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THE APP RAP

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My Tracks

For Iphones, Ipads, Android

Price: Free

One of the great things about smart phones is that they all come equipped with GPS sensors. My Tracks is a simple, easy to use app that utilizes GPS to record and map the path you are taking. This is particularly useful for bike riders, runners, hikers, walkers, roller skaters...well you get the idea. Just hit 'Record Tracks,' and My Tracks automatically finds your location and starts recording your course. A myriad of useful statistics are continually updated on your phone, including your speed, your average speed, your maximum speed, the total distance you have traveled, and the time it took you to travel, including only the time that you were actually moving.

For hill climbers, it monitors your elevation, your elevation gain, and your maximum elevation. The trail you are designing can be viewed on your smart phone. It is really effective for exercise enthusiasts because you can save your recorded route with full statistic listings. Simply send the mapped route to Google's My Maps and log the stats at Google Docs. If you frequent the same way regularly, you will be able to watch your progress with the saved stats. Players on Lamorinda Rugby found this free app a great motivator for keeping track of their playing improvements.

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