This will only work on a OSX or Linux/UNIX.

To run the app locally, ensure that Node JS, npm, and express are installed.
Ensure that `BASE_URL` in app/eic/client/src/config.json is set to `http://localhost:3000`

Navigate to app/eic/client/ and run `npm install`
Navigate to app/eic/react-backend/ and run `npm install`

Navigate to app/ and run ./build.sh

If building fails, it may be necessary to install the express-validator npm package globally:
Run `npm install -g express-validator`

Once the build is complete, (backend server has been started)
Open a web browser and navigate to `localhost:3000`