CompuTrainer

Bicycle Training Technology for World Class Performance

Illustrated Hardware Setup
including:
CompuTrainer 3D and Coaching Software Quick Reference Guide

This illustrated manual follows along with the "Basic Hardware and Electronics, Stand-Alone User's Guide" as well as the "CompuTrainer 3D Software" and "Coaching Software" manuals. The page numbers referenced in this manual correspond with the page numbers of these manuals. You may find it helpful to have the manuals open to follow along with as they provide greater detail.

Updated January 2010

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

All of 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

Parts Bag(s) containing:

- Handlebar Bracket
- Cadence Sensor & Magnet
- Polar wireless HR kit w/3' extension cable
- 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

Be sure to check for any missing items and notify RacerMate immediately regarding these.

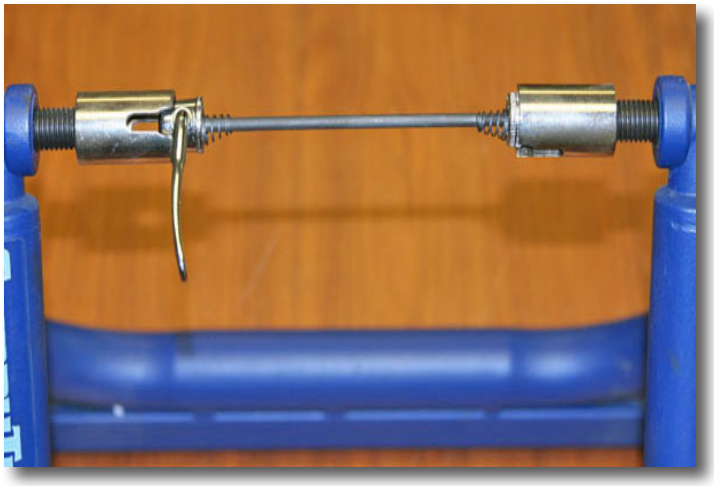
Step 1 - Assemble the Trainer Stand
Reference page 10 - Basic Manual

To begin, 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. For 650 cm wheels, the outermost position will increase the upward range of movement when turning the Rear Adjusting Knob, allowing the roller to reach the smaller size wheel. Adapters and Smaller custom-built Training Stands are available for wheels 24" wheels and smaller. Call for more information if needed.

Step 2 - Replace the Quick-release
Reference page 11 - Basic Manual

Locate the replacement **Quick-Release** *(provided)* and remove the quick-release from your bike and replace it with the one provided. This replacement is designed to fit specifically into training stands and will provide superior support while riding on your CompuTrainer.

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. Most Quick-Release levers, for instance, would interfere. It is not necessary for the lever-end of the Quick-Release to go any further into the Take-up than what is shown (so the lever falls into the slots).



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**.

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. When the stand begins to flex outwards, it is not necessary to tighten any further.

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 **Wheel Block** under the front wheel.

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

Prior to setting tire Press-On Force, be sure to follow the tips listed on page 11 in regards to cleaning the tire, tire inflation, tire type, and potential workloads you expect to encounter. Each of these are important to insure a slip-free workout.

Turn the **Rear Adjusting Knob** located on the **Hinge** and adjust the *Press-On Force until...*
(continued below)

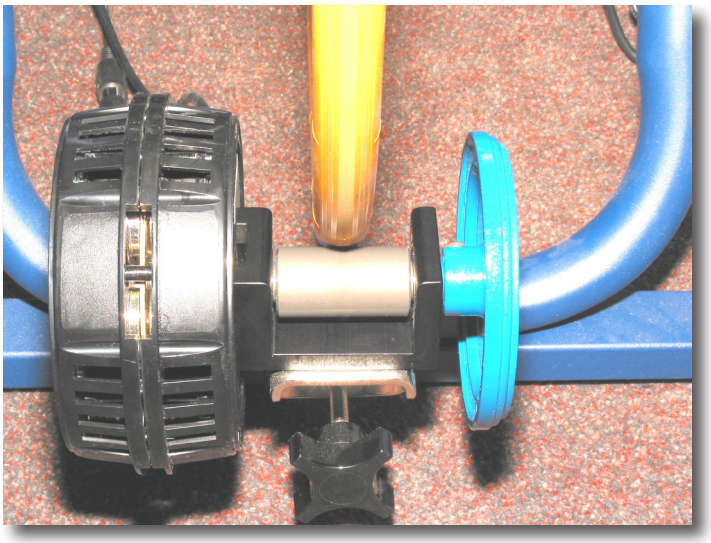
...while holding the **Flywheel** stationary with one hand and using the other hand to pull the tire across the friction roller, the tire no longer slips when reasonably strong force is applied.

Important Notice:

Setting a sufficient Press-on Force is important to reduce tire slip potential. It is equally important the you run the Rolling Resistance Calibration Program as described on page 14 of the Basic Manual to account for this Press-on Force setting. This procedure is not described in this manual.

Next, check to insure the tire is running perpendicular to the friction roller. The easiest method is to rotate the tire forwards and then backwards a foot or so. The footprint 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 it is rotated forth and back, the **Load Generator Assembly** is slightly twisted on the **Hinge**. Slightly loosen the **Allen Screw** and straighten the **Load Generator** assembly until the tire tracks perfectly.

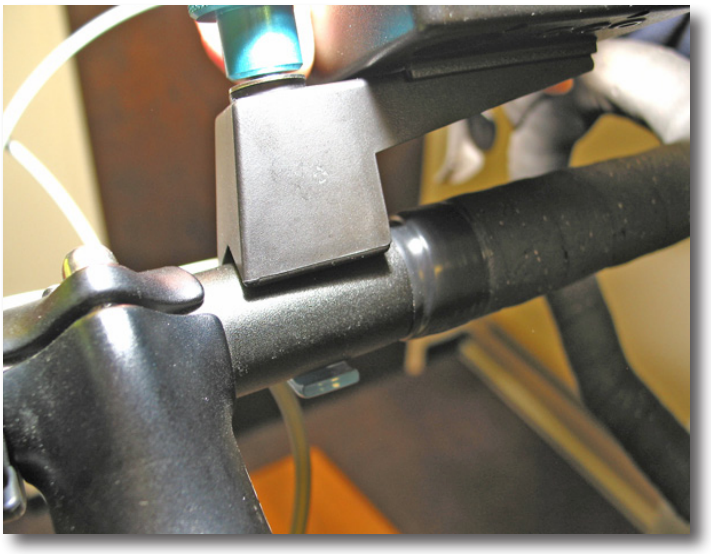
Shown is the new **Continental HomeTrainer Tire.** We *highly recommend* the use of this tire for the best enjoyment of your indoor cycling experience.



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 by unscrewing the **Torque Knob** a few turns until the **Hook Bolt** pivots enough to allow the bracket to slip over the handlebar.

