



**Website:** <https://www.runnerssquare.com>

**Support:** [help@runnerssquare.com](mailto:help@runnerssquare.com)



## **RUNNERSQUARE USER GUIDES**

**Updated version – November 2015**



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## 1 HOW TO START USING RUNNER SQUARE

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1. Download the App.
2. Sign up.
3. When you sign in RunnerSquare, you are going to be asked to confirm your e-mail address in your inbox mail. Just after you will receive a welcome mail to the App.
4. Start running!





## 2 MANAGE ACCOUNT

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### 2.1 CHANGE MAIL

Follow these steps to change your e-mail address:

- Go to [www.runnerssquare.com/settings](https://www.runnerssquare.com/settings).
- Write your new e-mail address.
- In the bottom of the page save the new settings.
- After saving your new e-mail address you are going to be asked to verify it in your mail inbox.

### 2.2 ACCESS

Remember, so that the same data is saved successfully in both website and App, you need to enter with the same username and password in both platforms.

### 2.3 FORGOTTEN PASSWORD


If you have forgotten your password, you can reset it here: <https://www.runnerssquare.com/accounts/password/reset>

### 2.4 DELETE ACCOUNT

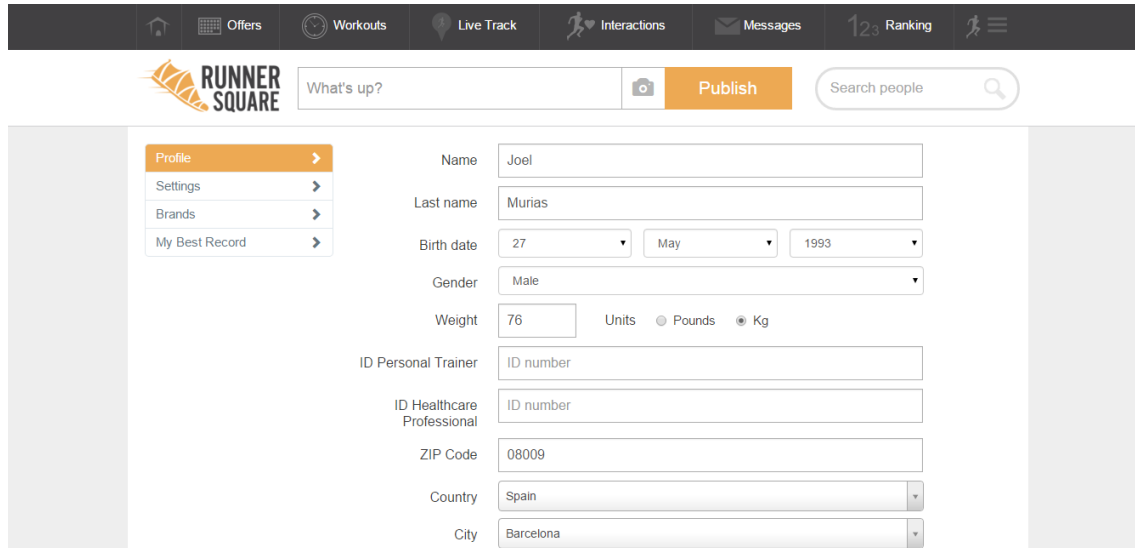
You can delete your account here: <https://www.runnerssquare.com/settings/settings>. At the bottom of the page click the button "Delete your account". Once you have deleted your account all your personal data will be deleted from our database. Take into consideration that we will not be able to recover your data.



### 3 WEBSITE SETTINGS

Click  in the right top corner and then click settings to change them.

You are going to see four categories at the left of your screen:



Here you will be able to change your e-mail, your profile photograph, username, password, gender, age and more.

#### 3.1 Profile

Here you will be able to change your name, date of birth, weight profile picture, and put an ID to your personal trainer to follow your workouts and more.

#### 3.2 Settings

Here you will be able to change your e-mail, password, language, privacy terms and more.

#### 3.3 Brands

Here you will be able to change your favourite brand and, the days and miles you think you run every week.

#### 3.4 My best record

Update your best records and other users will see your best workouts.



## 4 SMARTPHONE SETTINGS

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### 4.1 ANDROID

Click  in the top left corner and after click  at the right of your name.

### 4.2 IPHONE

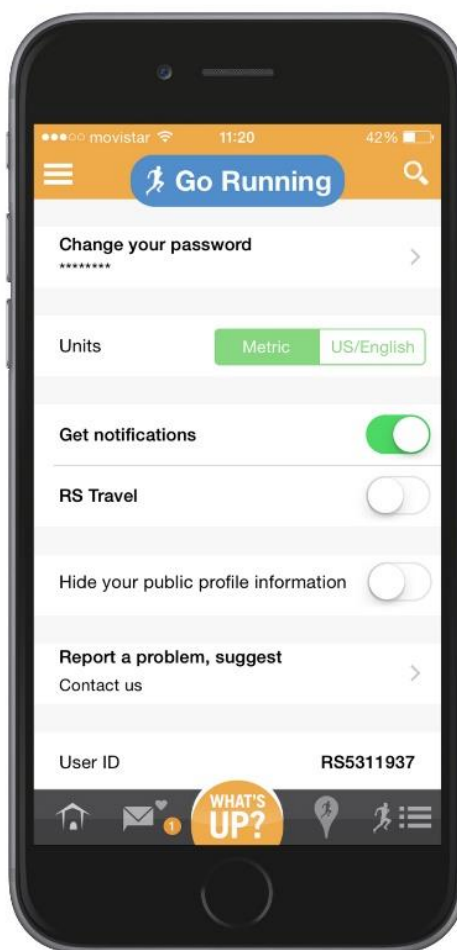
Click  in the top left corner and after click  at the right of your name.

