



## Roller-Ski Tracker V.1.0.0

Roller Ski track application, which tracks all relevant information during Roller skiing. You can select the type of activity.

More information about developments and documentation can be found on:

<https://www.007software.eu/apps/roller-ski/>

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## 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.*
- *The Free version will show all fields and functionality and recordings will be saved to Garmin connect, but after 6 times only 1 screen will be visible and the recordings will not be saved anymore. 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) (not mandatory). 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.*
- *When you use this app, it is better to disable all notifications from your phone. When skiing, you won't be able to check them anyway.*

### 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 they will be shown.

If you have a Tempe sensor attached, 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 5 screens.

To scroll through the screens:

- On touchscreens. Tap at the top or bottom of the screen or swipe left or right.
- On non-touch screens. Press the up or down button

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



When you don't move, the screen lines will be red, stating the app is paused. When you move again recording will resume. This can be overridden in the settings of the app. (auto pause)

When you hold the menu button or tap the screen for touch devices, you can select the activity type: Classic or Skate. This can only be selected in the startup screen

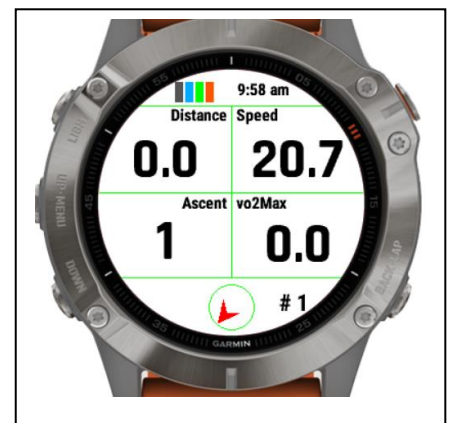
The battery level is visible as a ring at the edges of the screen on round watches and at the bottom on square watches.

The fields can be placed on any position in screen 1 – 3. This can be done in the setting screen. (See paragraph Thresholds). This is not available for the Vivoactive and the Epix.

## 1.2 First data screen (changeable)

The first screen shows:

- Number of laps
- Current Time
- Distance
- Your current speed
- Vo2Max
- Total ascent
- The heading
- Heart rate indicator, based on the heart beat setting in your profile



\*In the setting screen you can set the threshold for the time and number of meters before a new lap is recorded. So if you want to start a new lap when you reach the same point you started after 5 minutes and within 10 meters, you set the threshold like this:

- Number of seconds before lap is recorded when same location is reached ->300 seconds (5 min \* 60 seconds)
- Number of meters deviation of starting point for new lap -> 10 meters

\*In the setting screen you can also set a threshold to automatically set a lap after a number of km/miles.

### 1.3 Second data screen (changeable)

The second screen shows (example):

- Maximum speed
- Timer
- Max. altitude
- The heading
- Total descent
- Heart rate indicator, based on the heart beat setting in your profile



### 1.4 Third data screen (changeable)

The third screen shows (example):

- Average speed
- Maximum heart rate
- Minimum altitude
- Calories
- The heading
- Heart rate indicator, based on the heart beat setting in your profile



### 1.5 Fourth data screen

The fourth screen is the lap screen:

- The lap time
- The lap distance
- The lap average speed
- The lap max. speed
- The lap ascent
- The lap descent
- The heading
- Heart rate indicator, based on the heart beat setting in your profile



## 1.6 Fifth data screen

The fifth data screen is the take me home screen.

- On the bottom you will see direction in which you have to go to get to the starting point.
- On top you will see the direction which you are heading. This will be green if your heading towards your starting point.
- On the right top position you will see an arrow. This points you to the direction which you will have to take to go to the starting point.
- On the left is a number which shows you how far you are away from your starting point
- On the right is the unit of the number (miles or km's)
- In the middle you see a relative distance graph. The outer circle is default 3 miles/km. When you go past the 3 mile/km it will be scaled to 6 mile/km.



**Note:** This screen is not available for the Epix

## 1.7 Sixth data screen

This is the same as the starting screen

The sixth screen shows:


- The wind speed and direction
- The state of the battery, round the edge
- If a tempe device is attached
- If you are connected to your phone
- If your connected to your heart belt
- 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)
- The version of the app and if you have the Free or Pro version
- If you *did not* check the checkbox for fetching the weather data automatically in the settings of Garmin Connect for this app, you can get the weather data by clicking the back button only on screen 6. On a touch screen device without a back-button, swipe right.