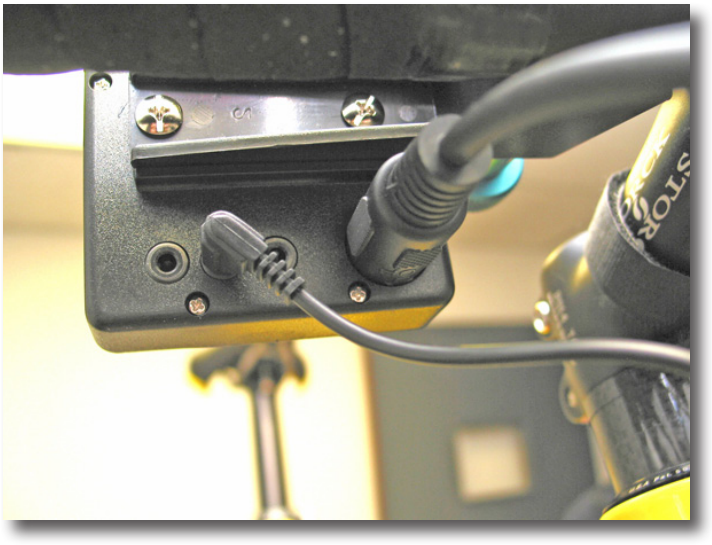


Position the **Controller** for the best visibility and tighten the **Torque Knob**.

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. Though the cable may say TOP (newer cables do not), this really only indicates the "cable notch" location, not the position of the cable relative to any component. 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.

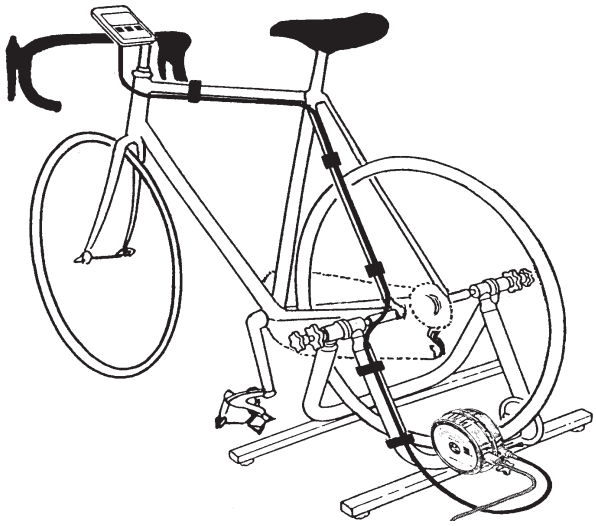


Connect the other end to the **Handlebar Controller**.

Route the cable over **Training Stand** and bicycle as shown in the following pictures.

If viewing this in Adobe Acrobat, zoom in as needed to see a close-up view.)

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

Important Notice:
Make sure the power cord is NOT plugged into the wall outlet at this time.

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. Be sure to Velcro the cable, as needed, to keep the cable away from the tire.

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

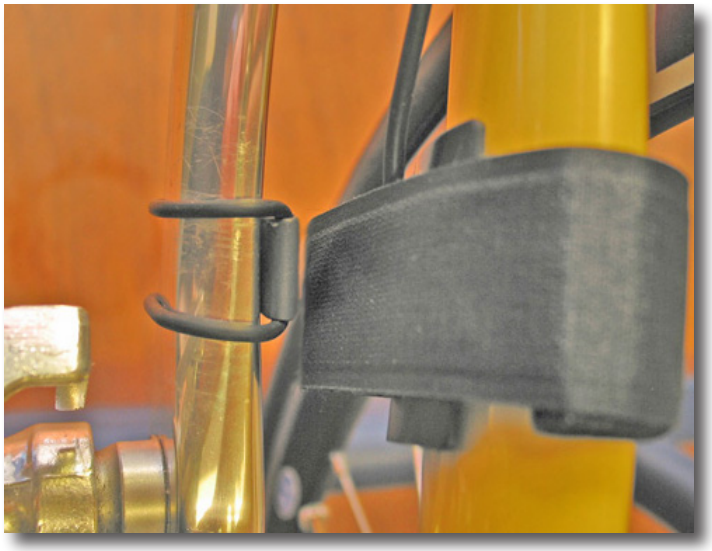
Mount the **Magnet** to the left crank arm by placing the magnet on the inside of crank with the O-ring hanging down.

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

Here is the Cadence Magnet installed. Notice the O-Ring wraps around the outside face of the crank-arm (pedal side).

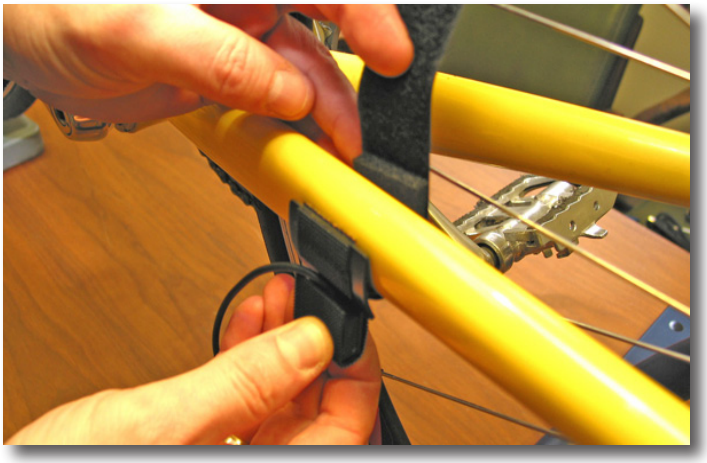
Maximum clearance of the Magnet and Cadence Sensor (once installed) should be 1/8" - 3/16". Be sure the Magnet does not interfere with any part of the bicycle and is set, in relationship to the Cadence Sensor, a little fore or aft of the center-line of the Cadence Sensor (as shown).

Note: Magnets are light enough you may want to make this a more permanent attachment. If so, you can tape the magnet to the crank-arm with electrical tape (do not use the o-ring) and leave it on forever. Adjustments, fore and aft of the Cadence Sensor can still allow for getting it to read cadence correctly.



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 bar* nearest to the position where the end of the crank arm will pass. (Other existing cadence sensors should be relocated closer to the bottom bracket of the bike if necessary).



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 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. Be sure to avoid shifter cables when wrapping the down tube with Velcro.

Continue by routing 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.

Take up the extra cable as shown and again wrap the excess cable within a strip of Velcro.

Step 9- Plug in your CompuTrainer
At this point you can plug the power supply into a standard household power outlet and your CompuTrainer is now ready to turn on, calibrate and use in Stand-Alone Mode and connect to your external computer.

The Calibration mode is thoroughly described in the Basic Hardware and Electronics manual. It would be difficult to demonstrate in the context of this manual, so please take a moment to read the manual regarding this procedure.