### 4.3 CHANGE YOUR E-MAIL CONTACT

To access with a different e-mail in RunnerSquare, here you will be able to change your e-mail contact.

### 4.4 CHANGE YOUR PASSWORD

Here you will be able to change your password.





#### 4.5 METRIC UNITS/ NOTIFICATIONS/ RS TRAVEL

You can change your metric units; customize the alerts; and enable your RS Travel to give shelter to other runners and vice versa.

#### 4.6 MANAGE YOUR PROFILE

From your home screen you will be able to manage your profile

- Name
- Gender
- Age
- Where do you live
- Profile photograph

### 5 PRIVACY

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#### 5.1 GENERAL PRIVACY SETTINGS

Here you can manage your privacy settings.

#### 5.2 HIDE YOUR PUBLIC PROFILE INFORMATION

It will be much more difficult for you and for others, if you hide your profile.



Hide your public profile information




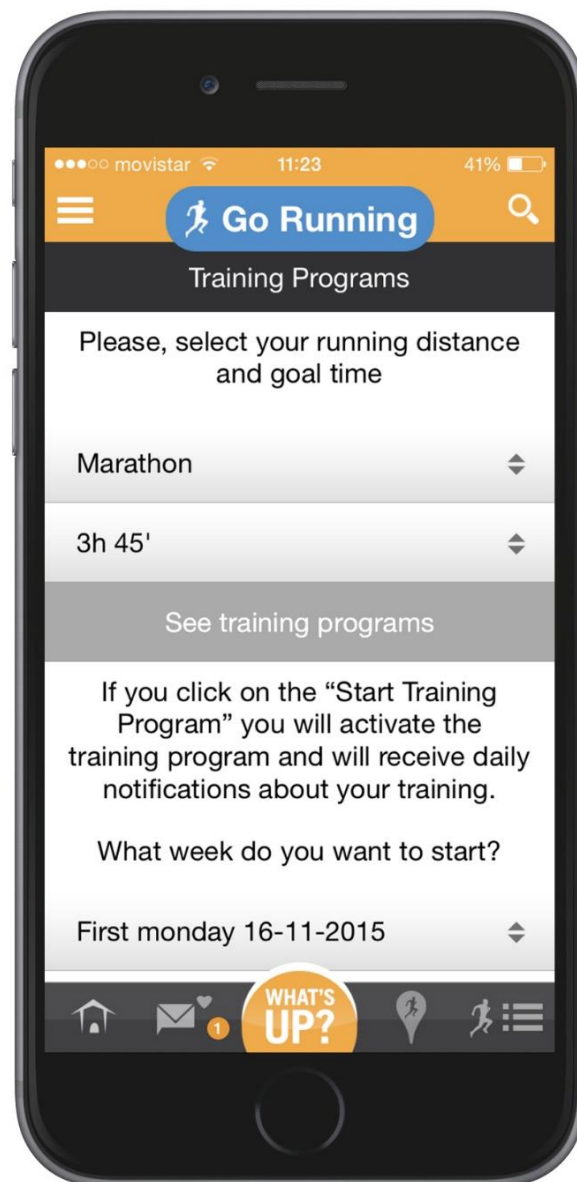


## 6 TRAINING PROGRAMS

In the training programs, users can set up a workout session in order of the objective he or she has. There are four distances: urban mile, 10 km, 21 km and 42 km

If you wish, you can set up the training alert: time that you would like to receive a notification the day you have a training workout.

To plan a training programme click  in the top left corner and look up for training programs in the list.



