

VA Virtual Meet of Champions - Virtual Track Meet

UA MMR Challenge Flow

Overview:

This guide is intended to help you participate in the Virginia Virtual Meet of Champions. We encourage all coaches to follow this guide to help your team get familiar with the MapMyRun application and website, which will be used as the official standard for uploading and sending your marks for the Virtual Track Meet. In addition to awards for top individual marks by event, teams can earn a chance for team prizes by participating in a coach's challenge. The coach is responsible for setting up the challenge, inviting their athletes, and submitting participation results to the VA Virtual MOC team. We hope you find the many benefits of having your athletes on UA MapMyRun including (but certainly not limited to) increasing team engagement, plus tracking and logging workouts.

A few points to keep in mind in order to stay in compliance with coach/athlete communication and participation standards during the COVID-19 pandemic:

1. There is no expectation for any student to feel compelled to run or workout during this time, but as coaches we encourage all students to remain active and practice social responsibility while doing so.
2. Coaches will provide workouts for those who are able and choose to partake in them.
3. Students are encouraged to run on their own to avoid groups and help minimize risk to all.
4. Students who choose to run with another person outside their family are encouraged to practice social distancing while doing so, which means remaining more than 6 feet apart while running.
5. No group of athletes should plan to meet up and run in a group – at the track or elsewhere.
6. If coach/athlete communication is not permitted for recommending workout regimen during this time, consider handing this project off to a team captain who can responsibly communicate information.

UA MapMyRun Instructions

Download App

- Visit the MapMyRun App Store or Google Play on any “smart” device (phone or tablet)
 - OR visit www.mapmyrun.com to create an account
- Create your account and fill out as many fields as possible INCLUDING PHOTO. This makes it easier for athletes to properly find and identify your profile later on.
*Some coaches may consider creating the account under their school's name or school + mascot (eg “Pleasant High School Eagles XC”)
- If you already have the App or an account, we recommend taking the time to update its profile with a photo, your current or desired email address (your athletes will use this to find your profile later on), and make sure your app is up to date!

Add Friends

Adding your friends and contacts is critical and necessary to creating a team challenge*. We recommend giving your athletes a deadline of 4/1 to join you as a friend. If they do not, they can still participate in the Virtual Meet by submitting results individually, but will not count towards your team's participation totals for team prizes.

Send the following steps to your athletes to follow.

**Note: athletes MUST be your friend on MMR in order to be invited or added to your Challenge.*

Recommended method:

Instruct athletes to add you as a friend by searching through email.

Steps:

1. From home screen, select the menu
 - *three dots icon in the app in the lower right-hand corner on iOS.
 - Top left corner menu for Android.
 - **Hover over your profile image if using a web browser
2. Select "Friends"
3. Select "Find" in the top right corner
4. **Search by email.** Enter the coach's email to get the best results and ensure the correct person is being added as a friend.
5. **Once the athlete's request is sent**, the coach MUST accept the friend request to complete the process.

Create a Challenge

For coaches who want to create a Challenge in UA MapMyRun, competing teams will be eligible to win team prizes. The team with the most participation from April 1 - April 29 will earn their team uniforms for the Fall 2020 season*. **We will leave the type of challenge up to the coach as they can choose their best format for engaging their team.** Options include: Most Workouts; Most Miles; Most Steps; Most Calories Burned; and Most Workout Time.

Note: You can ONLY create a Challenge in the App version of MapMyRun

Steps:

1. From home screen, select the TROPHY icon
2. Select "CREATE" in the top right corner (iOS); On Android, select the "+" button in the bottom right corner
3. Fill out the required fields

- Name - Give your challenge a unique name. Use inspiration from your school, its mascot, hometown, etc.
 - Challenge Type - Select from the options. Keep in mind which option will best suit your team based on its size, history, participants, etc.
 - Activity type - Select from the options. Note that Challenges include activities recording of many types, but you can narrow it down to “run” “gym” or whichever option fits your personal messaging.
 - Duration - Select “Custom” or “Dates.” Only parameter here is that your Challenge must be completed, and results must be submitted by 04/29/2020.
 - Friends - Invite your athletes to join your challenge. Simply click “INVITE” next to their name.
 - Note: You can enter more athletes later on if needed, even after the challenge has started
 - Note: You may invite up to 199 friends to your challenge
4. **REVIEW DETAILS. Click NEXT** and review your challenge’s details. To change anything, click “EDIT” in the top right corner.
 5. **Track your challenge!** Once your challenge has begun, track, follow along, and encourage your athletes to stay engaged!

Track a Workout

This section will help athletes log a workout through UA MapMyRun. All submissions for the DMV MOC Virtual Track Meet will be required to come from UA MapMyRun in order to ensure even data, GPS tracking for authenticity, and to encourage athletes and coaches to get in the habit of logging and tracking their workouts.

Once a workout is logged, it will automatically be counted in the Coach’s Challenge.

USING a GPS watch or other device to log a workout:

UA MapMyrun works with most devices including: Garmin Connect, Apple Watch, Fitbit, Suunto, and more.

Athletes can link their devices by selecting the “APPS & DEVICES” icon in the menu. Select on the device or service desired.

Once a workout is logged on a GPS device, it will automatically be entered in UA MapMyRun when synced with its proprietary app/service. For additional help or if any issues arise, reach out to UA MapMyFitness support.

USING UA MAPMYRUN to track a workout:

If using your phone, logging a workout is simple; just click the “Stopwatch” icon on the home screen and click the green “Start Workout” button. We also recommend using the “Settings” icon at the top of this screen to set your preferences before you begin your run including voice feedback, configuring stats, and auto-pause features.

Note: athletes tracking a workout with a connected GPS device should only use one device at a time, otherwise data can sometimes double-track. For example, if John runs with his phone to track, but also starts a run on his connected Garmin, the data from his phone will complete a workout while his Garmin's data will be uploaded upon completion of the run as a completely separate workout.