You can use the Heart Rate system in both Stand-Alone Mode and with the external software as noted below.

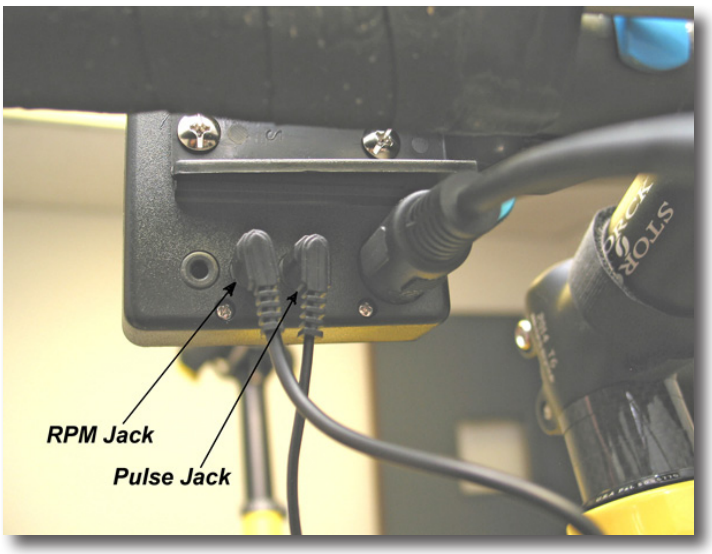
Step 10- Attach the Wireless HR Sensor
Reference pages 13 & 14 - Basic Manual

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. When the best position is determined you can apply the Velcro attachment (supplied) if needed. This will hold the Receiver in place while you cycle.

To activate your heart rate monitoring system you must hold the receiver within about 12" from the transmitter (your chest strap). Once the Heart Rate is displayed, the receiver switches to the longer (36") range and you can now move the Receiver to the spot you chose to place the Velcro pad.



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.
- You must use the extension cable (supplied), as the Handlebar Controller processor can interfere with the wireless signal.
- 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, but you may find moving it around is necessary to get the strongest signal.
- Avoid placing it closer than 6" from the Handlebar Controller, as interference from the microprocessor in the Handlebar Controller is a potential issue.
- 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 you meet Minimum System Requirements

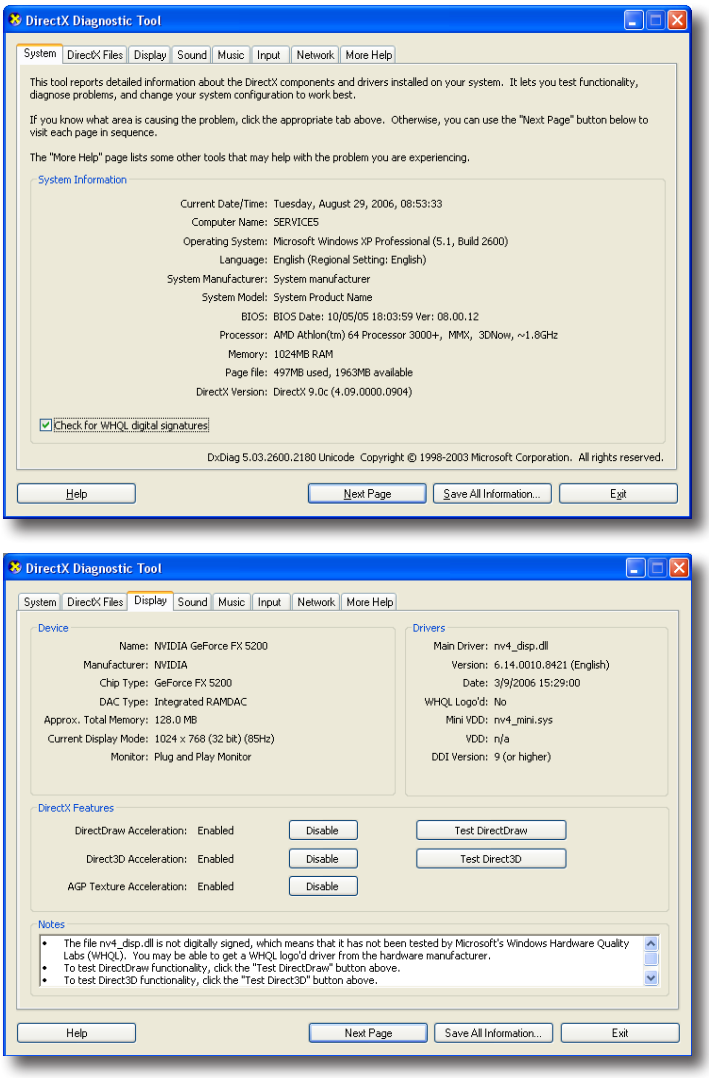
Before you begin the software installation, you should make sure that your computer meets the minimum requirements for the software you wish to use. These requirements are as follows:

CompuTrainer 3D version 3.0 - or - Coaching Software 1.6

- Intel Pentium II, Intel Celeron, or AMD K6-2 class processor, 500 MHz or higher.
- *256MB recommended for Windows™ 2000/XP; 512MB for Windows™ Vista and 7)*
- Windows™ 2000/XP/Vista and 7
- Microsoft DirectX 7.0 or higher
- 64MB Video RAM, DirectX 7 or higher compatible Video Card. *(Video Drivers must be written for DirectX 7.0 or higher).*

Pro PC1 *(is **NOT** Windows™ Vista and 7 compatible)*

- Intel Pentium or AMD K-6 class processor 100MHz or higher.
- 32 MB RAM or higher *(64MB for Windows™ 98SE and 256MB recommended for Windows™ 2000/XP)*
- Windows 95/98/98SE/ME/2000/XP™
- Microsoft DirectX 7.0 or higher
- 2MB Video RAM, DirectX 7 or higher compatible Video Card. *(Video Drivers must be written for DirectX 7.0 or higher).*



DirectX Diagnostic Screens

Running a Diagnostic Check on your computer

The best way for you to check to see if your computer meets the minimum requirements is by running Microsoft's DirectX Diagnostic Tool. This tool is supplied on all Windows™ operating systems. To run this tool, left-click on the "Windows Start button", then choose "Run", type DXDIAG at the command prompt and then click OK.

When the diagnostics tool is running, the initial screen (System) displays your general hardware info such as CPU and RAM as well as what version of DirectX you're running (must be DirectX 7.0 or higher).

