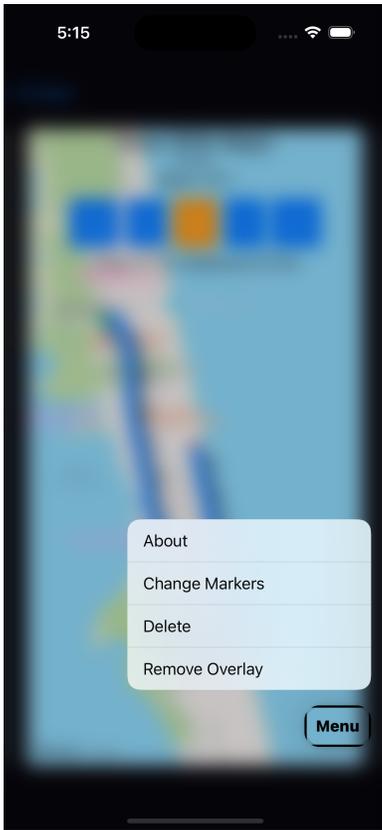


Red Pin indicates Finish



A Hard Press on the Menu Button reveals 4 options.

- About - shows the data on this Race Page,
- Change Markers - changes the marker density in a low, mid or high density.
- Delete this Race - erases this showing race after a yes on a confirmation dialog
- Remove/Show Overlay - removes or shows selector at the top of the page



Project Used

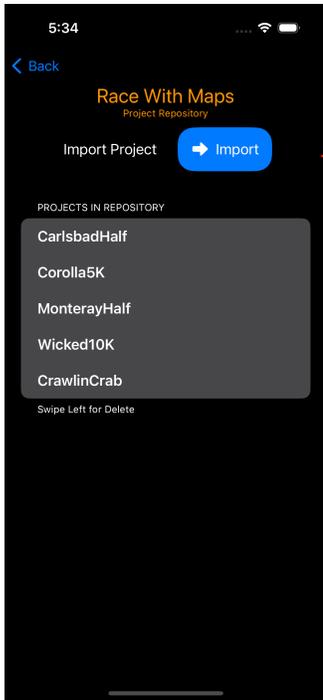
About Page

The About Page shows information about the App and contact information.



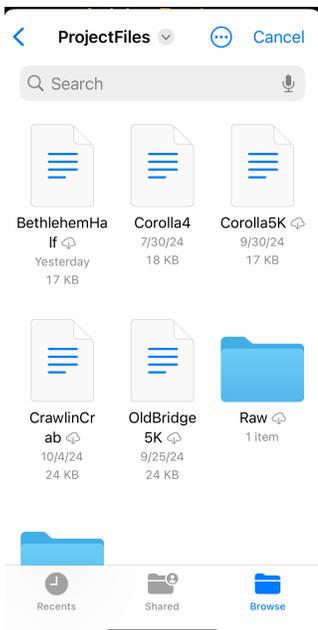
Repository Page

Projects are imported and are selected as the Active Project on the Repository Page. The Repository Page allows a User to import a project from their iCloud and view the projects by .kml file name in the Repository. Projects that have been created in MyMaps and must be converted into a .kml file and stored locally on the Phone in the Project Repository. Projects available for races must be stored locally in the project Repository before being available for selection as the Active Project.

