

# Car ride Tracker V.2.0.0

Car ride track application, which tracks all relevant information during driving. There are 2 modes.

More information about developments and documentation can be found on:

<http://www.007software.eu/apps/carride-trackers-page/>

## Index

1	Usage .....	2
1.1	Start screen.....	2
1.2	First data screen (Changeable).....	3
1.3	Second data screen (Changeable) .....	3
1.4	Third data screen (Changeable) .....	4
1.5	Fourth data screen (lap screen) .....	4
1.6	Fifth data screen.....	4
2	Start/stop .....	5
3	Locking keys.....	5
4	Thresholds .....	5
4.1	Laps.....	5
4.2	Pause .....	6
4.3	Get the weather data .....	6
4.4	Set auto scroll of the screens .....	6
4.5	Wind unit .....	6
4.6	Contrast .....	6
4.7	Default screen .....	6
4.8	Relocation of the fields.....	6
5	Adding your license key and select automatic fetching of weather data, set thresholds for detecting uphill/downhill laps and enable/disable auto pause .....	7
5.1	With the computer .....	7
5.2	On your phone.....	8
6	Trouble shooting .....	10
7	Notes .....	10
8	Software disclaimer.....	11


# 1 Usage




## Notes

- *If you check the checkbox for fetching the weather data automatically in the settings of Garmin Connect, your watch should be paired with your phone and your phone needs to be connected to the internet.*
- *If you do not have a Pro version, not all available fields will be visible. It took many hours to develop this App. For the price of a beer for me and a wine for my wife, you can purchase the Pro version and enjoy all features of this App.*
- *Register at [www.007software.eu](http://www.007software.eu). Once approved, you can buy the Pro version via the web shop. You get a license key, which you enter in the settings of the app via Garmin Express or through Garmin Connect on your phone. Instructions follow in this document.*
- *If you encounter any problems, please mail me at [kees@007software.eu](mailto:kees@007software.eu)*

## 1.1 Start screen

Once started the GPS will search for your location. The green lines on the bottom of the

screen will show the signal strength. 

A check is made to see if your phone  , your tempe device  and heart rate belt  is connected and in the Pro version they will show.

If you have a Tempe sensor attached and you bought the Pro version, then the temperature from this Tempe device will be shown. Also note that with a Tempe, it may take a minute or more before the temperature is shown.

When the GPS strength is strong enough you can press the Start(enter) button to start recording. (See the buttons paragraph). If you do this before the strength is good, the watch will still try to get the GPS and starts automatically when the strength is oke.



When you don't press the Start(enter) button the screen will close after 2 minutes. After pressing the Start button. The record screen is displayed. This consists of 4 screens. You can change screens by tapping the top or bottom of the screen, or by swiping left or right (only touch screen devices). (For non touch screen devices use the up and down)

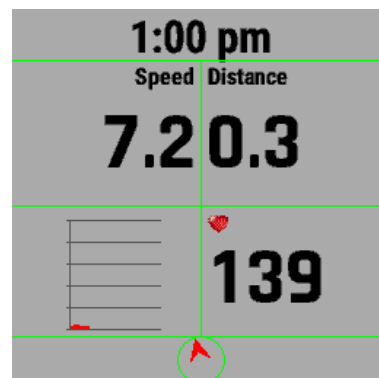
If you checked the checkbox for fetching the weather data automatically in the settings(see below for instructions) of Garmin Connect for this app, the weather data is fetched and shown on the first screen.

All fields can be placed on any of the 3 screens via the setting screen of the App

## 1.2 First data screen (Changeable)

The first screen shows (example):

- The time
- Speed
- Distance
- Heart beat
- The heading (Pro only)
- Speed Graph (Pro only)



Note:

In the setting screen you can set the threshold for detection of laps (see Thresholds)

## 1.3 Second data screen (Changeable)

The first screen shows (example):

- The time
- Maximum Speed
- Number of laps (Pro only)
- Number of pauses (Pro only)
- The heading (Pro only)
- Heart beat



Note:

If you have set “Vibrate under rest HB” in the setting screen, the heart rate becomes red, when your heart beat gets 5 beats below your rest HB from your heart beat profile (set in Garmin Connect).

