# TUTO

## RunningWild: Draw your route

RunningWild is a tool for theoretical o-technical training. Under time pressure you have to make exactly the same choices as in the forest: Figure out which route is the fastest, think through which attack points are the safest, and draw where you would run in an actual competition.

With the added time pressure, your brain goes through the same processes as in an actual race - and afterwards you get instant feedback by comparing and discussing with others! For some RunningWilds you can compare your route with the GPS-track of an actual elite runner or the ideal route. For all RunningWilds you have the possibility to do leg-by-leg analysis of all drawn routes - studying if you agrees with others. You need a 3DRerun user account in order to comment and discuss - but not in order to draw your route.

Have fun - and remember to concentrate and give your best!

**Your name:**      Mettre votre prénom

**Automatically rotate each leg**   ☑

**Pac-Man mode**   ☑

Note! A password is required to draw your route!

**Password:**      Mettre balise25

[ Start RunningWild ]    Cliquer pour démarrer

## RunningWild: View routes/analysis

An important part of RunningWild is comparison and analysis of drawn routes. Please draw your own route before looking at what others have chosen.

In some cases, you can only view others choices after drawing the routes yourself (password protected).