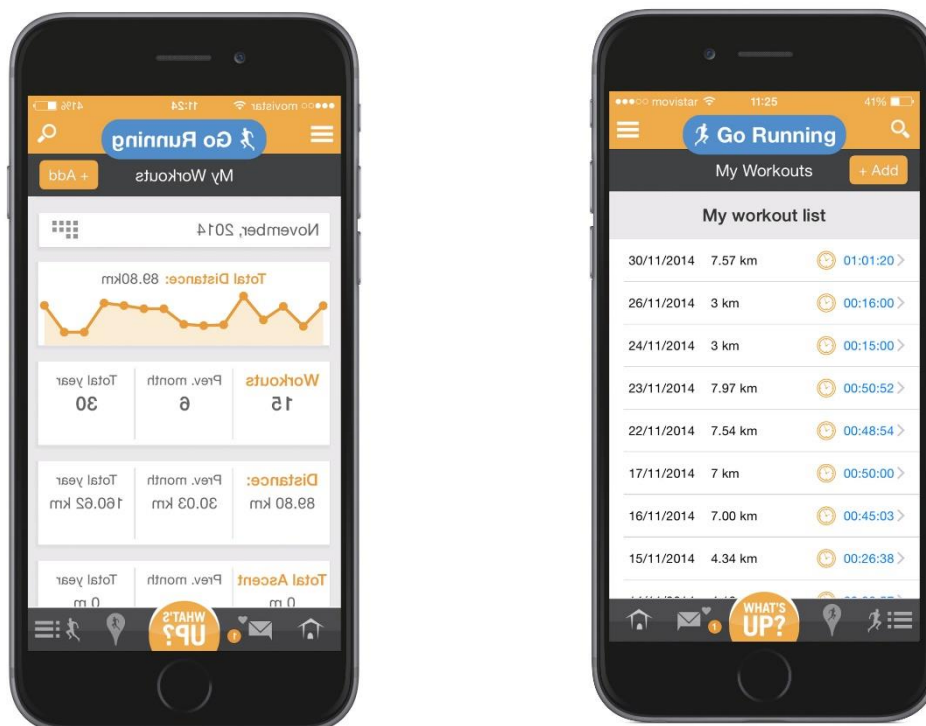


## 7 WORKOUTS

### Track your first workout

#### 7.1 APP

Once you have signed up, go running. After click in the workouts section to observe all your training stats: time, cumulative ascent and descent, distance and average pace.



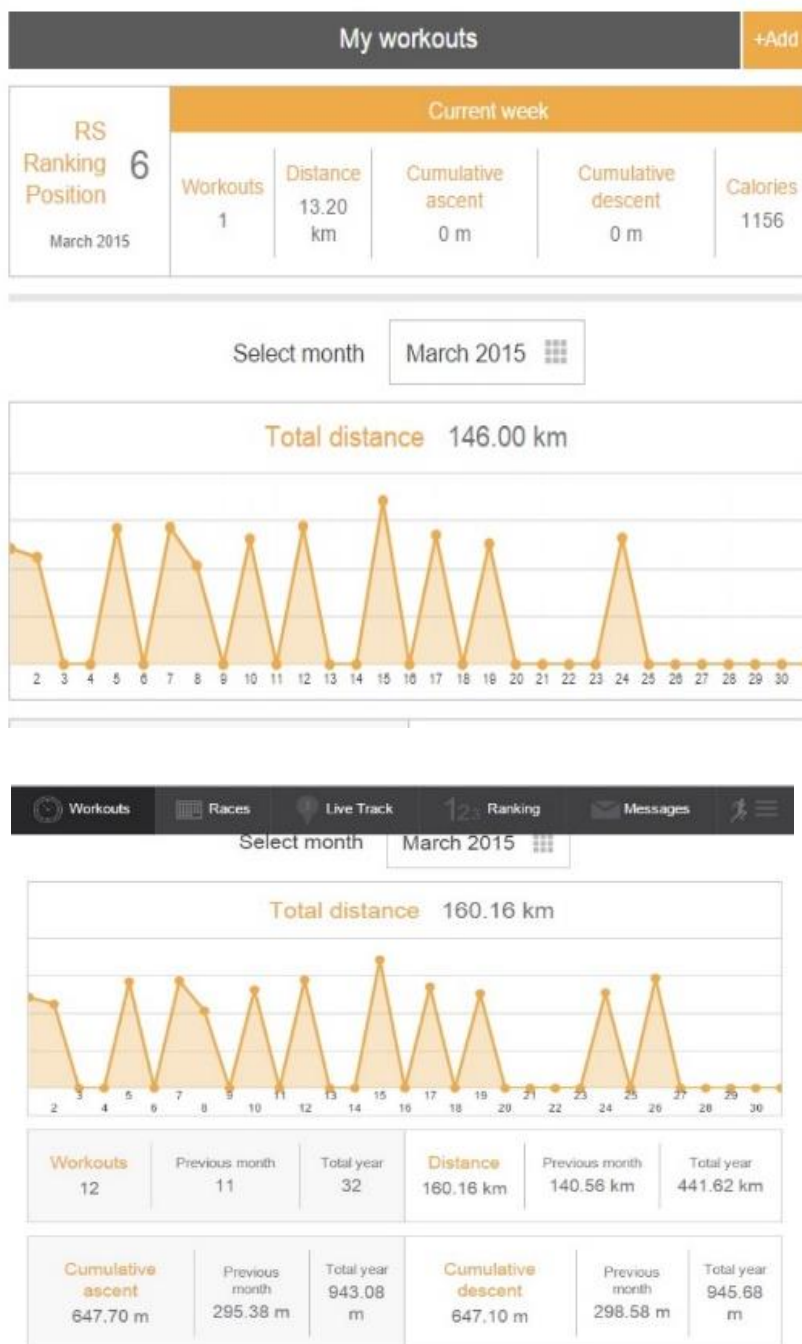
Furthermore, you have the option to manually add a workout with a description, date, distance, type of workout and upload a photograph.

