PERSONAL RUNNER NAVIGATION

This document has been created to help our runners navigate our courses effectively. Before you continue, please note that The Human Potential Running Series will mark our courses as accurately as possible. We mark our courses with surveyor's tape and laminated signage. Each course is typically marked the day immediately preceding the event. Because our courses cover vast areas of land used by the general public, no race can guarantee that course markings will remain free from vandalism. Therefore, **it is an old school rule in our sport that it is ultimately up to the runner to know the course.**

Below are instructions for two (2) different apps you can use on your phone to track your position in real time on our courses, even when cell service is unavailable. **To make this work, you need to set up your device to use these applications when cell service (or Wi-Fi) is available. In other words, DO THIS AT HOME BEFORE ARRIVING AT THE EVENT!** The following instructions outline the steps to set up these apps for personal tracking.

Note: HPRS is not responsible for a technology breakdown. We are not responsible for the capabilities or lack thereof of your phone or the providers of services to your phone. Technology has advanced significantly over the last 20 years, and the pace of change has accelerated. Still, this technology is not perfect or error-free. It is ultimately "better than nothing" for your health and safety and for staying on course during these high-risk outdoor adventures. HPRS makes no guarantees regarding the 100% accuracy of the maps provided or the software used to deliver them through these applications. You use them at your own risk, and for the better management of the risks present within our events. It's better than nothing!

LIVE TRACKING: HPRS does not offer live tracking to the outside world on any of our courses. Your family and friends will only be able to live track you through your use of applications that may be available to you through your phone's app store. **Below, we will describe how to enable live tracking for your loved ones.** The purpose of this document is to allow you to know your exact location while out on the course, along with a "breadcrumb" track of each course for you to follow. Following instructions on how to use navigational apps, there is a discussion on how loved ones can track you live.

The Two Apps at your disposal are:

- CalTopo - (iOS and Android) Free with cell service present, and $20/year to use in areas *without* service.
- GaiaGPS - (iOS and Android) Free with cell service present, and around $55/year to use in areas *without* service.
- COTrex is not supported for this event due to inaccurate mapping of resort trails.

CALTOPO - App/Website

SUMMITS TRAIL RUNS

CalTopo is an app that integrates some of the best topo maps, offline navigation tools, and planning features, seamlessly across phones, tablets, and caltopo.com. In this document, you will find links to the CalTopo website, which provides instructions for downloading the app. Then our instructions herein detail how to make map segments available offline.

Many areas in the vicinity may not have cell service, so you will need to download the map segments to ensure the app works properly. This will enable you to track your position on the race course even when out of cell range. **See Step 3 (below) for more info.**

CalTopo Website - https://caltopo.com/

Step 1: Download the CalTopo app onto your phone

Step 2: Open the app

Step 3: Log in or sign up.
Basic use of CalTopo is free. You can live-track your position for free, so long as cell service is available. To use CalTopo for the purposes of live tracking yourself on our courses, WHEN NO CELL SERVICE IS AVAILABLE, you'll need to purchase an individual membership, which costs a nominal fee of **$20 for a YEAR**.

Step 4: Click here to access the Summits Trail Runs maps on CalTopo. If you click the link using your phone, the map will appear within the CalTopo app:

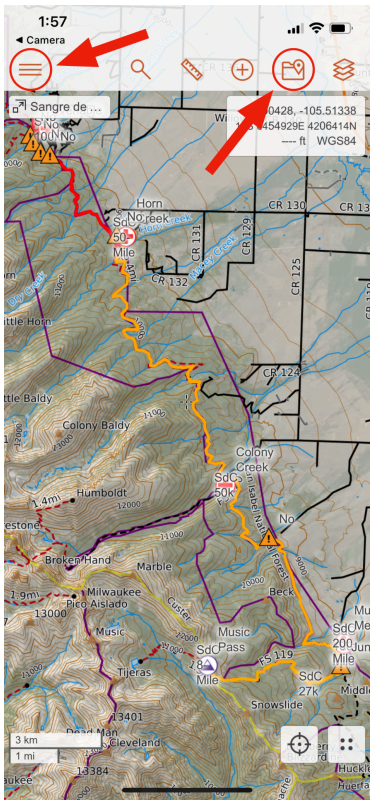
-OR-
Scan the following QR code with your phone's camera, which should prompt you to access the race map within the CalTopo application.

