CompuTrainer

Bicycle Training Technology for World Class Performance

Illustrated Hardware Setup

including:

How to configure and register

RacerMate one

This illustrated manual contains important information for successful initial setup of your CompuTrainer. Failure to read all pages may result in delay or damage during assembly and installation. Additional details can be found in the "Basic Hardware and Electronics, Stand-Alone User's Guide" instruction booklet on page numbers referenced in each section of this guide.

Let's get started
Reference pages 7 & 8 - Basic Manual

Open the CompuTrainer box and inspect the contents of the box making sure you have all of the parts and nothing is damaged. You should have all of the following:

- CompuTrainer Stand
- Wheel Block
- Operators Manuals and CD-ROM

The electronic components and mounting hardware are in the smaller box packaged between the stand uprights. In this box you should find the following:

- Load Generator
- Power Supply
- Handlebar Controller
- Quick Release
- DIN Cable
- USB to Stereo Adapter
- Wheel Block (for under front tire)

Parts Bag(s) containing:
- Handlebar Bracket
- Cadence Sensor & Magnet
- Stereo Cable
- 1 - M8 x 1.25 x 20mm Allen screw
- 1 - Large Washer
- 1 - 6mm Allen Wrench (for mounting the Load Generator to the stand)
- 2 - 4mm Phillips Screws (for mounting the handlebar bracket to the controller)
- 3' Velcro Roll

The CompuTrainer can be ordered with either the Magnetic or Optical Cadence Sensor as shown:

- Magnetic Cadence Sensor
- Optical Cadence Sensor - The Puck

Notify RacerMate immediately if any items are missing.

Step 1 - Assemble the Trainer Stand
Reference page 10 - Basic Manual

Attach the **Load Generator** with the cable connectors pointing forward to the **Hinge** on the **Trainer Stand** using the **M8 Allen Screw** and **Large Washer** (use the **6MM Allen Wrench** provided). You can mount the Load Generator in any position, fore or aft, in the elongated slot in the Hinge. The out-most position will increase the range of travel of the Load Generator to improve accommodating 650c or narrower 700c tires.

Adapters are available for 24" wheels. Call for more information if needed.
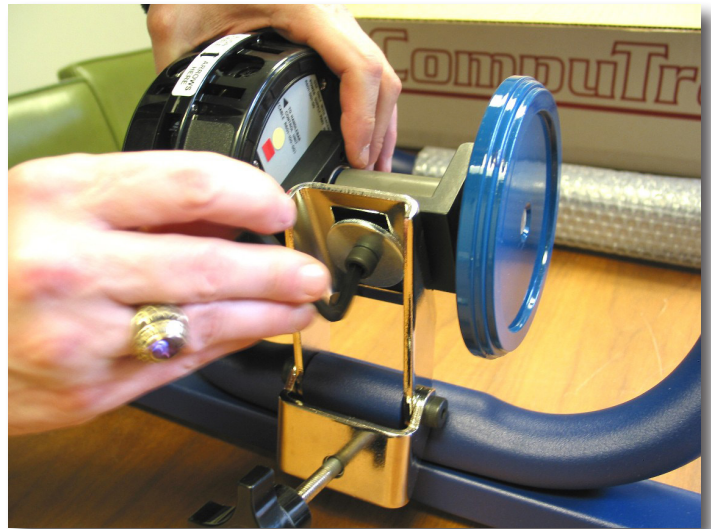
Step 2 - Replace the Rear Wheel Quick-release
Reference page 11 - Basic Manual

Locate the **Quick-Release** *(provided)* and replace the quick-release from your rear wheel. This replacement is designed to fit specifically into training stands and will provide superior support while riding on your CompuTrainer. We do not recommend using your original quick-release as damage may occur.

Here is the Quick-Release set into the stand so you can see how far, and how well, it fits the **Take-ups** of the CompuTrainer Stand. It is not necessary for the lever-end of the Quick-Release to go any further into the Take-up than what is shown.
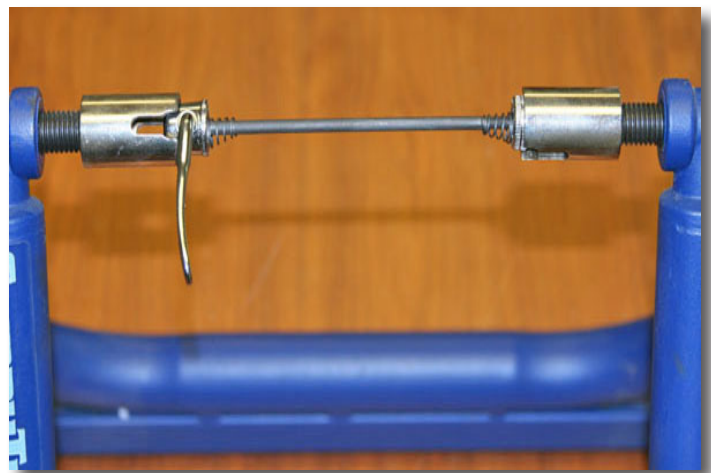
Step 3- Mounting the Stand
Reference page 11 - Basic Manual

Loosen the left and right **Adjusting Knobs** and **Lock Knobs** wide enough to allow setting the bicycle with Quick Release between **Take-Ups**. To prevent damage never allow the Take-Ups to make contact with the stand as you back them out.

Rotate the **Adjusting Knobs** as needed to capture the Quick Release and center the rear tire over the **Hard Anodized Aluminum Friction Roller**. Tighten the Adjusting Knobs until the bike is firmly held.

IMPORTANT! Do Not tighten the Adjusting Knobs any more than is needed to hold the bike. Excessive outward flexing of the stand will take a permanent set and will not flex back to the original position.

Now tighten the **Lock Knobs** on each side to firmly lock the threaded rod into place. When tightened securely, the bike will be stable enough to climb steep hills out of the saddle.

Now place the plastic **Wheel Block** (not pictured) under the front wheel.


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Step 4- Set the Initial Press-on Force
Reference pages 11 & 14 - Basic Manual

Prior to setting tire Press-On Force follow the instructions on page 11 covering critical issues like: cleaning the tire, tire inflation, tire type, and potential workloads you expect to encounter. Each of these are important to insure a tire-slip-free workout.

Turn the **Rear Adjusting Knob** located on the **Hinge** and adjust the *Press-On Force until...*
(continued below)
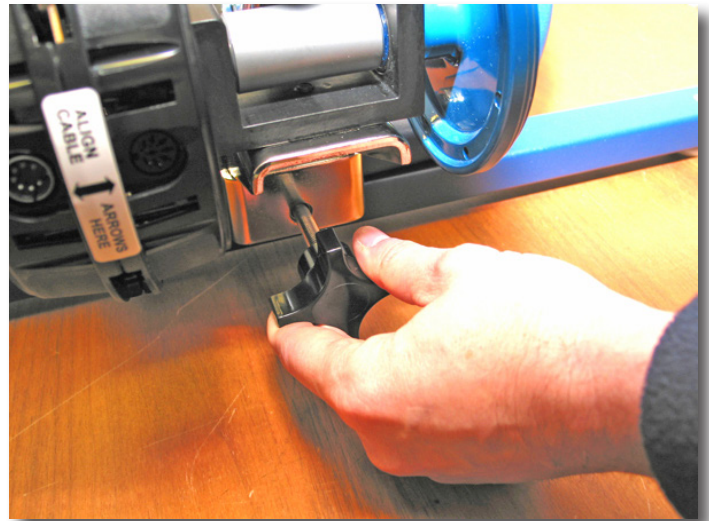
...while holding the **Flywheel** stationary with one hand and using the other hand to pull the tire across the friction roller, the tire no longer slips when reasonably strong force is applied.