**For Android users: Remember to enable, in your phone settings, high precision in your GPS and disable Wi-Fi. This way the running distance will be measures much more precisely.**



## 7.2 WEBSITE


Once you have signed up go to my workouts screen. Here you will be able to analyse your training stats: time, cumulative ascent and descent, distance and average pace.

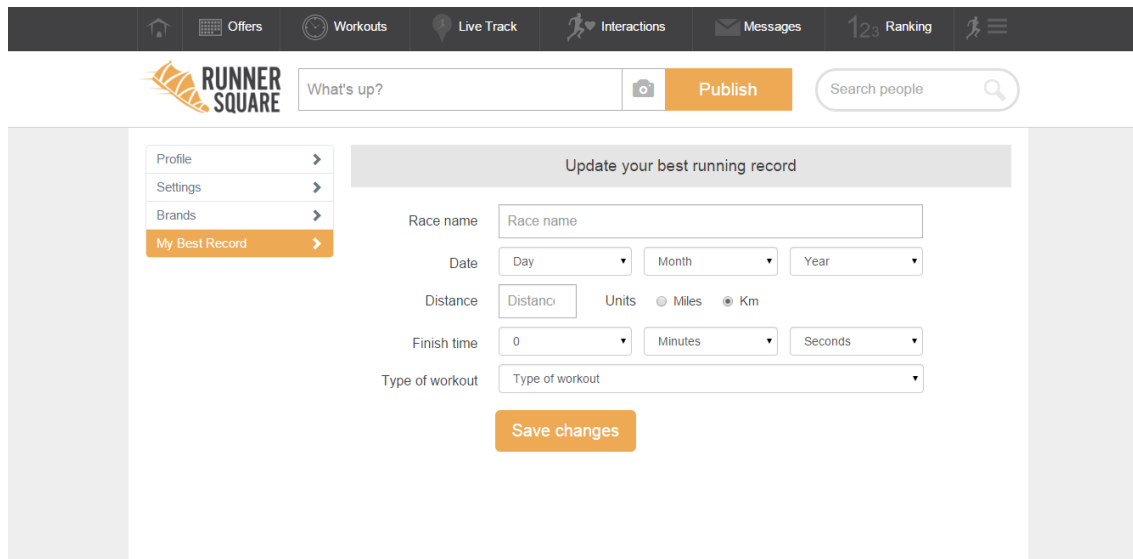


Furthermore, you have the option to manually add a workout with a description, date, distance, type of workout and upload a photograph.



### 7.3 MY BEST RECORD

In RunnerSquare there is the option to set up your best record in a race. You can change it by clicking  in the top right corner and select my best record.





The screenshot shows the Runner Square website interface. At the top, there is a navigation bar with icons for Home, Offers, Workouts, Live Track, Interactions, Messages, and Ranking. Below this is a search bar with the text 'What's up?' and a 'Publish' button. The main content area is titled 'Update your best running record'. On the left, there is a sidebar menu with options: Profile, Settings, Brands, and My Best Record (which is highlighted). The main form contains the following fields:

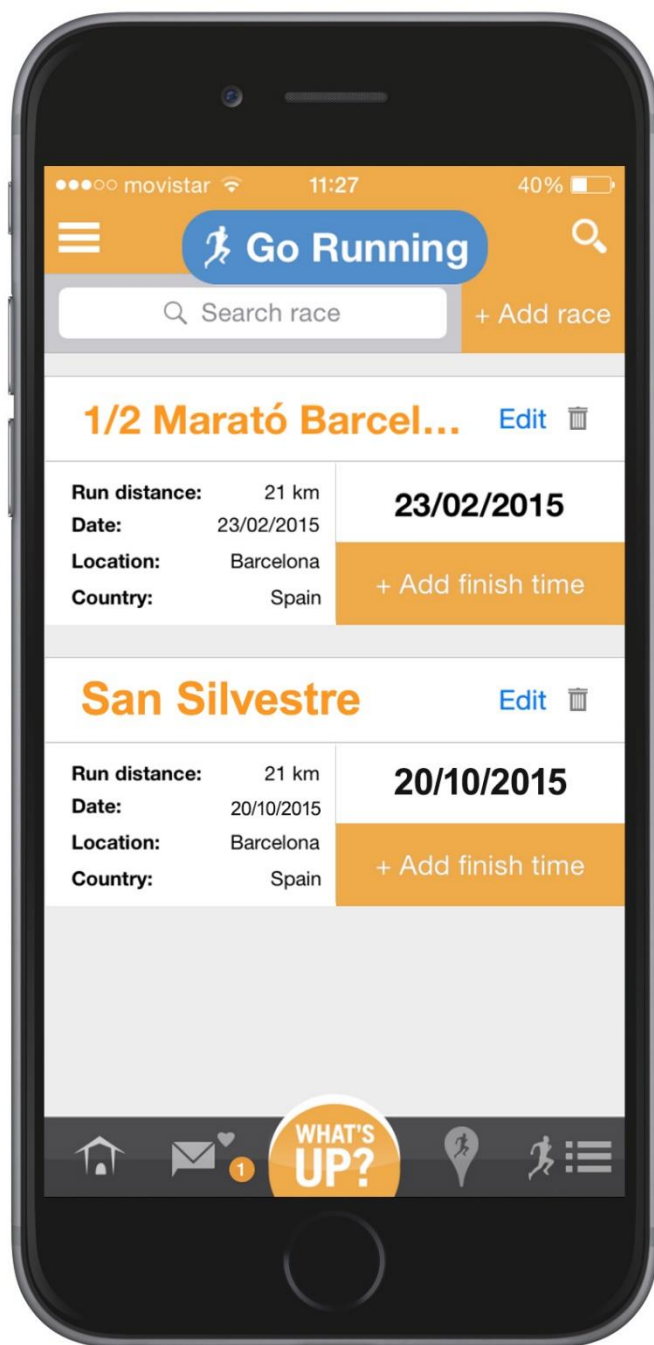
- Race name: A text input field.
- Date: Three dropdown menus for Day, Month, and Year.
- Distance: A text input field.
- Units: Two radio buttons, Miles and Km (Km is selected).
- Finish time: Three dropdown menus for Hours (set to 0), Minutes, and Seconds.
- Type of workout: A dropdown menu.
- A 'Save changes' button at the bottom.