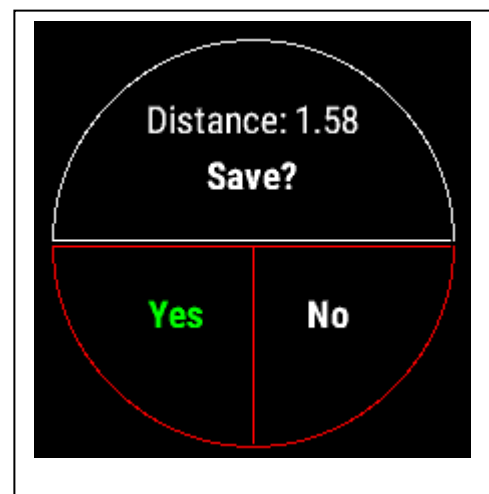


## 2 Start/stop/pause

The app is paused when no movement is detected(The lines will become red). When you start moving again, registration resumes(The lines become green again). You will also feel a slight vibration. ***In the setting screen of the app in your phone, you can enable or disable the auto pause functionality.***

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



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

## 3 Setting screen

The setting screen has the following fields.

### 3.1 License key

Here you can enter the license key

### 3.2 Number of seconds before a lap is recorded when you reach the starting point

This can be used to set fi. 10 minutes. If set on 1 minute and you are not far enough away from the starting point it will also record a lap.

### 3.3 Number of meters deviation for starting a new lap.

It could be that when you return to the starting point it will not be exactly at the starting point. Here you can enter fi. 10 or 20 meters.

### 3.4 Automatic lap in km/miles

If you set fi. 5 km. The App will record a lap automatically when you reach 5 km

### 3.5 Get weather automatically.

When set the weather will be fetched automatically and shown on the startup screen. You will need to have a connection to your phone and the phone needs to be connected to the internet.

### 3.6 Auto pause

Check to automatically stop recording when you stop moving.

### 3.7 Wind unit.

Here you can set the wind unit which is shown in the first screen

### 3.8 Set contrast

Here you can set the screen contrast color.

You can set the contrast to

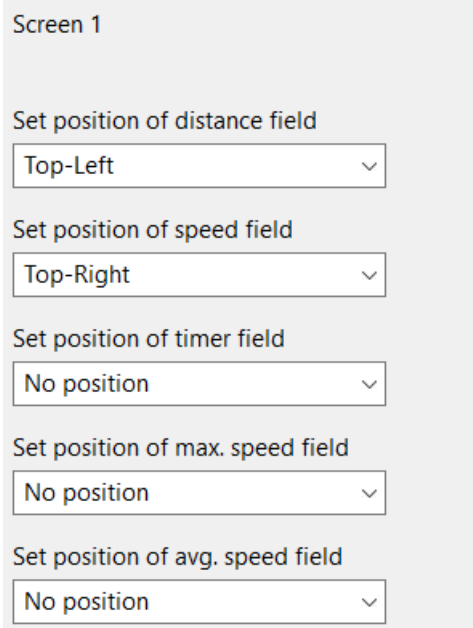
- Black on light grey
- Black on white
- White on black

### 3.9 Relocation of the fields

All fields can be placed on screens 1 – 3 (not for VA and Epix).

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 on which location. As an example you see on the right an image where the distance field in on screen 1 in the top-left corner, the speed field is on screen 1 in the top right corner, etc.



Screen 1

Set position of distance field  
Top-Left

Set position of speed field  
Top-Right

Set position of timer field  
No position

Set position of max. speed field  
No position

Set position of avg. speed field  
No position

## 4 Locking keys

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

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

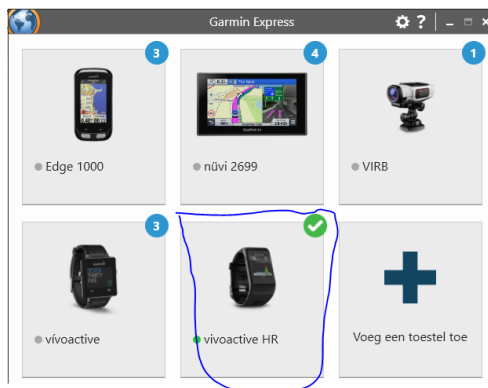
This can be done in two ways:

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

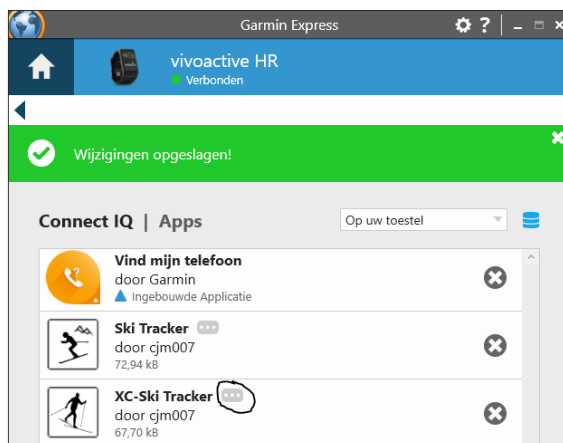
### 5.1 With the computer



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

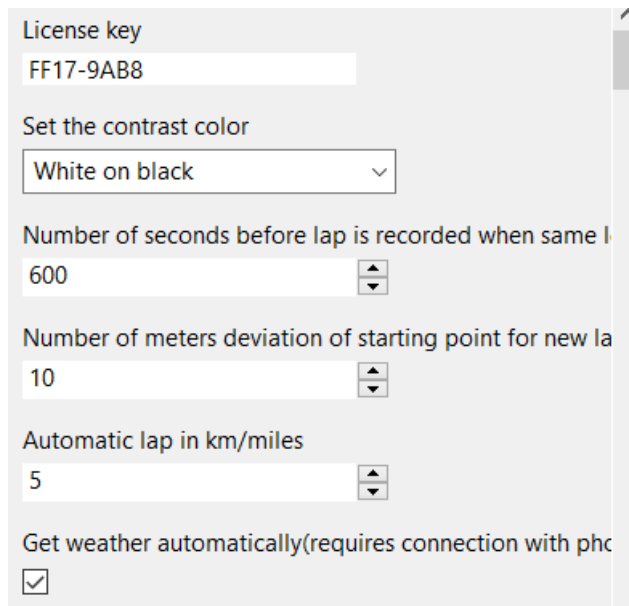


Click on your watch symbol and then on the button Control App



Look for the Roller ski Tracker App in the list and click on the dots on the right of the description





License key  
FF17-9AB8

Set the contrast color  
White on black

Number of seconds before lap is recorded when same location is reached  
600

Number of meters deviation of starting point for new lap  
10

Automatic lap in km/miles  
5

Get weather automatically(requires connection with phone)

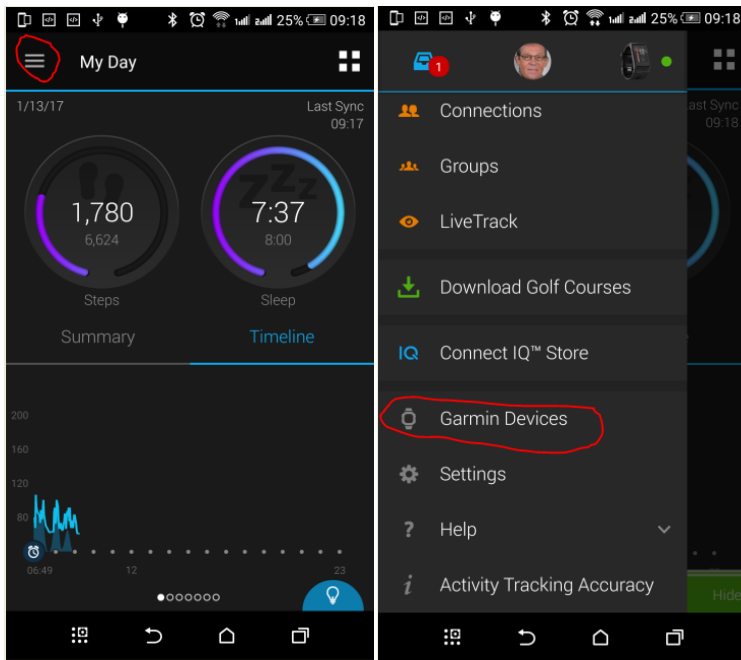
In the next screen you can enter your license key and save it.

- To determine if a next lap is to be recorded, the app check if you are in the same place as when you started. This can deviate a little. That is why you can set the “Number of meters deviation of starting point for new lap” is set on 10 meters, but you can change it to your needs. To prevent a new lap , when you are within the 10 meters another setting “Number of seconds before lap is recorded when same location is reached” can be set. Standard setting is 600 seconds (19 minutes). You can change it to your needs.

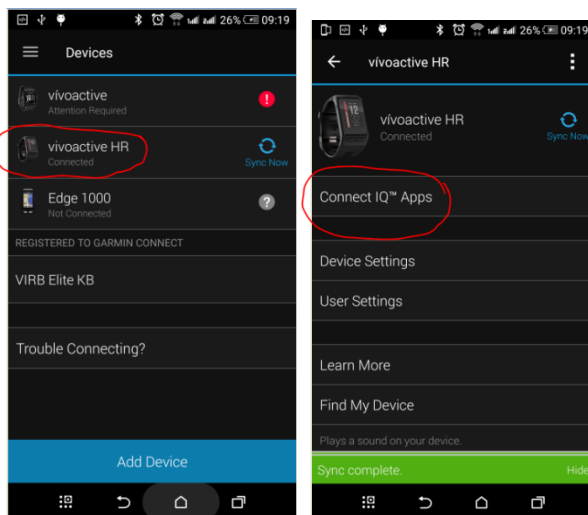
## 6 On your phone

Start the Garmin Connect App.

