

iBike[®] Software Reference Manual Version 5.0+

For iBike Gen I/II/III
iBike Dash CC
iBike Dash+Power

November 2010





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iBike software developed using:

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OpenG Toolkit Libraries Copyright Cal-Bay Systems Inc., Heiko Fettig, Jim Kring, Jean-Pierre Drolet, Kevin Valentine, Paul F. Sullivan, Philippe Guerit, Rolf Kalbermatter. The OpenG Toolkit libraries are licensed under the terms of the LPGL (<http://www.gnu.org/licenses/lgpl.html>).

Introduction

Your iBike software contains many powerful features that make it even easier to and more fun to work with your iBike ride data. Throughout these instructions you'll learn about the many major enhancements incorporated into iBike software.

Version 5.0+ adds iBike Dash compatibility to the iBike software.

Your iBike software was created from a state-of-the-art software development system. One of the many powerful features of this system is its ability to create both Mac and Windows versions from the same software code. So, while Macs and PCs still remain very different from each other, the iBike software application is essentially identical for either computer platform. The appearance of screens will be slightly different, but the functionality, wording, and action of the two programs will be the same!

Where there are differences between the two platforms (such as software installation) we'll provide directions for both.

In these instructions we'll use screen shots from both the Mac and Windows version of the iBike software application. Don't worry: no matter which version of iBike software you use, you will see EXACTLY the same words and actions in either version.

Throughout this manual we assume you have basic familiarity your PC or Mac, including operations such as installing software and drivers, creating folders, and selecting and saving files.

This manual is intended to provide detailed information regarding all the commands available with iBike software. For a simplified summary of using iBike software, please consult "iBike software Summary" located elsewhere.

IMPORTANT: You MUST install iBike software prior to downloading or uploading information from your Gen III iBike. iBike software is 100% compatible with Gen I and Gen II iBikes. Version 5.0+ is compatible with all iBikes, including the iBike Dash.

Computer System Requirements

Macintosh:

Intel Mac

Mac OSX 10.4 (Tiger), or Mac OSX 10.5 or greater (Leopard)
128MB RAM memory

PPC Mac

Mac OSX 10.4 (Tiger), or Mac OSX 10.5 or greater (Leopard)
128MB RAM memory

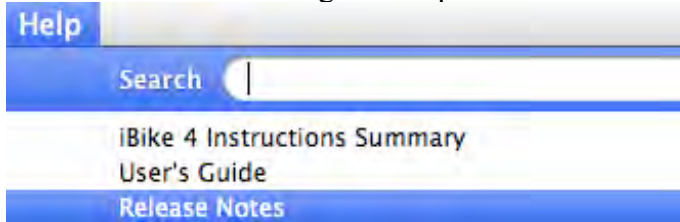
NOTE: IBIKE 4.0.3+ IS COMPATIBLE WITH INTEL MAC ONLY

Windows:

Windows XP, Service Pack 2, Windows Vista, Windows 7
128MB RAM memory

iBike Software Release Notes

To obtain the latest release notes for your iBike software, after installing the software launch the software and go to Help/Release notes:



HOW TO INSTALL THE IBIKE SOFTWARE

Windows (XP, Vista, and Windows 7)

DO NOT PLUG IN YOUR USB ADAPTER UNTIL INSTRUCTED TO DO SO.

NOTE: USB ADAPTER SOFTWARE IS NOT REQUIRED FOR THE IBIKE DASH. PERFORM STEP ONE ONLY.

In your iBike DVD you will find a folder named “Windows Software”. This folder contains all files relevant to the Windows version of iBike software. Open this folder.

1) Inside the Windows Software folder you will see a file named iBike_for_Windows_Installer.exe. Drag the iBike for Windows-----.exe file to your desktop. Then, double click on the .exe file to install iBike software. Just follow the prompts until your software is fully installed.

2) iBike Gen I/II/III only: If your computer has NEVER had ANY version of iBike software installed on it previously, you will need to install “drivers”, the computer software that allows your iBike USB adapter to talk to the iBike software:

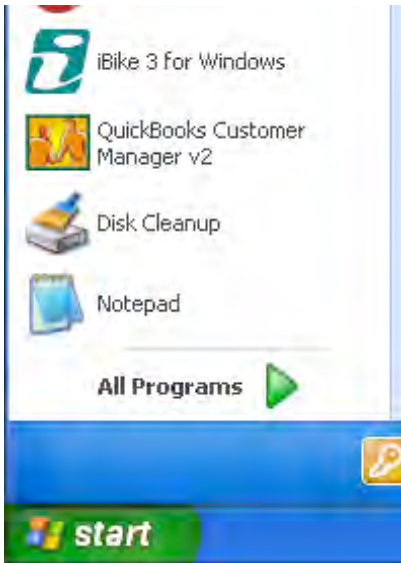
WINDOWS XP/Vista/Windows 7: In the Windows Software folder, double click on the driver installation program “USB Adapter_Software_XP_S2K3_Vista_7”.exe”. An install wizard will take you through the steps needed to install your USB Adapter software. IN THE FINAL BOX OF THE DRIVER INSTALLER, MAKE SURE THE “LAUNCH INSTALLER” BOX HAS A CHECKMARK IN IT

NOTE: FOR IBIKE SOFTWARE TO WORK WITH A GEN I/II/III, YOU MUST HAVE USB SOFTWARE INSTALLED

IMPORTANT: If you have already used iBike Win software previously on your PC, DO NOT REINSTALL USB ADAPTER SOFTWARE.

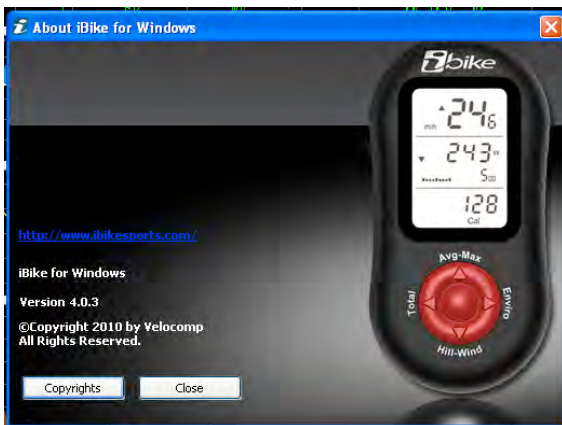
3) Plug in your USB adapter to your PC. A series of messages will appear telling you that your USB drivers have been installed successfully.

Once your iBike software is installed (and USB drivers, if necessary), click on the Start button. You’ll see the iBike for Windows icon in your menu:

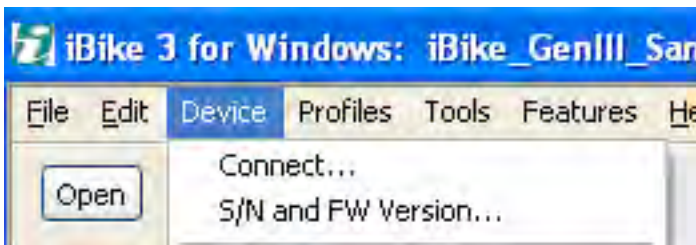


Launch the iBike software.

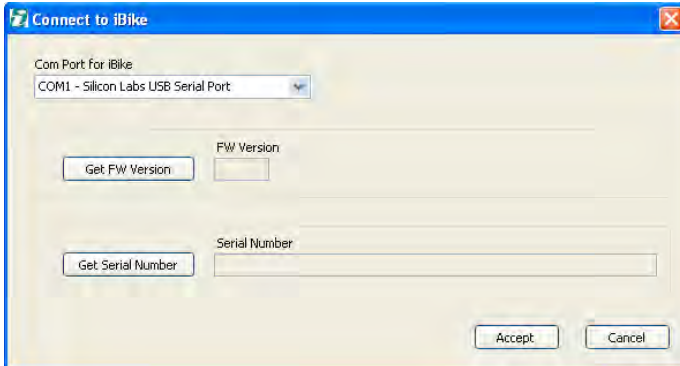
You can check your version in the Help/About iBike for Windows screen. Confirm that your version number is 5.0.x



iBike Gen I/II/III ONLY: Next, in the menu at the top of the screen go to Device/Connect...:



When you select Device Connect... the iBike software application should find the USB adapter COM port automatically. You should see a screen something like this (in the example below the USB adapter is on COM1; YOUR COMPUTER MAY DIFFER):



Click the “Accept” button. The iBike software will remember your COM port number each time you launch iBike software.

Your iBike for Windows software installation is now complete.

Software Installation: Mac OSX 10.4 (Tiger) and OSX 10.5 (Leopard)

In your iBike DVD you will find a folder named “Mac Software”. This folder contains all files relevant to the Mac version of iBike software. Open this folder.

Inside the Mac Software folder you will see files named “iBike_for_Intel_Mac_Installer”, and “iBike_for_PPC_Mac_Installer”. Depending on what kind of Mac you own, drag the appropriate file to your desktop.


NOTE: THE FINAL VERSION OF IBIKE_FOR_PPC_MAC IS 4.0.2

Double click on installer app to install your iBike software. Just follow the prompts until your software is fully installed. You will have to restart your computer after installation.

Once your software has been installed, look in your Applications folder for your “iBike for Mac” folder. Inside this folder is your iBike for Mac software. We suggest you drag the “iBike Mac” icon down to your Dock.

IF YOU OWN AN IBIKE DASH, SKIP OVER THE USB SOFTWARE INSTRUCTIONS.

GEN I/II/III ONLY: Next, install your USB software. In your Mac Software folder, find and double click on the USB installer file:

 Mac USB Adapter Software Installer

Aug 6, 2008 3:38 PM

143 KB

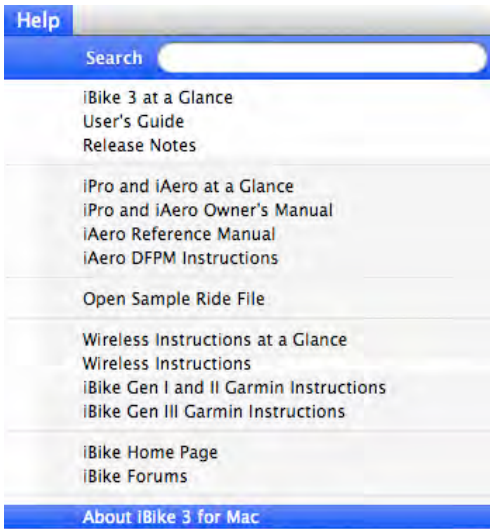
To install the drivers, double click on the icon above and follow the installation steps. At the end of the driver installation you’ll need to restart your Mac.