If you have set “Vibrate under rest HB” in the setting screen. The watch will vibrate every 15 seconds when you get below your rest HB from your heart beat profile (set in Garmin Connect).

In the settings you can set the threshold for pausing and how often you want the watch to vibrate. Based on these values the pause indicator will become red if you missed a pause and will vibrate to warn you.

#### 1.4 Third data screen (Changeable)

The second screen shows:

- Time
- Timer
- Ascent (Pro only)
- Descent
- Altitude
- Heading (Pro only)



#### 1.5 Fourth data screen (lap screen)

This screen only shows data in the Pro version

This screen shows:

- Time
- Lap number
- Lap time
- Lap distance
- Lap average speed
- Lap max. speed
- Heading

12:06 PM		
Laps	2	1
Time	00:00	00:00
Distance	0.0	0.0
~	38.3	29.1
▲	19.6	19.6
NNE		

#### 1.6 Fifth data screen

The last screen is also the startup screen and shows:


- The wind speed and direction
- The state of the battery(Pro)
- If a tempe device is attached(Pro)
- If you are connected to your phone
- If your connected to your heart belt (Pro only)
- The temperature in degrees or fahrenheit (if a tempe device is attached the temperature comes from this device, otherwise it comes from the weather service)



## 2 Start/stop

The app starts recording after pressing the start button on the first screen.

To stop the recording press the Start button again. A screen is shown in which you can select (tap on the image for touch screen devices):

- Remove. To remove your recording and stop the program
- Save. To save your recording and stop the program
- Return  to return to the recording

The green dot indicates which “Button” is active.

Once saved, the recording will be uploaded, if you are connected to your phone and you have set your watch to upload immediately. The recording can be seen in Garmin Connect.



## 3 Locking keys

It is possible to lock the keys. For a Garmin Vivoactive HR it is possible to use the normal button (press back key for 3 seconds) for that. For other watches I don't know.

This locking function is not for the Edge devices. The normal lock function can be used.

**Note: Activation of the lock can only be done only in screen 1.**

- For watches with a touch screen tap 3 times on the top of the screen in the first record screen. Your watch will vibrate, stating that it is locked and an exclamation sign is behind the time. Tap 3 times on the top of the screen again to unlock. The watch vibrates again.
- For watches **without** a touch, press the UP button 3 times in the first record screen. Your watch will vibrate, stating that it is locked and an exclamation sign is behind the time. , press the UP button 3 times again to unlock. The watch vibrates again.

## 4 Thresholds

### 4.1 Laps

In order to be able to determine if a new lap needs to start, the app checks the following values:

If you get to a location nearby your starting point and it falls within the Threshold “Number of meters deviation of starting point...”, a new lap will be recorded only when a certain number of seconds will have passed. This can be entered in threshold “Number of seconds before lap is recorded..”

## 4.2 Pause

In the setting screen set the number of hours driving before you want to take a break in the field “Pause every? Hour

In the field “Vibrate every ?minutes” you can set the threshold for the watch to vibrate when you passed the Pause threshold.

## 4.3 Get the weather data

Check to fetch the weather data in the first screen

## 4.4 Set auto scroll of the screens

Here you can indicate if you want the screen to auto scroll every xx seconds. Standard is of. If on the standard is 4 seconds.

## 4.5 Wind unit

Here you set the wind unit in km/h or m/s.

