

# Rollerskate Tracker V.1.0.0

Bike track application, which tracks all relevant information during cycling or mountain biking.

More information about developments and documentation can be found on:

<https://www.007software.eu/rollerskate-tracker/>

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# 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.*
- *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). 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.*
- *When you use this app, it is better to disable all notifications from your phone. When cycling, 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 and 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 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 buttons see the button paragraph)

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.



To access this screen again, press and hold the down-button for 2 seconds. In this screen, you can press the back-button to fetch the weather data again.

Manual lap is controlled by pressing the back-button or on some touch screen devices swipe right.

Select the activity type (Road or Mountain bike) by holding the menu key for button devices, tapping the screen for touch screen devices or pressing the menu button on Edge devices.

The fields can be placed on any position in screen 1 – 3. This can be done in the setting screen. (See paragraph Thresholds)

## 1.2 First data screen (Changeable)

The first screen could show:

- Time
- The speed
- The distance
- Wind direction indicator
- Max. speed
- Heart rate
- Cadence
- The heading
- Timer
- The heart zone indicator



## 1.3 Second data screen (Changeable)

The second screen could show:

- Average speed
- Vo2Max
- Calories
- Estimated fat loss
- Laps
- Heading
- Wind direction indicator
- The heart zone indicator
- Time



Take me home screen or map view screen. On devices which support Garmins Map view functionality, the Map View screen will be visible. On the other devices the “take me home screen” is visible.

### 1.3.1 Take me home or map view screen

The “take me home screen” screen shows the relative position you are from the start of the hike. It also shows you the direction to go to get to the starting point.

- The center is your starting point.
- The red dot is your current position from the starting point.
- The number near the last circle is the distance scale. It will change to 6 when you reach a distance of more than 3.1, etc.
- The heading on the bottom shows the direction you need to walk to go back to the starting point
- The heading on the top shows the direction you are walking now. It will be red if it is different from the heading on the bottom. If it is green you will walk in the direction of your starting point.
- The wind arrow will show you the direction to take to walk in the direction of your starting point



**Note:**

-The “take me home screen” is not a navigation system. I tried it several times and it will indeed get you close to the starting point. Usage is at your own risk however.

### 1.3.2 Map view screen

The Map View screen consists of 2 modes. The preview and the browse mode. At least this is how Garmin intended it to be. The functionality is not yet mature yet. On some watches it behaves different than Garmin intended it to be. Later you read more about this.

In the preview mode you can see where you are at the moment and if you created a route/itinerary, it will be visible when you are near the starting point. (later more about creating a route/itinerary)



In the browse screen you can zoom/pan in the screen to navigate around and get acquainted to the surroundings.

While Hiking, the route you walked will be visible on the screen.

In the following section you will find more about the buttons you can use to use the different screens and other functionalities.

#### 1.3.2.1 Button devices

On button devices when enter the Preview screen you can long-press the Up-button to set a waypoint. (When you are in one of the data field screens you can also press the Up-button to set a waypoint)

To enter the Browse mode, press the select/start button once, You will feel a vibration. The screen changes and you will see “+” and “-” signs near the Up and Down button.

By pressing the up and down buttons you can zoom in or out. Pressing the select/start button again the signs change to “Up” and “Down” arrows.

By pressing the up and down buttons you can pan up or down. Pressing the select/start button again the signs change to “Left” and “Right” arrows.

By pressing the up and down buttons you can pan Left or Right. Press the “Back” button to leave the Browse mode and return to the Preview mode.

Press the Back button again to return to the Data fields screens.




**Note:** On some devices the preview mode will also show the “+/-“, “up/down” and “left/right” signs next to the Up and Down buttons. This I can’t control. You have to see if the Preview mode fulfills your needs, otherwise press the select/start button to enter the browse mode. Sometimes the “+/-“, “up/down” and “left/right” signs are overlaid. Just press the select/start button until they are not overlaid anymore.



The App does not navigate you as in pointing directions.

The D2 Charlie and the Descent MK1 work a little different. See later on in the manual (paragraph 1.6.2.3)

### 1.3.2.2 Edge devices

Without touch screen


Use the  button to set a waypoint when you are in the data field screens. Use the  button when you are in Preview mode. To go to Browse mode press the  button. When you are in the Browse mode, the screen changes and you will see “+” and “-” signs near the Up and Down button.

- By pressing the up and down buttons you can zoom in or out. Pressing the  button again the signs change to “Up” and “Down” arrows.
- By pressing the up and down buttons you can pan up or down. Pressing the  button again the signs change to “Left” and “Right” arrows.
- By pressing the up and down buttons you can pan Left or Right. Press the “Back” button to leave the Browse mode and return to the Preview mode.
- Press the Back button again to return to the Data fields screens.