## 8 FEATURES

### 8.1 RACES

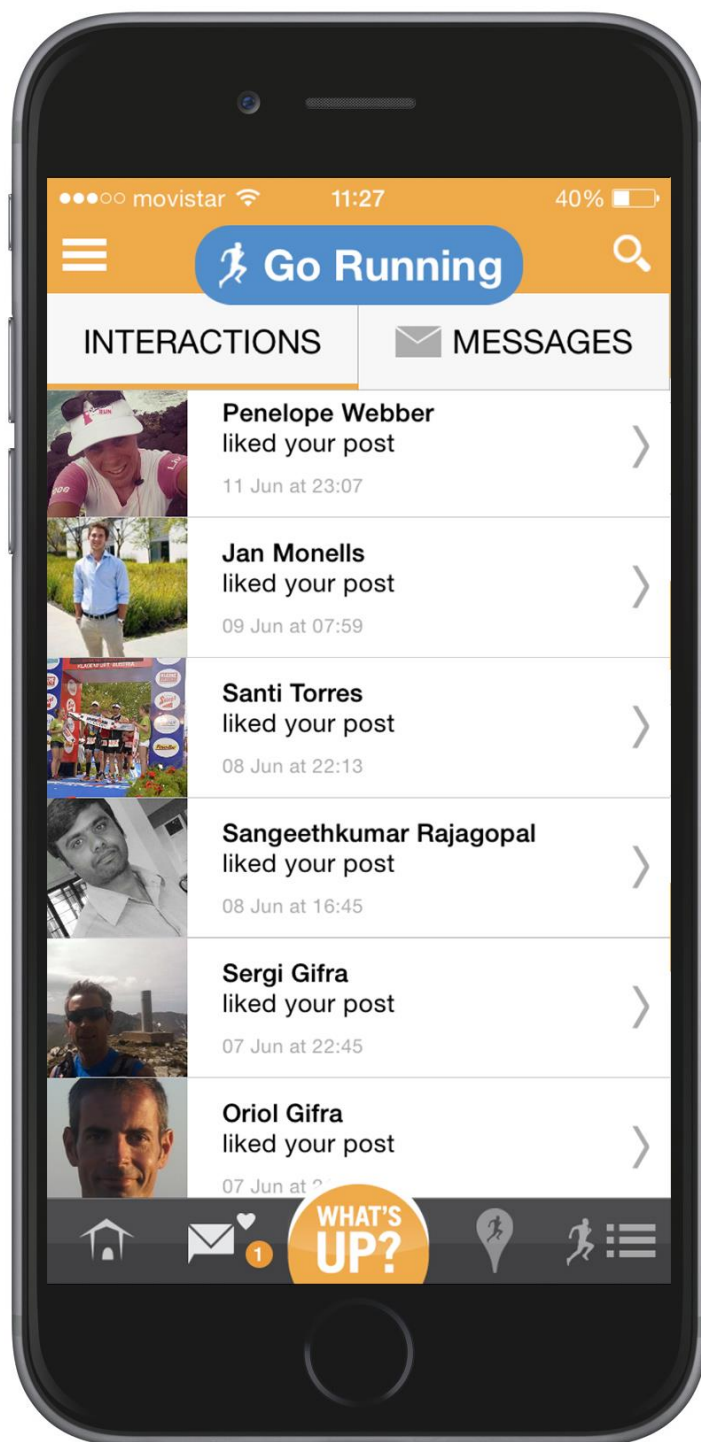
Click  , in the top right corner in RunnerSquare's website and select my races. You will be able to add a past or future race with its name, website, distance, type of race, date and country. This way you are going to let other users know about this race.





