

Travel Trac[™]

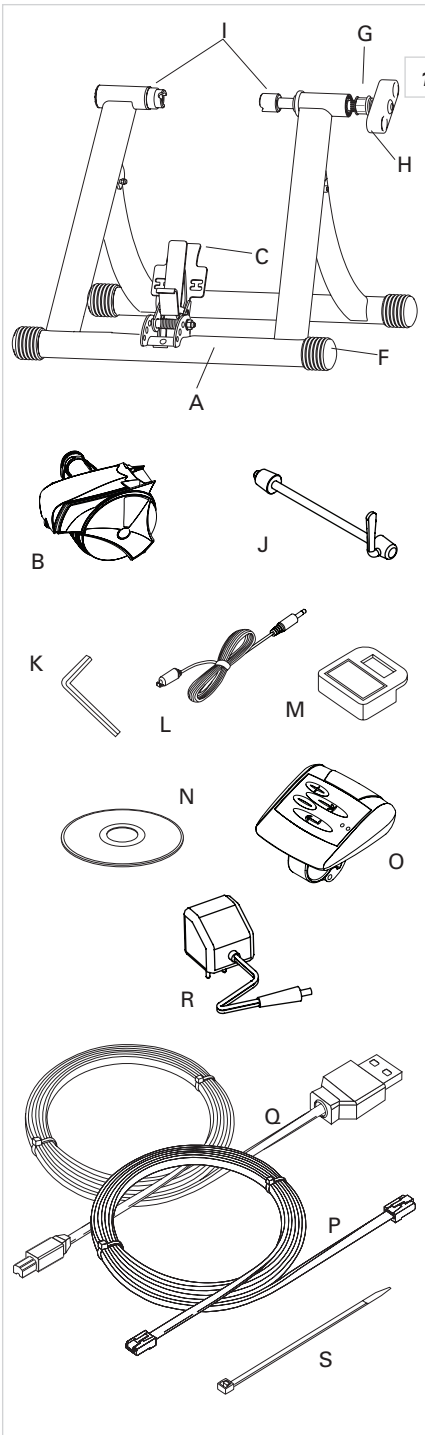
REALTOUR



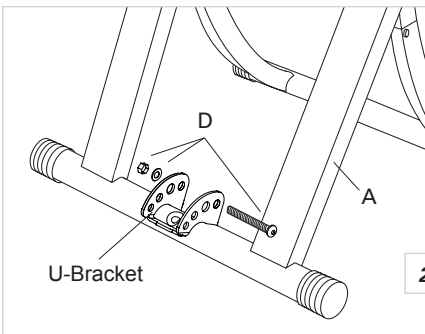
Thank you for your purchase of the Travel Trac[™] RealTour interactive indoor training system. Combine your bicycle and personal computer with the RealTour trainer for the ultimate interactive training experience. The RealTour allows you to ride interactive courses with and without video synchronization while tracking and recording speed, distance, ride time, cadence, power, and heart rate. Your indoor training has never been as fun or effective as it will be with the Travel Trac[™] RealTour!

⚠ WARNING

- Read and follow all instructions.
- Before beginning each workout, be sure bicycle is securely attached to trainer.
- During use, resistance unit may become hot enough to cause burns. Do not touch resistance unit during use or for some time after use until it has had sufficient time to cool.
- Keep children and pets away from trainer during use.
- Before you start any exercise program you should consult a physician.
- This trainer is intended for single-rider bicycles only.



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I. Parts List

Part	Part Code	Quantity
Trainer Frame	A	1
Resistance Unit	B	1
Resistance Unit Spring Plate	C	1
Pivot Bolt, Washer, Nut	D	1 each
5mm Hex Bolts and Washers	E	2 each
Rubber Feet	F	4
Locking Ring	G	1
Handle	H	1
Axle Support Cups	I	2
Quick Release (QR) Skewer	J	1
5mm Hex Wrench	K	1
Cadence Sensor and Cable	L	1
Cadence Magnet	M	1
Software DVD	N	1
Handlebar Console	O	1
Console to Resistance Unit Cable	P	1
Console to PC Cable (USB)	Q	1
Power Cord	R	1
Cable Ties	S	10

II. System Requirements

- Processor: 2.4GHz Pentium® III equivalent or better
- Operating system: Windows® 2000, XP or Vista
- Hard drive: 7200 RPM, 10GB with 4GB of free space
- Memory: 256MB RAM
- Monitor: 800 X 600 with video card and 32MB RAM
- Ports: One available USB 2.0 port
- Optical drive: DVD-R

III. Assembly

Note: All references to left and right are from the rider's perspective.