Important Notice:

Setting proper Press-on Force is necessary to minimize tire slip or tire damage. You must run the Rolling Resistance Calibration Program as described on page 14 of the Basic Manual to determine an accurate Press-on Force value. We will not cover this procedure in this manual.

Check to insure the tire is running perpendicular to the friction roller. The easiest method is to rotate the tire forwards and then backwards. The contact point of the tire should stay in the same spot on the friction roller in both directions. If the tire moves left and right across the roller when rotating the tire, the **Load Generator Assembly** is twisted on the **Hinge**. Slightly loosen the **Allen Screw** and straighten the **Load Generator** assembly until the tire tracks perfectly.

Shown is the **Continental HomeTrainer Tire,** available from RacerMate**.** We *highly recommend* the use of an indoor trainer tire for the optimal indoor cycling experience.

Note: As of 2012 the Continental HomeTrainer Tire was changed to a black tire by the manufacturer.

5
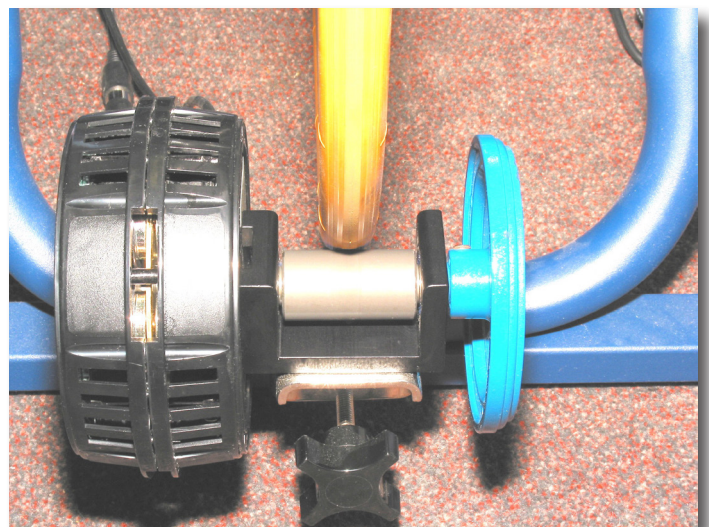
Step 5 - Attach the Handlebar Controller
Reference page 12 - Basic Manual

Using a Phillips screwdriver, fasten the **Handlebar Controller** to the **Handlebar Bracket** with the 2 screws provided.

Attach the **Handlebar Bracket** to your bicycle handlebar or to the optional Off-the-bike stand (sold separateky) by unscrewing the **Torque Knob** a few turns until the **Hook Bolt** pivots enough to allow the bracket to fit over the handlebar or off-the-bike stand.

Position the **Controller** for the best visibility and tighten the **Torque Knob**.

Single Mount

Dual Mount
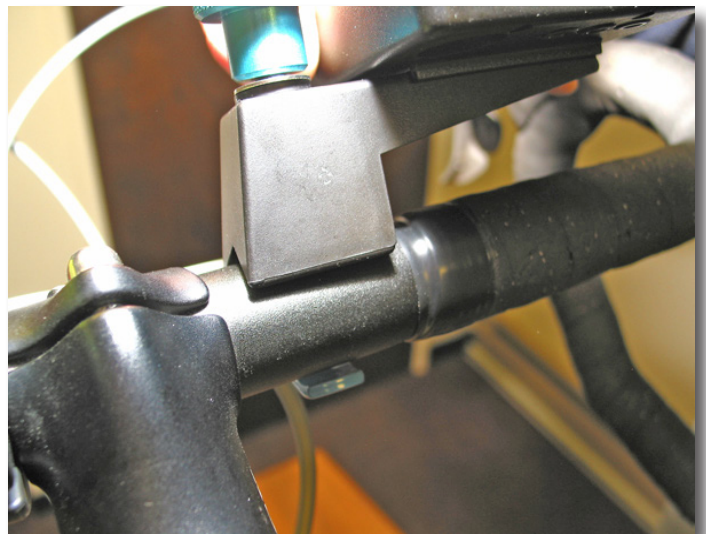
Optional Off-the-bike stand

Step 6- Connect the DIN Cable
Reference page 12 - Basic Manual

The **DIN Cable** is identical on both ends. You can plug either end into the Load Generator or the Handlebar Controller. Always align the notch to the indent of the component connector.

Connect the **DIN Cable** to the jack on the **Load Generator** nearest the tire. To prevent damage to your trainer, do not twist the connector into the jack. Instead, look carefully to make certain the alignment of the connectors are correct before pushing it in.

Connect the other end to the **Handlebar Controller**. Again, to prevent damage do not twist the connector into the plug. Instead look carefully to make certain the pin alignment is correct before pushing it in.
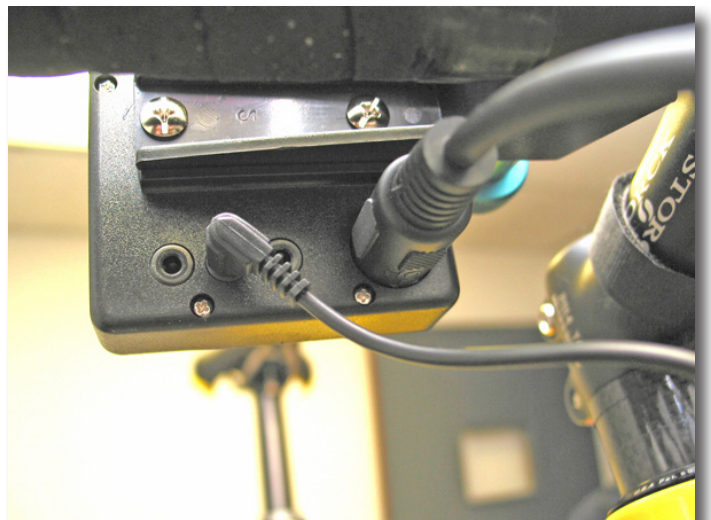
Route the cable over **Training Stand** and bicycle as shown in the following pictures.

Zoom in as needed to see a close-up view. This is a recommended cable routing and other routes can be taken as long as you avoid components of the bike that can damage the cable.