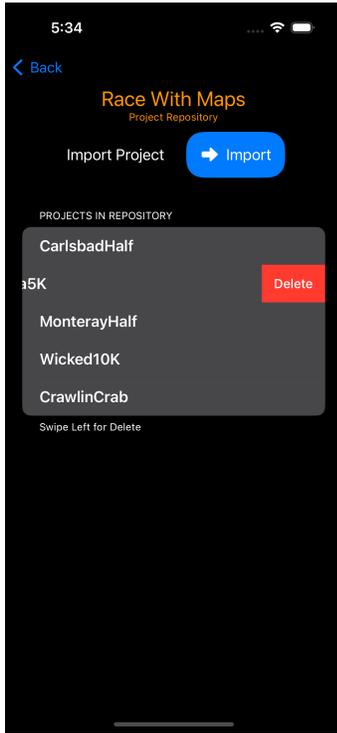


Import a Project from iCloud

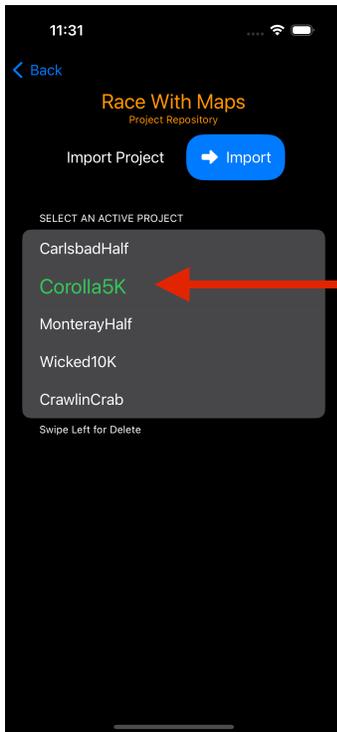
Projects in Repository