A. Trainer Assembly

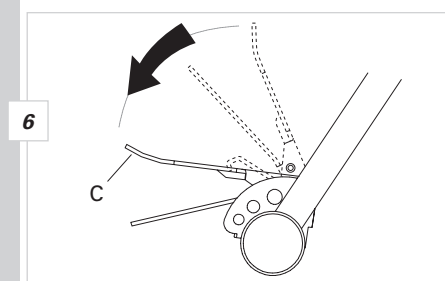
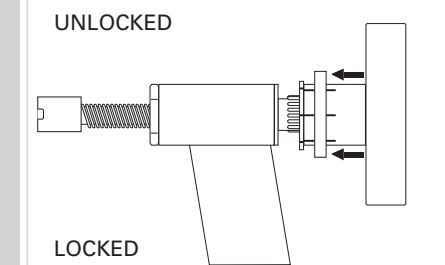
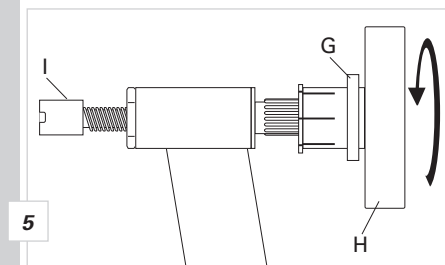
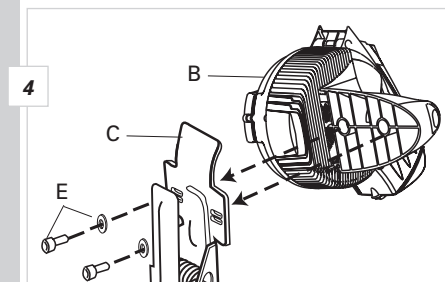
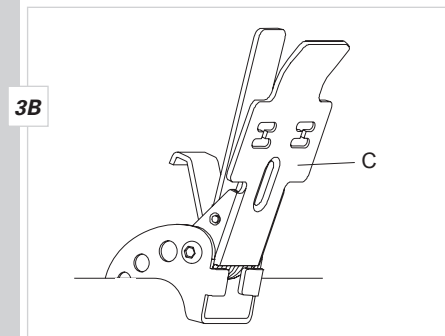
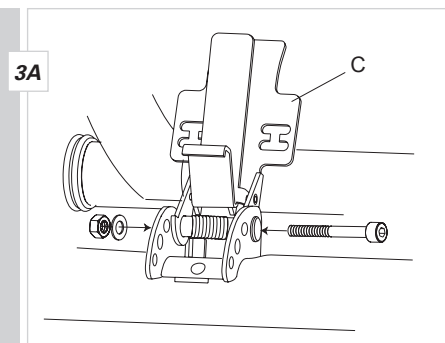
1. Remove the trainer frame, resistance unit and all parts from the box. If you believe parts are missing, please contact our Technical Support department for assistance at 1-800-553-8324.
2. Use the included 5mm hex wrench and a 13mm box wrench or adjustable wrench to remove the pivot bolt, washer and nut (D) from the U-bracket on the trainer frame (A). See Figure 2.
3. Attach the spring plate (C) to the U-bracket as shown in Figure 3A. For proper functioning, insert the spring plate vertically in the U-bracket and insert the pivot bolt through the top set of holes in the U-bracket.
4. The protruding prong of the spring must be placed inside the bent tab on the U-bracket. See Figure 3B. Tighten the pivot bolt, washer and nut (D) to a friction fit—enough that the spring plate can pivot with some resistance.
5. Attach the resistance unit (B) to the spring plate (C) using the 5mm hex bolts and washers (E) as shown in Figure 4. There are two sets of mounting slots in the spring plate. Attach the resistance unit to the spring plate using the upper set of mounting slots.

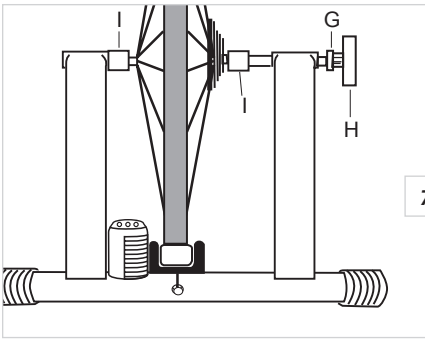
⚠ WARNING

Read and follow all instructions concerning installation of the bicycle on the trainer. Failure to securely attach the bicycle to the trainer could result in the bicycle falling, causing injury to the rider or bystanders.