Secure the **DIN Cable** with **Velcro** strips, cutting off enough Velcro from the roll as needed to wrap the bicycle frame tubing and the DIN Cable. Route the cable up the seat stay and along the top tube.
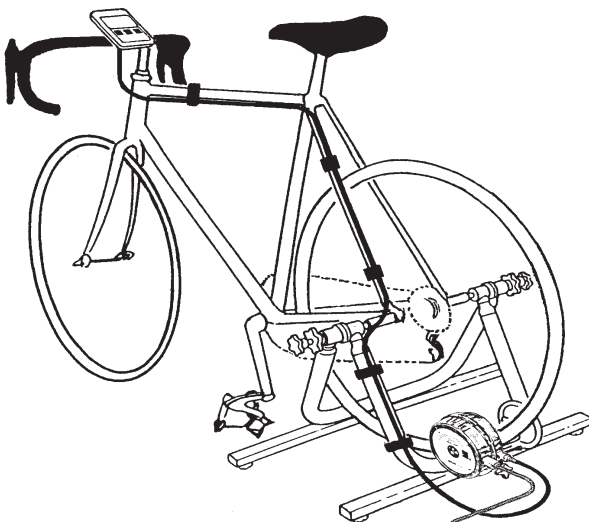
Step 7- Connect the Power Supply Cable
Reference page 13 - Basic Manual

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┌─────────────────────────────────────┐
│         Important Notice:            │
│   Make sure the power cord is NOT    │
│  plugged into the wall outlet at this time. │
└─────────────────────────────────────┘
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Connect the **Output Cord** of the **Power Supply** into the short cable on **the Load Generator**.

Note: For those with older Load Generators, you may have this Power Supply cable plugging directly into the Load Generator.

Depending on which side of the CompuTrainer the power outlet is, you may need to route the output cable along the base of the stand under the rear tire. Velcro the cable as needed to keep the cable away from the tire.

Step 8- Attach the Cadence Sensor
Reference page 13 - Basic Manual

Mount the **Magnet** to the left crank arm by placing it on the inside of crank with the O-ring hanging down.

Pull the O-ring around the outside of the crank arm and insert it into groove on the top of the magnet.

The O-Ring wraps around the outside face, or pedal side, of the crank-arm.

Maximum clearance of the Magnet and Cadence Sensor (once installed) should be 1/8" - 3/16" (~ 3 to 4mm). Be sure the Magnet does not collide with any part of the bicycle.

Position the magnet a little fore or aft of the center-line of the Cadence Sensor (as shown).

Note: Replacement Cadence Magnets can be found at most bike shops.

If you received the new (optional) Cadence Puck, please refer to the instruction supplied with it.
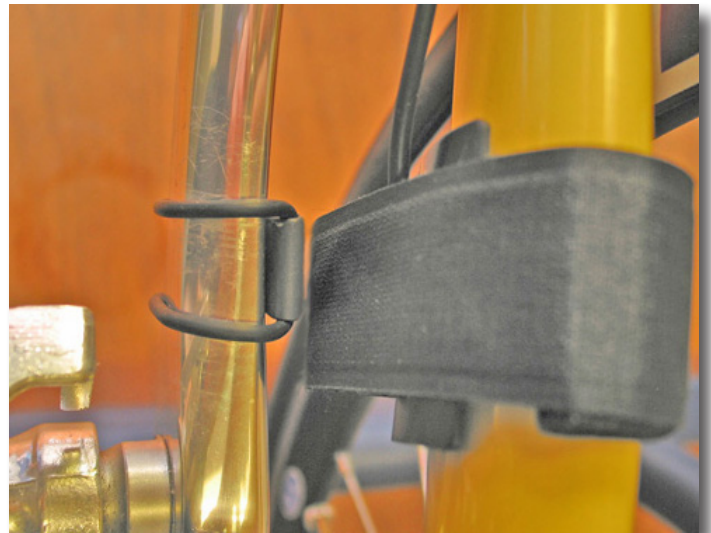
Cadence Sensor placement directly affects the accuracy of the *SpinScan Pedal Stroke Analyzer and the 3D-rider leg movement.*

Attach the **Cadence Sensor** to the left side *chain stay* nearest to the position where the end of the crank arm will pass. If you have other pre-existing cadence sensors installed, it may be necessary to move or remove them to allow proper placement of the CompuTrainer Cadence Sensor.
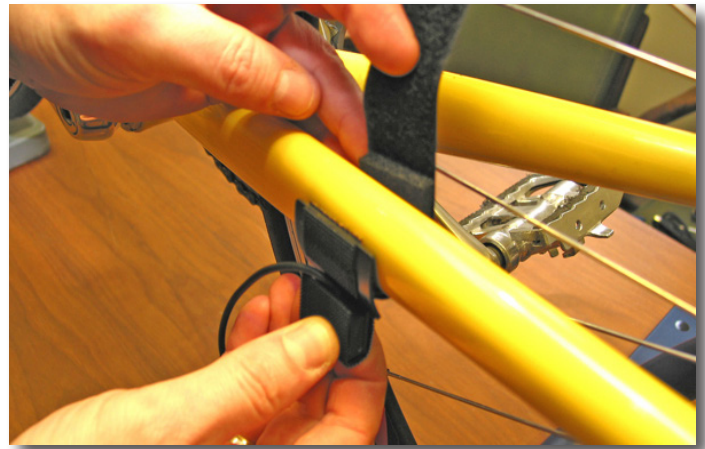
Remove the foam pad, which is attached to the Velcro strap and reattach it so that it rests on the top of the chain stay (as shown in the following picture).

With the foam pad placed correctly at the intersection between the Velcro strap and the top of the chain stay, wrap the Velcro around the outside of the cadence sensor so that it goes around and under the cadence assembly. Trim the Velcro to keep it from hitting the spokes (as shown in the following picture).

Important Notice:
It may be necessary to move **Cadence Sensor** slightly fore or aft or closer to the magnet until an RPM signal is received on the **Handlebar Controller**. If the Magnet passes the exact center of the Cadence Sensor, it may not produce a signal.

Using the Two-sided Velcro, cut pieces of the lengths needed to wrap the various tubes of your bike. Secure the cable(s) to the bike frame using these Velcro strips.

Do **NOT** wrap bare shifter cables or brake cables.

Route the cadence sensor cable along the chain stay and up the down tube and plug the cable into the RPM (middle) jack in the handlebar controller.


Wrap the excess cable with a strip of Velcro.

Step 9- Plug in your CompuTrainer

After all other steps are completed, plug the power supply into a standard household power outlet. Your CompuTrainer is now ready to turn on, calibrate and use in Stand-Alone Mode or connect to your external computer.

The Rolling Resistance Calibration mode appears automatically when the trainer is first turned on. This is thoroughly described in the Basic Hardware and Electronics manual and the RacerMate One Help system. Run the Rolling Resistance Calibration program prior to using your CompuTrainer to prevent slip and ensure accurate resistance.
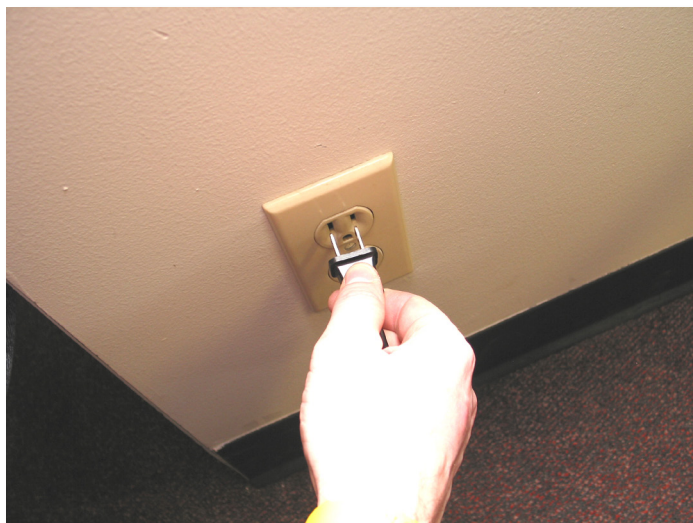

Step 10- Attach the Wireless HR Sensor
Reference pages 13 & 14 - Basic Manual

Plug the **Polar™ Wireless HR Receiver** into the **Pulse Jack** on the Handlebar Controller. A small heart symbol will appear on the right-bottom corner of the display.

