



## **Instructions for racers and spectators**

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**If you're running with your phone and you would like your friends and family to be able to track your progress all day long, you can now do that easily via our live tracking partner RunGo.**

The RunGo app will provide both live tracking for those at home AND turn by turn route navigation throughout the race for you, win – win! It's easy to use, and free for all our runners. Runners will use the RunGo app and family, and friends just use any web browser.

If you'd like to try out the live tracking they'll be on site to assist on Saturday morning at the **Trail Whisperer event** start, but here's some more info to get you started,

### **RACERS.** Detailed instructions:

1. Download the free [RunGo](#) app, for iPhone, Apple Watch, or Android.
2. Find the route now or on Saturday morning via [Trail Whisperer RunGo Group](#) and select "View in RunGo App" to view the route.
3. In the RunGo app press the bookmark icon (iPhone) or download button (Android) to save the route on your phone. This will save the route in your "My Routes" or "Saved Routes"
4. Enter your name (and optional bib number) when prompted.
5. On race morning don't forget to press start when or before you start running for the tracking and navigation to work. Make sure your data is on and your phone is not in airplane mode.
6. Listen if you like during the run. You'll hear turns, trail names, climbs, etc.

### **SPECTATORS.** Instructions:

1. Using any web browser you can see the live tracking using the [Trail Whisperer RunGo Group](#) link.
2. Under the map for each distance is the live tracking link. This will only work if the runner is using the RunGo app, and they are in an area with data.