NOTE: FOR IBIKE SOFTWARE TO WORK, YOU MUST INSTALL THE USB ADAPTER SOFTWARE. IF YOU HAVE ALREADY USED A PREVIOUS VERSION OF IBIKE SOFTWARE ON YOUR MAC, THERE IS NO NEED TO REINSTALL THE USB SOFTWARE.

Plug in your USB adapter.

Launch iBike for Mac.

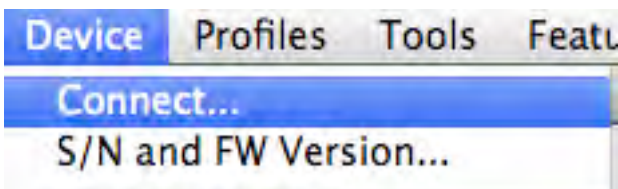
Check your version number in the Help/About iBike for Mac:



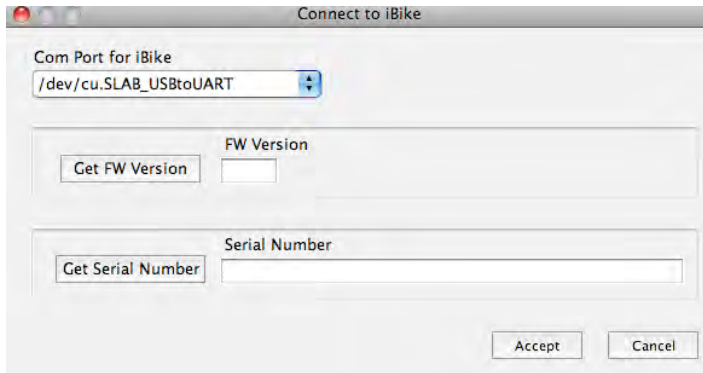
You'll see this screen. Confirm that you have installed and are using 5.0.x:



Next, in the menu at the top you will see Device/Connect:



Click to select the Connect... function. A pop-up menu will appear and you the iBike software should automatically find your USB adapter. It will look something like this:



Click the “Accept” button; iBike Mac will automatically remember your COM port each time you launch iBike software.

IMPORTANT: IF YOU DO NOT SEE THE “/dev/cu.SLAB_USBtoUART” MESSAGE IN THE “CONNECT TO MAC” POP UP WINDOW, YOU MUST INSTALL THE USB ADAPTER SOFTWARE. THE MAC USB ADAPTER SOFTWARE IS LOCATED ON YOUR INSTALLATION DVD, OR AT WWW.IBIKESPORTS.DOWNLOADS.HTML

Your iBike Mac software installation is now complete.

CONNECTING YOUR IBIKE GEN I/II/III TO YOUR COMPUTER WITH THE USB ADAPTER

If you own an iBike Dash, you may skip this section.

Before you can upload and download data from your iBike you will need to establish communication between the iBike and your computer. This is the purpose of the iBike USB Adapter.

Do the following:

1) Hold the USB Adapter mount in your right hand, so that the cable is pointed to the top left and the iBike logo is right side up.

To get the iBike in the correct position to attach to the USB Adapter, hold the iBike at approximately 10PM (the Bike will roughly point in the same direction as the cable coming out of the mount):



2) Then, put the iBike over the mount and twist it clockwise onto the mount. From the back side it will look like this when properly connected:



DO NOT TWIST THE USB CABLE WHERE IT ENTERS THE HOLE THROUGH THE MOUNT. DOING SO COULD POTENTIALLY DAMAGE THE

ELECTRICAL CONNECTIONS INSIDE THE MOUNT AND VOID YOUR WARRANTY FOR THE USB ADAPTER.

HOW TO OBTAIN YOUR GEN I/II/III IBIKE'S SERIAL NUMBER

NOTE: IN ALL OF THE INSTRUCTIONS THAT FOLLOW, IT IS ASSUMED THAT YOU HAVE SUCCESSFULLY SET UP YOUR IBIKE SOFTWARE, THAT YOU HAVE SUCCESSFULLY ESTABLISHED COMMUNICATIONS BETWEEN YOUR COMPUTER, USB ADAPTER, AND IBIKE, THAT YOU HAVE CONNECTED YOUR IBIKE TO YOUR USB ADAPTER, THAT YOUR USB ADAPTER IS PLUGGED INTO YOUR COMPUTER, AND THAT YOU HAVE LAUNCHED IBIKE SOFTWARE

To obtain your iBike's serial number do the following:

- 1) Launch the iBike software
- 2) In the menu at the top go to:



Your serial number and your firmware version will be read from your iBike's memory. You can copy and paste your serial number to other applications.

CHECKING AND INSTALLING THE LATEST FIRMWARE ON TO YOUR iBIKE

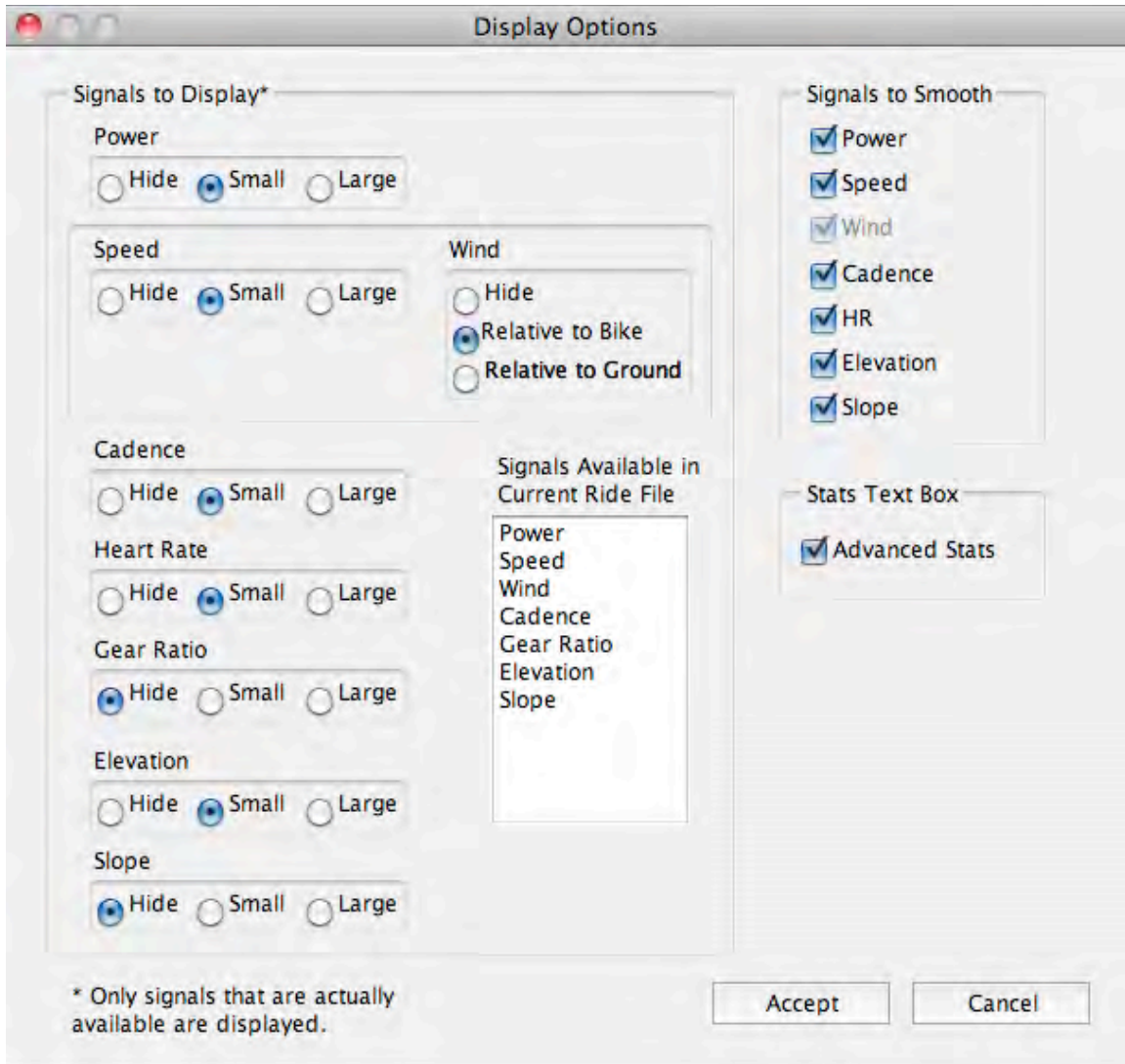
Firmware is the computer program that controls the operation of your iBike. Firmware comes in the form of encrypted “files” that are loaded on to your iBike with the iBike software.

When a new version of firmware is released it means that we’ve added features, or fixed bugs, that were in an earlier version of firmware. The latest firmware version incorporates all of the changes of earlier firmware versions.

So, it’s a good idea to keep your iBike’s firmware up-to-date.

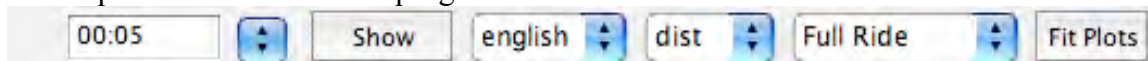
Here is how update your firmware.

- 1) Make sure your computer is connected to the Internet.
- 2) Plug in your USB adapter to your PC or Mac and connect your iBike to your USB adapter.
- 3) Launch your iBike software.
- 4) Go to Help/Check Online for Firmware Update.
- 5) Your iBike software will determine if your firmware is up-to-date. If a newer version of firmware is available you will notified.
- 6) Follow the prompts to install your new firmware. Make sure you don’t touch your computer or your iBike during the firmware upload process!

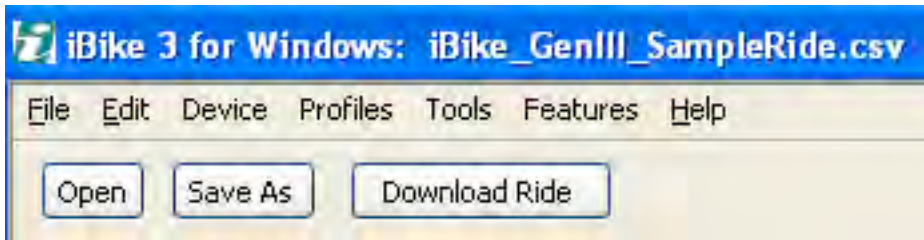


You can show, hide, expand, or shrink power, speed, wind, cadence, heart rate, elevation, and slope data with the radio buttons. Click “Accept” and the screen will refresh. Try clicking some of the buttons to see what happens.