Put on your Polar™ chest strap according to the manufacturers instructions.

The Receiver has about a 3' reception radius and should be positioned somewhere on the bike beneath your chest. Use Velcro tape (supplied) to hold the Polar™ Receiver in the place you find effective.

To activate your heart rate monitoring system you must hold the receiver within 12" of your chest strap. You should see a light begin to flash in the red-section of the extension cable as soon as the receiver picks up your heart rate. When a solid Heart Rate is displayed the receiver switches to the longer (36") range and you can now move the Polar ™ Receiver to the spot you chose to place the Velcro pad.

RPM Jack
Pulse Jack
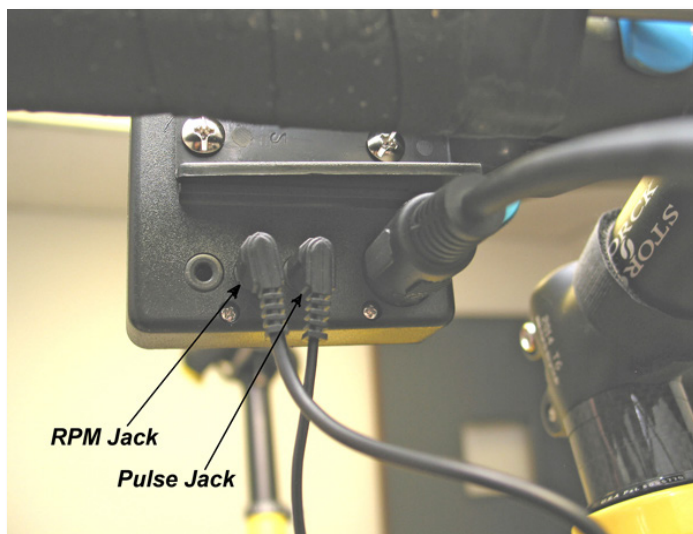
Things to note:

- The Polar wireless HR Receiver may be sensitive to your surroundings. Do not set up your trainer too close to your electrical panel or other wireless devices.
- If you are using a wireless cadence sensor, you will need to remove this when using the trainer.
- Always use the extension cable (supplied). The Handlebar Controller (internal) processor can interfere with the Polar receiver if it gets too close. Avoid getting closer than 6" from the Handlebar Controller.
- Use a coded or non-coded Polar™ chest strap (except for W.I.N.D-based straps).
- We've found the stem of the bike to be the best location to place the Polar receiver, but you may find moving it around is necessary to get the best and strongest signal.
- The Extension cable has a diagnostic LED to show a signal is being received. If this never flashes, contact technical support for service instructions.
- If the signal gets dropped for any reason the unit will return to "search mode" and will reduce its range to the 12" zone again. Just move the Receiver to within 12" of your chest again and it will search for the signal.

Software Setup - Determining whether your computer meets Minimum System Requirements

! WARNING !

Before you begin the software installation, you must make sure that your computer meets the minimum requirements. DO NOT install the software on a computer that does not meet every minimum of the below specification. You can use the diagnostic instructions below to verify your computers specification.

You are given two registrations of the RacerMate One software per user, as noted in the license agreement. A new licence purchase may be required for any subsequent (more that two) registration attempts.

RacerMate One
Minimum System Requirements
• Processor: Intel Pentium 4 (or equivalent) and higher. Dual and Quad-core processors preferred.
• System Memory: 1 gigabyte (GB) on XP, 2GB on Vista, 4GB on Win7
• Operating System: Windows™ XP/Vista/Win7
• Data Communication: 1 USB Port per trainer.
• Video Display Device: DirectX version 9 compatible video card with 256MB dedicated Display memory or higher - minimum. Note: Running 3D Cycling with more than one pacer may require more video RAM. An optimal system will have 512MB or higher dedicated video memory.
• CD-ROM drive: needed for application software installation purposes only
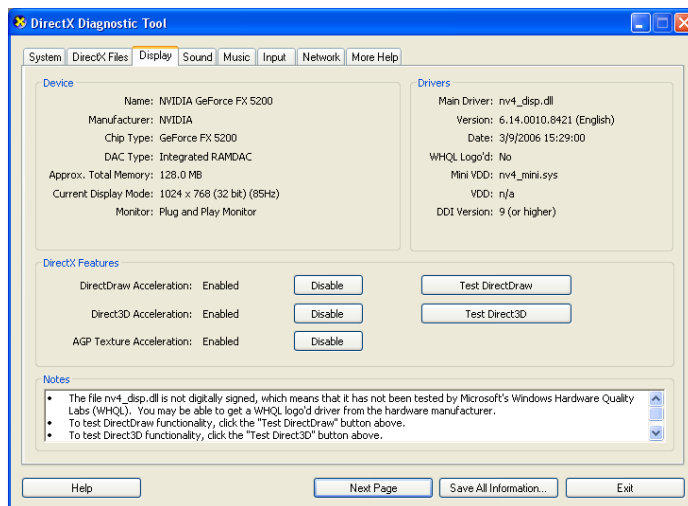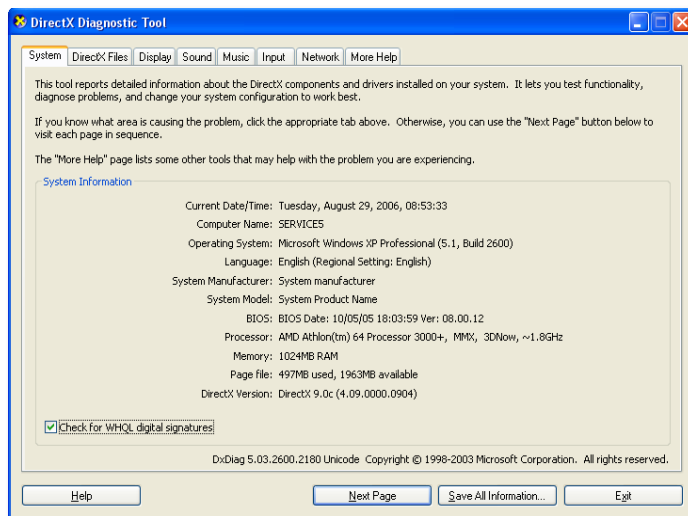• DVD-ROM drive: needed for Interactive Real Course Video installation, when installed **separately.**

DirectX Diagnostic Screens

Running a Diagnostic Check on your computer

Step 1: • On Windows XP select Start, then click on Run. Type DXDIAG and then click OK to launch the app.
• On Windows Vista (if you don't see Run) right-click the Taskbar, choose Properties, then the Start Menu tab. select Classic Start Menu. This will modify the start menu and give you the Run command. Then follow the XP instructions.
• On Windows 7, select the Start button and type DXDIAG in the search box to search for dxdiag.exe and double-click it to launch the app.
Note: If the application asks you to check for WHQL certified drivers, skip this check.