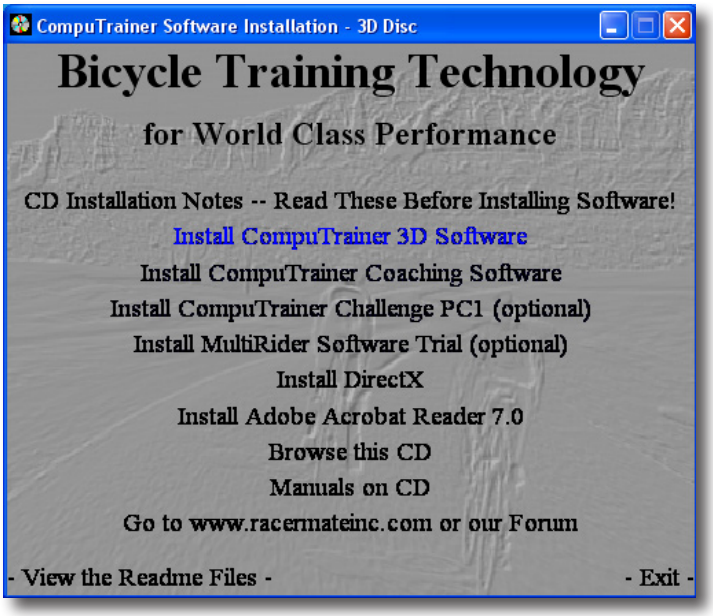
Click on the "Display" tab to display the information about your video card. The left side has all of the manufacturer information about the video card and the right side has all of the driver information about the video card driver (the video card driver date will only be listed if you're running DirectX version 9.0b or later, but it can be found by saving the diagnostic file).

You can save the diagnostic report file by clicking on the button on the bottom of the page that says "Save all information". Windows will ask you where you want to save this file. Choose a folder (example "My Documents" or "Desktop"). The information will be saved in a file called DXDIAG.TXT and all of the video card information is isplayed in the "Display Devices" section of this file. In order for our software to run correctly, you need a driver that was written preferably after 2002, but at the very least the newest driver you can find, the better.

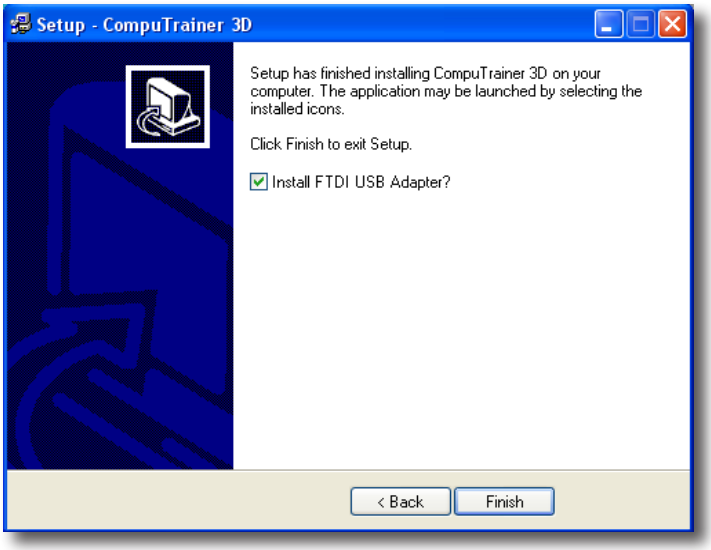
Software Setup - Installing the Software
Reference page 7 - 3D Manual

To Install CompuTrainer Software:

1. Start Windows (if not already running).
2. Close all Windows programs to prevent possible problems.
3. Insert the CompuTrainer Software CD. An Install Menu screen appears.
4. Install the CompuTrainer 3D Software.
5. When asked where to install the software we may default to C:\Program Files\CompuTrainer 3D V3, etc. In Windows™ Vista and Windows™ 7 you need to install the software in C:\CompuTrainer 3D V3. Please see the Important Vista/Win 7 instruction sheet for details on this modification to the installation program.



At the end of the installation for the 3D software you will be prompted to install the driver for the FTDI USB Adapter. Be sure to check this box and install this driver .



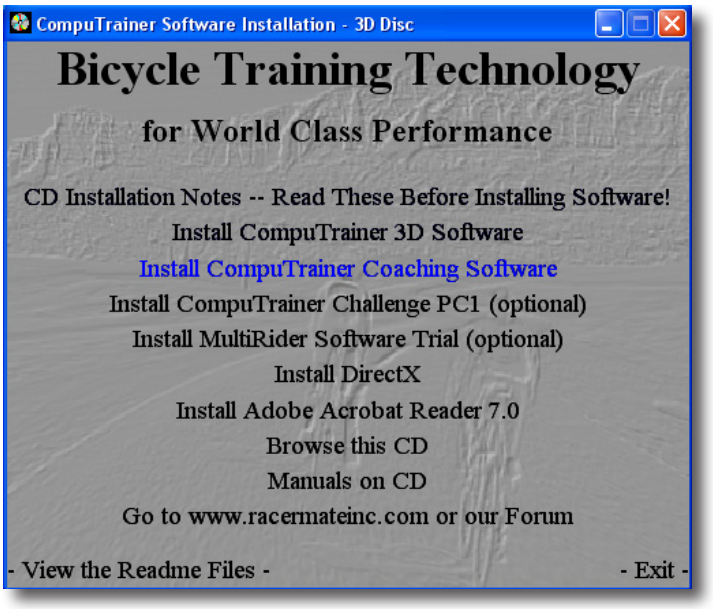
After finishing with the 3D software installation, you can now install the CompuTrainer Coaching software by clicking on the link for it next.

Unless your computer can't run either of these previous programs, there is no need to install the PC1 software.

The MultiRider Software is a trial version for those who wish to preview it, but is designed for setups with more than two CompuTrainers only.

DirectX and Acrobat Reader are included as a convenience for those users who may not have them already installed on their computers.

You can also browse the contents of the disc or read the PDF version of the manuals as well as directly link to the RacerMate web site from this install screen.