CalTopo Map

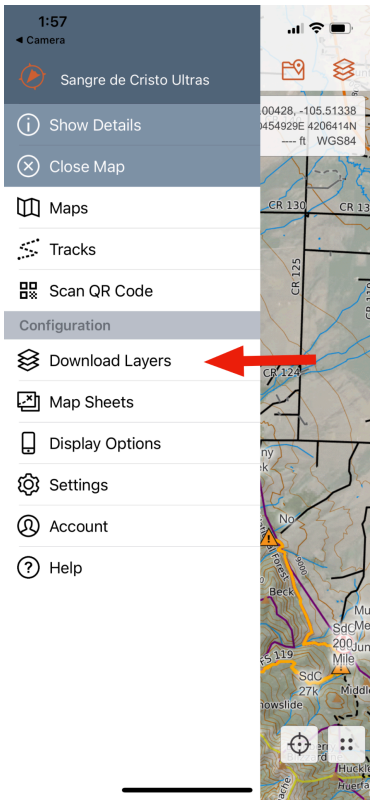
6H7T910 - Read

Now, the Summits Trail Runs Maps are open within the app.

If you want to track yourself when there is no cell service, you will need to pay the $20 subscription fee and follow the next steps. Below are images from a different race, but the same rules still apply. With the app still open, click the triple-line icon in the upper-left corner of your screen (See Image 1 below). A menu will appear. Click on “Download Layers” (See Image 2 below).



(Image 1)



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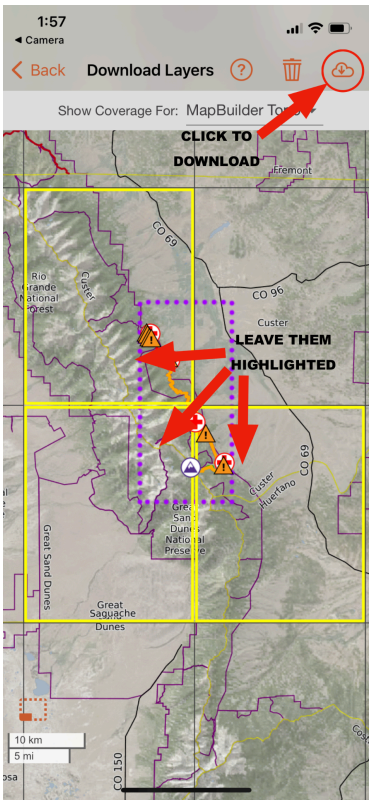


(Image 3)

- You should see one or more squares highlighted with a yellow line. These are the quadrants you are about to download (See Image 3 above). Do not touch the boxes as they will deselect. You want them to be yellow.
- With the yellow boxes visible, touch the cloud with the down arrow in it, in the upper right corner of the screen. You’ll then select which map options you’d like downloaded (we recommend: MapBuilder Topo, and/or Forest Service 2016, and ‘Contours’ if you want more info on elevation changes), then click “DOWNLOAD.”
- You now have the maps available for use on your phone when you don't have cell service.
- Click on the Folder with a ‘Here’ icon on it, located at the top of your screen, second icon in from the right (See Image 1 above). The “Map Items” window will appear. This allows you to turn various items included with this map on and off. This will enable you to turn off any routes you are not part of, so you only see the route you need to focus on.

COTrex - Colorado Trails Explorer App/Website

Unfortunately, COTrex does not have an accurate enough mapping of the trails at Granby Ranch to justify using the app in good conscience.

GAIA GPS App/Website

SUMMITS TRAIL RUNS

Gaia GPS is an app that integrates the best topo maps, offline navigation tools, and planning features, seamlessly across phones, tablets, and gaiagps.com. In this document, you will find links to the CalTopo website, which provides instructions for downloading the app. Then our instructions herein detail how to make map segments available offline.

Many areas in the vicinity may not have cell service, so you will need to download the map segments to ensure the app works properly. This will enable you to track your position on the race course even when out of cell range. **See Step 3 (below) for more info.**

GAIA Website: https://www.gaiagps.com/

Step 1: Download the GAIAGPS app onto your phone

Step 2: Open the app

Step 3: Basic use of GAIAGPS is free so long as you log in with an Outside account. To use the app for navigation during the race, you'll need to create a free account and log in. Once you have created an account and logged in, move on to step 4.