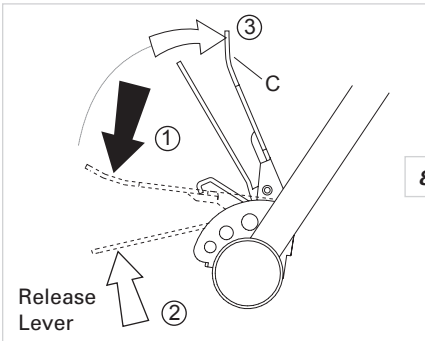
B. Bicycle Installation

1. Place the trainer on a flat, stable surface near your computer so that you'll have a clear view of the monitor when seated on the bike. For greater comfort, place a riser block under the front wheel to level the bike.
2. Replace the bicycle's rear wheel quick release (QR) skewer with the provided QR skewer (J). See bicycle owner's manual for instructions on how to properly adjust the QR skewer. Make sure the QR skewer is tight and not damaged or bent.
3. Loosen the locking ring (G) by sliding it all the way to the right until it contacts the handle (H). See Figure 5. Spin the handle counterclockwise to fully loosen the right side axle support cup (I).
4. Push the spring plate (C) down as far as possible towards the floor to engage the spring plate lock. See Figure 6. The spring plate must be locked down to provide clearance for the rear wheel while installing the bike.
5. Lift the bicycle into position, so that the rear QR skewer is aligned with the right and left axle support cups (I). See Figure 7.
6. Fit the QR skewer lever on the left side of the wheel into the left axle support cup. Rotate the support cup as necessary, until the notch in the cup is aligned with the QR skewer lever.
7. Tighten the right side axle support cup against the QR skewer nut on the right side of the wheel by spinning the handle (H) clockwise until it contacts the QR skewer nut. Once contact is made, tighten the handle an additional 1/4 to 1/2 rotation, until the QR skewer is firmly clamped between both axle support cups.
8. Tighten the locking ring (G) by sliding it all the way to the left (toward the bike). See Figure 5.
9. Check that the bicycle is securely installed in the trainer by pushing and pulling on the bicycle's top tube or seat.

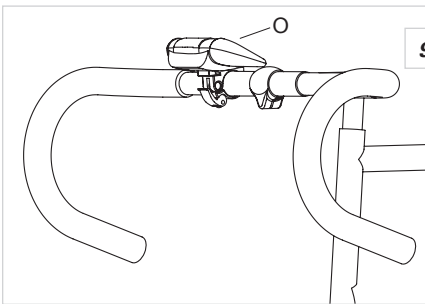




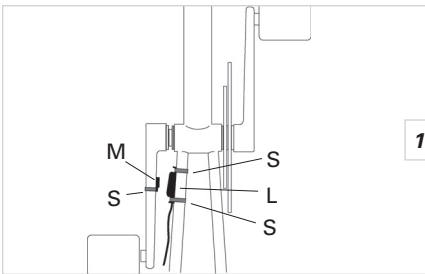
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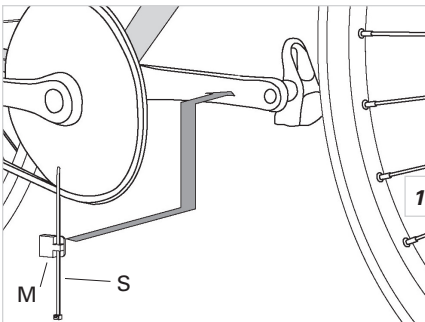
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10. If the bicycle is not secure, check to see that the QR skewer lever and nut are properly positioned in the axle support cups, and that the right side axle support cup is securely tightened.
11. Release the spring plate (C) by pushing down on the top of the spring plate with the palm of your hand, and then pulling up on the spring plate release lever with your fingers. Carefully allow the spring plate to rotate upward until the resistance unit roller makes contact with the bicycle's rear tire. See Figure 8.

⚠ WARNING

Failure to securely attach the bicycle to the trainer could result in serious injury.

C. SofTrac Polyurethane Drive Roller

The unique SofTrac drive roller on the RealTour resistance unit is made of durable polyurethane, which significantly reduces tire noise and tire wear while increasing traction between the tire and roller (less tire slippage). There are a few important points to keep in mind about the SofTrac roller.