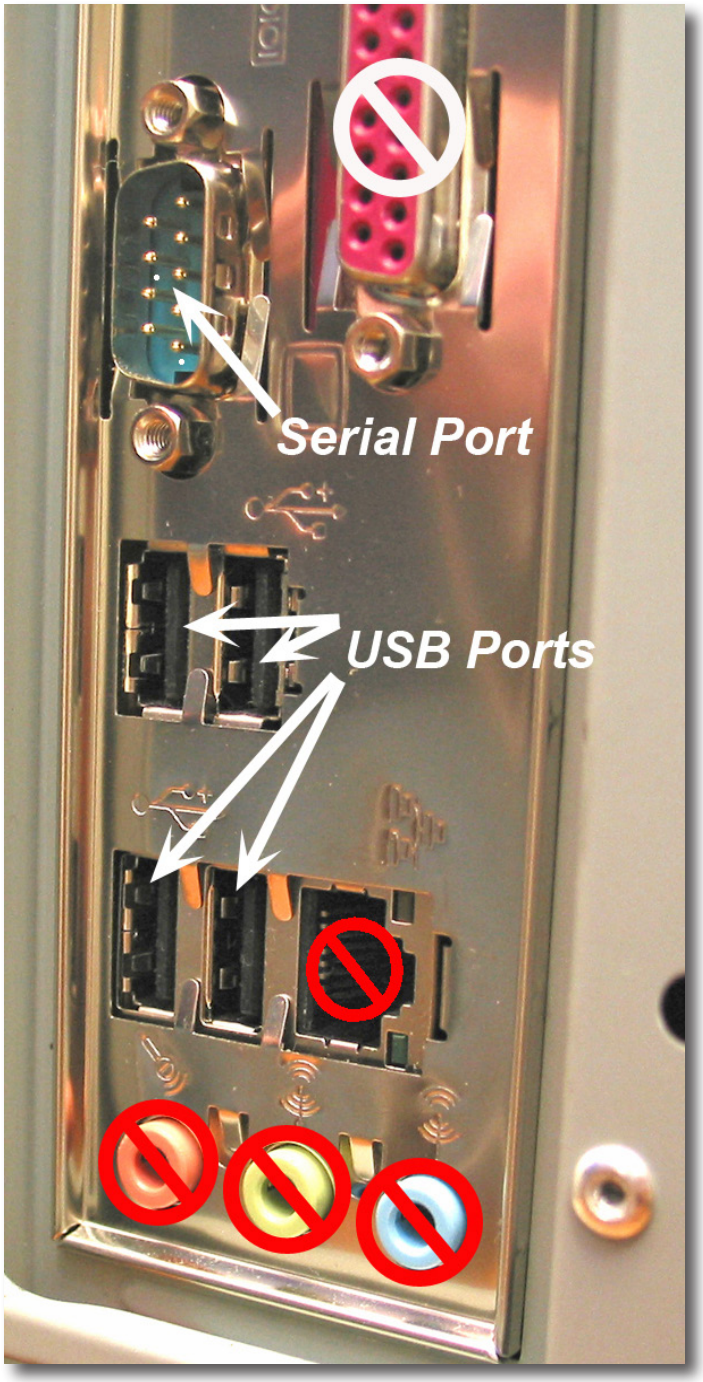


Connect the USB to Stereo Adapter
Reference page 9 - 3D Manual

Please Note: You should have by now installed the driver for the USB to Stereo 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 go to the CompuTrainer 3D V3 folder in your Windows™ Start Menu and select Install USB Adapter driver.

Universal USB Symbol

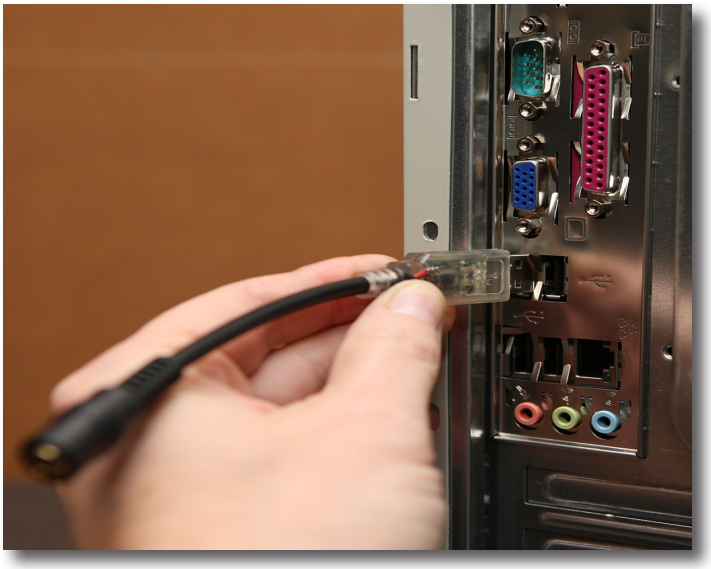
Important Notice:
You will most likely see three connectors on your computer that are pink, green and blue in color. Even though our Stereo Cable will plug directly into each of these, DO NOT use these connectors as they are for audio devices only and will not work with the CompuTrainer. You will also probably have a 25-pin female connector. This is a parallel port connector for a printer and also cannot be used with a CompuTrainer. Though we no longer use a serial port, one is pictured to the right. The **Stereo Cable** must be plugged into the USB to Stereo adapter.



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.



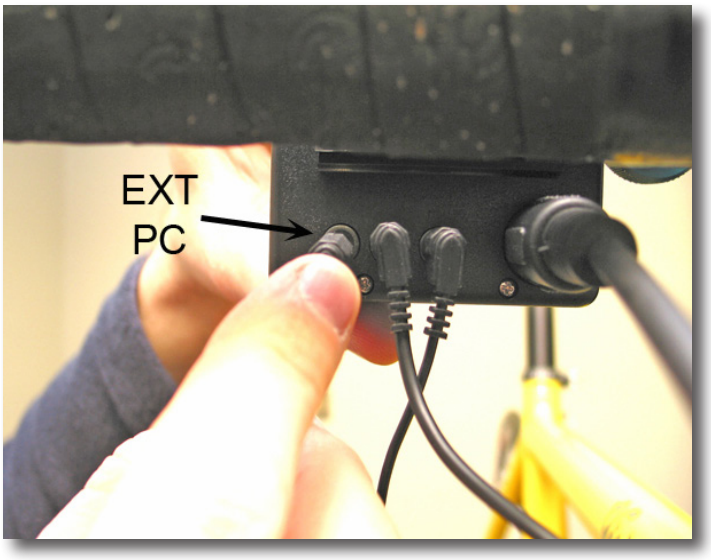
Connect the Stereo Cable between the USB to Stereo adapter & the Handlebar controller.
Reference page 9 - 3D Manual

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

...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. Let's start by using the 3D Software.

Please Note: Before launching your 3D Software for the first time, make sure you have turned on the CompuTrainer first. This will allow the Autodetection routine built into the 3D software to communicate with the CompuTrainer hardware and set up the correct communication port setting.



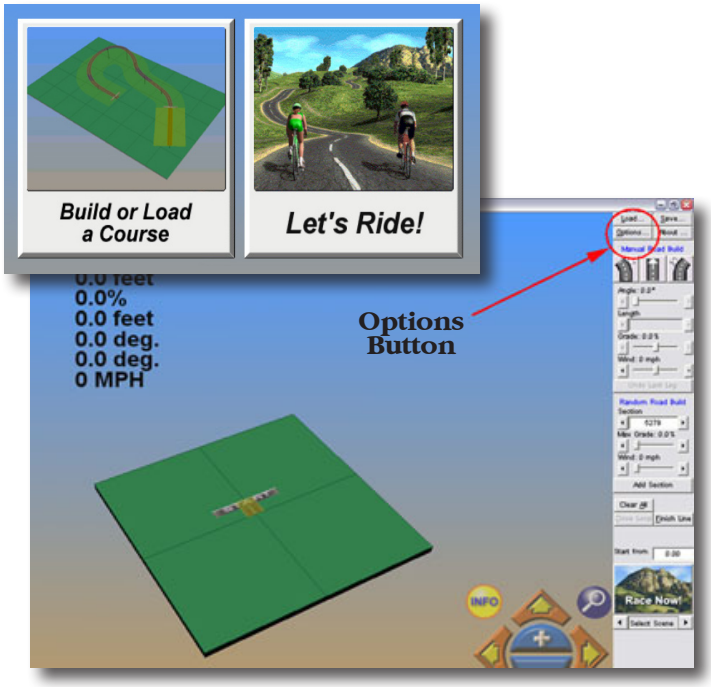
Launching the 3D Software

Reference page 13 - 3D Manual

Start the 3D Software using the CompuTrainer 3D V3 program desktop shortcut provided during install or go to Windows™ Start menu, then go to Programs or All Programs, and then to the CompuTrainer 3D V3 program group and click on CompuTrainer 3D V3.