## 4.6 Contrast

Here you can select the contrast of the screen

## 4.7 Default screen

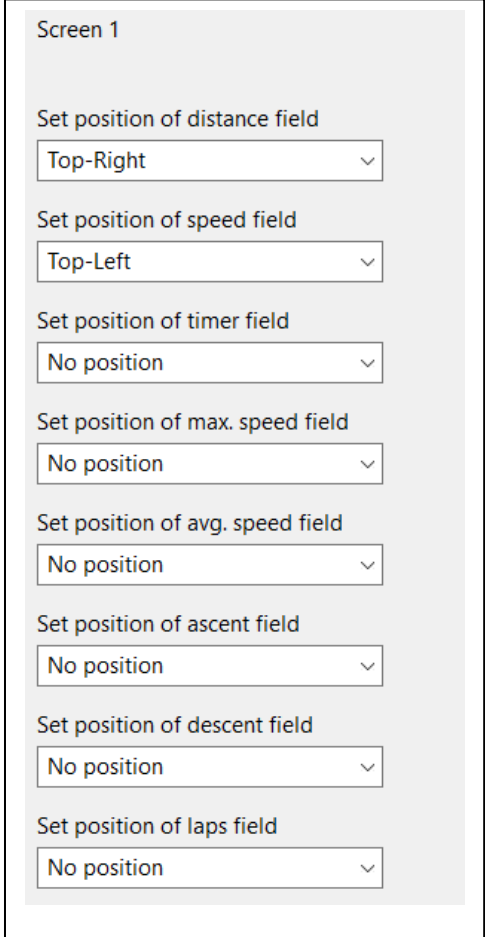
Here you can which screen will show when you start the App

## 4.8 Relocation of the fields

Draw 3 screens on a paper and put in the fields you like to see per screen. This way you won't mix up or set too many fields on the same screen (you will get an warning for this on the start screen)

Now select per screen which fields has to be shown and on which location. As an example you see on the right an image where the distance field in on screen 1 in the top-right corner and the speed field is on screen 1 in the top-left corner. Fields you don't want to see on a particular screen can be put on “No position”.

If you [it multiple fields on the same location, you will get an warning in the start screen. You can go ahead and start recording, but the fields will be drawn over each other.



Screen 1

Set position of distance field  
Top-Right

Set position of speed field  
Top-Left

Set position of timer field  
No position

Set position of max. speed field  
No position

Set position of avg. speed field  
No position

Set position of ascent field  
No position

Set position of descent field  
No position

Set position of laps field  
No position

## 5 Adding your license key and select automatic fetching of weather data, set thresholds for detecting uphill/downhill laps and enable/disable auto pause

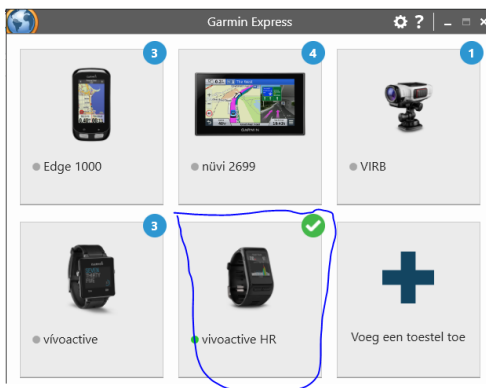
This can be done in two ways:

1. With your computer, via Garmin express
2. On your phone, via the Garmin connect app.

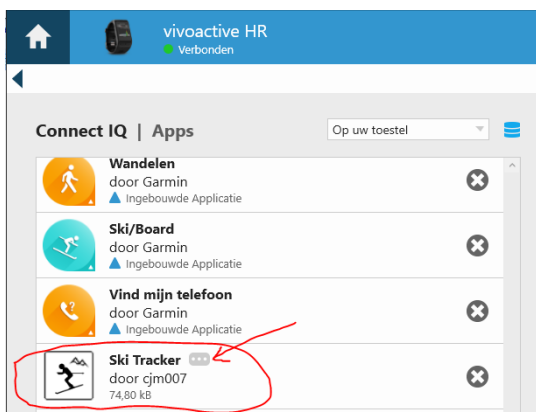
### 5.1 With the computer



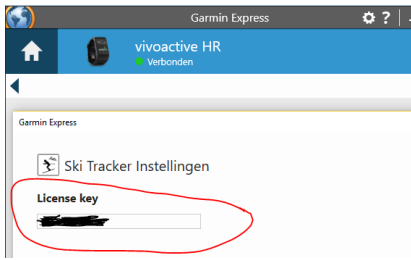
Attach your Garmin watch to your computer. Start the program Garmin express