1. To avoid damaging the roller, DO NOT apply the rear brake while using the trainer. Locking the rear wheel at high speed can seriously damage the polyurethane roller.
2. Allowing the tire to slip against the roller will also accelerate roller wear. If you notice the tire slipping regularly during use, you should:
 - A) Try to apply power more evenly when accelerating, and pedal with a smoother stroke.
 - B) Attach the resistance unit (B) to the spring plate (C) through the lower set of mounting slots (closest to the frame). See "Assembly" and Fig. 4 on page 3.
3. Use a smooth tread tire at least 23mm in width.
4. Maintain the recommended maximum inflation pressure for your tire.
5. Over time the SofTrac roller may show some slight signs of wear. This is normal, and does not affect the performance of the roller.

D. Handlebar Console Installation

1. Attach the handlebar console (O) to the handlebar as shown in Figure 9. Open the quick release bracket and fit the bracket onto the handlebar, preferably close to the stem. For use on larger diameter handlebars, it may be necessary to remove the two rubber shims from the bracket.
2. Spin the quick release lever to adjust bracket clamping tension, and then close the quick release lever to secure the bracket in place.
3. If the bracket clamping tension is too loose or too tight, open the quick release lever, adjust clamping tension, close the lever and re-check for secure attachment.

E. Cadence Kit Installation

The cadence kit consists of a magnet (attached to the crank arm) and a sensor (attached to the left chainstay), which counts the number of pedal revolutions per minute.

1. Loosely attach the sensor (L) to the outside of the left (non-drive side) chain stay using two cable ties (S). See Figure 10.
2. Loosely attach the magnet (M) to the inside of the left crank arm using one cable tie (S). See Figures 11 and 12.
3. Position the sensor and magnet so that the space between them is no more than 2-3mm. Proper spacing is often achieved by sliding the magnet and sensor toward the rear of the bike. See Figure 13.
4. Once the magnet and sensor are positioned properly, tighten the cable ties securely. Secure the sensor cable to the chain stay using additional cable ties as necessary, and trim the protruding ends of the cable ties.

F. Cable Connections

See Figure 14 for an overview of the RealTour cable connections.

Cadence Sensor Cable

Connect the loose end of the cadence sensor cable (L) to the rear of the resistance unit.

Handlebar Console and Resistance Unit

1. The cable (P) that connects the handlebar console to the resistance unit has a phone jack type plug at both ends. Insert one end in the hole on the underside of the handlebar console and connect the other end to the resistance unit. See Figure 15.

Handlebar Console and PC

Use the USB cable (Q) to connect the handlebar console to an available USB port on your PC.

Resistance Unit to Power Supply

After all other connections are complete, connect the resistance unit power cord (R) to the resistance unit, and connect the other end to a standard electrical wall outlet (120V AC). If all cables are connected correctly, the green LED on the console should be lit.

G. Using the Travel Trac™ RealTour without a PC

When used independently of the PC, the RealTour functions as a stand-alone trainer with eight levels of resistance. Simply use the "+" and "-" buttons on the handlebar console to increase or decrease the resistance level. After 20 seconds of inactivity, the resistance level will automatically return to the lowest setting.

IV. Hardware and Software Installation

The Travel Trac™ RealTour software is compatible with Windows® 2000, XP and Vista.

A. Software Installation

1. Insert the RealTour DVD in your PC's DVD drive and the installation should begin automatically. If the installation does not begin automatically, explore the DVD drive and double click the "setup.exe" file.
 2. Follow the on-screen installation prompts to complete the installation:
 - Select the desired language and click **OK**.
 - The setup wizard will open. Click **Next** to begin the installation.
 - Choose the default installation location for the software (or specify a different location) and click **Next**.
 - Select the default location to install the program shortcuts (or specify a different location) and click **Next**.
 - To create a desktop icon, select the appropriate box and click **Next**.
 - Click **Install** to complete the installation.
- The device driver installation wizard pop-up window will appear.
- To begin installation of the handlebar console driver, click **Next**.
 - When installation is complete, click **Finish**.
 - Click **Finish** in the RealTour setup wizard window.

