



Run Tracker V.3.0.0

Run track application, which tracks all relevant information during running.

More information about developments and documentation can be found on:

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

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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 (not mandatory). You can buy the Pro version via the webshop. 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 kiting, 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.

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 and the lines will become green. This can be overridden in the settings of the app. (auto pause)

If you want to manually create a lap, press the back button.

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, FR 920xt and the Epix.

1.2 First data screen (changeable)

The first screen shows can show:

- Number of laps
- Time
- The speed
- The distance
- Pace
- The heading
- Cadence
- The heart beat zone based on your heart zones



Note: For the pace and cadence a desired threshold can be set in the setting screen. The pace and cadence fields will be colored based on these settings. See the thresholds paragraph

1.3 Second data screen(changeable)

The second screen shows can show:

- Time
- Number of laps
- Average speed
- Heart rate
- Vo2Max
- Maximum speed
- Heading
- The heart beat zone based on your heart zones



1.4 Third data screen(changeable)

The second screen shows can show:

- Time
- Number of laps
- Timer
- Max heart rate
- Calories
- Ascent
- Heading
- The heart beat zone based on your heart zones



1.5 Fourth data screen (lap screen)

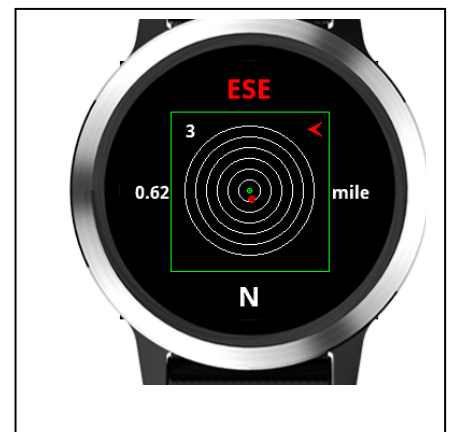
- Time
- Lap time
- Lap average speed
- Lap distance
- Lap average cadence
- Lap average pace



1.6 Fourth data screen

Take me home screen or map view screen. On devices which support Garmin's Map view functionality, the Map View screen will be visible. On the other devices the "take me home screen" is visible.

- 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: 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.

1.6.1 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.



1.6.1.1 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)

1.6.1.2 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.

1.6.1.3 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.

1.6.1.4 Create route/itinerary

It is possible to use a route/itinerary you can follow during your Run. 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 cant 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 Run.

1.7 Fifth data screen

The last screen shows:

- The wind speed and direction
- The state of the battery
- 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 screen 5.



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



The active selection has a green dot on it.

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.

In the Garmin IQ fields the following data should be visible:

- Number of laps
- Pace graph
- Cadence graph

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.

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.

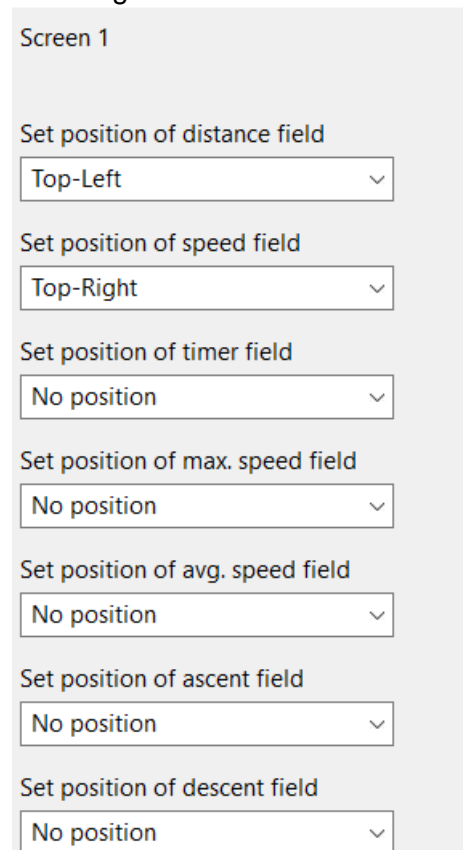
4 Thresholds

In the settings screen (see below) you can set the threshold for detection of a lap and many more settings.

- Auto pause. Default is ON.
- Get the weather data automatically
- Use Map view
- Route. This is used to put you route/itinerary in.
- Number of seconds before lap is recorded when same location is reached
- Number of meters deviation of starting point for new lap
- Desired pace. The Pace field is colored based on this value.
 1. If the pace is greater than the pace setting + 5 it will be red
 2. If the pace is between setting+3 and setting+5 it will be orange
 3. If the pace is between setting+1 and setting +3 it will be yellow
 4. If the pace setting is met or less the field will be green
- Desired cadence. The Cadence field is colored based on this value.
 5. If the cadence is less than the cadence setting - 60 it will be red
 6. If the cadence is between setting-60 and setting-40 it will be orange
 7. If the cadence is between setting-40 and setting-10 it will be yellow
 8. If the cadence setting is met or greater the field will be green
- Threshold cadence alarm. If the cadence is equal or greater than this setting the watch will vibrate once every xx seconds, based on the setting below.
- Time cadence alarm.
- Set auto scroll of the screen. This scroll the screen every XX seconds based on below setting
- Seconds to scroll
- 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, 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

Set position of ascent field
No position

Set position of descent field
No position

Note: if the setting has a value on 0, it is disabled.