Click on the .kml file to import



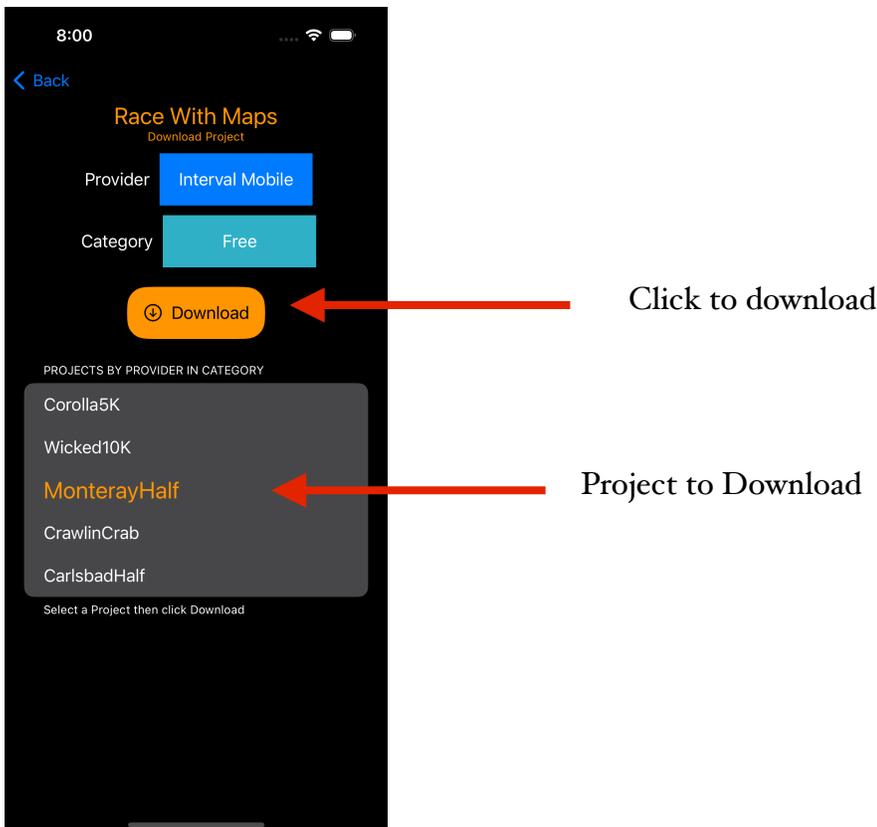
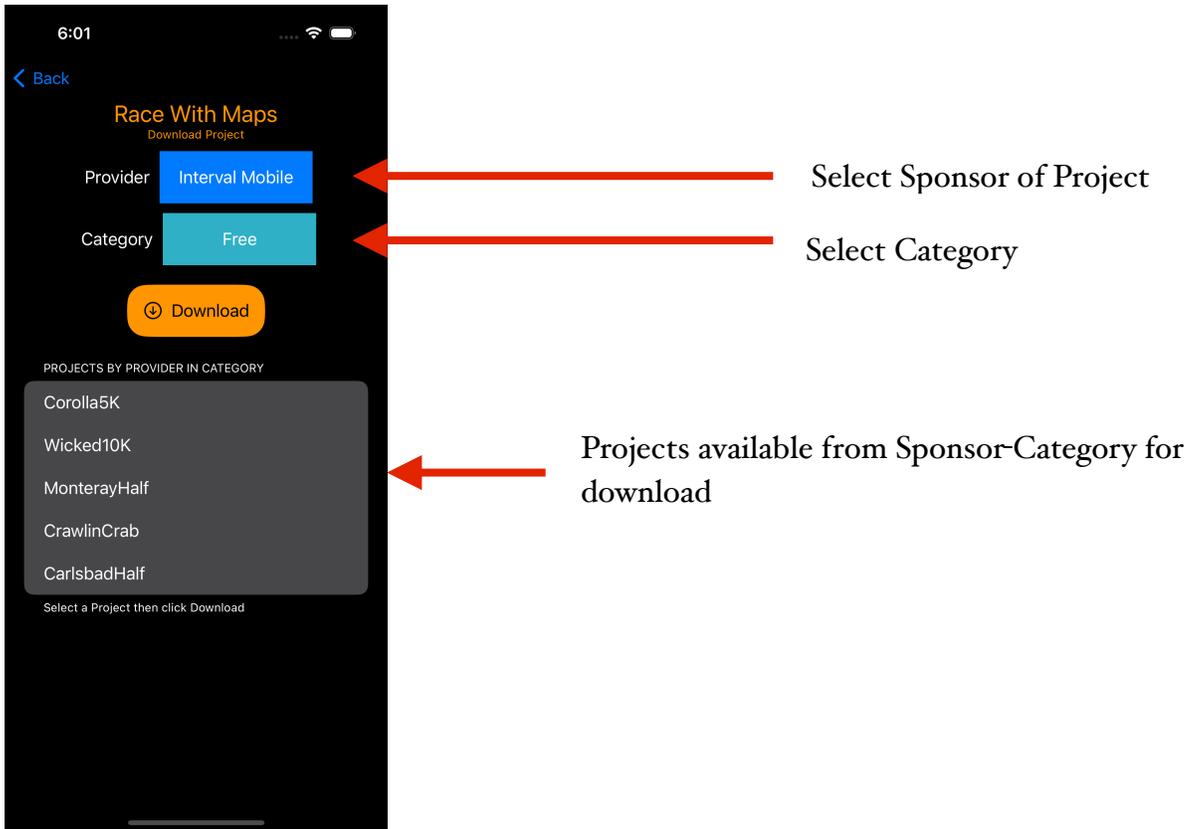
Remove a project from Repository