From the Build or Load a Course / Let's Ride screen, choose **Build or Load a Course**. This will open the Course building screen as shown on the right. This screen is used to setup a course and has the buttons needed to navigate Options, Loading and Saving, etc.

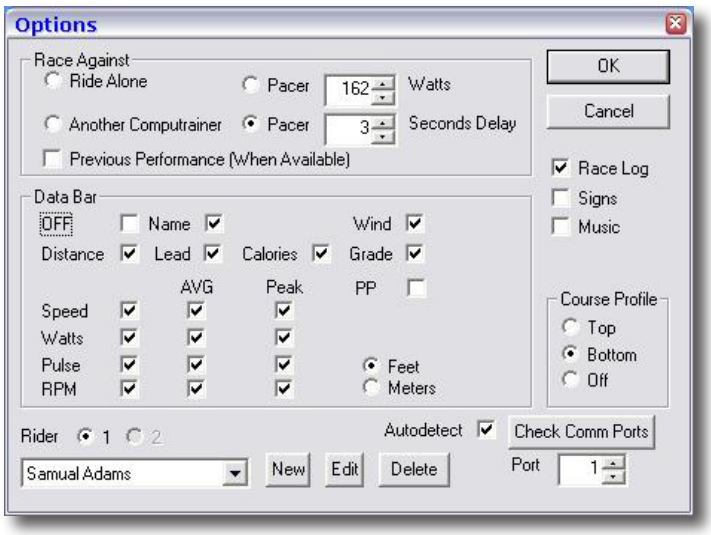
The **Let's Ride** button can be used on any future uses of the 3D software as long as the course and rider will be the same as the previous ride, because that is what will get loaded with this option.



Setting up the Rider Options

Reference pages 16 through 18 - 3D Manual

Select **Options** found in the upper right hand corner. Select an opponent in the Race Against section. Do not select *Another CompuTrainer* or *Previous Performance (when available)* if you do not have either of these yet. Next choose from within the Data Bar section the information you want displayed on the Race Screen. Select Feet or Meters to determine whether the information will be displayed in Miles or Kilometers. Select Name to display your name on the race screen (see Rider Information below). Select where to display the course profile to be displayed; whether you want to show signs; whether you want to update the race log after each ride; and whether to play a music CD at the start of the ride.



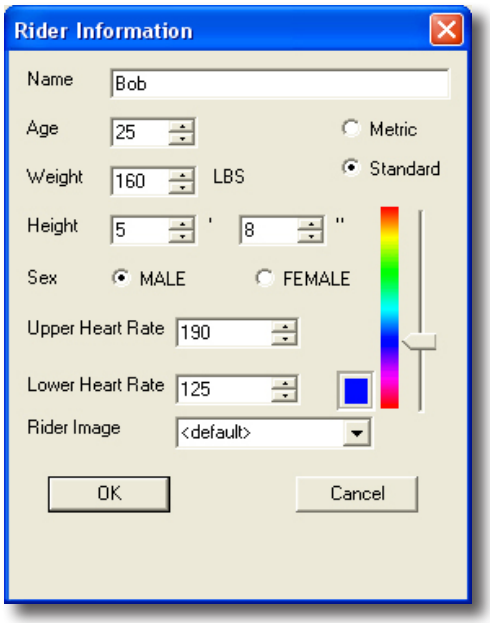
Rider Information Setup

Reference pages 15 and 16 - 3D Manual

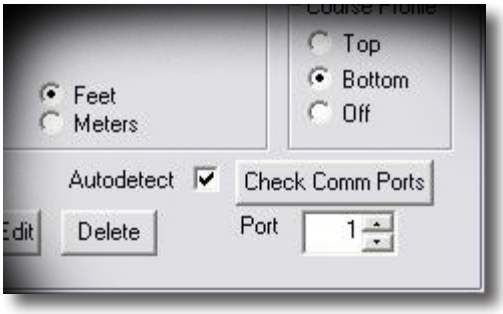
Select the "**New**" button to create a *Rider Information File*. Enter data into all the fields being sure to indicate whether the weight (including your bike weight) is input in pounds or kilograms using the Metric/Standard buttons. Selecting the <default> Rider Image allows you to adjust the jersey color, whereas selecting the Saturn jersey options disables this function.

When completed, click OK to save and add your name to the list of rider names.

If you have two CompuTrainers, you can select Another CompuTrainer from within the Race Against section to enable the Rider Two button. You can, although, create any number of riders one after the other, keeping in mind the last rider will be the active rider.



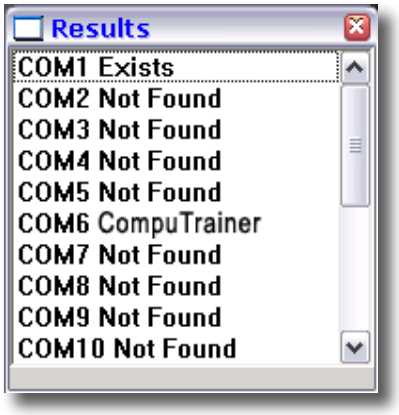
Communications Setup
Reference pages 11 - 3D Manual



The CompuTrainer 3D Software has an autodetection routine on startup that will look for and communicate with the CompuTrainer. By default the software sets the communication port to Com Port 1, so if you notice it is now on a different number, the Autodetection routine did its job. If you used a real serial port, as opposed to a USB to Serial Adapter, you may still be using Com Port 1.

Two CompuTrainers and AutoDetection
The latest edition of 3D software is adding the ability to disable Autodetection from within the Options screen. This is essential if you have more than one CompuTrainer and the Autodetection routine switches the rider position relative to your setup. The Autodetection routine looks for CompuTrainers by com port number, not position, so you may have a CompuTrainer with the higher com port number assigned to it as Rider One and the lower com port as Rider Two. The Autodetection would set Rider One up as the lower number com port (the first number it saw) and Rider Two as the higher number (the second number it saw). If you find this is happening, you can just swap the cables to the bikes and left Autodetect enabled, or uncheck Autodetect in the Options screen and set the ports manually.