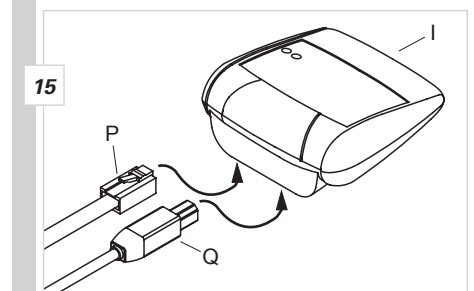
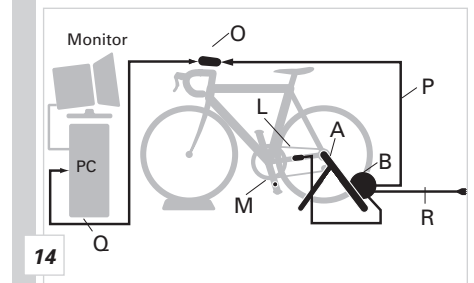
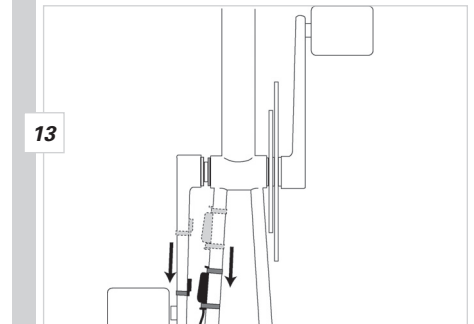
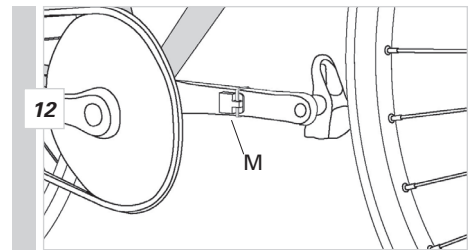
3. During the software installation, the Caprera-Maddalena DVD course will also be installed, which may take several minutes.
4. When you open the RealTour program, it will automatically adjust your monitor resolution to 800x600 pixels. When you close the program, the screen resolution will revert to your original settings. If for some reason screen resolution does not return to normal, you can adjust the monitor settings by going to Start > Settings > Control Panel > Display > Settings.
5. Also, the first time you open the RealTour program, it will conduct a test to ensure your computer meets the minimum system requirements. A pop-up window will appear when the test begins. Follow the prompts in the pop-up window to conduct the test. Once the test is complete, click Close at the bottom of the pop-up window.

B. Software Updates

RealTour software updates will be available periodically. To check for updates, click on the Help tab in the toolbar at the top of the screen and select the "Upgrade Wizard". If a newer version of the RealTour software is available, the Upgrade Wizard will guide you through the download and installation process.

C. Hardware Installation

1. If for some reason the USB driver is not installed during the initial software



installation, the handlebar console is not connected to the PC or the resistance unit is not connected to a power source, a “Can’t find the Axiom device” error may appear when you launch the RealTour program.

2. Make sure the handlebar console is connected to the PC using the supplied USB cable (Q).
3. If the Windows® hardware installation wizard requests that you install the USB Serial driver, insert the RealTour DVD and select “Install From a Specific Path (Expert User)”.
4. Select “Search in Removable Disks (CD-ROM)” and click **Continue**.
5. Click **Finish** to complete the installation of the USB Serial driver.
6. If Windows® asks you to install the USB Serial Port driver, follow the same procedure as above.

V. Program Overview

The Travel Trac™ RealTour provides a means for cyclists to measure, record and analyze training data in order to improve their fitness and performance level. The trainer provides an excellent workout with automatic changes in resistance levels to simulate changes in terrain. During the workout the RealTour allows you to view current, average and maximum values for speed, distance, cadence, heart rate and power output data. After the workout, course data can be saved to a history file for later analysis and comparison with other rides.

VI. Before You Begin

A. Using the Handlebar Console

The buttons on the console perform the same functions as the Tab, Enter and arrow keys on the keyboard.

- The “+” button performs the same function as the up arrow key
- The “-” button performs the same function as the down arrow key
- The → button performs the same function as the Tab key
- The ↵ button performs the same function as the Enter key

B. Create Rider Profile

Before your first ride, you must create a Rider Profile which includes age, weight and heart rate date for each rider. Each rider using the RealTour should create his or her own profile.

1. If the RealTour is not already opened, double click the RealTour desktop icon to launch the program. The first time you launch the RealTour program, the new rider profile box will open automatically. Otherwise, click **NEW** at the bottom of the home screen and select “Create a new rider”.
2. Enter the rider’s Name and Birth Date (mm/dd/yyyy). Select the preferred units of measure (Kilometer and Meters or Miles and Feet) by clicking the appropriate checkbox. Then click **NEXT**.
3. Enter rider weight and Maximum Heart Rate, Target Zone Upper Limit and Target Zone Lower Limit in the appropriate fields and click **NEXT**. Note: The program will automatically calculate maximum heart rate and upper and lower target zone limits based on your age*, but to enter a different value, simply type the desired value in the appropriate field.
4. Indicate whether you will use a heart rate transmitter strap by clicking the “Yes” or “No” checkbox. Then click **NEXT**.
5. To enter a rider photo, click EDIT to browse for the photo on your computer. When done, click **NEXT**.
6. Confirm that all information is correct in the final screen and click **FINISH** to save the rider profile.
7. Each rider using the program should create their own Rider Profile. Before beginning a ride, select the appropriate rider by clicking on the rider icons at the bottom of the home screen.