If you are unwilling to create a free account and log in using the GAIAGps app, please stop here and proceed to one of the other apps listed on this page. A free account allows you to track yourself in real time on a course map via the app, provided cell service is available.

NOTE: If you want to live-track yourself on the course route via the map in this app when no cell service is available, you will need to pay for a Premium subscription. If you do not pay for the subscription, you will not be able to load the course map when you are out of cell service range. You will still be able to see a dot indicating your location on a grey screen with no map, which is essentially useless information.

Step 4: Summits Trail Runs Course Maps

Using your phone, click on any of the links below to open the map in GAIAGps.

- 6 mile https://www.gaiagps.com/public/UkD6rpRI3kTqvxuR3ih1lUXC/

- Half Marathon https://www.gaiagps.com/public/MauTvBDO62RQWYUS7f39lnkh/
- Marathon https://www.gaiagps.com/public/QipaT8Ry2P97bNGxHie2HjPf/
- 50k https://www.gaiagps.com/public/l5SrA7hfxd05AD1SxLqB92Oy/
- Elevation Challenge https://www.gaiagps.com/public/4Aq8p5PDPNT5MsAOsjJqjtKq/

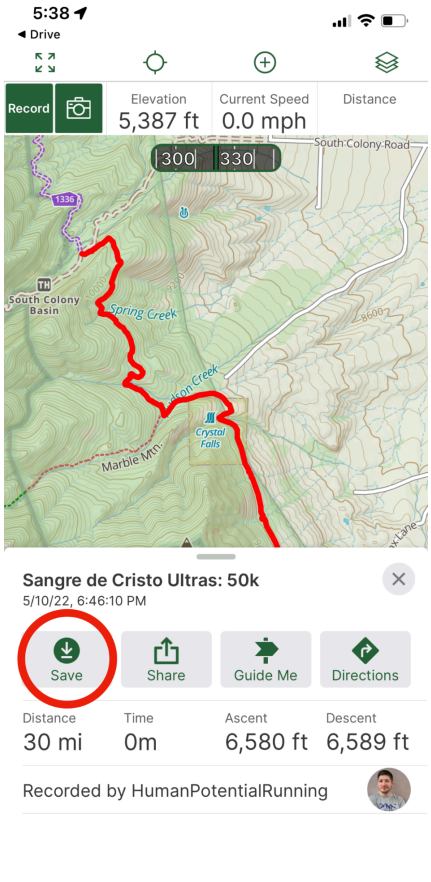
Step 5: At the bottom of the screen, a white menu with the title of your map in bold should be visible. Beneath the title is a row of buttons. You want to select the "save" button, which has a down arrow underlined within a circle (See Image 1 below). Once the menu indicates that it has been saved, by changing the icon to a green circle with a checkmark, you'll want to click the "x" in the upper right corner of the menu.

Step 6: This map is now saved on your phone for use ONLY WHEN YOU HAVE SERVICE. **If you want to download the map and save it on your phone, for use where there is no service** (preferred), **you'll need to purchase either a GAIA GPS Premium Subscription** (of course). The GAIA GPS Premium subscription is around $55.00 per year. If you do not plan to buy the subscription, stop here, and good luck! If you want peace of mind (recommended), continue to step 7.

Step 7: At the bottom of your screen, you will find a menu with icons. One of those icons is a folder that says "Saved" beneath it. Click on that icon, and the saved menu appears. You should see your saved map in that folder. Click on the map itself (See Image 2 below).

Step 8: A "track" page will open with a menu at the top. You'll see a grey button to the right with three dots in a row, labeled "More" (See Image 3 below). Click that button, and a new menu slides up from the bottom. In that menu, you'll want to select "Download Maps for Track" (See Image 4 below). Your map will now download and will be available even when you don't have cell service. Make sure you select the kinds of maps you want (See Image 5 below; I highlighted the best), then click 'Next.' Name your file and click 'Save' (See image 6 below).