Active Project Selected

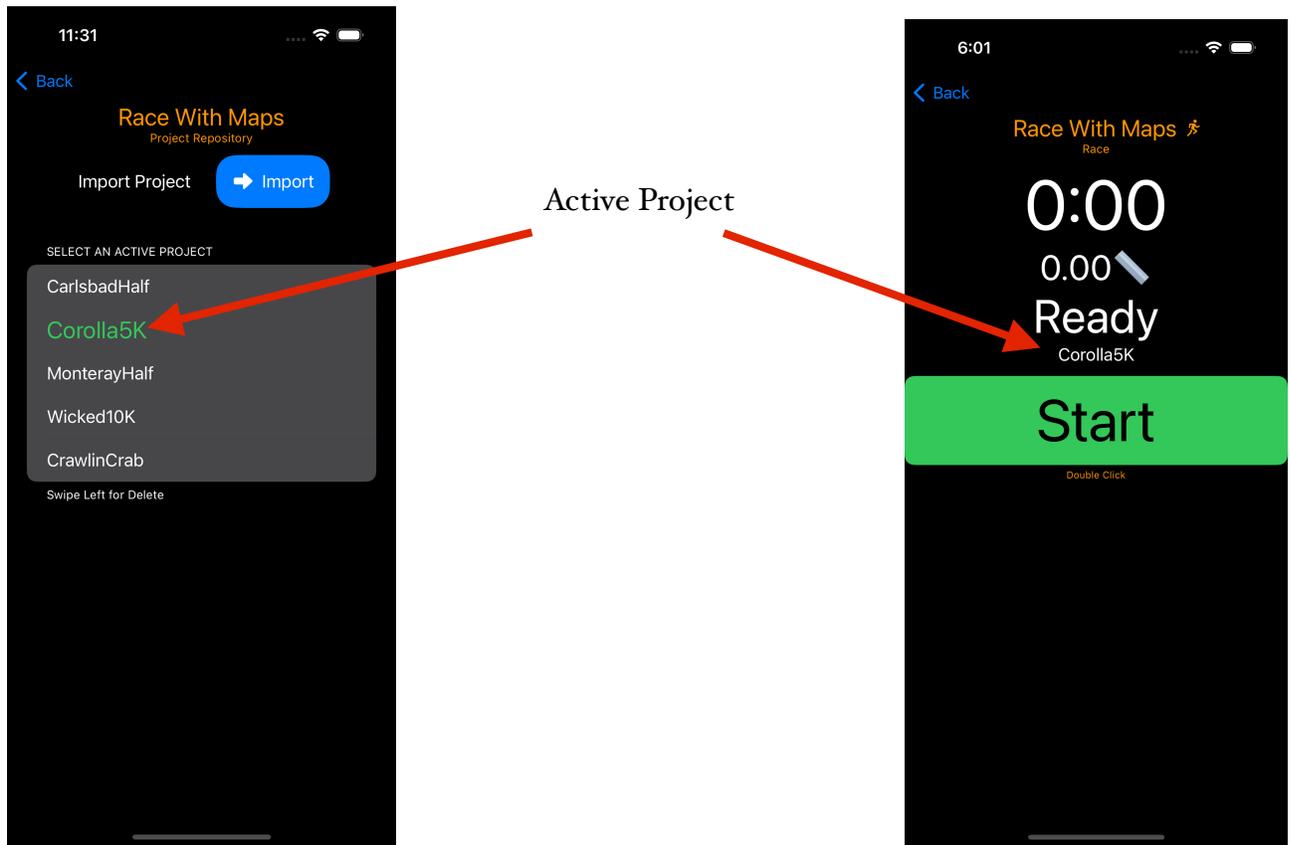
Download Page

The Download Page allows a user to load a Project into the Repository from the intervalrunner.com website.

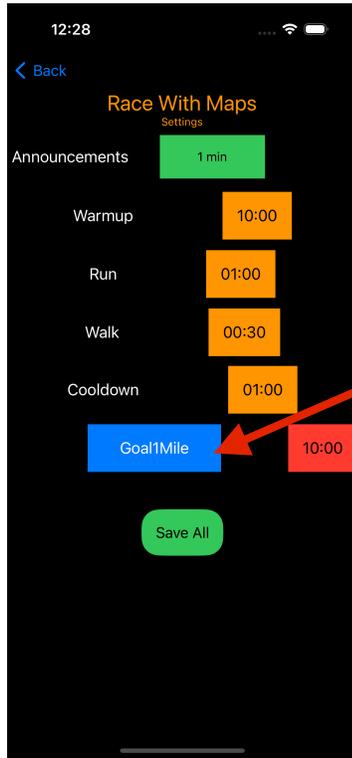


Using Project for a Race

Once in the Project Repository on the iPhone, a Project can become the Active Project by selecting it on the Repository Page Page. The Active Project is shown on the Race Page