Check Comm Ports
This will check for active CompuTrainers connected to the computer. The results found during this test range as follows:



Not Found: This means there is no communication port with this number assigned on this computer.

Exists: This means the communication port exists, but there is nothing assigned to it.

Access Denied: This means the communications port is "owned" by another application and our application can't have access to it. This may mean an application has installed itself and is "always running" awaiting your connection of the hardware device. It may also mean you have launched more than one instance of a CompuTrainer application.

Modem: This will be a dial-up modem and the communication port assigned to it.

CompuTrainer: This is where the CompuTrainer was found and where it is being assigned.

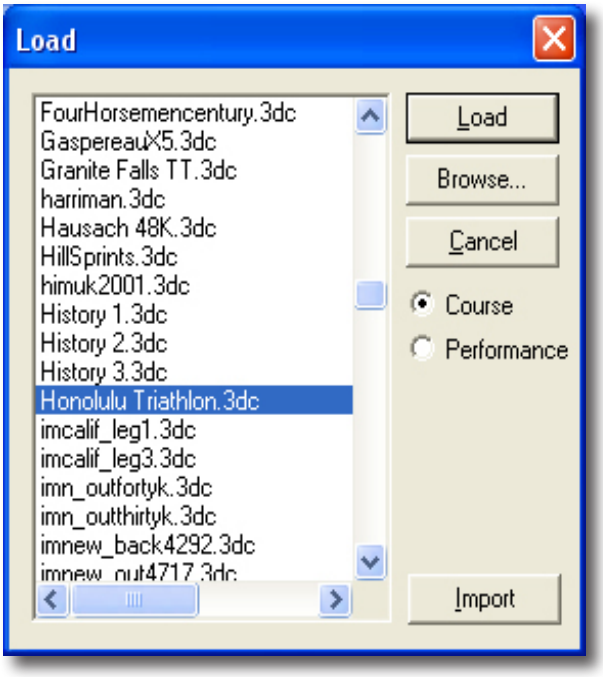
When finished with the Options Screen, click **OK** to exit and return to the Build or Load a Course Screen.

The Load Button
Reference page 23 - 3D Manual

The Load Button allows you to load either a course or a performances file (with course data imbedded). Until you begin saving performance files you will only be loading courses.

To load a course, select the **Load** button. First, make sure Course is selected on the right. Now scroll through the course list and click on course you want to ride to highlight it, and then click *Load*. This will load the course to the course grid.

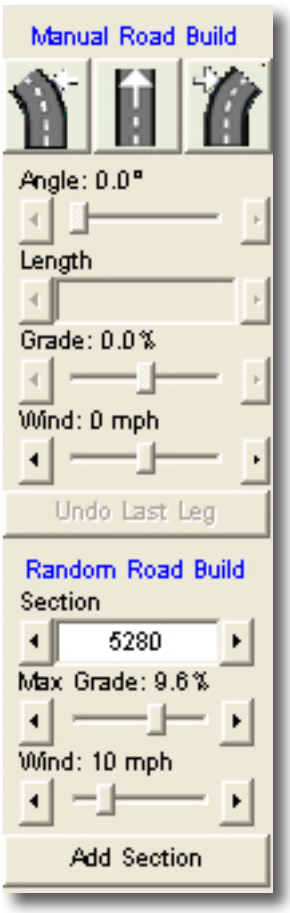
To load a performance file (if any are available), you must FIRST select "Race Against: previous performance, when available" from within the Options Screen. Then select the **Load** button. Now make sure Performance is selected on the right. Scroll though the list of performance files and click on the performance you want to ride against to highlight it, and then click Load. This will load both the course imbedded in the performance file as well as the performance data.



Creating Courses
Reference pages 26 through 29 - 3D Manual

You can (optionally) create a course using the Manual or Random Course Build buttons. These button groups can work in relationship with each other. You can add random sections with manual sections or vice versa.

The purpose of this manual was not to get into the finer details of the CompuTrainer software, so if you are interested in creating your own courses, please refer to the pages, as noted above.



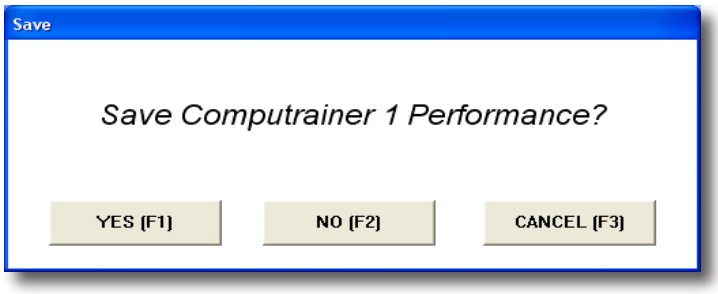
Starting a Race
Reference page 30 - 3D Manual

You are now ready to ride. If you have chosen a course that is a "closed loop," there will appear a Laps feature where you can determine the number of laps you want to complete. You may also start a race at any point within the length of the course (say at the base of a big hill you need to work on). You can type that starting point in as well. Select the scenery of your choice using the left/right arrow buttons on the **Race Now!** button and when done press **Race Now!** This will build the course.

Mount the bike and press the **F1** key to begin the race. If you selected to "Start From" a location further within the course you'll see you are still at the Start line. To fast-forward to the Start From location, press the **F1** key again while the 3,2,1, GO! count-down is occurring. During a ride you can use the **F2** Handlebar Controller key to switch between SplitScreen and SpinScan displays. Use the **F3** Handlebar Controller key to turn Drafting On and Off. Use the **+/-** keys to adjust the Watts Pacer (if chosen) who uses power (watts) as a control setting. You can continue riding to the end of the course or end early by pressing the RESET key on the Handlebar Controller.

Saving Performance Files
Reference page 31 - 3D Manual

When finished with the race, or on a RESET key press, a "Save?" dialog will appear asking you to save your performance. Press the appropriate key on the Handlebar Controller to affect the action presented.



Detailed instructions are available in the 3D Software Manual to walk you through saving races and racing against them.

End 3D Section
Next up - Coaching Software

Launching the Coaching Software

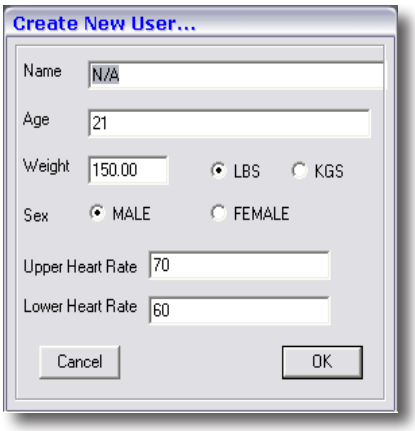
Reference pages 13-17 - Coaching Software Manual

When you launch Coaching Software (CS) you will see a simple menu structure as shown to the right. Before you get into the use of Coaching Software, you should look at the list of features and the menus found within as seen on pages 13-14 of the Coaching Software manual. We will not get into the deeper working of the software here. This will just give you a better view of how to get to the setup menus and what each will do.