Images continued on next page…



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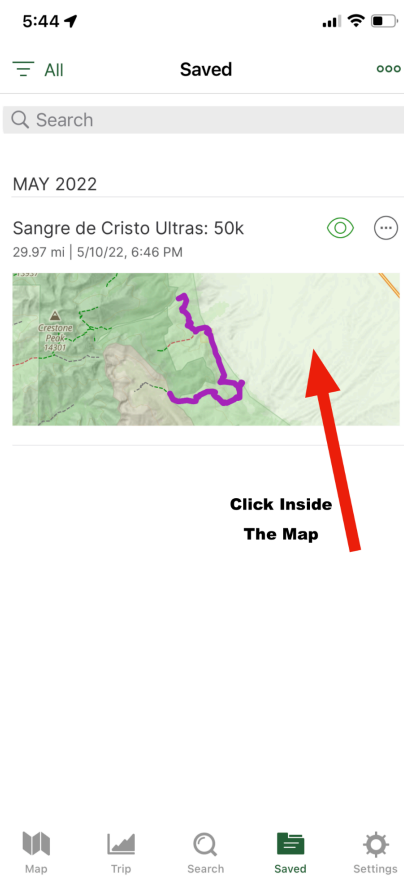
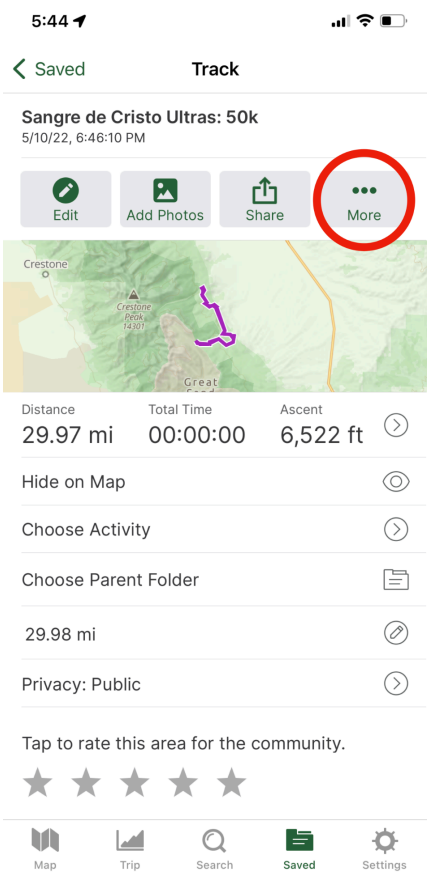
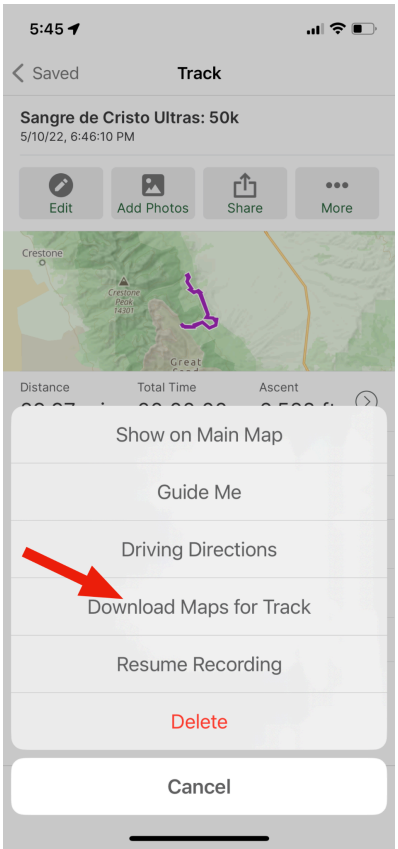
(Image 1)



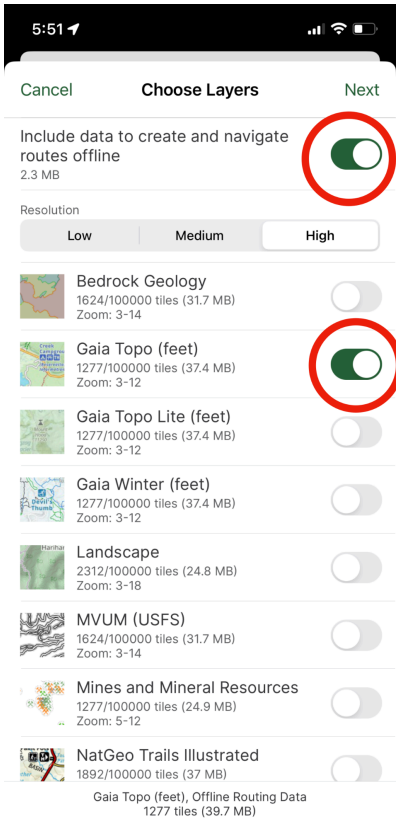
(Image 2)



(Image 3)



(Image 4)