**Note:** On some devices the preview mode will also show the “+/-“, “up/down” and “left/right” signs next to the Up and Down buttons. This I can’t control. You have to see if the Preview mode fulfills your needs, otherwise press the select/start button to enter the browse mode. Sometimes the “+/-“, “up/down” and “left/right” signs are overlaid. Just press the select/start button until they are not overlaid anymore.

The App does not navigate you as in pointing directions.

With touch screens

Use the  button to set a waypoint when you are in the data field screens and in the Bottom right button to set a waypoint in Preview mode. Tap on the screen to enter the Browse mode. You will hear a play tone and the screen changes and you will see “+” and “-” signs on top of the screen.

- Tap them to zoom in or out.
- Swipe the screen to pan around.
- Press the Back button to return to the Preview mode. You will hear a play tone again.
- Press the Back button again to return to the data field screens.

Note: On some devices the preview mode will also show the “+/-”, “up/down” and “left/right” signs next to the Up and Down buttons. This I can’t control. You have to see if the Preview mode fulfills your needs, otherwise press the select/start button to enter the browse mode. Sometimes the “+/-”, “up/down” and “left/right” signs are overlaid. Just press the select/start button until they are not overlaid anymore.

The App does not navigate you as in pointing directions.

### 1.3.2.3 D2 Charlie and Descent MK1 devices

On these devices the zoom and pan signs are not visible in my simulator in the Browse screen. I don’t know if this is really the case on the watches too. If you don’t see them, don’t worry the Up and down buttons control them anyway and the select/start button work fine too. Otherwise the functionality is the same as for the button devices.

### 1.3.2.4 Create route/itinerary

It is possible to use a route/itinerary you can follow during your Hike. Here you will find how to create them and enter them in the setting screen.

Go to the website: <https://developers.google.com/maps/documentation/utilities/polylineutility>

In there you can create a polyline. Please read the instructions. When you are done, copy the text in the field “Encoded Polyline:”. Make sure you don’t miss any characters. If you can’t see all of the text enlarge the field by dragging the bottom right corner.

Open the settings screen of the App in Garmin connect mobile or Garmin Express. Go to the last field on the bottom named “Route/itinerary” and paste the text in there. When you start the app and go to the Map view screen, you will see your route/itinerary, which you can follow during your Hike.

## 1.4 Starting data screen

This is the starting screen and can be made visible by pressing the Up button in the first screen. When you are in this screen you can press the back button to update the weather data. Use the Up/down key or tap the top or bottom of the screen (touch devices) to return to the data field screens.

- The wind speed and direction
- The state of the battery, on the edge of the screen
- 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)


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 this screen

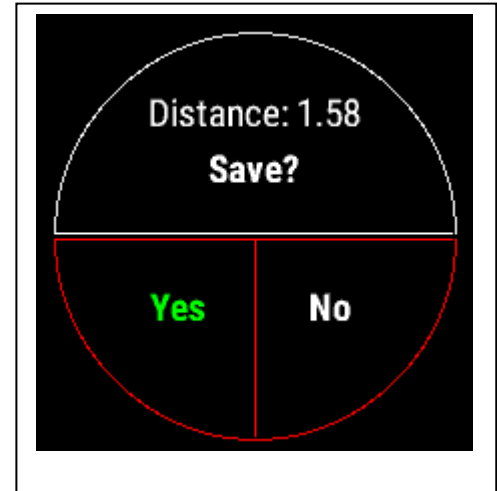


## 2 Start/stop/pause

The app is paused when no movement is detected(The line 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 watch to upload immediately. The recording can be seen in Garmin Connect.

The following extra fields will be uploaded to Garmin:

- Cadence graph
- Average cadence
- Vo2max

## 3 Locking keys

It is possible to lock the keys. For a Garmin Vivo active 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 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

- License key
- Get the weather data automatically
- Set the contrast colors
- Use Map view
- Auto pause. Default is ON.
- Wind unit. Default is km/h or miles/h, but you can set it to m/s
- Route. This is used to put you route/itinerary in.
- Number of second before a lap is recorded, when the same starting location is reached
- Numbers of meter of deviation from the starting point for registering a new lap.
  - In order to be able to determine if a new lap needs to start, the app checks the following value:
    - 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.
    - If you want to manually add a lap, press the back button in screen 1-3.
- 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-left corner, the speed field is on screen 1 in the top right corner, timer field is on screen 1 in the bottom left corner, etc.