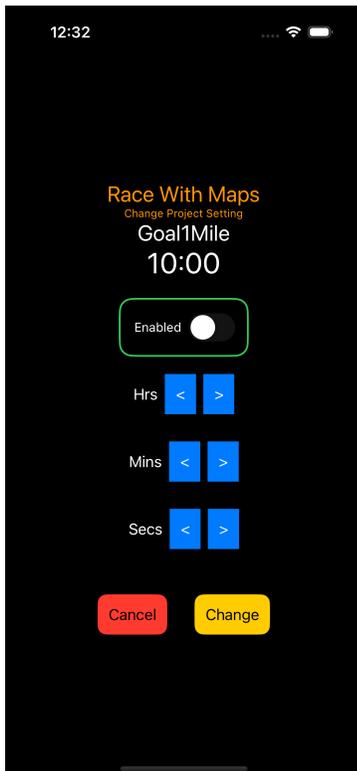
On the Settings Page, if the Active Project has embedded Settings, they can be viewed, changed and disabled.



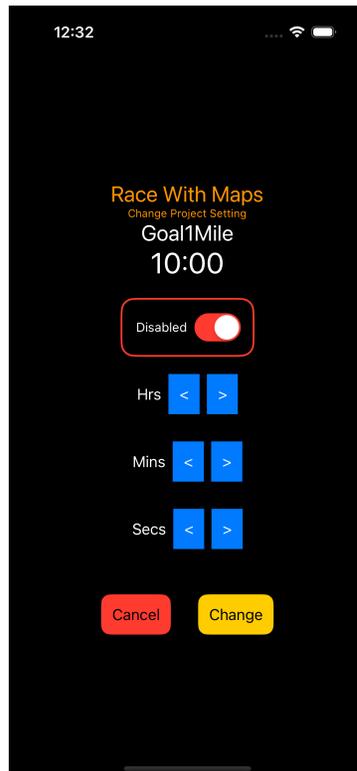
Name of Setting-click for next Project Setting

Value of Setting-click to change

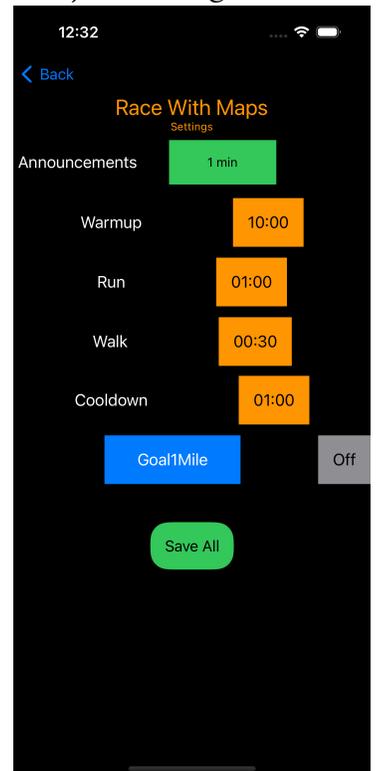
Change Project Setting



Disable Project Setting



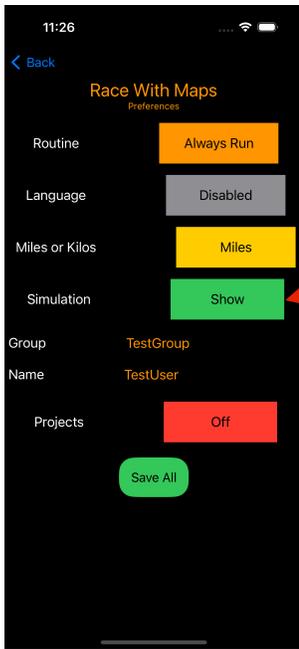
Setting Page with Disabled Project Setting



Simulation

The Active Project can be used in a simulation to familiarize the runner with the content of the project. The user must enable simulation after every race. Simulation must be made visible on the Preferences page and then enabled on the Settings Page. Once simulation is available the user uses the Race page Button to start the Race.

Show Simulation on Settings Page



NoShow Simulation on Settings Page



Simulation Showing and enabled with Slow Pace

Simulation Showing but not enabled



Once simulation is enabled, an Icon shows on the Race Page to indicate the Race is a simulation.

Simulation On Indicator