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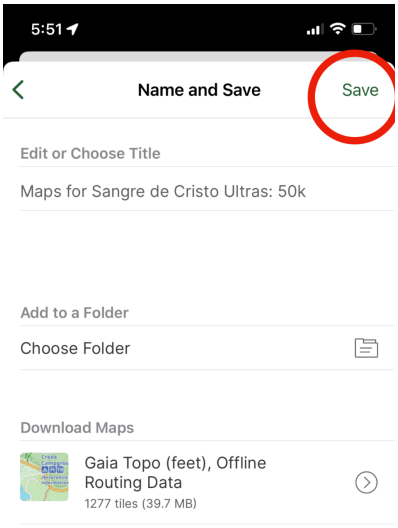

(Image 6)

LIVE TRACKING

I wrote an article on 9/9/2022 on live tracking that you can read by CLICKING HERE. The further we get from that date, the more technology has advanced, and things may be different. If you want to understand how live tracking in our sport works (and doesn't), take the time to read the article. The below has been copied from that article for ease.

STRAVA

Strava Beacon allows you to share your real-time location with your family and friends, provided you are recording your journey in the Strava mobile app (on iPhone or Android). Beacon generates a unique URL that you can share with up to three safety contacts, allowing them to follow your activity in real-time. Of course, this will only work when you have cell service. Please note that if you lose service, it will stop providing a live location feed and will only display your *last known* location. This means you may appear "stopped" on course for extended periods, which will ultimately cause alarm to your loved ones (Educate them!)

Only Strava Subscribers can use Strava Beacon *on devices other than your phone*. These devices include Apple Watch, Wear OS devices, and any Garmin device that supports LiveTrack with autostart. It does not appear that this technology will work with Coros or Suunto at this time.

CALTOPO

CalTopo is a leading mapping and tracking interface for search-and-rescue professionals, GIS experts, and individuals. The first option with CalTopo is to record a track on a shared map. Any mobile tracks saved to a map will upload in near real time with a data connection, or as soon as a data connection is reestablished. This function enables real-time tracking for anyone viewing the map, provided that team members in the field have a reliable data connection (cellular service). You can also record a live track using a locator such as a Garmin inReach.

The second option allows someone to add their device as a "locator" to a map they've already created. Theoretically, you could download the GPX file for one of our races, upload it to CalTopo, and then use your phone as a locator. You'd share your created map with family and friends, and they can see you on it. Here's How: CLICK HERE

FIND MY iPHONE

Did you know that you can share your iPhone's location with any of your other contacts who also own an iPhone? Here's how:

On your iPhone, go to Settings. Scroll down to "Privacy" and click on it. Ensure that "Location Services" is turned on (green) and then tap "Share my location." On this next page, make sure "Find My iPhone" is turned 'On' as well as "Share My Location." Now, leave settings and go to your contacts. Click on the contact you want to share your location with. At the bottom of their contact screen, it should display the option "Share my location." Touch that, and it will give you the option to share indefinitely until the end of the day or for 1 hour.

Now, for your family member or friend to see your location on their end, they just need to open the “Find my iPhone” app on their iPhone. At the bottom of the app’s screen, on the far left, it says “People”… and this is where they will see your phone's last known location (with service) on a map. Boom... your family can track you while you run.

GOOGLE MAPS

Open Google Maps on your phone. Next to the search bar at the top is your profile picture. Click on your profile picture. A menu will pop up. Look down the menu, and you’ll see “Location Sharing.” Click on it. On the next page, you are provided the opportunity to share your location by clicking the “Share location” button. On the following menu, you can select the duration for which you will share your location and the Google contacts with whom you wish to share it. If you click “More options” at the bottom of the screen, a “Share with a link?” menu will appear, allowing you to send the link to any of your contacts or via email.

OTHER PHONES & APPS

Android devices can utilize Google’s app called “Find My Device” in the same way iPhone users can use “Find My iPhone.” To find out more, CLICK HERE. I also found this article discussing how to track an iPhone with an Android Phone, CLICK HERE, and this article on how to track an Android phone from an iPhone, CLICK HERE.

There are other similar live tracking apps on the market as well, such as Life360

Finally, if you haven’t familiarized yourself with the new Apple Watch Ultra or iPhone 14 (yes, we know they’re expensive), you owe it to yourself to explore the latest technologies on these devices that let you live-broadcast your location to loved ones and Search and Rescue personnel.