*A standard maximum heart rate formula of $220 - \text{age} = \text{MHR}$ is used, and target zone values of 80% of max heart rate for the upper limit and 70% of max heart rate for the lower limit are used for the system-calculated values. A target zone range of

70-80% of maximum heart rate is appropriate for trained athletes. If you have been inactive, you may want to use a lower target zone.

C. Edit or Delete an Existing Profile

1. To edit an existing Rider Profile, select the appropriate rider icon on the home screen, click **NEW** and select "Edit current rider."
2. Make the desired changes to the rider profile (target zone settings, rider weight, etc.) and click **SAVE** to save the changes. Click **BACK** to return to the home screen.

D. Using a Heart Rate Transmitter Strap

The RealTour can be used with or without a heart rate transmitter strap. To get the most out of your training, we recommend that you use a transmitter strap. Virtually all non-coded heart rate transmitter straps are compatible with the RealTour. If you choose to use a transmitter strap, follow the steps below to ensure accurate readings.

1. Adjust the transmitter's elastic strap for a snug, comfortable fit, and position the transmitter on the bare chest just below the breast. See Figure 16.
2. Moisten the back surface of the transmitter strap with water, saliva or conductive gel. Do not use moisturizing lotion, which is an insulator and will not conduct an electrical pulse.
3. When placed on the body, the transmitter is automatically activated (and deactivated when removed). To prolong battery life, the transmitter should be removed when not in use.
4. If you have difficulty obtaining a regular heart rate reading, check the following:
 - Ensure transmitter strap is positioned correctly and sufficiently snug
 - Ensure back side of transmitter strap (against skin) is sufficiently moist
 - Ensure transmitter battery is not weak or dead
5. To avoid electromagnetic interference (which may cause erratic heart rate readings), maintain a distance of about four feet between the handlebar console and common sources of interference, such as the computer monitor, TV, other wireless transmitters, fluorescent lights and motor driven equipment.
6. **Note:** If you did not enable heart rate during the initial software installation, click the "Settings" tab at the top of the screen and select "Enable heart rate."

E. Pre-Ride Checklist

1. Inflate tires to maximum recommended inflation pressure (printed on tire sidewall).
2. DO NOT apply the rear brake while using the trainer. Locking the rear wheel at high speed can seriously damage the polyurethane drive roller.
3. Use a smooth tread tire at least 23mm in width.
4. Use a smooth tread tire on mountain bikes as well. The smooth tread will reduce tire and roller wear, improve traction and reduce noise and vibration.
5. Use the Windows® control panel to set your PC's screen saver interval for a period of time longer than you expect to be riding.

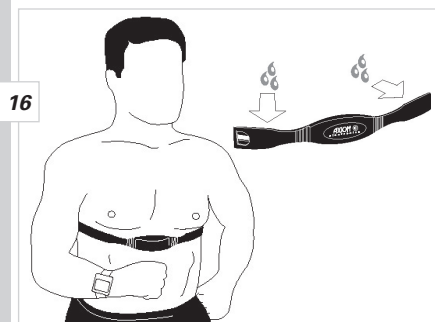
VII. Riding a RealTour Interactive Video Course

The RealTour synchronizes film footage on the video course with the rider's speed, while the resistance unit regulates resistance to simulate gradient changes along the course. The result is a realistic and interactive ride that will stave off the boredom usually associated with indoor training.

A. Choose a Course

The RealTour includes one interactive video course, the first stage of the 2007 Giro d'Italia, Caprera to La Maddalena. Additional courses are available separately.

1. If the RealTour is not already opened, double click the RealTour desktop icon to launch the program. From the home screen, click the **VIDEO** button to see a list of available courses. Note that a metric (Kilometers/Meters) and English (Miles/Feet) version of each course is listed. Be sure to choose the correct course according to your desired units of measure.
2. Click a course listed on the right of the screen to view the course profile and other details.
3. Once you've selected a course, click **NEXT** at the bottom of the screen.