Step 2: With the diagnostics application running, click on Save all information to create a diagnostic report.

Step 3: Compare the contents of this diagnostic report to our minimum system requirements, shown above.

Note: We have included the Legacy software applications on the installation disc of the RacerMate One software to allow you to use that software should your computer not be currently capable of running RacerMate One.

Software Setup - Installing the Software

To Install RacerMate One Software:
1. Start Windows (if not already running).
2. Close all Windows programs to prevent possible problems.
3. Insert the RacerMate One Software CD. An Install Menu screen appears.
4. Click Install RacerMate One Software.
5. The software will install the software after a brief "decompressing period" as the software extracts what is need for installation. Please be sure to allow whatever time is needed.
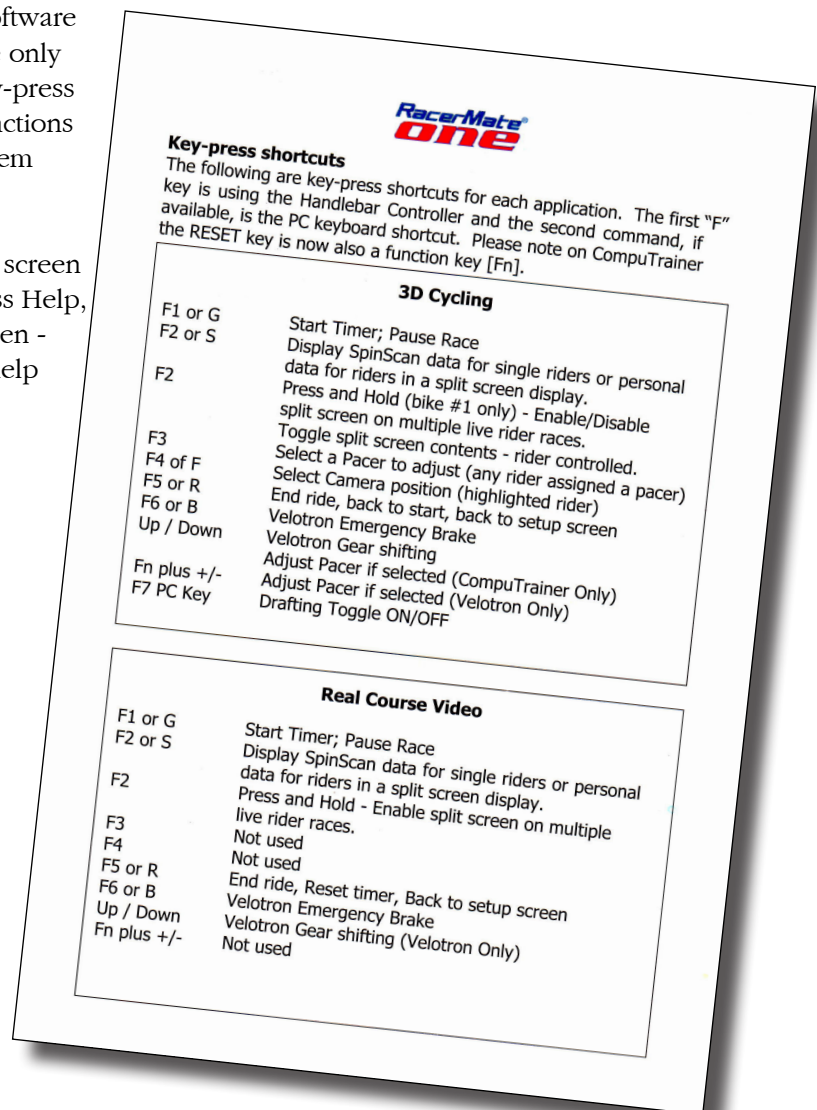
To install other software or drivers:
At the end of the installation for RacerMate One install the driver for the FTDI USB Adapter, Microsoft C++ redistributable and .NET software updates.   The Performance Improvement software is optional..

RacerMate One Help and Manuals
After installing and running the RacerMate One software you can use the built-in Help system, which is the only manual for the software. We have included a Key-press shortcuts card with your software to help with functions used while riding. You can't access the Help system during a ride.

The help system is page-sensitive, so any page or screen you are looking at within the software, if you press Help, you will be taken to the manual page for that screen - or you can use the menu on the left-hand of the help system to browse any page of the Help.

RacerMate One General Release

RacerMate One
General Release

Install RacerMate One Software
Install 20-Week Performance Improvement Guarantee
Install FTDI USB-to-Serial driver

Install Legacy Software (ONLY if needed)

- Readme -   - Exit -

RacerMate one

Key-press shortcuts
The following are key-press shortcuts for each application. The first "F" key is using the Handlebar Controller and the second command, if available, is the PC keyboard shortcut. Please note on CompuTrainer the RESET key is now also a function key [Fn].

3D Cycling

F1 or G	Start Timer; Pause Race
F2 or S	Display SpinScan data for single riders or personal data for riders in a split screen display.
F2	Press and Hold (bike #1 only) - Enable/Disable split screen on multiple live rider races.
	Toggle split screen contents - rider controlled.
F3	Select a Pacer to adjust (any rider assigned a pacer)
F4 of F	Select Camera position (highlighted rider)
F5 or R	End ride, back to start, back to setup screen
F6 or B	Velotron Emergency Brake
Up / Down	Velotron Gear shifting
	Adjust Pacer if selected (CompuTrainer Only)
Fn plus +/-	Adjust Pacer if selected (Velotron Only)
F7 PC Key	Drafting Toggle ON/OFF

Real Course Video

F1 or G	Start Timer; Pause Race
F2 or S	Display SpinScan data for single riders or personal data for riders in a split screen display.
F2	Press and Hold - Enable split screen on multiple live rider races.
F3	Not used
F4	Not used
F5 or R	End ride, Reset timer, Back to setup screen
F6 or B	Velotron Emergency Brake
Up / Down	Velotron Gear shifting (Velotron Only)
Fn plus +/-	Not used

Key-press card supplied with software package

Connect the USB Adapter

Please Note: You should have by now installed the driver for the USB Adapter. It is preferable to do this BEFORE connecting the adapter to the computer. If you have not installed the driver, or are unsure, please insert the RacerMate One installation CD and select Install FTDI USB-to-Serial Driver.

Universal USB Symbol

Important Notice:

You will most likely see three connectors on your computer that are pink, green and blue in color. Even though our Stereo Communication Cable will plug directly into each of these, <u>DO NOT</u> use these connectors as they are for audio devices only and will not work with the CompuTrainer.

Though we no longer use a serial port, one is pictured. The **Stereo Communication Cable** must be plugged into the USB Adapter (1/8" stereo jack) and not a speaker connector.

