



**Orienteering**  
Western Australia

## INTRODUCTION TO LIVELOX

### What is Livelox?

Livelox is a service that lets you record and compare your orienteering races with family, friends and fellow competitors. You can record your route in real time using a mobile app, upload it manually from a GPS watch, or link your GPS app (eg Strava, Garmin Connect, etc.) to upload to Livelox automatically.

### Livelox at the Metro Series

Each week the Metro Series map and course will be uploaded to Livelox along with the event results and you will be able to replay your route and those of other competitors on the map, onscreen.

### How to Participate

The good news is that when you registered with Eventor to enter orienteering events, a free Livelox account was created at the same time. To open Livelox, simply log in to Eventor and click on Livelox at the top of the page. **(NB No need to create an account or log in to Livelox directly.)** A list of events will appear, select the event you wish to open, then select your class to replay your (and your competitor[s]) routes, or any highlighted class to view other runners' routes.

Alternatively, open the event page from the Eventor Event Calendar and click on the Livelox window which you will find immediately under the Results window. This will take you directly to the event page where the classes are displayed. A further option is to click on the Livelox logo (a stylized red arrow) next to the event on the Event Calendar page.

### Replaying Routes

When a class page is opened the map will appear, with the names of the runners who have posted routes on the left. If you click the Start button, all the routes will start to play, and you can compare them. To play one route at a time, deselect all the runners except the one you want to play, then click Start. You can use the scroll button to zoom in and out on the map and click and hold to move around the map. At the top of the screen, you can pause or increase/decrease the speed of the replay. Above the participants' names at top left you can select another class or another event.

### Downloading the Livelox Recorder App

If you carry your phone with you on orienteering courses, the Livelox Recorder app is available for Android and iPhone. Once downloaded to your phone it will automatically post your route to Livelox.

### Synchronizing Livelox to your GPS Web page

Livelox can be synchronized with Strava, Garmin Connect, Polar Flow and Suunto to automatically post your orienteering routes to Livelox.

To find out more about the Recorder App, synchronization and other methods to add your route, go to the [Record Routes page](#) on the Livelox website. If all else fails, you can even draw your route manually using the mouse!