Screen 1

Set position of distance field  
Top-Left

Set position of speed field  
Top-Right

Set position of timer field  
Bottom-left

Set position of max. speed field  
Bottom-right

Set position of avg. speed field  
No Position

## 5 Adding your license key, select automatic fetching of weather data and set thresholds

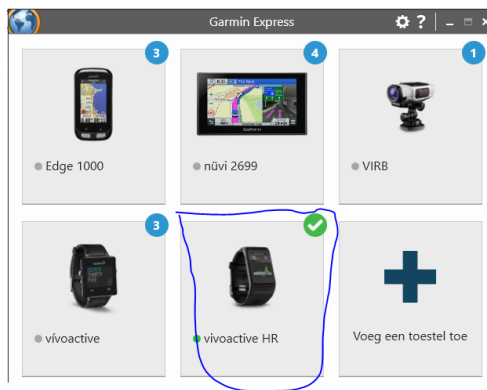
This can be done in two ways:

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

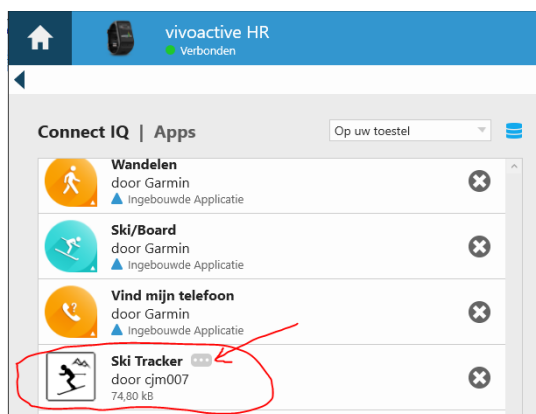
### 5.1 With the computer



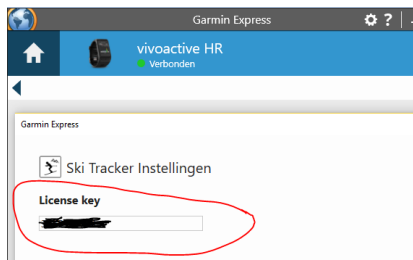
Attach your Garmin watch to your computer. Start the program Garmin express



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



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

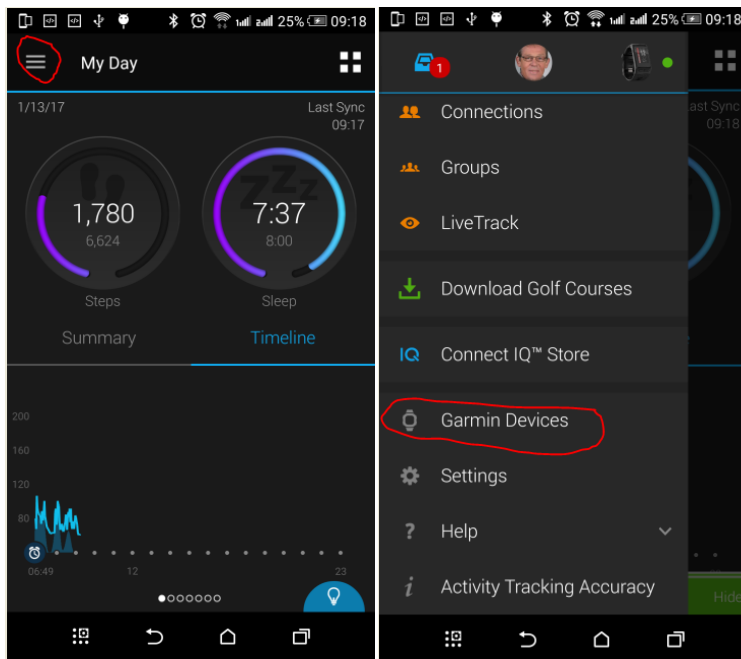


In the next screen you can enter your license key and save it.

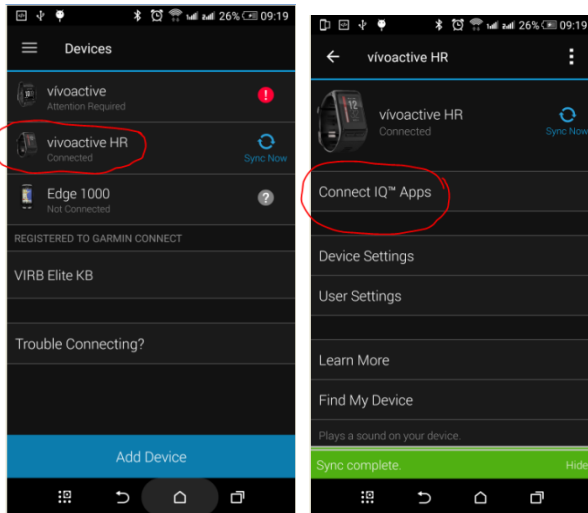
## 5.2 On your phone

Start the Garmin Connect App.