Serial Port
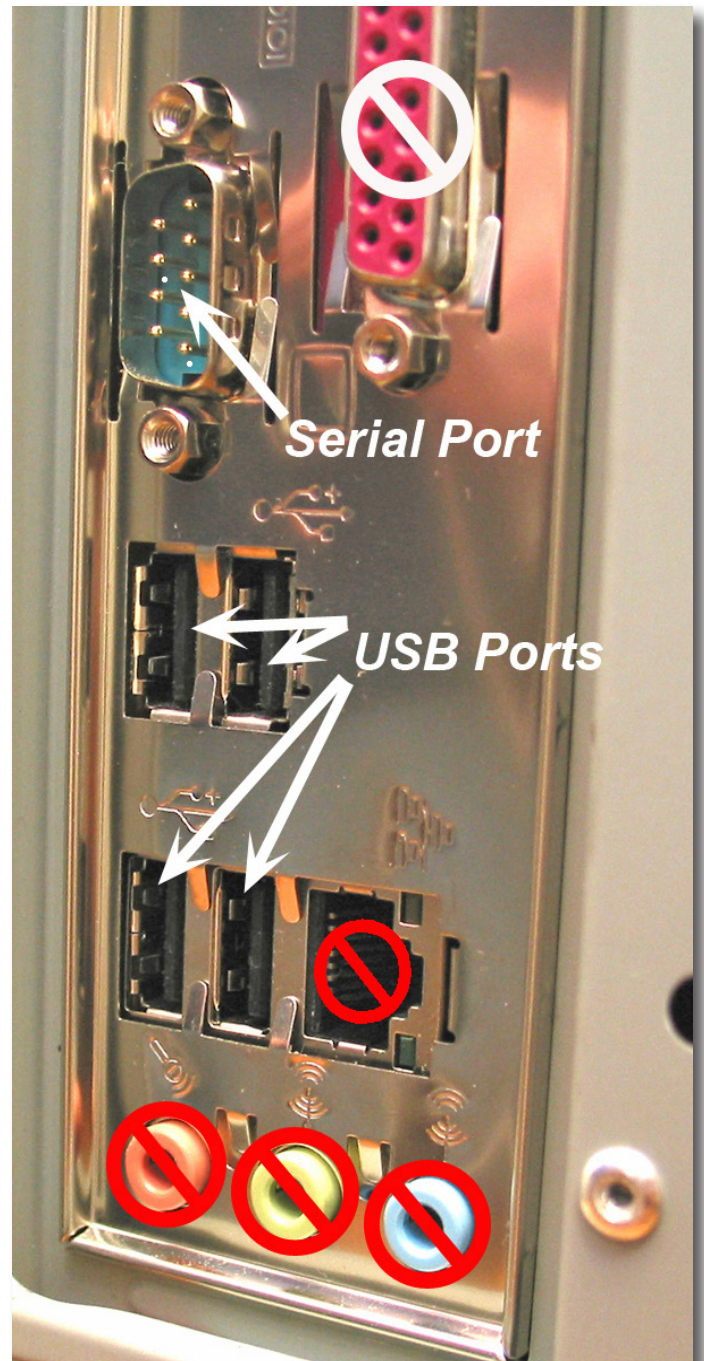
USB Ports

Connect the USB to Stereo Cable adapter to an available USB port.

If you DO NOT have any free USB Ports, you can add a USB hub to add more USB ports. If you do not have a USB port on the computer at all, your computer may not meet minimum system requirements. Be sure to check these requirements before proceeding.

Please Note: Previous versions of CompuTrainer contained a 9-pin Serial Port adapter and any references to this item in other manuals or on-line documentation is appended by the current use of the USB-to-Stereo adapter.
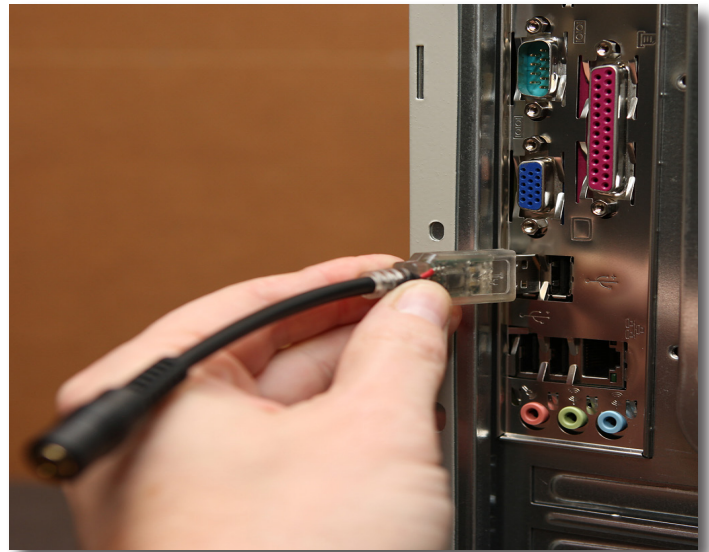
**Connect the Stereo Communication Cable between the USB to Stereo adapter & the Handlebar controller.**

Plug one end of the *Stereo Cable* into the jack on the **USB to Stereo Adapter** and...

...Plug the other end of **Stereo Cable** into the **Handlebar Controller - EXT. PC** jack.

Congratulations, your CompuTrainer Hardware and Software is now installed, setup, and ready to use. If you have not done so, turn on your CompuTrainer using the power switch on the Load Generator. The red LED will indicate power is on to the CompuTrainer.

Important: Before launching your RacerMate One Software for the first time, make sure you have turned on the CompuTrainer first. This will allow the Auto-detection routine built into the software to communicate with the CompuTrainer hardware and set up the correct communication ports.

EXT
PC
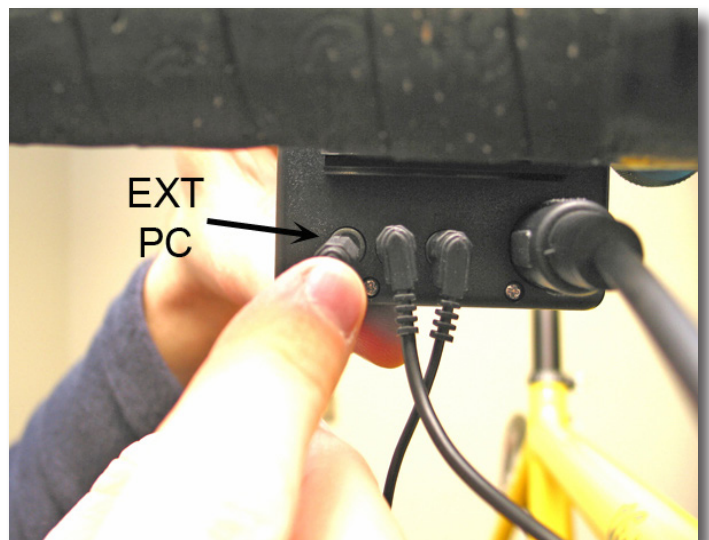
Launching the RacerMate One for the First Time

RacerMate One Registration and Activation

Registering activates RacerMate One. This is performed using an Internet-based user account system to help minimize the need for RacerMate intervention in the registering process.

RacerMate One Compatibility Test

Skip the registration process on the first run. DO NOT REGISTER your copy of RacerMate One without first running it in 3D Cycling mode first to test performance. See the RacerMate One Software Help system for 3D Cycling for these instructions.

Your Registration Key

Do NOT lose your registration key, as we cannot provide a free replacement. Make a copy, if needed.