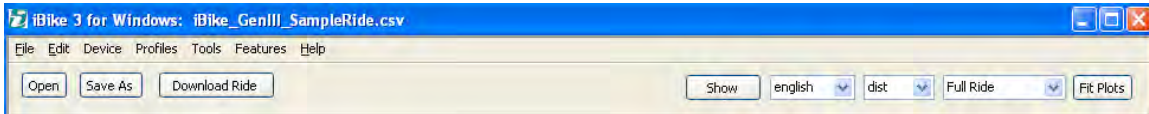
- 2) You can change units, view your ride according to time or distance, adjust the filtering time of the data displayed, or expand the scale of your ride by using the drop down menus at the top right of the window.



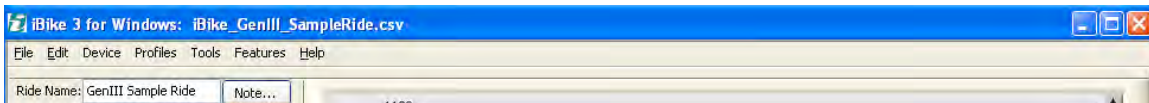
- 3) In the top left corner are three buttons that let you open a ride that has already been saved to your iBike, or save the ride that is currently being shown in your iBike software window, or Download a Ride that is stored on your iBike



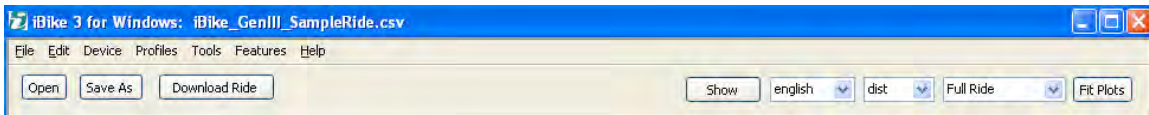
- 4) Just beneath the open, save, and download ride buttons is a line that extends across the window and separates the buttons from the graph below:



If you click on the line below the buttons the buttons will disappear:



To make the buttons reappear click again on the line at the top of the window:



- 5) In the left portion of the window are your ride stats. You'll notice that this ride is given the name "Gen III sample ride". If you want to call it something else simply type it in the box and then click the Save As button. At the right of the ride name is a button for Note...you can add a notation here and save it, or click on the button to read the note you created previously.
- 6) There is a great deal of data in the left portion of the screen that describes your ride stats.

NOTE: To see the most detailed level of information, check the "Advanced Stats" box in the Stats Text Box portion of the Display Options window.

Ride Name: GenIII Sample Ride		Note...	
Dist:	6.98 mi (0:20:27)		
Energy:	306.4 kJ		
Cals Burn:	292.9 kcal		
Climbing:	318 ft		
Braking:	14.0 kJ (4.6%)		
	Min	Avg	Max
Power	0	249.7	1065 W
Aero	0	198.5	825 W
Rolling	0	41.7	66 W
Gravity	-1186	-6.5	956 W
Speed	0.0	20.5	32.6 mi/h
Wind	0.0	21.6	35.8 mi/h
Elev	235	287	337 ft
Slope	-9.6	-0.08	10.0 %
Caden	4	75.6	103 rpm
HR	82	163.9	176 bpm
Aero: 0.443; Fric: 12.52			
CdA: 0.360 m ²			
Crr: 0.0049			
209 lbs; 10/21/2008 6:32 PM			
62 degF; 1025 mbar			

Most of the data is self-explanatory. You can see minimum, average, and max values for most of the key parameters of your ride.

Calories burned provides a very accurate measurement of your body's caloric effort. If you're trying to lose weight, this is a great number to track.

Climbing shows the total amount of vertical covered during the ride.

An exclusive feature of the iBike is the ability to the magnitude of power you expend to fight various forces. In the example above total average power is 249.7 watts—any watt meter can tell you that. However, the iBike tells you where your power went. In this example, 198.5W went to “aero”—fighting the wind. About 41.7W was consumed by rolling resistance. And gravity (hills) was about 0W—meaning that, on average, the course was flat.

The next time you have a ride file with some hills, click-drag across one of your hills. You'll find that the “gravity” watts will be substantial and that aero will be relatively minor. Also, you'll see the average slope of the hill in the ride stats window.

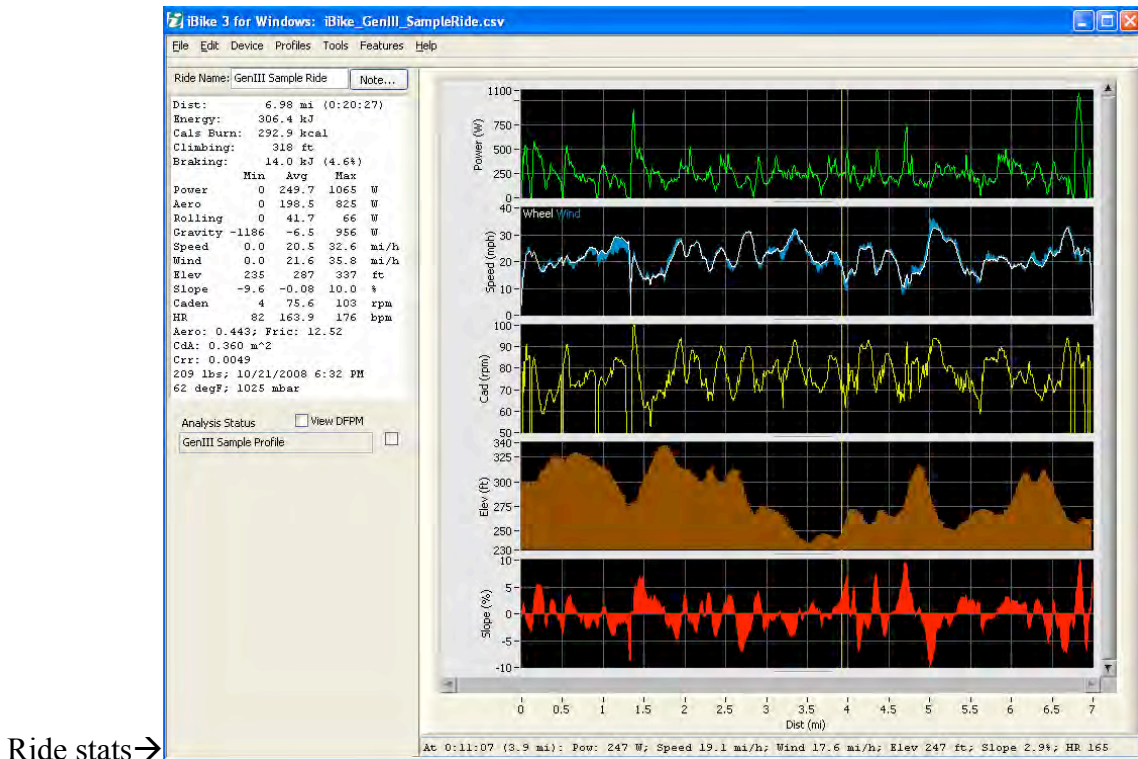
A unique (and fun) stat you'll see in iBike software is "Braking". The iBike software can detect when you were braking during your ride.

When you apply the brakes you slow down and dissipate energy. From where did that dissipated energy come? From you! So, braking energy is wasted energy...

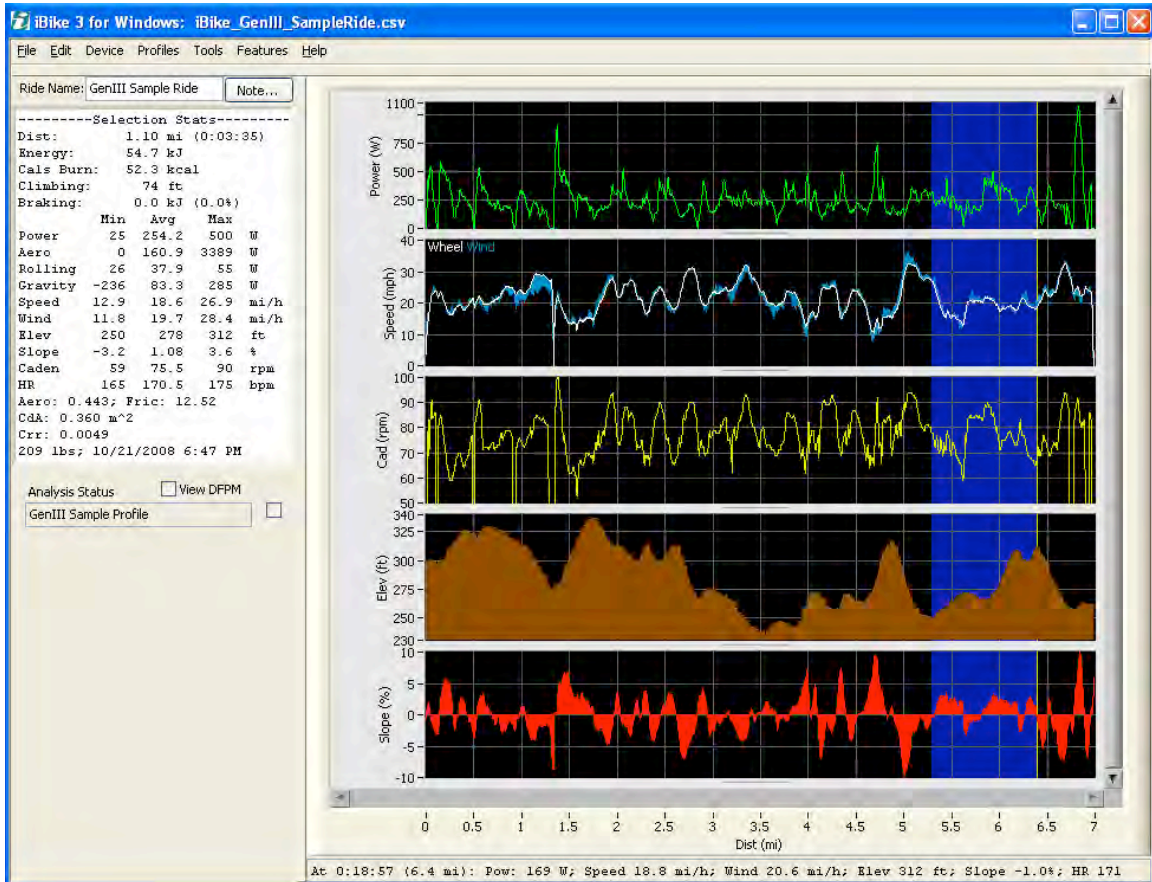
In this example ride the cyclist wasted 14.0KJ of energy because of applying the brakes; iBike software computes that this is 4.6% of the total energy burned on the ride. The bigger the braking number is, the more energy you're wasting on the brakes!