B. Create a Sub-course

If you prefer a shorter ride or want to train on a particular section of a course, you can divide the full length course into smaller (up to four) segments and save each segment as a separate course.

Remember: You must finish a selected course in order to save any of the ride data for that course.

1. After selecting a course from the list of available choices, click **DIVIDE**.
2. Choose the number of segments you'd like the course divided into (two, three or four parts). Then select the segment you'd like to save as a sub-course and click **SAVE**.
3. The saved sub-course will now appear in the list of available video courses in the course selection screen.

C. Choose Course Intensity

When riding a RealTour video course, you can select the intensity at which you wish to ride. At the top left of the course selection screen is a box with a choice of 5 levels of intensity: 100%, 80%, 60%, 40% and 20%.

Selecting an intensity level other than 100% will result in an "easier" ride. If you select 100%, the resistance unit will produce 100% of the resistance necessary to simulate the gradient changes on the course. If you select 80%, the resistance unit will produce only 80% of the resistance necessary to simulate the gradients, and so on. Simply click the desired intensity level before you begin riding.

D. Starting the Course

1. Having selected the course to ride and clicked **NEXT**, you should be viewing the course screen, with an image of the course displayed on your monitor.
2. Before beginning the course, you can warm up while viewing current Speed, Heart Rate, Cadence and Power data.
3. Once you're ready to begin the course, click the start (▶) button at the bottom of the screen or use the handlebar console Tab key (→) to highlight the button and the Return key (↵) to select it.

E. During the Ride

1. Power, Heart Rate (if activated), Speed, Ride Time, Distance, Slope and Cadence data will be displayed on the left and right of the screen. Data collection for your ride begins as soon as you start the ride. Average and maximum data values are calculated from the moment you start the course (by pressing ▶) until the course is completed (unless you pause during the ride). Remember, you must complete the course in order for any ride data to be saved.
2. Press the "+" button on the console to display the course profile at the bottom of the screen. Press the "-" button to hide the display.
3. The progress bar at the bottom of the screen indicates the percentage of the course completed.
4. If your heart rate rises above or falls below the programmed training zone limits, a pop-up window will appear to indicate heart rate is too high or too low. If your heart rate exceeds the programmed max heart rate, resistance will be reduced to zero. You can bypass this precaution by programming your max heart rate slightly higher than your actual max.
5. To pause at any point during the ride, use the console Tab (→) and Return (↵) keys to highlight and click the Pause (⏸) button at the bottom of the screen. To resume the ride, click the start (▶) button. To stop a ride without completing the course, click the Stop (■) button. Remember: Ride data will not be saved if the ride is not completed. When you click the Stop (■) button, a dialog box will appear to confirm your decision to terminate the ride.

F. Finish the Course

1. When you reach the end of the course, a message will appear indicating the course is complete, and data collection will cease. You can continue pedaling as you cool down; current Speed, Cadence, Heart Rate and Power data will continue to be displayed, but will not be recorded as part of the ride data.
2. To save your ride data at the end of a course, click the **SAVE** button at the bottom of the screen. Your ride data will be saved in the course history file for later comparison with other rides on the same course or for a review of all rides within a specified date range.

VIII. Riding a Tour (non-video) Course

A. Choose a Course

In addition to the included video course, the RealTour includes 20 pre-programmed non-video courses of varying length and difficulty.

1. If the RealTour program is not already opened, double click the RealTour desktop icon to launch the program. From the home screen, click the **TOUR** button to see a list of available courses.
2. Click on any of the courses on the right of the screen to view the course profile and other details. Note that a metric (Kilometers and Meters) and English (Miles and Feet) version of each course is listed. Be sure to choose the correct course according to your desired units of measure.
3. Once you've selected a course, click the **NEXT** button at the bottom of the screen.

Remember: You must finish a selected course in order to save any of the ride data for that course.

B. Choose Course Intensity

When riding a non-video course, you can select the intensity at which you wish to ride. At the top left of the course selection screen is a box with a choice of 5 levels of intensity: 100%, 80%, 60%, 40% and 20%.

Selecting an intensity level other than 100% will result in an "easier" ride. If you select 100%, the resistance unit will produce 100% of the resistance necessary to simulate the gradient changes on the course. If you select 80%, the resistance unit will produce only 80% of the resistance necessary to simulate the gradients, and so on. Simply click the desired intensity level before you begin riding.

C. Starting the Course

1. Having selected a course and clicked **NEXT**, you should be looking at the course screen, with the course profile displayed at the bottom of the screen.
2. Before beginning the course, you can warm up while viewing current Speed, Heart Rate, Cadence and Power data.
3. Once you're ready to begin the course, click the start (▶) button at the bottom of the screen or use the handlebar console Tab key (→) to highlight the button and the Return key (↵) to select it.