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

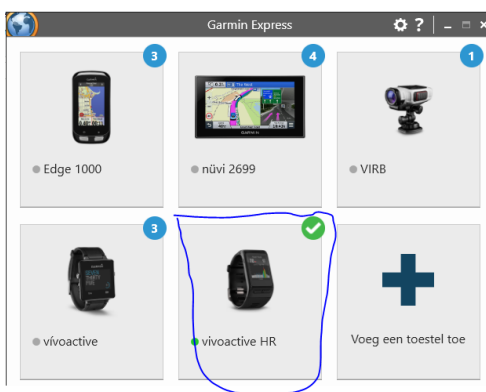
This can be done in two ways:

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

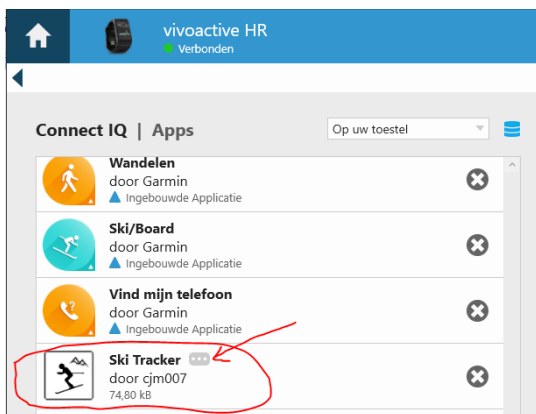
5.1 With the computer



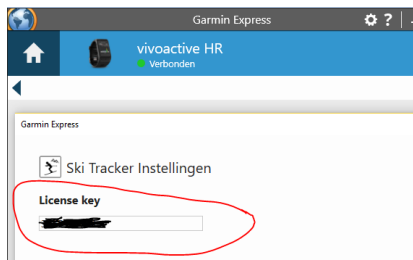
Attach your Garmin watch to your computer. Start the program Garmin express



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



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

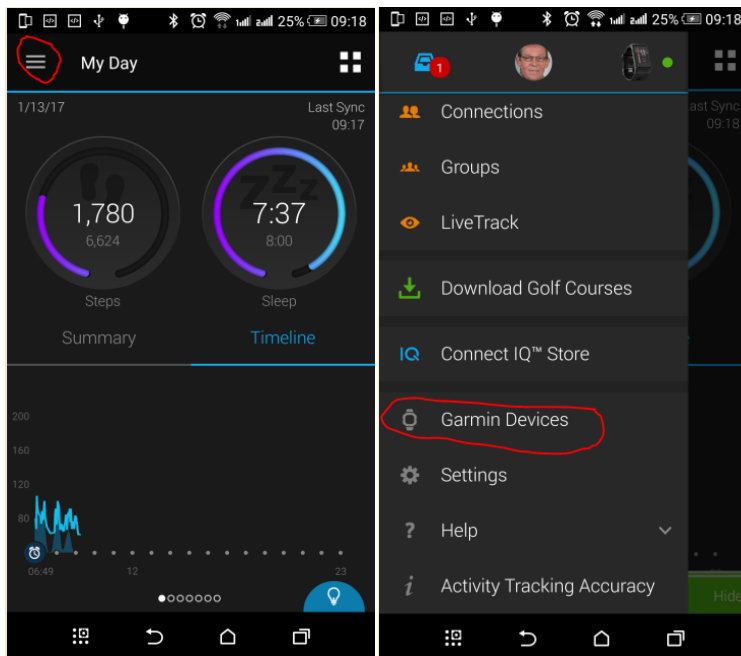


In the next screen you can enter your license key and save it.

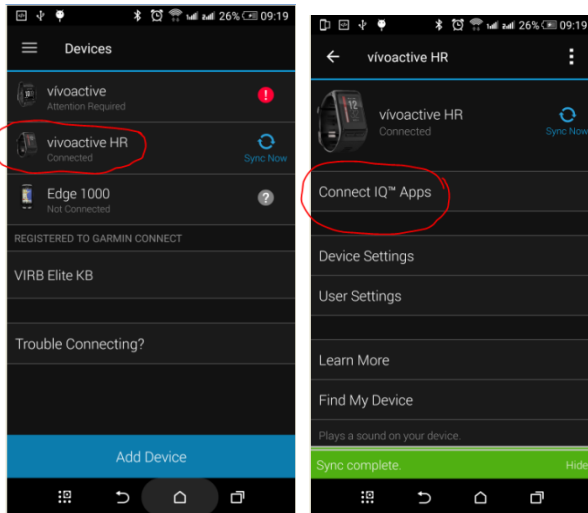
6 On your phone

Start the Garmin Connect App.