Click on your watch symbol and then on the button Control App



Look for the Bike App in the list and click on the dots on the right of the description. (The image shows an example of the Ski tracker)

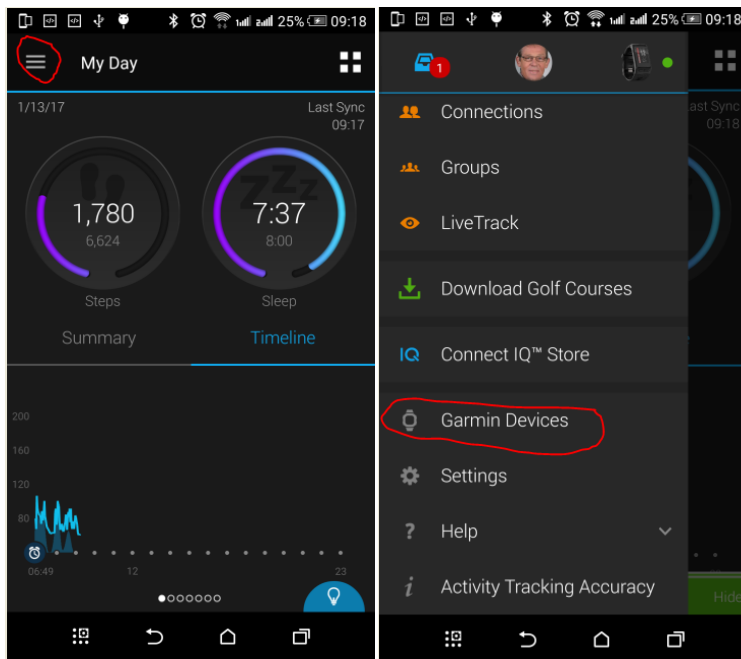


In the next screen you can enter your license key and save it.

## 5.2 On your phone

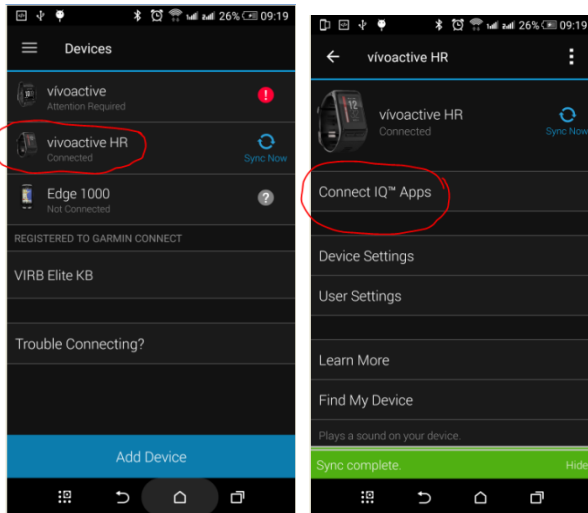
Start the Garmin Connect App.

Click on the menu symbol and go to "Garmin devices".