Direct versus Remote registration

You may be using your trainer on a computer with no Internet access. Because of this we have allowed for two ways of registering your software. One is from the computer the software is installed on - if the computer does have Internet access. The other way is registering remotely using a different computer. Both procedures are found listed below. But in either case, you will need an account on the RacerMate server to track your registration attempts to allow you to reregister again, if the need arises. We will address both scenarios in the registration processes shown below.

Registration Instructions -
Computer connected to the Internet

1. Install RacerMate One.
2. Launch RacerMate One. The software will attempt to detect the Internet. If it can, you will be presented with the screen shown to the right.

New Account

1. Enter your First and Last name.
2. From the software disc sleeve, type the CD Key found printed on the label.
3. Enter the remaining account information (Email twice and Password twice) for future use.
4. Note: This is the information needed to access the RacerMate server for future purchases or registration attempts. Remember this information!
5. Click "Register now."
6. If everything is valid - you will see a confirmation of registration thanking you for registering

! WARNING !

You are allowed to register RacerMate One on two computers ONLY using the registration key supplied with the software. PLEASE verify whether the computer meets minimum system requirements (see page 14 of this document) before installing and registering the software. If you think you are OK, you need to install and then run the 3D Cycling software in Demo Mode (see the Help menu for 3D Cycling for these instructions on Demo Mode) BEFORE you register. Do not waste one of your two registrations if the computer doesn't run the software correctly. Failure to heed this may cause you to incur the cost for a new registration key.

Creating a new account - Internet connected

Registration Instructions -
Computer connected to the Internet - *continued*

Existing Account

This would apply only if you registered the software before on another computer and are needing to reregister it again on a new computer.

If you already have an account on the server, enter the CD key found printed on the software disc sleeve. Enter your account information Email and password. Click Register now.

If everything is valid - you will see a confirmation of registration thanking you for registering.

Login to an existing account - Internet connected

Registration Instructions -
Remote Internet computer

Doing a manual registration requires providing a hardware ID to the registration server. This ID is found only on the manual registration page, as shown above.

1. Install RacerMate One.
2. Launch RacerMate One. The software will attempt to detect the Internet. If it can't, you will be presented with the screen shown above.
3. Write down the Hardware ID number (Step #1 of the software screen - "Write down this number")
4. Take the Hardware ID number and the CD Key to a computer connected to the Internet
5. Go to: http://www.racermateinc.com/register (redirect made to http://store.racermateinc.com/store/registration.php)
6. If you have an account (if you registered RM1 before) sign in and enter the Hardware ID followed by the CD Key.
7. If you do not have an account, you will be able to create one and register on this registration web page at the same time.
8. Press Submit after entering your registration information to receive your Keycode.
9. Return to the computer you want to register the software and enter the CD Key and the Keycode received from the registration site.
10. Press Register now to apply the registration.
11. If everything is valid - you will see a confirmation of registration thanking you for registering.


Manual Registration

Note: If errors occur while registering, they may be due to invalid information being entered. Always recheck your information. If errors do occur, please contact the RacerMate service department and let them know what the error is.

The First Use Wizard step
Hardware detection

The First Use Wizard was designed for the home user who might have one or two trainers only. Users with more than this many trainers are considered a professional client and will be directed to the location where they can setup their hardware - skipping the remaining part of the First-use wizard. The First Use wizard will only happen on the first use of the software.

- "Hardware" consists of a USB adapter and/or corresponding port address, and the trainer plugged into it.
- The trainer must be turned on and plugged into the computer to be detected.
- When found, the trainer and the port addressed to it will be stored in a database and subsequent runs of the software will only check for this previously detected hardware. This will speed-up the software launch process on a daily basis and minimize the number of users who miss the importance of setting up the correct port for the trainer. It will now be automatic.
- If new hardware is added at a later date the daily check will not look for it, but there is a provision in the Hardware tab to search for this newly installed hardware - whether it be USB adapter or trainer.
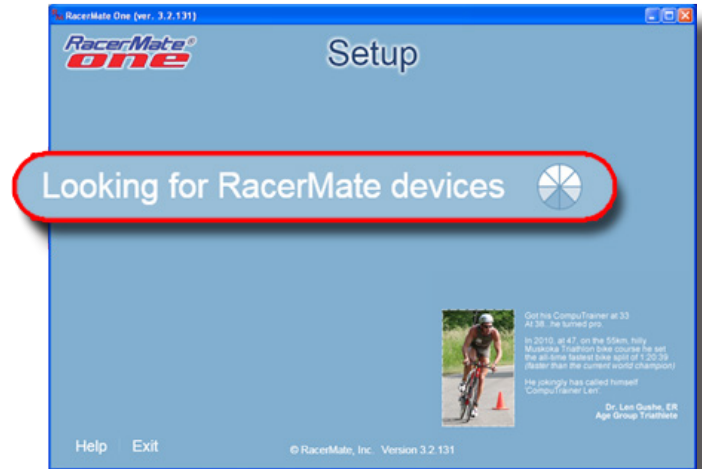
Can't Find Hardware Message

- Continue without hardware: If you are running the software without your trainer connected, this is the message you will see. You can press the Continue without hardware button to enter the software and play with settings, courses, or run some of the software applications in demo mode. If you think your hardware is connected and you are receiving this message, you should first check your connections and click Retry.
- Rescan all hardware: If you plugged your USB into another port, or replaced it, the communication port address may change. You will need to press this button to search for any newly installed hardware.
- Retry: If you discovered a cable was unplugged or the trainer was turned off when you started the software, you can press this button to refresh the connections.

Note: If a cable was unplugged or the trainer was turned off when the software launched, you can press Continue without hardware, load the race screen of any application, and then plug in the cable or turn on the hardware and if the port address was set correctly, it will begin communicating.

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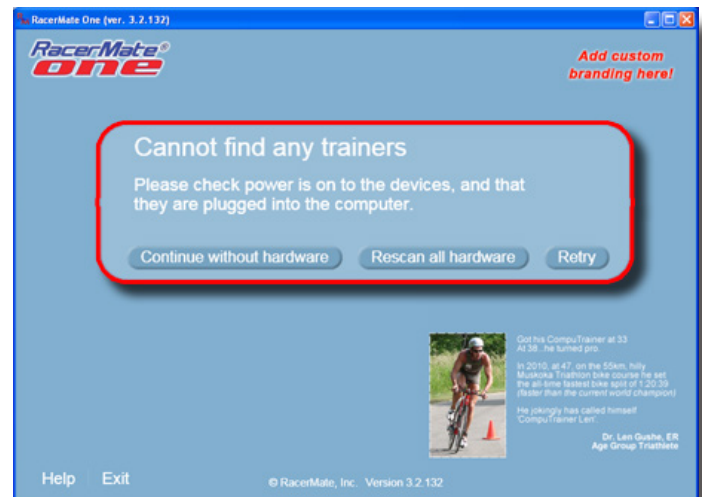
User Type

Depending upon the number of trainers found when launching the software, you may be asked what type of user you are. If more than two trainers are found during the search you will be sent directly to the Hardware Options tab to allow you to setup the hardware manually.

Two CompuTrainers and Auto-Detection

If you are a home user it will ask you to enter at least one user to get you started.