## 8.2 INTERACTIONS/MESSAGES

In this bloc you will be able to send private messages to your friends and also look at the interactions of other people in your published workouts.





Website: <https://www.runnerssquare.com>

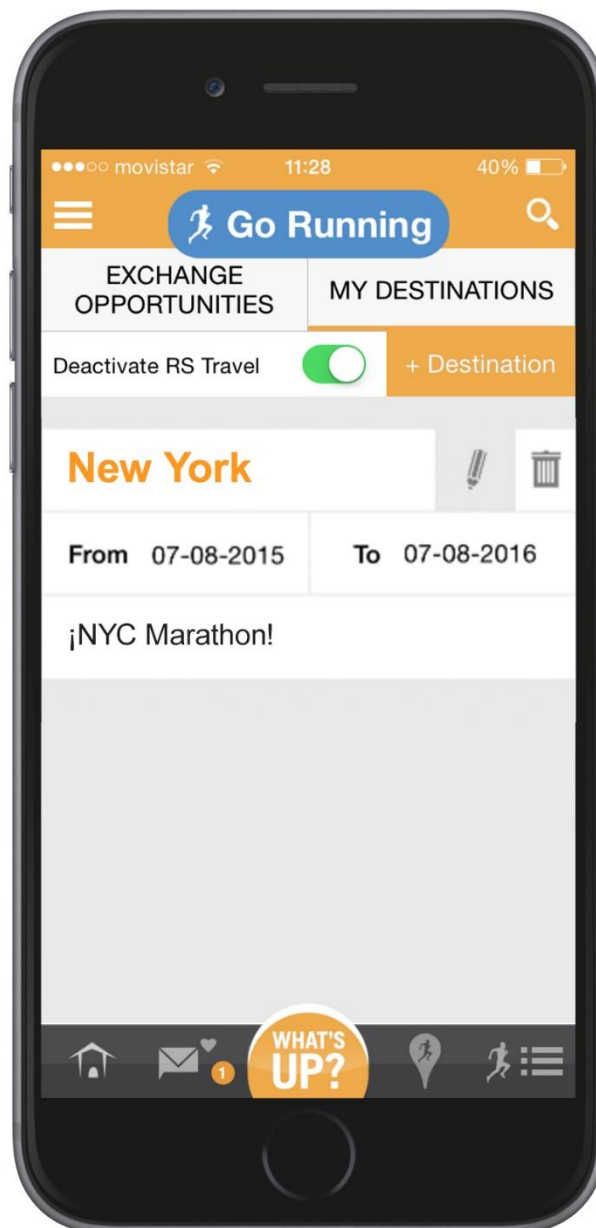
Support: [help@runnerssquare.com](mailto:help@runnerssquare.com)

### 8.3 MY GROUPS

Create your runner group to interact directly with them. You will see their posts, comment them likes and more.

### 8.4 RS TRAVEL

If you want to go running worldwide, here you will be able to exchange your house with other stranger runners so that you can save money. Go and meet other people with the same hobby as you.