As simple as CS looks, it's actually pretty packed with features. The main use, it seems, has been for running Time/Watt tests and for exporting performance files for 3rd Party applications; like, Cycling Peaks/Training Peaks software. If you plan to use it for 3rd Party applications, be sure to check with that software to determine what settings you may need for the test or export.

User Setup

Reference page 15 - Coaching Software manual



Before you can use the CS, you'll need to create a new user for the software to use in some calculations. To do so go to Source, New. The dialog to the right will appear. Fill it out completely a press OK. You'll then be prompted to save this file for future access.

If you are the only user of the software, this is the entire setup routine prior to using CS. If you are just one of many users, then each rider needs to create a user file and use the New-Open menu to load that user.

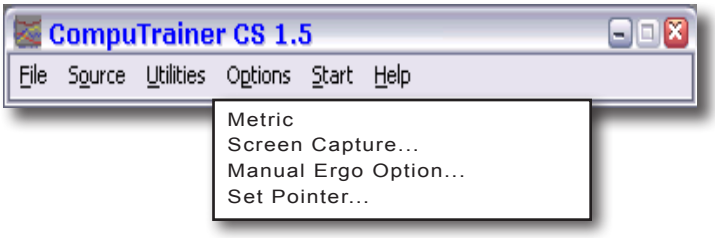
Source Menu - Comm Port...

Reference page 15 - Coaching Software Manual

The Source Menu determine from "where" the Coaching Software is going to be getting its data from. It will either be from Realtime, which means from you, live, or from File-Mode, which is from a previously saved race or test. You've created your user file, so now you want to go to Source Realtime/Comm Port and set the comm port number that was determined while using the 3D software. If you can't remember this, you can go to Utilities/Test Comm Ports and run the comm ports test, like you did in 3D, to set the port.

Options Menu

Reference page 17 - Coaching Software Manual



The Options Menu allows for setting up parameters of certain screen functions. These are all described in detail in the CS manual, so they will not be repeated here.

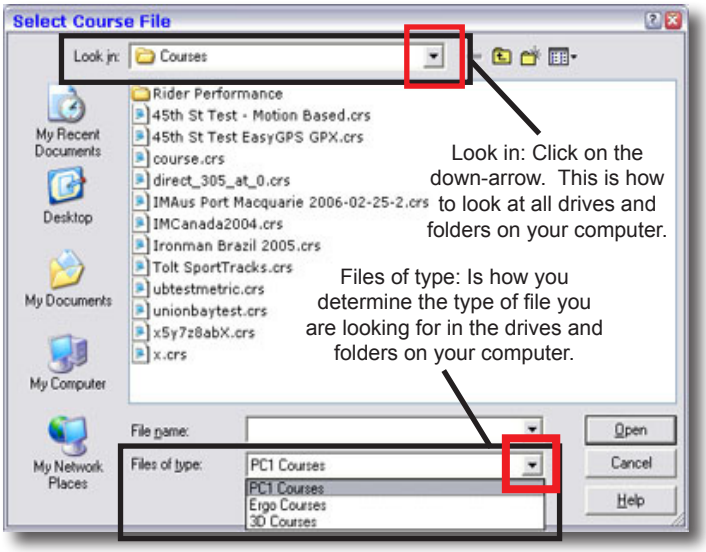
Start Charts

Reference pages 19-22 Coaching Software Manual

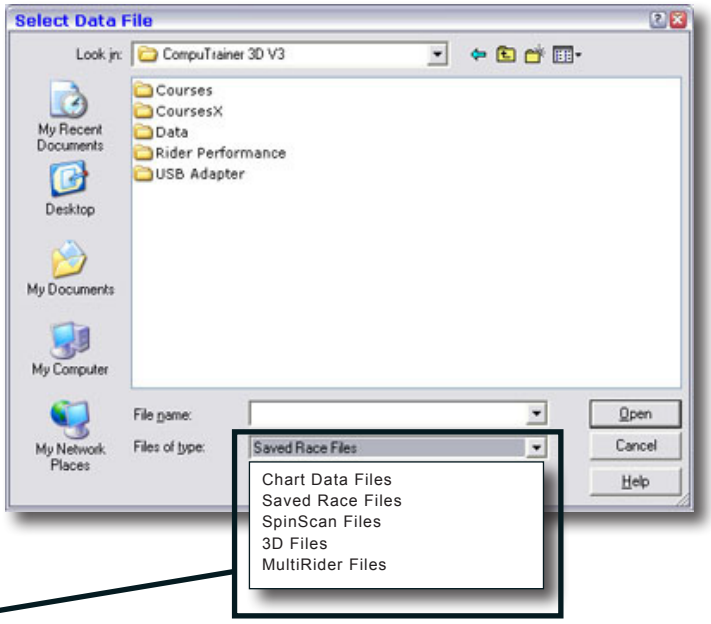
Depending on the Source menu setting (Realtime or File-Mode) clicking on Start, then Charts will either be asking you to load a course or ergo test (Realtime) or will be asking you to search for or load a previous performance file from 3D or CS, or any number of other applications CompuTrainer has had; like, Challenge PC1 or MultiRider (File-Mode).

Because these files may be located in a variety of locations on your computer, you'll need to know how to browse for files on your computer. We can't, obviously, within the scope of this manual, attempt to teach you these basic functions. We would highly recommend you pick up an illustrated manual for using Windows™ if you don't understand how to manage files on the computer. These books do a good job teaching how to copy and move and search for files on a computer.

The illustrations seen on the right point out the areas within an open or save dialogs to get around in them easier and not get lost.



Selecting Start Charts in Realtime will display this dialog



Files of type:

In File-Mode, the descriptions and typical folder locations for the Look in: are as follows:

Chart Data Files use a .cdf file extension. These files are created by both the Coaching Software (c:\Program Files\CompCS\Perfs) or by MultiRider Software (c:\Program Files\MultiRider III\Perfs) and you'll need to browse to either of these folders to find them.

3D Compatible Files use .3dp file extension. These files are created by the 3D software (c:\Program Files\CompuTrainer 3D V3\Rider Performance and are also used in Real Course Video (c:\Real Course Video\Perfs).

MultiRider Files are .mdf file extension. These files are created by MultiRider III when using the MultiRider Coach feature (c:\Program Files\MultiRider III\perfs).

Obsolete File Types (PC1 software)

Saved Race Files use .srf file extension. These files are created by the Challenge PC1 Software (c:\Program Files\Challenge PC1).

SpinScan Files use .ss file extension. These files are created by the Challenge PC1 software only when saving SpinScan sessions (c:\Program Files\Challenge PC1)

Thus ends the picture book of CompuTrainer. 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

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