D. During the Ride

1. Ride Time, Speed, Average Speed, Distance, Slope, Cadence, Calories, Heart Rate, Average Heart Rate, Power and Average Power will be displayed at the top of the screen. Data collection for your ride begins as soon as you start the ride. Average and maximum data values are calculated from the moment you start the course (by pressing ▶) until the course is completed (unless you pause during the ride). Remember, you must complete the course in order for any ride data to be saved.
2. As you ride, a red bar will appear on the course profile to indicate your position.
3. If your heart rate rises above or falls below the programmed target zone limits, a pop-up window will appear to indicate heart rate is too high or too low. If your heart rate exceeds the programmed max heart rate, resistance will be reduced to zero. You can bypass this precaution by programming your max heart rate slightly higher than your actual max.
5. To pause at any point during the ride, use the console Tab (→) and Return (↵) keys to highlight and click the Pause (⏸) button at the bottom of the screen. To resume the ride, click the Start (▶) button. To stop a ride without completing the course, click the Stop (■) button. Remember: Ride data will not be saved if the ride is not completed. When you click the Stop (■) button, a dialog box will appear to confirm your decision to terminate the ride.

E. Finish the Course

1. When you reach the end of the course data collection will cease. You can continue pedaling as you cool down; Speed, Cadence, Heart Rate and Power data will continue to be displayed, but will not be recorded as part of the ride data.
2. To save your ride data at the end of a course, click the **SAVE** button at the bottom of the screen.
3. Your ride data will be saved in the course history files for later comparison with other rides on the same course or for a review of all rides within a specified date range.

IX. Viewing History Screens

The History feature allows you to view data from previously completed and saved rides.

1. From the home screen, select the rider whose history you wish to view and click the **HISTORY** button.
2. Ride data can then be sorted and reviewed by course or date range or both, depending on the how you wish to analyze the data.

X. Adjusting Heart Rate Zone Target Settings

When you create a Rider Profile, a suggested maximum heart rate value and upper and lower heart rate target zone limits will be calculated follows:

1. Maximum Heart Rate calculation: $220\text{bpm} - \text{age} = \text{MHR}$
2. Target zone lower limit calculation: 70% of MHR
3. Target zone upper limit calculation: 80% of MHR

You can adjust the maximum heart rate value or target zone limits at any time prior to starting a course. Many helpful books are available which provide guidance on training by heart rate. The Travel Trac™ RealTour allows you to customize each workout by adjusting the target zone limits according to your goals for that particular ride.

1. From the Home screen select the appropriate rider by clicking the appropriate rider icon. Then click **NEW** and select "Edit current rider."
2. Make the desired changes to the target zone settings (or max heart rate, rider weight, etc.) and click **SAVE** to save the changes. Click **BACK** to return to the home screen.

XI. Troubleshooting

1. When I open the program an error message says the Axiom device cannot be found.

- Make sure the USB cable between the handlebar console and PC is secure at both ends.
- Make sure the resistance unit power cord is connected to an electrical outlet.
- Make sure the cable from the handlebar console to the resistance unit is secure at both ends.
- If the USB port is not recognized, or the Windows® Hardware Installation Wizard tries to install a driver, see "Hardware Installation," Section IV, C, p.6.

2. No data is displayed during a ride.

Make sure the following connections are secure:

- USB cable between the handlebar console and PC.
- Resistance unit power cord to an electrical outlet.
- Cable between handlebar console to the resistance unit.
- Make sure the cadence sensor and magnet are aligned, with a clearance of 3mm or less, and that the cadence cable is securely connected to the resistance unit.

3. The program displays cycling data such as speed and distance, but no heart rate data (or erratic heart rate data).

If heart rate data is completely absent, make sure the heart rate feature is enabled. Click the "Settings" tab at the top of the screen and make sure there is a check mark next to "Enable heart rate."

If heart rate data seems erratic, the signal from your transmitter chest strap is probably to blame. Ensure that the strap is positioned correctly (see section VI, D, p.7) and sufficiently snug, and that the back side of the strap (against the skin) is sufficiently moist.

To avoid electromagnetic interference which may cause abnormally high or erratic heart rate readings, maintain a distance of about four feet between the handlebar console and common sources of interference, such as the computer monitor, TV's, other wireless transmitters, fluorescent lights and motor driven equipment.

Notes



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