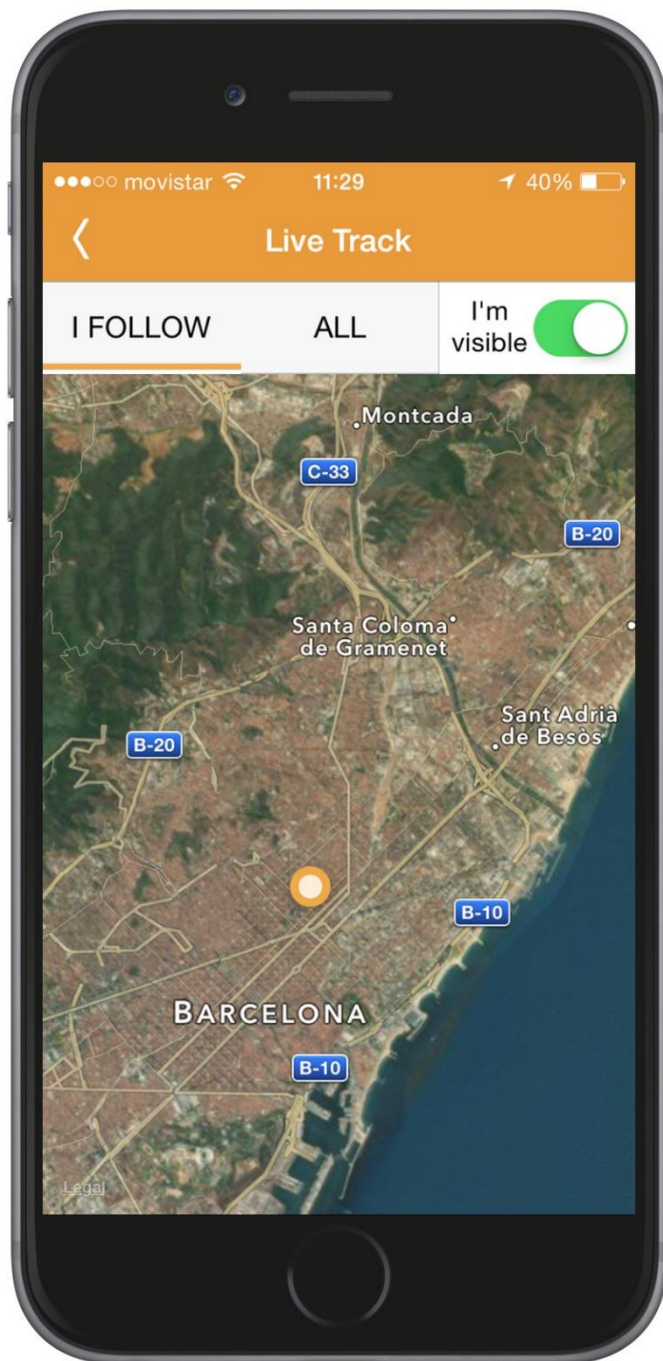




## 8.5 LIVE TRACK

If you wish to know where your mates, friends or family are running, Live Track is the best tool to know where they are.

If you do not want to be visible when you are running for other users, disable this option before you go running.

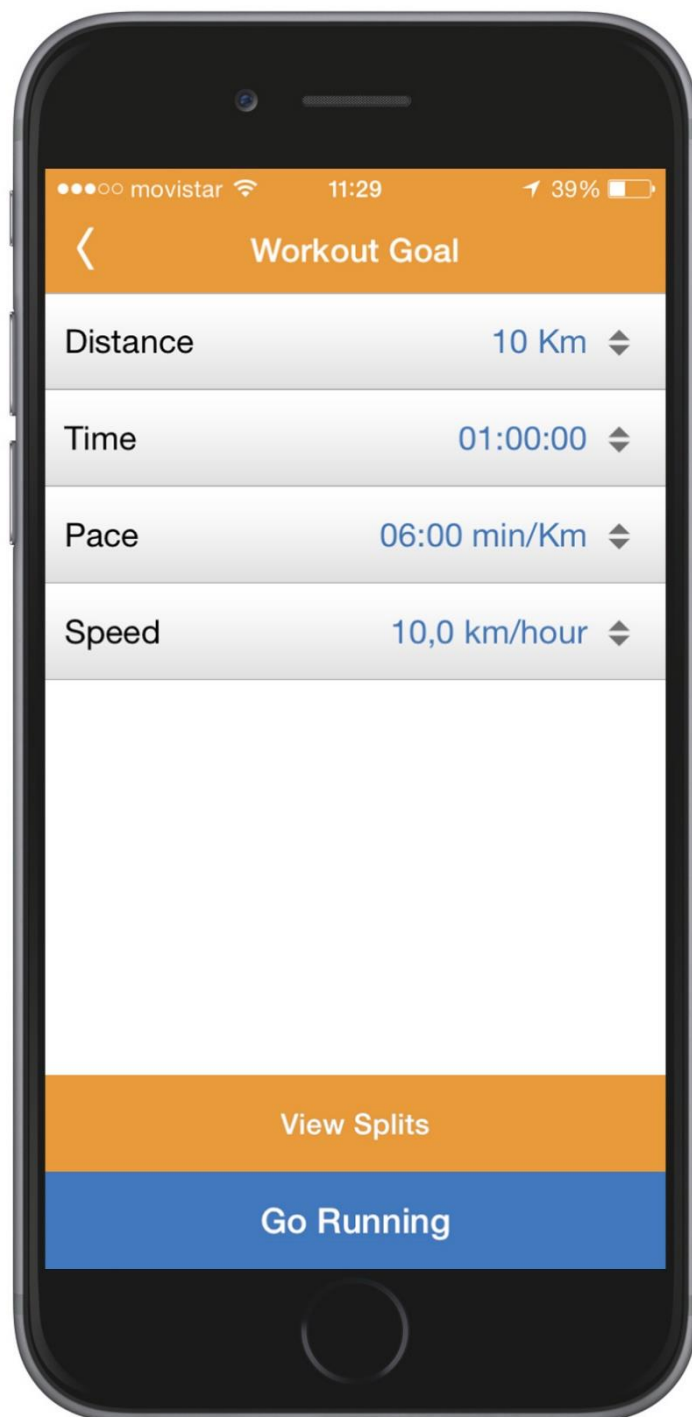






## 8.6 WORKOUT GOAL

If you are seeking for a goal when you are training, this is your best option. With this tool you will be able to insert distance, time and average pace for your next workout.