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

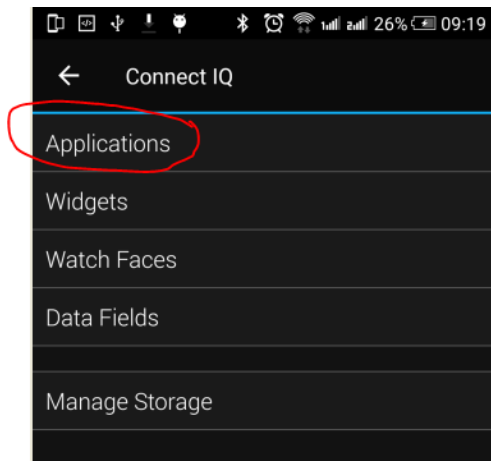


Select your Garmin watch

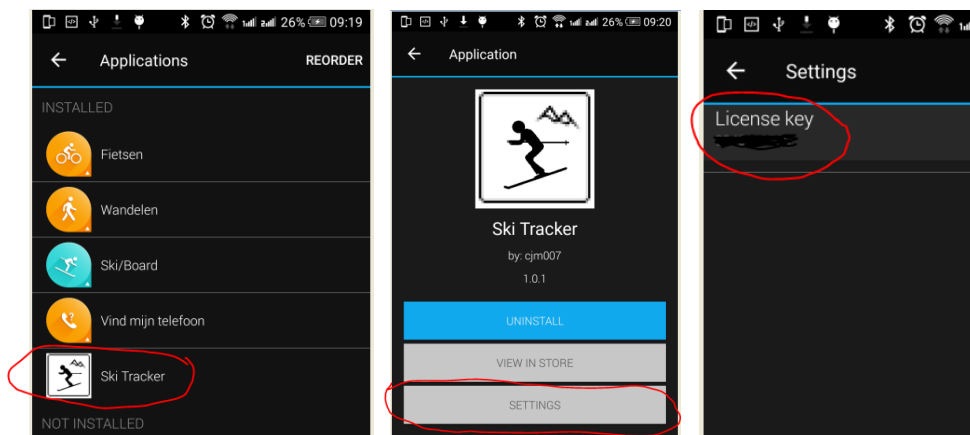


and click on “Connect IQ apps”

Then click on “Applications”.

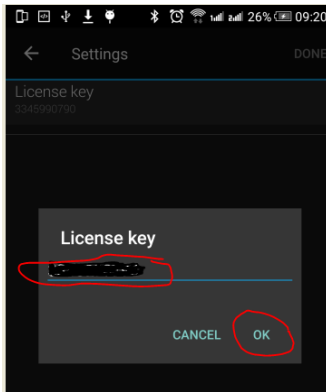


In the list with applications, click the Run Tracker App (here the Ski Tracker is shown as an example)



and the button “Settings”.

Click on the License key and fill in the key.

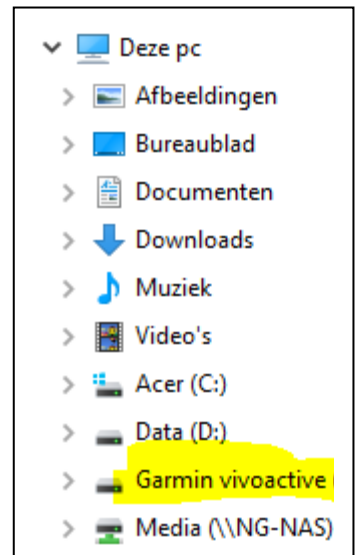
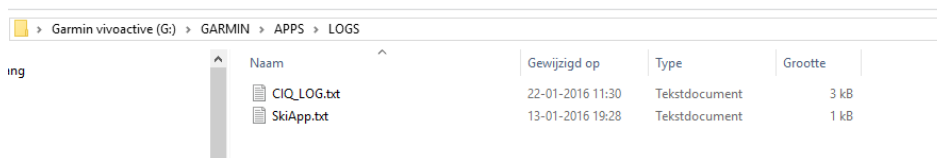


Save your entry and you're done (click on OK and then on OK or Done in the right upper corner).

7 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



8 Notes

- The app can be used for the following languages English, Dutch, Italian, Czech, Danish, 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.

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

Software and its documentation:

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2. may be out of date, and I make no commitment to update the software right away.
- 3.

I assume no responsibility for errors or omissions in the software or documentation

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