7) If you don't want to have this level of detailed information, uncheck the "Advanced Stats" box in the "Display Options" window that appears when the "Show" button is clicked.

8) To see your ride stats for any portion of the ride, simply click in the graph where you want to review your stats. A yellow line will appear and you'll see the ride data at the very bottom of the window:



9) The iBike software has the ability to analyze data for any section of a ride. For example, suppose you want to get your stats for the hill climb that occurs from mile 5.4 to mile 6.4. Click anywhere on the graph at the point at the start of the hill. Then click and drag to the end of the hill. The section you're analyzing will be highlighted in blue and the stats for *this section only* will be shown on the left:

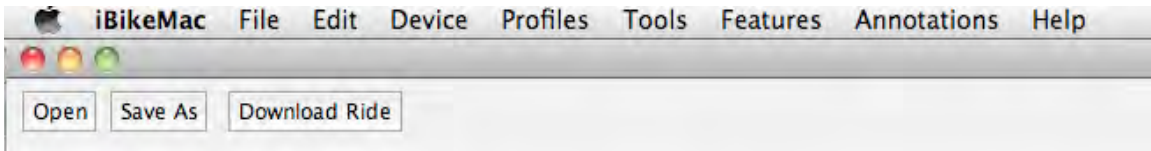


10) If you have a direct force power meter (DFPM) installed on your bike, at the bottom left of the window is a powerful tool that can be used to compare your iBike results to your DFPM. We will describe this feature in a latter section.

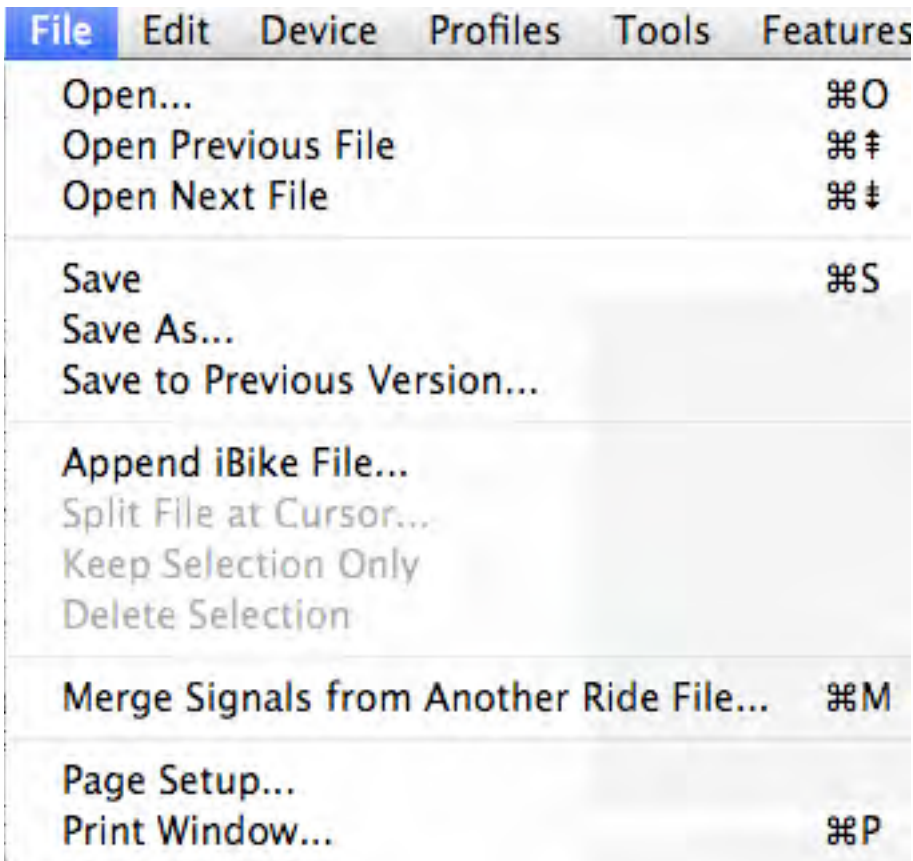
Now, let's move on to other features of your iBike software.

THE IBIKE SOFTWARE MENU

These are the items available in the iBike software screen (Mac or Windows).



We will explain the function of each item.



Here is the function of selected sub-items:

File/Open...

When this item is selected a pop-up window appears. Navigate to the file you wish to view and click the “Open” button to open the file in the main screen.

TIP: ALTERNATIVELY, YOU CAN USE THE “OPEN” BUTTON IN THE TOP LEFT OF THE MAIN SCREEN OF IBIKE SOFTWARE.

File/Open Previous File/Open Next File: If your rides are stored in a folder, these two commands open the previous or next file stored in that folder

File/Save to Previous Version...Saves your ride file in formats usable by older versions of iBike software.

File/Append iBike File...

Suppose you have two ride files that you wish to join together. This might happen if you ride in a race, click the “Trip Reset” button at the beginning of the race, and then ride in the race. Or, you might have two files if your battery goes low and your iBike splits your ride into two parts. You can join two ride files together with this command.

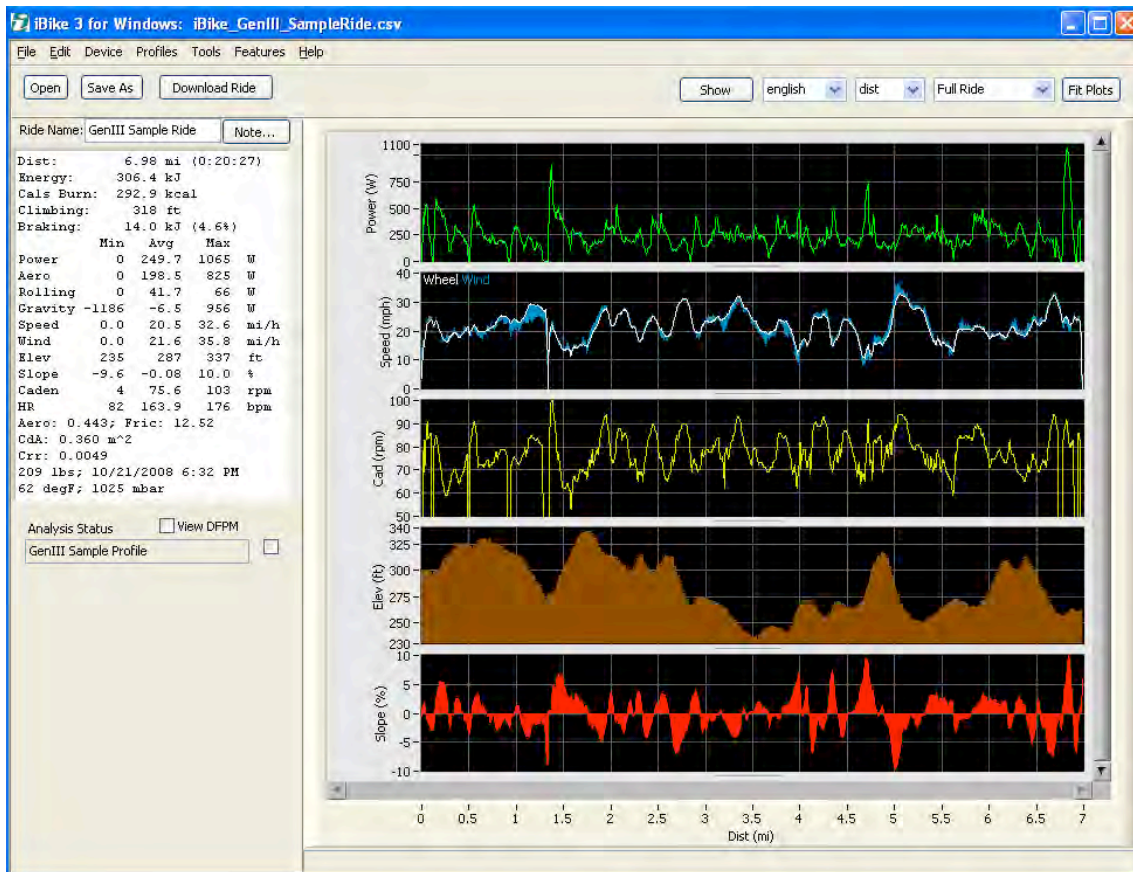
Here’s what to do:

- 1) Use the Open command to open the starting file for your ride.
- 2) Select the File/Append iBike File... command
- 3) A pop-window will appear. Navigate to the file you wish to append to the END of the file shown in your main window. Click “Accept” and the file will be joined.

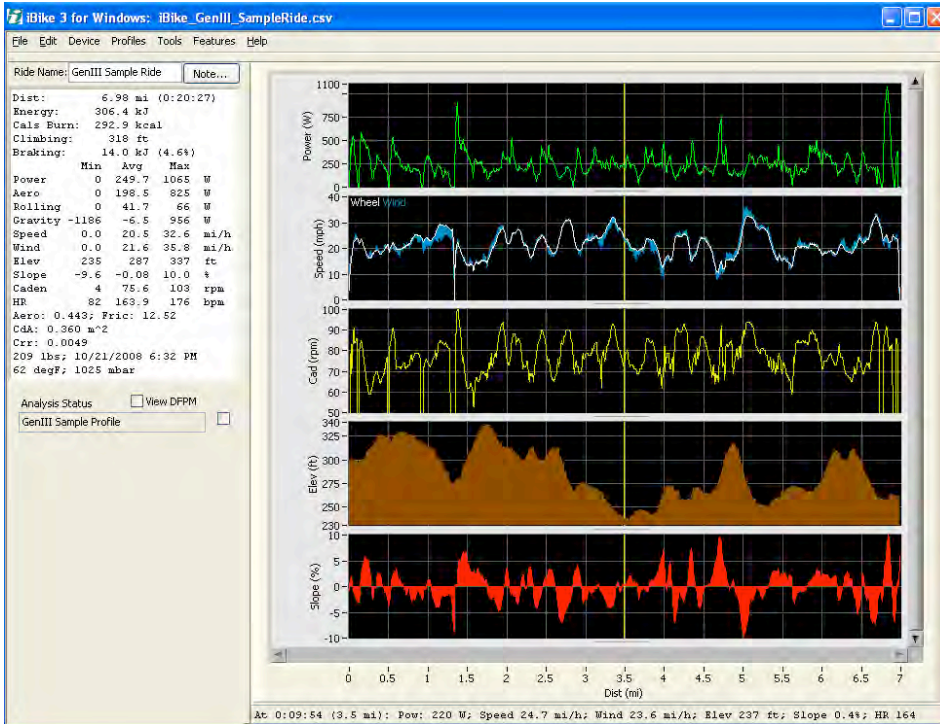
File/Split File at Cursor...