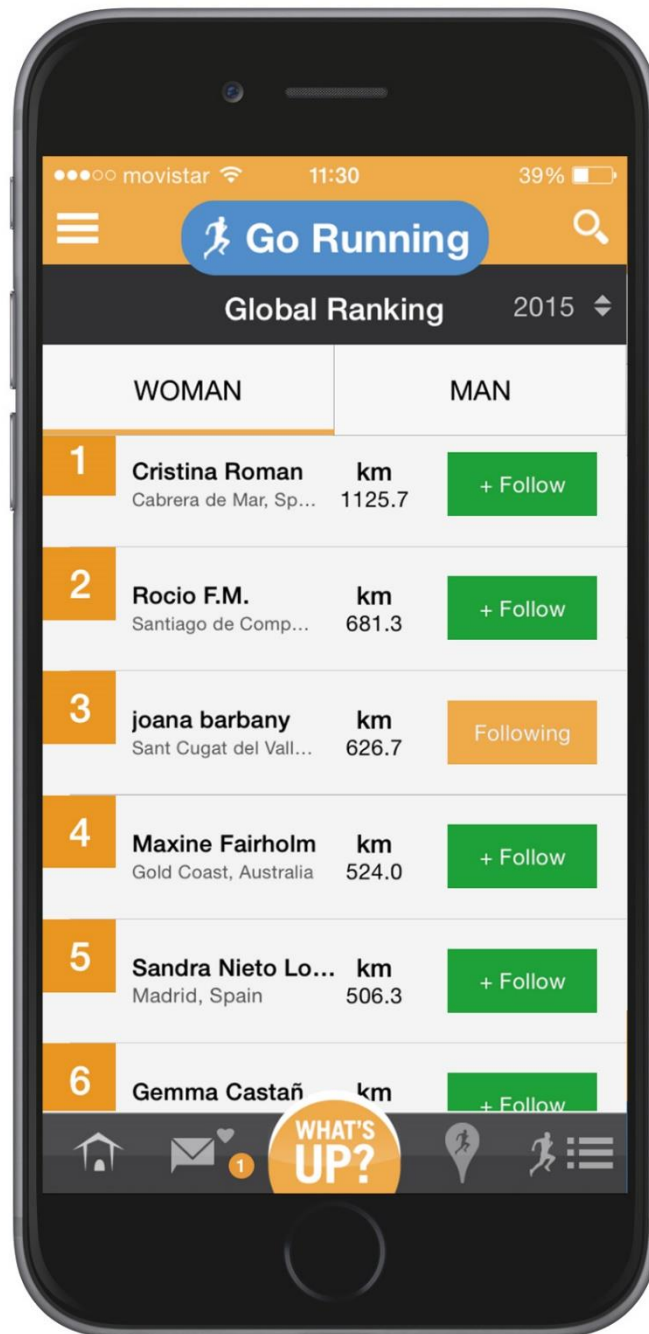


## 9 RANKINGS

### 9.1 RANKING GUIDE

To promote competition between RunnerSquare users, we have created a male and female ranking.

Not only will this include races but workouts too.





## 10 SOCIAL

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### 10.1 SOCIAL VIEW

You can find RunnerSquare friends by typing their name in the search box. After follow their profile to interact with them.

### 10.2 NAME YOUR FAVOURITE ROUTE

Name your favorite route to let other users know where you like running most.

### 10.3 TAG YOUR FRIENDS

If you have been running with a friend, tag him in your daily workout to let the RunnerSquare community know you have been with him or her.

### 10.4 TWITTER Y FACEBOOK

In RunnerSquare you are able to share your workouts in Facebook and twitter too.





## 11 WORKOUT IMPORTATION/EXPORTATION

### 11.1 FILE IMPORTATION

To import your workouts from another device to RunnerSquare, click “Workouts” and after “workout importation”.

You can upload GPX, TCX and FIT files from any other device and smaller than 10MB per workout. After follow these simple steps:

1. Add workout.
2. Import tracking.
3. Select the file you wish to import.

**Add Workout**Cancel ×

☒ Enter manually ☐ Import tracking ☐ Import historical

1 ▾

Novem ▾

20 ▾

:

16 ▾

35 ▾

51 ▾

Distance ran

☐ Miles ☒ Km

Finish time

Hours ▾

Minutes ▾

Second ▾

Type of workout

▾

Route name

Spain

▾

Barcelona

▾

Comment

Photo

Tria un fitxer

No s'ha triat cap fitxer

Cancel

Save

Save and publish



**Website:** <https://www.runnerssquare.com>

**Support:** [help@runnerssquare.com](mailto:help@runnerssquare.com)

### 11.2 IMPORT FROM POLAR Y GARMIN

To import a track from Polar, Garmin or Epson, the file have to be .tcx or .gpx. They have to contain longitude and latitude data, time and be no bigger than 10 MB.



### 11.3 IMPORT YOUR RUNNER HISTORY

This option will allow you to have your workouts up to date. You can import them from Garmin, Epson and Polar devises in zipx. Just click in Import history and let others keep updated with your old workouts.

### 11.4 IMPORT FROM OTHER APPS

Here you will be able to import your workouts from other Apps so that your followers and friends don't miss any of you training sessions. You just need to select the App you want to import from and upload it to RunnerSquare.



**Website:** <https://www.runnerssquare.com>

**Support:** [help@runnerssquare.com](mailto:help@runnerssquare.com)

## 12 INQUIRIES AND TECHNICAL SUPPORT CONTACT

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For any further inquiries and technical support e-mail us to:

**[help@runnerssquare.com](mailto:help@runnerssquare.com)**

