**How to create training courses or races using UsynligO and PurplePen**

1. Create a purple pen event as usual (with multiple courses if you want). Make sure you use a base map file, which needs to be geo-referenced (i.e. not a jpeg or png).
2. On purple pen select ‘File -> Create PDFs -> Courses’. Then in the popup, select whichever courses you want and click ‘Create’.
3. Still in purple pen, select ‘File -> Create Data Interchange File (IOF XML)’. In the popup, name your file and select where to save it to, make sure in the ‘Save as type’ drop-down box you select ‘IOF XML version 3.0’. It won’t work unless it’s version **3.0**
4. Then on the Usynligo website create an account / login: <https://usynligo.no/>
5. On the website select ‘Upload event’ in the top bar. Then select ‘Click here to specify the IOF XML file’ and then find and upload your XML file from step 3.
6. Then using the map, look to see if your control points look about right.
7. Under Event description insert any comments you feel necessary such as instructions on any hazards etc.
8. Then select ‘Click here to specify the map PDF file’ and find and upload your course PDF file from step 2; repeat this if you have multiple courses for your event. If you’re planning a score event enter the maximum time for each course.
9. In the Event category insert MWOC, this not only keeps all the map files generated by Club members together but will also in the near future enable you to search on your phone those courses which have been created by a MWOC member, negating the need to scroll down all of the maps which are listed on your phone.
10. Under Organiser insert your name, this allows the reader to identify who planned the course.
11. Once you have completed the above, select ‘Click here to publish’. You may want to go out and check the control sites to see whether they all register within the given control radius, typically within 15 metres. Sometimes in heavy wooded areas the GPS signal may be weak and doesn’t register at first but may do if you wait a minute.
12. To actually run the course you need to download the Usynligo App for your Smartphone.
13. Once you have the App installed, open it and login. Then select ‘Usynligo events’ and then find your event. It should appear without having to scroll down the menu to filter if you’re within 50km from the start. Then when you’re at the start, start the race and it should make a noise when you reach a control point (make sure your phone isn’t muted), sometimes GPS isn’t too accurate so it may be a few meters off or not beep at all so keep this in mind. There are also some hint options on the screen which are useful for beginners or if you want to check the points quickly.
14. Then when you’ve finished just upload your result and it should appear on the event page!