Suppose you have a ride file for a race includes ride data from your warm-up. You'd like to remove the warm-up data and focus only on the stats for the race. This command will perform this function. Here's how to use it:

- 1) Open the ride file you'd like to split apart. Let's use the sample ride file:



- 2) We're going to split the file at mile 3.5, where a hill climb begins. Click your cursor anywhere in the window, at mile 2.5. A yellow line will appear. The ride file will be split at the yellow line:



- 3) Select the File/Split File at Cursor... command. The following window will appear:

- 4) You will see displayed in the window details about the two files that will be formed by the split. The “First Part” file is for data to the LEFT of the cursor; the “Last Part” is for data to the RIGHT of the cursor. Use the check boxes to select the files you want to save. You can change the name of the saved file by typing changes in the white boxes below each ride file name. Click “OK” to complete the command.

File/Keep Selection Only, or Delete Selection...

This command allows you to select a portion of the ride file and either save it as a separate ride file, or to delete that section of the ride from your ride file.

File/Merge Signals from another Ride File...

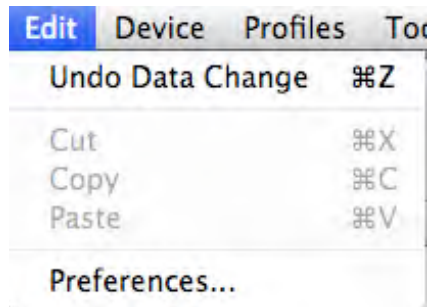
This powerful command allows you to merge data from another compatible computer device including PowerTap, SRM, CinQo, Garmin, Ergomo, and Polar .gpx files.

File/Print Window...

Use this command to print the window shown

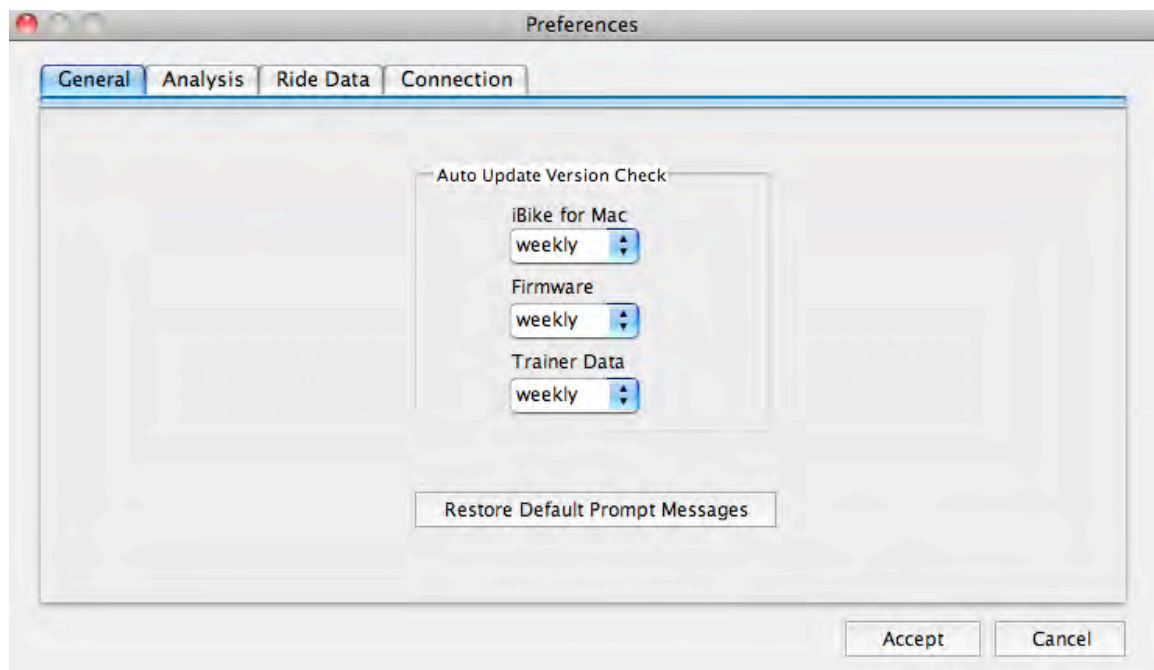
EDIT MENU

The edit menu looks like this (Mac):



Note that the Mac version of the Edit menu has an undo data change command; the Windows version does not

Edit/Preferences opens this window:

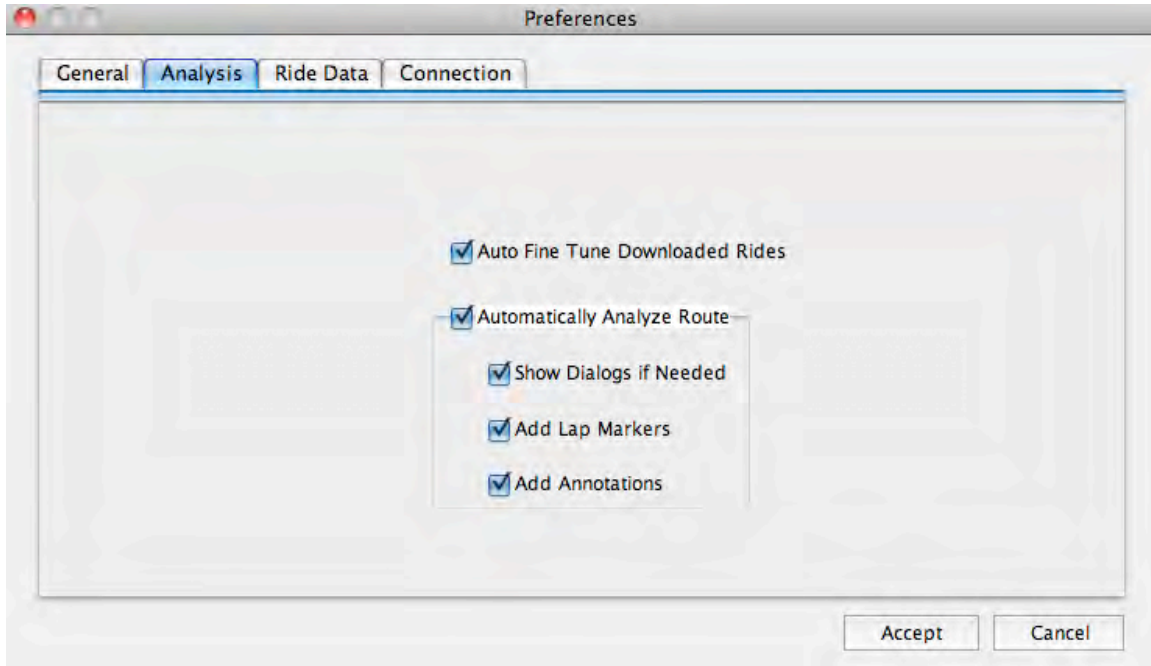


In the “General” preference window you can select how frequently to have the iBike software check for new software and firmware updates.

In the “Analysis” window you can decide if you want iBike software to automatically analyze every ride file using the “Auto Fine Tune Ride Data” function that examines your

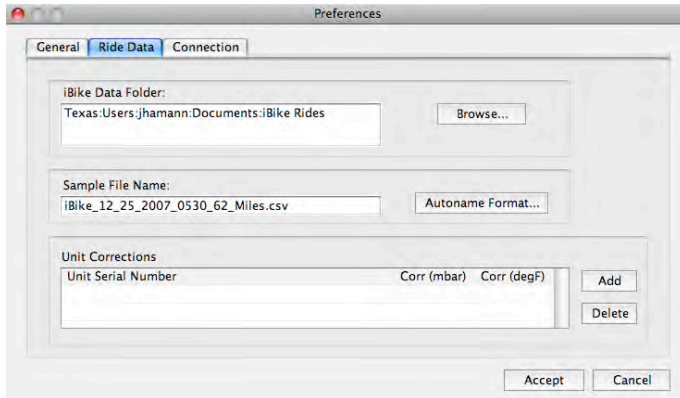
ride files and fine tunes to your data using proprietary algorithms included in your iBike software.

Also, you can select a “Automatically Analyze Route” feature. The Analyze Route feature looks for out and back rides and, if it finds them, provides extra levels of accuracy to wind data and elevation data.



If you'd like either of these fine tuning functions to work automatically, just click the appropriate box; after checking the box your data will be checked automatically and fine tuned each time you download a ride. If the box is unchecked your data will be just as it came out of your iBike, but you can still Fine Tune or Analyze Route your data in a separate command available in the Tools menu.

TIP: IF YOU OWN A GEN III UNIT, LEAVE “AUTO FINE TUNE” UNCHECKED. YOU’LL SEE YOUR DATA DIRECTLY FROM YOUR IBIKE. AUTO TUNING OF GEN III FILES IS ALMOST NEVER NEEDED.



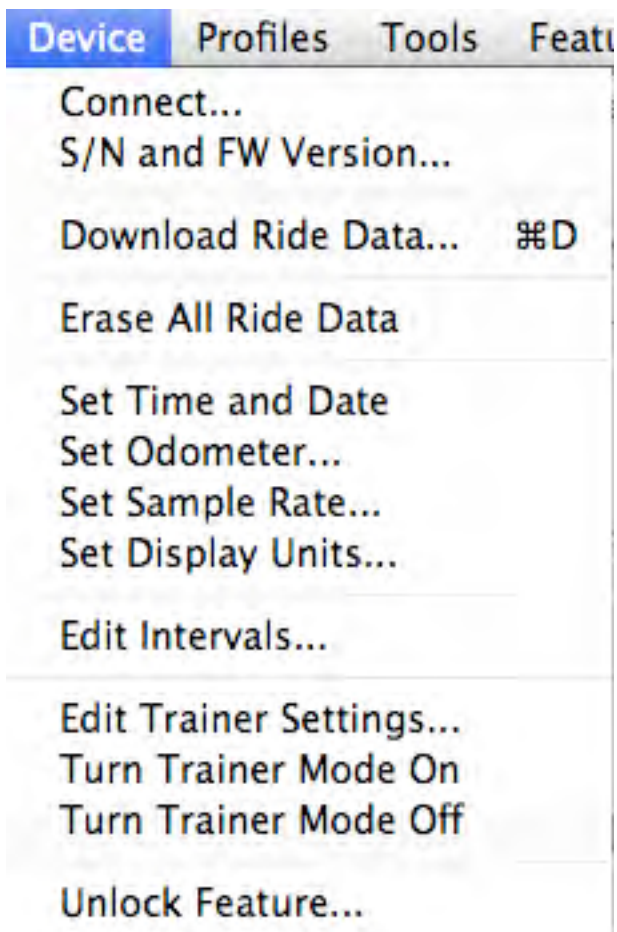
The top portion of this window shows where your rides are being stored at present. If you wish to change the default location of your ride storage click the “Browse” button, navigate to the folder you’d like to use, then click “Accept”.

