



Procedure for Smartphones

1. Download the "GPX" files to your computer (links available at www.zatopekmagazine.com/tmb).
2. Send an email by attaching the "GPX" file as an attachment to your email address (linked to your "Email" or "Mail" application on your smartphone).
3. Download and install an application that can read "GPX". We recommend "Guru Maps" (<https://gurumaps.app>), available both on iOS (free version valid 5 days or pro version at 54.99 €) and on Android (free version valid 5 days or pro version at 49 €). It offers the possibility to download free maps of Belgium (or other countries) to consult them "Offline".
4. On your smartphone, return to the email you received and click on the GPX file icon.
5. **On Android**, validate, if necessary, the GPX file installation request. The route is available in the application. Repeat for each file.
6. **On iOS**, the file will open. Click on the icon at the bottom left (figure 1 next page). In the submenu, click on "Import with Galileo" (figure 2 next page). The route is available in the application. Repeat for each file.
7. To save maximum battery power, turn off Wi-Fi and 3G/4G/5G. The location should work correctly (provided that "background update" is enabled for the Galileo application, which should be set up by default - see figure 3 here after). If it doesn't work properly, try reactivating Wi-Fi and 3G/4G/5G.

Attention: we remind you that it is compulsory to have a charged mobile phone throughout the event!



Figure 1

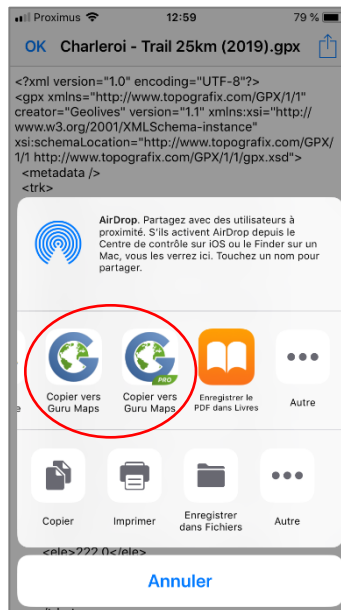


Figure 2

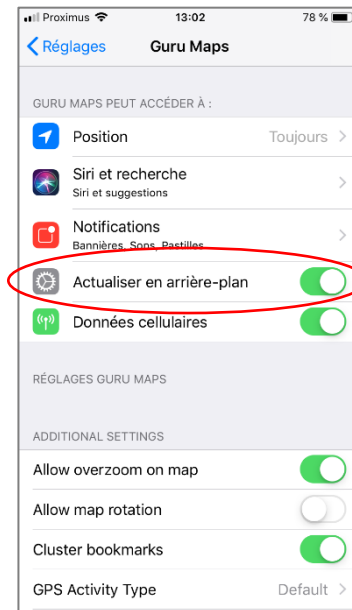


Figure 3

Procedure for Garmin GPS (5xx, 8xx, 1000)

1. Download the "GPX" file to your computer (links available at www.zatopekmagazine.com/tmb).
2. Connect the Garmin GPS to your USB computer. Once connected, it will be recognized as an external USB drive. If you have an SD card both volumes will be accessible.
3. Open the "GARMIN" volume (the volume or USB device corresponding to the internal memory of the Garmin and not the drive corresponding to the SD card) and the "GARMIN" folder of this drive.
4. Go to the "New Files" folder.
5. Copy the "GPX" files to the "New Files" folder.
6. Disconnect the GPS correctly.
7. Start the GPS. The courses are available in the "Course" section of the Garmin.

Procedure for Garmin GPS (eTrex, Oregon)

1. Download the "GPX" files to your computer (links available at www.zatopekmagazine.com/tmb).
2. Import the "GPX" files into "Garmin BaseCamp". If necessary, download the free "Garmin BaseCamp" (<https://www.garmin.com/fr-BE/shop/downloads/basecamp>).
3. Connect the Garmin GPS to your USB computer.
4. Select in "Garmin BaseCamp" the "GPX" files to transfer.
5. Click on the "File" tab then "Export".
6. Click on the name of the GPS that is displayed then select the appropriate directory.
7. Disconnect GPS correctly.
8. Start the GPS. The routes are available in the Garmin's "Track Management" section.