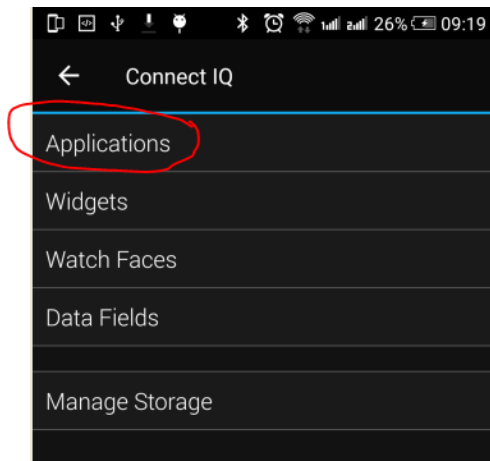
Select your Garmin watch



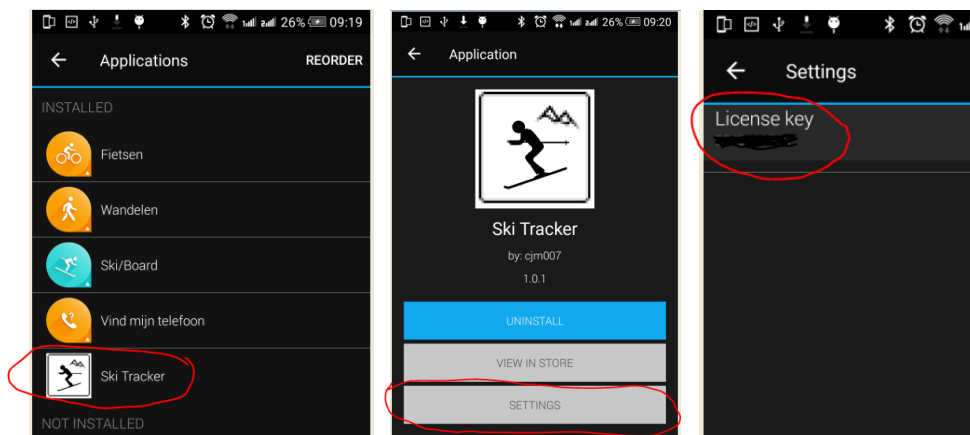


and click on “Connect IQ apps”

Then click on “Applications”.

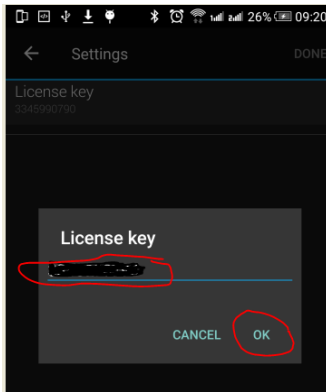


In the list with applications, click the Bike Tracker App (here the Ski Tracker is shown as an example)



and the button “Settings”.

Click on the License key and fill in the key.

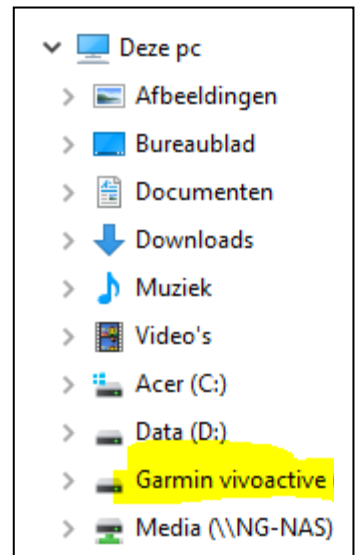
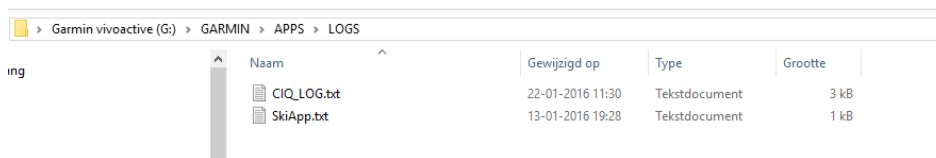


Save your entry and your done (click on OK and then on OK or Done in the right upper corner).

## 6 Troubleshooting

When you encounter problems with the app. Connect your watch with your computer. After a while you here a short sound. This means the watch is connected. Open your file explorer (mostly it will open up after connection is successful) and look for you Garmin directory.

Open the map GARMIN->APPS->LOGS, and add a file called CIQ\_LOG.txt to this directory. Disconnect your watch and start the App again. When it crashes, the error is written in this file. Connect your watch to the PC again, go to the log-directory and mail the file CIQ\_LOG.txt to kees@007software.eu



## 7 Notes

- The app can be used for the following languages English, Dutch, French, Polish and German. If you want a new translation in your language, send me a mail!
- Please report any mistranslations to kees@007software.eu. (I'm Dutch :))
- If you encounter any problems, please put the file "CIQ\_LOG.txt" in the "GARMIN-APPS-LOGS" directory of your watch. Run the app again and send the file to my email address.

# 8 Software disclaimer

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- 3.

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