Click on the menu symbol and go to “Garmin devices”.

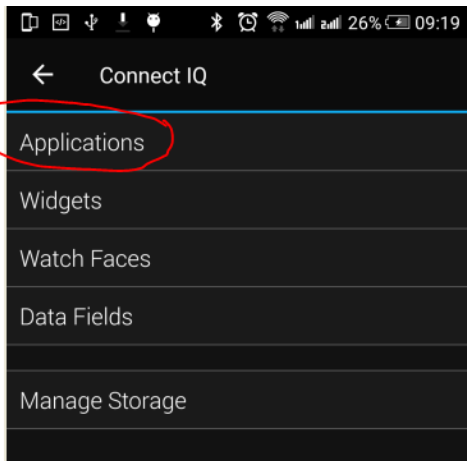


Select your Garmin watch

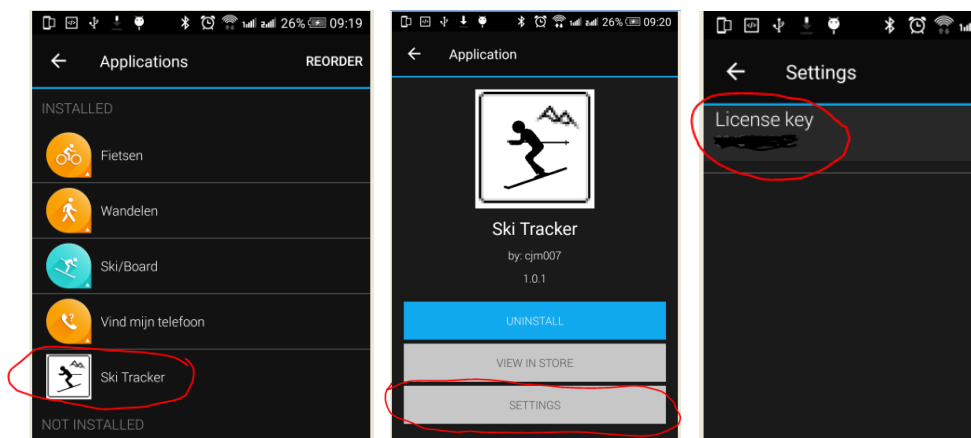


and click on “Connect IQ apps”

Then click on “Applications”.

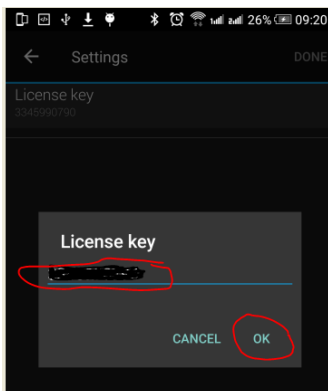


In the list with applications, click the Roller Ski Tracker App (In this example the Ski Tracker is used)



and the button "Settings".

Click on the License key and fill in the key.

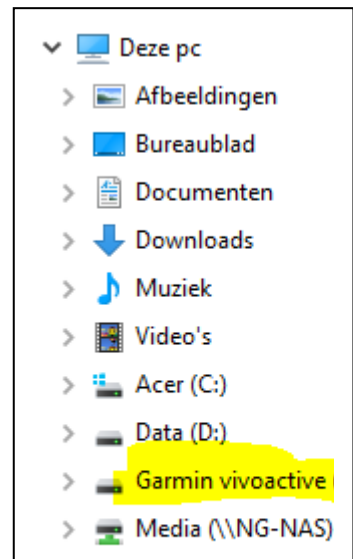
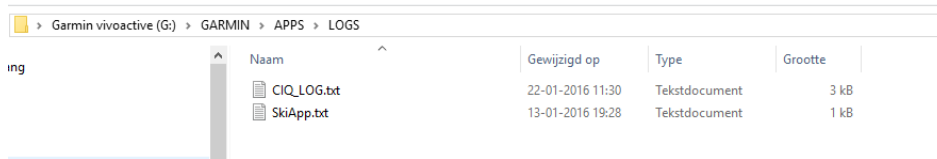


Save your entry and your done (click on OK and then on OK or Done in the right upper corner).

## 7 Trouble shooting

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 an 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



## 8 Notes

- The app can be used for the following languages English, Dutch, French, Polish, Portuguese 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.

# 10 Software disclaimer

My apps which can be downloaded from the Garmin store is provided 'as is' without warranty of any kind, either express or implied, including, but not limited to, the implied warranties of fitness for a purpose, or the warranty of non-infringement. Without limiting the foregoing, I (Kees Bond) makes no warranty that:

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3. the results that may be obtained from the use of the software will be effective, accurate or reliable
4. the quality of the software will meet your expectations

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