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

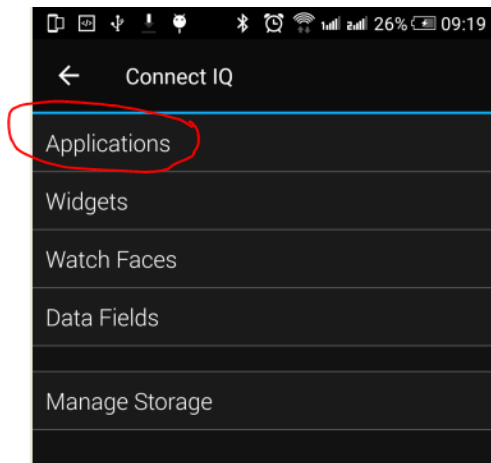


Select your Garmin watch

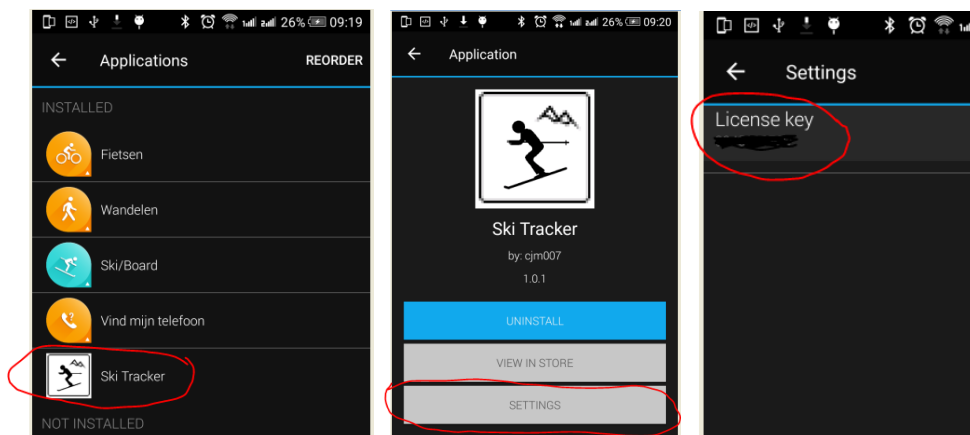


and click on “Connect IQ apps”

Then click on “Applications”.

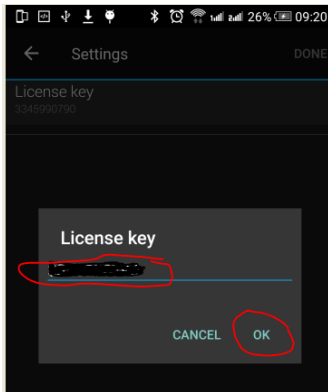


In the list with applications, click the Roller skate Tracker App (here the Ski Tracker is shown as an example)



and the button “Settings”.

Click on the License key and fill in the key.

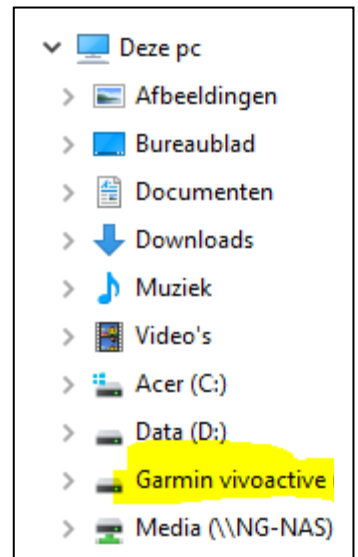
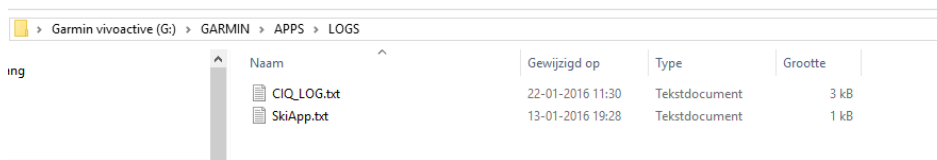


Save your entry and your done (click on OK and then on OK or Done in the right upper corner).

## 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, Italian, Polish, Portuguese, Danish, Czech 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.

## 9 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:

1. the software will meet your requirements
2. the software will be uninterrupted, timely, secure or error-free
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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2. may be out of date, and I make no commitment to update the software right away.

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