The middle portion of this window allows you to change the name format. Click “Autoname Format”...to make changes to the ride file format.

The bottom portion of the window allows you to make corrections to iBike settings. For example, suppose you believe your iBike is reporting temperatures that consistently are 5 degrees too high. You can fix this: add the iBike serial number with the “Add” button, put in a temperature correction of -5 degrees, then click Accept. Your ride file data stored in iBike software will show a reported temperature 5 degrees lower.

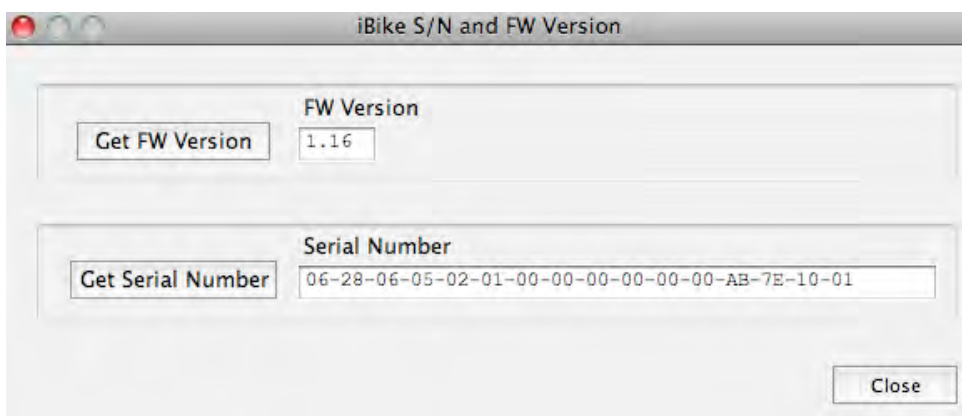
The same principle applies to barometric pressure correction; you can use the weatherunderground website to compare barometric pressure readings from your iBike and your local weather station, and make corrections if necessary.

NOTE: THE TEMPERATURE AND BAROMETRIC PRESSURE CORRECTIONS APPLY ONLY TO DATA DISPLAYED IN IBIKE SOFTWARE. THE CORRECTIONS ARE **NOT UPLOADED TO YOUR IBIKE.**



Connect... has already been described.

S/N and FW version... automatically captures your iBike Serial number and firmware version:

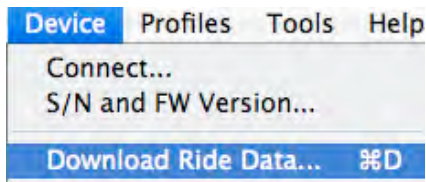


TIP: YOU CAN USE THE COPY AND PASTE FEATURES OF YOUR COMPUTER TO EASILY TRANSFER YOUR SERIAL NUMBER TO AN EMAIL OR OTHER DOCUMENT.

Download Ride Data (Gen I/II/III iBikes only)...

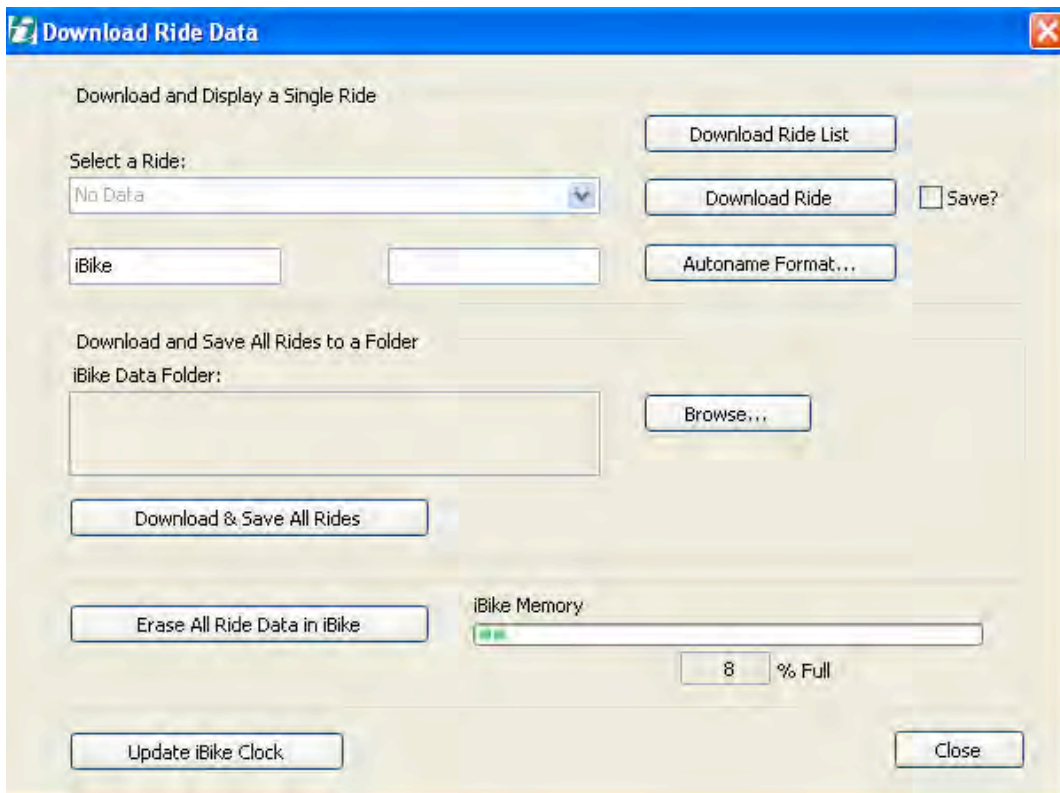
Your iBike stores your ride files in its non-volatile memory. To download your ride data to your computer do the following:

From the menu click on Device/Download Ride Data:

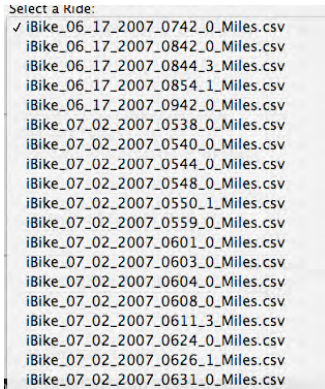


Or, simply click the “Download Ride” button in the main window of your iBike software.

Your computer will retrieve the ride data from your iBike and, after a moment, the following screen will appear:



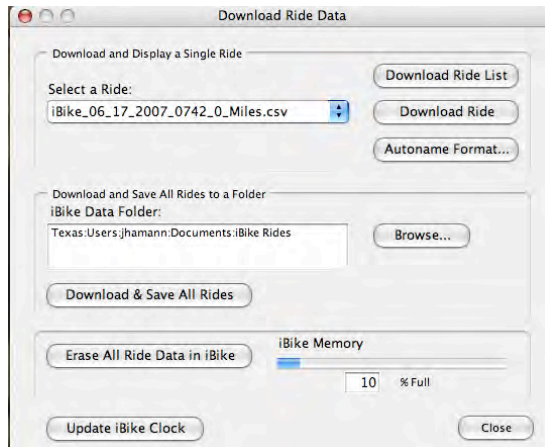
Click the button “Download Ride List” to see the list of all iBike rides stored on your iBike. The drop-down menu beneath the caption “Select a Ride” will populate. Click the blue arrow to the right of the drop-down menu list to see all of your rides. Below is an example from our iBike; your iBike will differ:



Highlight the ride you want, then click the “Download Ride” button. In a few moments the ride will appear on your main screen.

NOTE: WHEN YOU DOWNLOAD A RIDE IT IS NOT SAVED ON YOUR COMPUTER UNLESS YOU CLICK THE “SAVE” BUTTON ON THE MAIN SCREEN. CLICK THE SAVE BUTTON TO SAVE YOUR RIDE TO YOUR COMPUTER.

The process above allows you to select and display *one ride at a time*. If you want to save all your rides simultaneously you can click the button in the center, “Download & Save All Rides”



iBike software will tell you the data folder where it intends to save the ride data. If you want to use a different folder, click the “Browse” button. Select the folder you want, then click the Download and Save All Rides Button. All of the ride files in your iBike will be saved to this folder; a progress bar will let you know how things are going.

NOTE: DOWNLOADING ALL FILES MAY TAKE SOME TIME.

NOTE: THERE ARE HIDDEN “COAST DOWN” FILES STORED IN YOUR IBIKE. THESE FILES ARE NOT DOWNLOADED OR SAVED.

In the bottom portion of the window you can see how much memory has been used by your iBike rides. If you have downloaded all the rides you want you can erase your memory.

Finally, you may notice that your iBike’s clock has gotten out of sync; you can update its time in this window.

OPENING IBIKE DASH RIDE FILES

iBike Dash ride files are emailed as attachments, directly from your iPhone or iPod touch.

Place the iBike Dash ride file (the file ends in .ibd) on your desktop. Then, use the “Open” button of the iBike software to view your ride file.

NOTE: when you save an iBike Dash ride file with the iBike software, the file will be saved in .csv format.

ERASE ALL RIDE DATA (Gen I/II/III only)...

Your iBike’s memory will fill as you do more and more rides. You can check your memory usage either on one of your iBike Total screens (Total/LOG % FULL) or in iBike software as described.

IMPORTANT: IF YOU RUN OUT OF MEMORY (LOG 100% FULL) YOUR IBIKE WILL CONTINUE TO REPORT RIDE DATA ON THE SCREEN BUT RIDE INFORMATION AND COAST DOWN INFORMATION WILL NOT BE SAVED TO A RIDE FILE.

When your memory usage approaches 90% or more, you should erase your ride data. Many users erase their ride data after downloading and saving each day’s ride.

Use the Erase All Ride Data command to erase your iBike memory. Once you perform this command your memory will be 0% full.

