



Use of the GL300 Tracker

These trackers have proved to be a great tool for tracking people in the outdoors, but there are a few tips that are worth noting before you set off.

- If we have sent you the tracker it is fully charged and will be switched off
- To switch on the tracker firmly press the button on bottom of the tracker ONCE. When on the green light will flash slowly.
- You can check the battery by switching on the tracker and using the link we will have sent you clicking on your team.
- Always switch on your tracker about 1hr before you start your challenge. This needs to be outdoors with a clear view of the southern sky. Don't leave it till just before – it needs a few mins to lock on to the satellite (cold start), and an update will not be sent until it has.
- Check it is working, ideally phone someone with an internet connection or use a smartphone. The icon will appear on the map.
- We will supply the tracker in a waterproof bag. The tracker is not WATERPROOF, please don't carry the tracker without it being in this waterproof bag – many have been damaged over the years.
- How to carry the tracker
 - If on a bike, either on the shoulder strap of a backpack or taped on the stem towards the front. Places where it doesn't work so well – on waist strap (body shielding GPS signal) or under seat.
 - Running. The best place we have found is taping the tracker to a shoulder strap of a backpack so it is on top of the shoulder get's the best unhindered signal.
 - Many runners prefer a fanny pack, that's OK – better if round the back of the runner – otherwise GPS signal shielded when going up steep hills. Also once or twice some pacers have put it in a bum bag and then put a backpack on over the top.
 - If you do use a backpack or a fanny pack, the tracker needs to be stationary in the bag. Running downhill the poor tracker will be chucked around and will have a hard time – so top pockets not great unless small and full. Also putting it inside under kit, not great either.
- Unless we have communicated previously the SOS function will not be set up on the tracker. If we have then you can activate this using the large button on the front of the tracker. This should only be used in genuine emergencies and should be followed up with a phone call with the event or support team.
- If you need to charge the tracker, we will have supplied you with a USB cable – plug in the tracker to a USB supply, when the Red light stays lit it is fully charged.
- If you decide to quit your challenge please ask someone to let watchers know what has happened email / forums / FaceBook. Please don't wait until you have had 12 hrs sleep.
- You need to send the tracker(s) back to us in the post the following working day of your challenge / event. If you have one tracker, please leave it on and turn it around in the waterproof bag and put it back in the envelope supplied with no other padding around the device.



Claire Maxted

Race Number	1
Last tracked	18-May @ 20:57
Battery	41%