- You can setup as many riders as you choose with this method, but this is a basic setup intended to provide just enough information to get you riding on the bike with no failures. You are encouraged to complete your rider data entry in the Riders tab within Options to improve the function of other RacerMate functions.
- If you own a Gym or race studio, you will first be eventually asked whether you want to upload an existing riders.csv from an existing MultiRider application. This tool will become available when the Classic MultiRider applications are completed and part of RacerMate One. For now you will then be taken directly to the Hardware setup options page where you can setup all the hardware as they are placed in your studio.

Create Your Riders

The entire reason for a "first-use" tool is to get you riding as quickly as possible. The first-use rider setup allows you to add a few riders into the database and do the starting Calibration routine. Some features use more information about you than we ask for in the First-run wizard.

Note: Be sure to complete your user profile from the Riders tab within the Options selection.

When finished with the Rider Setup, click **Continue** to exit to the Calibration screen.
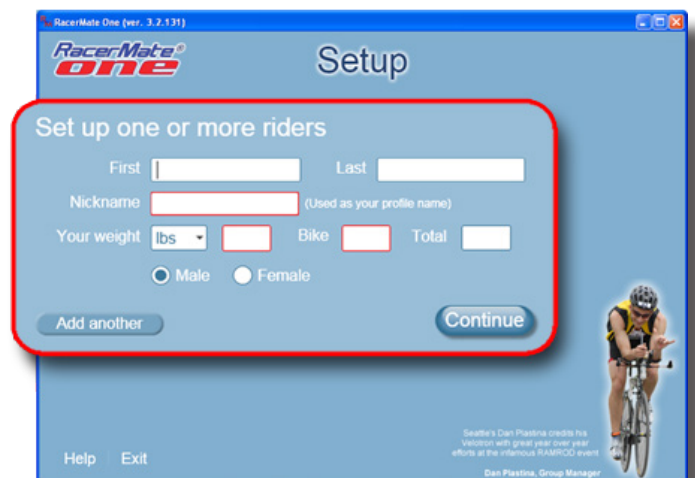
Calibrate your CompuTrainer?

When you are done adding riders, you will be asked if you want to calibrate your CompuTrainer.
It is advised to calibrate on first-use.

If you answer yes to the question it will take you to the correct application based upon the hardware found.

If you answer no to the request to calibrate, it will take you directly to the Application Launchpad.

Daily calibration checks

After the "First-use" of the software, like Hardware detection, you will still be asked to calibrate a CompuTrainer every time you launch RacerMate One. As indicated above, click Yes to be taken to the Calibrate CompuTrainer screen.

Skip daily calibration check requests

Calibration can be accessed many ways. You may prefer to calibrate your trainer before launching the software using Stand-Alone mode; or you may prefer to do it from the Hardware tab, or you may prefer to do it in the middle of a real ride using the in-ride calibration. However you choose to do it, you can check the option "Do not ask me this again" and this screen will be skipped and the software will take you directly to the Launchpad.

You can turn on daily calibration requests again within the Advanced options tab if you ever decide to

The RacerMate One Launchpad

The Application Launch pad is where you launch RacerMate One applications. From here you can go to any application created specifically for and linked to RacerMate One. The following actions are possible:

- Hover your mouse over any button for a quick description of the application.
- Click an any button to load the setup screen for that application.
- Enter Options or the Help system by clicking on those buttons on the bottom left of the screen.
- Click on Partners to load a local help page where you can find out about 3rd party applications friendly to RacerMate.
- Exit will close the application.

Note the version number of the software you are running is shown in the title-bar. Please refer to this version when calling or emailing for service.
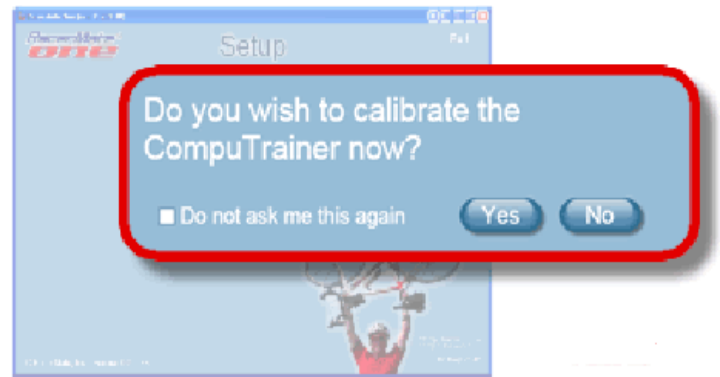
Complete your User Setup

You are now ready to begin using your trainer with RacerMate One. Though you could now select any application and ride, we only setup enough information about your rider (using First-run) to allow you to use the calibration screen. If you want to benefit from the use of all the tools of RacerMate One has, please select Options and then the Riders tab and complete the information for the rider(s) you created - or add more if you choose.

## The RacerMate One Manual is the Help system

We have concluded the scope of the Readme First instructions. You are now ready to ride using RacerMate One. RacerMate One has many applications to allow you to train and this is all explained in the Help system.

Using the RacerMate One Help system

The RacerMate One Help System is page sensitive, meaning that if you click on the Help button on any page from within the software, it will take you to the help for the page you are on. You can also look at the entire Help system once you are within the Help page you first enter.

The Help System uses your Internet browser to allow for viewing, and also has the ability to link to other pages. So if you see a link on a page within Help, you can click on it to go to that page - or right-click the link and open up a new page. Using the first method allows you to use your back-arrow (like a web page) and the latter method means you close pages you are done reading.

Regardless of how you use the Help system all the information you should need to run RacerMate One is there. Using the Help and the Handlebar Controller key-press shortcuts guide (supplied with your software), you should have no trouble navigating your new RacerMate One software and your CompuTrainer.
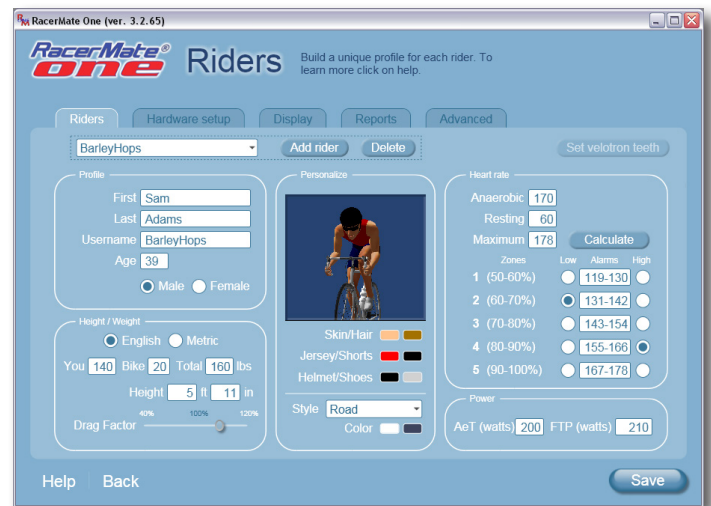
Thus ends the picture book of CompuTrainer using
RacerMate One. As updates or changes occur to the
software or hardware, this document may change to reflect
these. You will always find the latest copy of this manual at:
http://www.computrainer.com/html/user_manuals.htm

RacerMate®