IMPORTANT: IF YOU OWN A GEN I/GEN II IBIKE THE ONLY WAY TO ERASE YOUR RIDE MEMORY IS WITH IBIKE SOFTWARE. MAKE SURE TO ERASE YOUR MEMORY BEFORE YOU LEAVE HOME TO DO A BIG RIDE!

SET...

Your iBike contains important setup information regarding you, your bike, and your iBike calibrations. This includes:

- Measurement units (English or metric)
- Date and Time
- Record interval (Sample rate)
- Odometer

You can enter this information into the iBike using the Setup Screens in the iBike. The iBike Owner's manual tells you how to do this.

Alternatively, you can use iBike software to download, change and upload this data to your iBike.

“Set Time and Date”. Your iBike will be set to the time stored in your computer. This is a particularly useful command because date and time need to be reset whenever the battery is removed from the iBike. You can reset date and time from the Setup screens of the iBike, but using the iBike software is much faster.

“Set Odometer...” You can get your odometer reading from your iBike, and you can select its units. If you wish to overwrite the odometer reading stored, select the units, type the number in the box, then press “Send to iBike”.

“Set Sample Rate...”. You can find out what your iBike setting is “Get from iBike”, change it with the radio buttons, and “Send to iBike”.

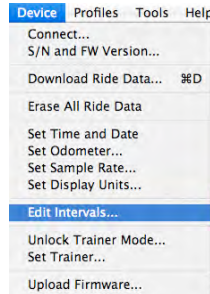
“Set Display Units...” You can find out what your iBike setting is “Get from iBike”, change it to metric/English, and “Send to iBike”.

EDIT INTERVALS (Gen I/II/III only)...

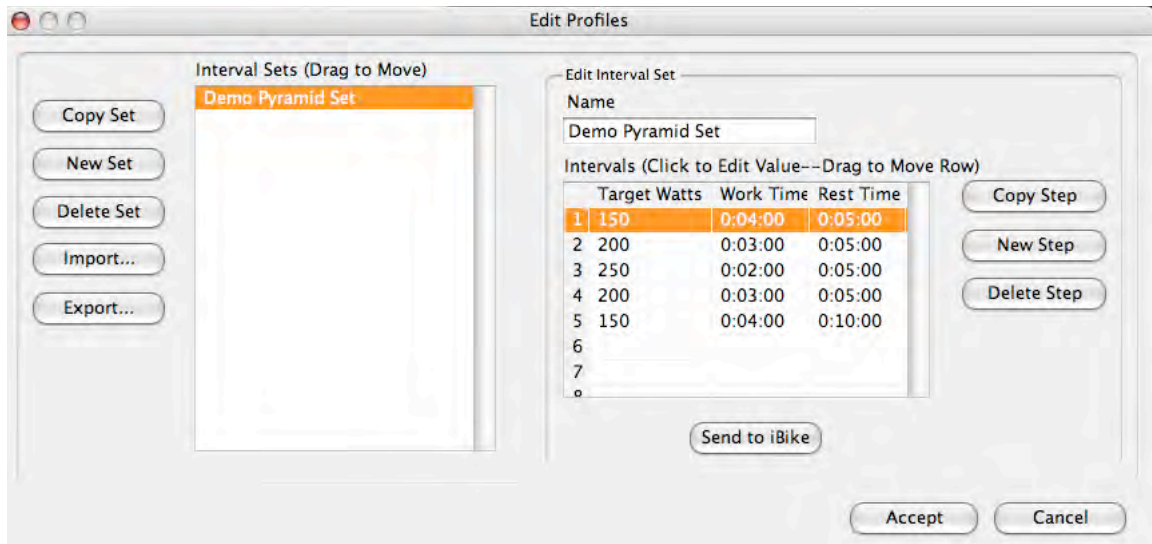
You can create, save, upload, export, and import interval sets using the iBike software.

This feature is very important if you're a power training coach, or if you are a serious athlete trying to improve the quality of your training rides.

To get you started, your iBike software comes pre-loaded with a "Demo Pyramid Set". To create, edit, save, import and export, and upload intervals, go to:



You'll see this screen:



The heart of this window is the "Intervals" box in the center right. In the box is the actual workout. Target watts, work time for the target watts, and rest time after the work time is a complete "interval". The idea of a power-based workout is to have a carefully-planned set of target watts intervals, controlled both for wattage intensity and time length, followed by rest periods.

This manual does not recommend a specific training program, but you can read a book such as "Training and Racing with a Power Meter", by Coggan and Allen, to learn more about power training.

Use the buttons to create interval sets for your desired workout. Click “New Set” to create and name a new interval set. Type in Target Watts, Work Time, Rest Time for each interval, then click Copy Step, New Step, etc to build your workout.

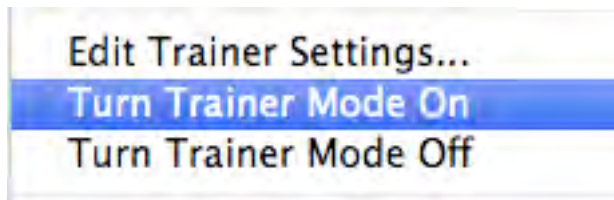
Once your set is complete use the Send to iBike to load your interval set to your iBike.

If you’re a coach creating iBike workouts for your athletes you can use the “Export” button to create a file that can be emailed to your athletes.

If you receive a Workout set by email, use the Import button to load it into iBike software, then select the workout, then click the Send to iBike button.

That’s all there is to it!

TRAINER FUNCTIONS



USING YOUR IBIKE WITH AN INDOOR TRAINER

The iBike software makes it possible to use your iBike with an Indoor Trainer, *if you have installed the optional Trainer Unlock Key (Gen I/II/III)*, available from the iBike Store, AND *your wheel speed sensor is located on your rear wheel*.

TIP: THE INDOOR TRAINER FUNCTION IS A STANDARD FEATURE WITH THE IAERO AND IBIKE DASH.

If you own an iBike wireless mount you can locate your wheel speed sensor on your rear wheel. If you own an iBike WIRED mount, you will need to extend the length of the wheel speed wire by cutting and splicing the speed sensor wire. This is an easy to do but if you cut the wire of your speed sensor the warranty on your mount will be voided.

INSTALLING A FEATURE “KEY” ON YOUR IBIKE (Gen I/II/III)

If you have purchased an feature key for your iSport or iPro (trainer key, Garmin Key, upgrade key), you will need to install the “key” that enables the feature on your iBike.

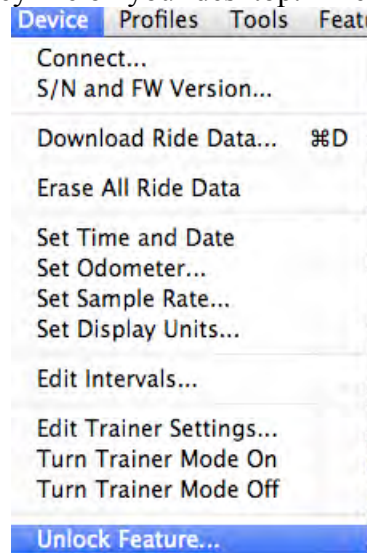
NOTE: THE UNLOCK KEY IS CUSTOMIZED TO YOUR IBIKE’S SERIAL NUMBER. IT WILL NOT WORK WITH ANY OTHER IBIKE. ONCE YOU INSTALL THE KEY YOUR IBIKE WILL NEVER AGAIN REQUIRE INSTALLATION OF THE KEY.

NOTE: YOU WILL NEED TO PROVIDE YOUR SERIAL NUMBER IN ORDER TO OBTAIN A TRAINER UNLOCK KEY.

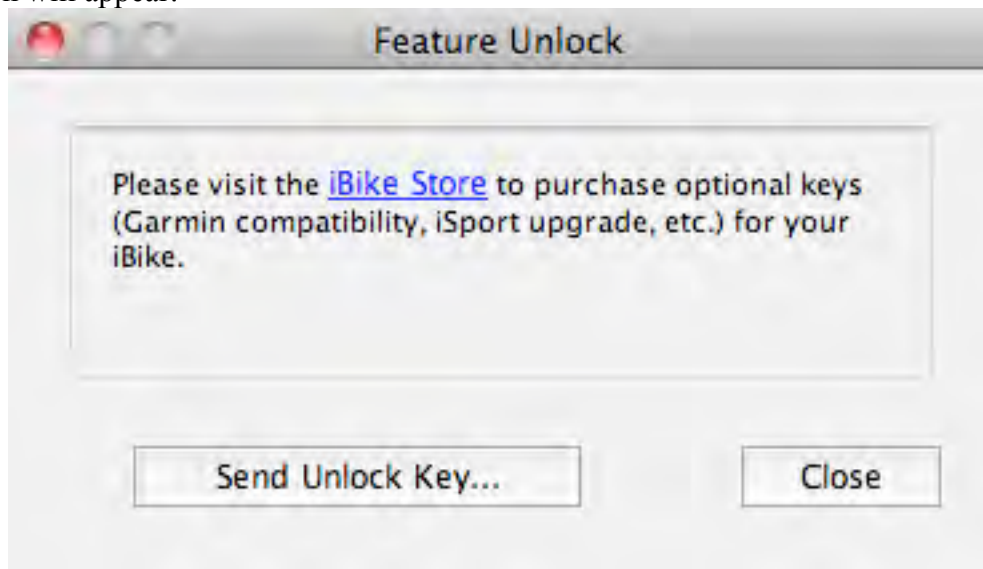
- 1) Purchase your Feature Key from the iBike Store.
- 2) Locate your iBike’s serial number (Device/SN and FW Version...) and email the serial number to info@velocomp.com
- 3) You will receive an email from Velocomp with a small file attached; this is your Feature key. The file will have a peculiar name ending in .enc; HOWEVER, the

four characters of the file name immediately preceding the .enc suffix will be the last four characters of your serial number.

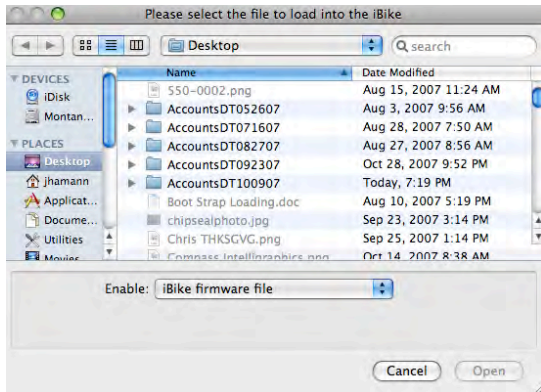
- 4) Place your trainer key file on your desktop. Then, go to Device/Unlock Feature:



This screen will appear:



- 5) Click "Send Unlock Key"...



Navigate to the key file you placed on your desktop. Then, click the “Open” button to upload the key to your iBike. This will take only a few seconds.

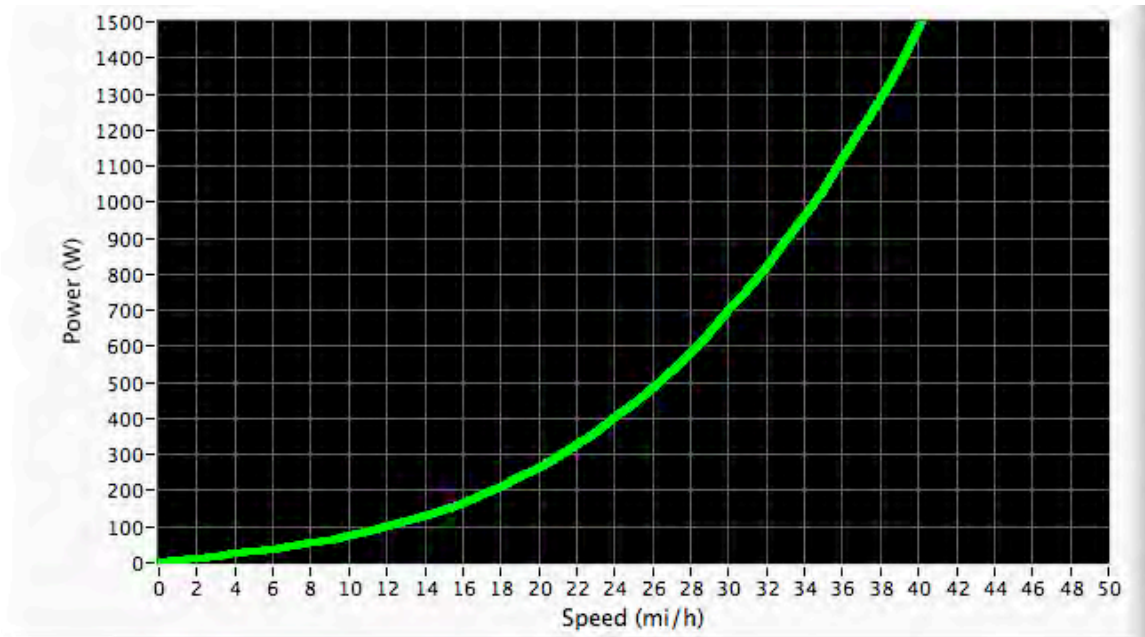
WARNING: DO NOT TOUCH YOUR IBIKE OR YOUR COMPUTER DURING THE UPLOAD PROCESS

- 6) Once you have uploaded your key you should be able to set your Indoor Trainer to “On”. You will never have to repeat this process again for your iBike.

IMPORTANT: THIS SAME PROCESS IS USED TO UNLOCK OTHER FEATURES OF YOUR IBIKE, SUCH AS GARMIN COMPATIBILITY OR ISPORT TO IPRO UPGRADES

UPLOADING A TRAINER PROFILE TO YOUR IBIKE (Gen I/II/III only)

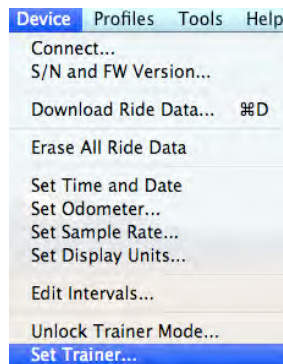
The principle of your iBike indoor trainer is very simple: most indoor trainers apply a resistive drag to the rear wheel that increases with speed. Each trainer has its own curve of power vs. speed; here's the curve for the Kurt Kinetic Road Machine:



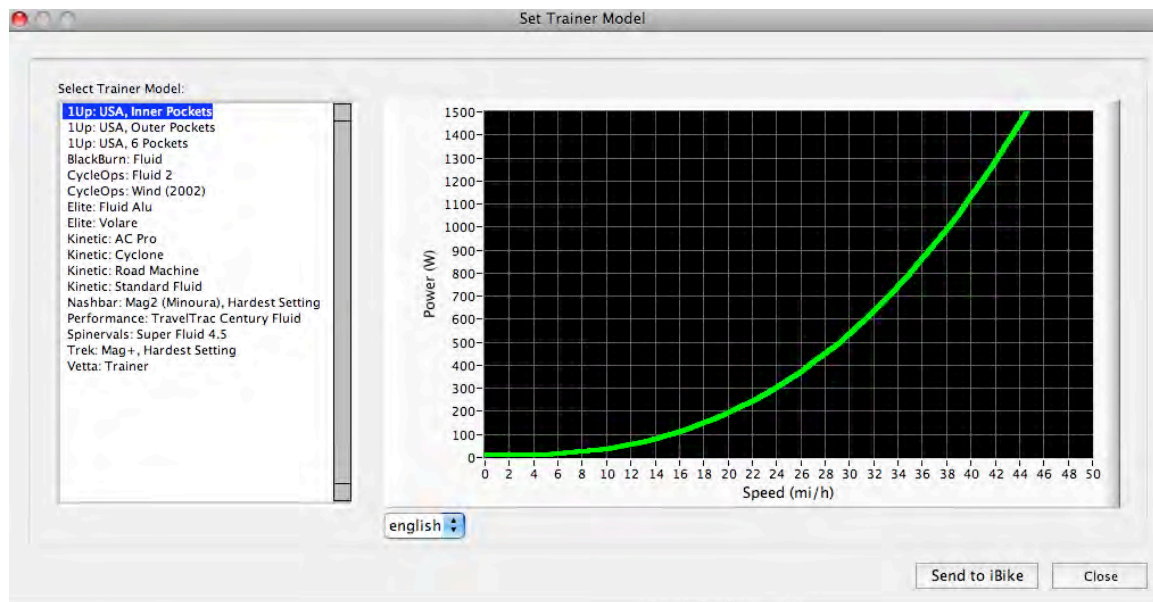
You'll use the iBike software to select the model of trainer that you own, then upload the curve to the iBike.

NOTE: FOR THE IBIKE DASH, USE THE "OPTIONS/TRAINER/SET TRAINER SELECTION" TO SELECT THE TYPE OF YOUR TRAINER

1) Select:



The following screen will appear:



- 2) Select the model of trainer you own. Its graph will appear on the right.
- 3) Click the “Send to iBike” button. The trainer profile selected will be sent to the iBike.

NOTE: THE CURVES USED IN THE IBIKE SOFTWARE COME FROM MANUFACTURER’S PUBLISHED INFORMATION AND FROM OTHER INTERNET-BASED SOURCES. VELOCOMP LLP HAS NOT TESTED AND DOES NOT CERTIFY THE ACCURACY OF ANY CURVES USED IN IBIKE SOFTWARE.

NOTE: YOU CAN CHANGE YOUR TRAINER AT ANY TIME. SIMPLY SELECT THE TRAINER YOU WANT TO USE, THEN UPLOAD THE TRAINER PROFILE. YOUR OLD TRAINER PROFILE WILL BE DELETED AND THE NEW PROFILE WILL REPLACE IT.

TIP: IF THERE ARE SEVERAL OPTIONS FOR YOUR TRAINER AND YOU’RE NOT SURE WHICH TRAINER PROFILE TO USE, SELECT ONE AND SEE IF IT REFLECTS YOUR PERCEIVED EFFORT. IF NOT, TRY A DIFFERENT PROFILE.

HOW TO USE THE INDOOR TRAINER FEATURE

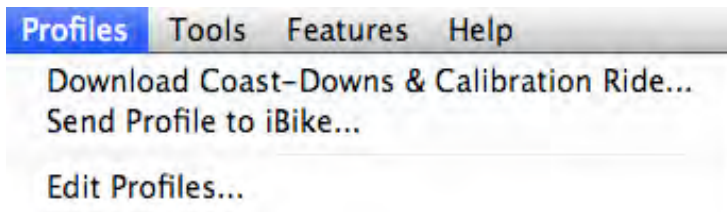
When you're ready to ride indoors, simply upload your trainer profile, make sure your wheel speed sensor is located on the rear wheel of your bike, and on your iBike go to Setup/Indoor Trainer. Press the center button, and then set the indoor trainer feature to "on".

You're ready to ride!

NOTE: MAKE SURE TO TURN YOUR INDOOR TRAINER FEATURE "ON" WHEN USING YOUR IBIKE INDOORS. OTHERWISE YOUR IBIKE WON'T WORK PROPERLY!

NOTE: MAKE SURE TO TURN YOUR INDOOR TRAINER FEATURE "OFF" WHEN USING YOUR IBIKE OUTDOORS. OTHERWISE YOUR IBIKE WON'T WORK PROPERLY!

When you ride your iBike outdoors the Indoor Trainer feature should be set to "off" and your iBike computes power by using the many sensors located in the iBike.



Special commands in the Profiles menu allow you to get incredibly good performance from your iBike and make it possible to use your iBike with multiple bikes and multiple ride positions.

The Profiles commands are based on coast downs and calibration rides that are done as part of the basic setup. The basic calibration procedures (tilt calibration, coast-down calibration, multiple coast-down and calibration ride) are described in detail the iBike Instruction Manual; however, as a convenience, we repeat the multiple coast-down and calibration ride directions in the next section.

USING IBIKE SOFTWARE TO ANALYZE CALIBRATION AND COAST DOWN DATA

Your iBike Instruction Manual tells you how to perform basic iBike calibrations, including “Fast Start” and “Cal Ride” calibrations. After completing these two steps your iBike will work well.

NOTICE: PERFORMING GOOD CALIBRATIONS, INCLUDING, TILT, WIND OFFSET, AND CALIBRATION RIDE, IS THE SINGLE MOST IMPORTANT THING YOU CAN DO TO GET HIGHEST ACCURACY FROM YOUR IBIKE.

If you want to measure CdA and Crr drag coefficients, **YOU MUST PERFORM THE “MULTIPLE COAST DOWN AND CALIBRATION RIDE” PROCEDURE.**

The idea is simple: you will do a 2 mile long calibration ride (1 mile out, turn around and 1 mile back), then immediately thereafter 4 to 10 coast downs. That’s it; **the only requirement is that you do the coast downs and calibration ride at the same time.**

CRITICAL: TO MEASURE CDA AND CRR, YOU MUST DO COAST DOWNS **IMMEDIATELY** AFTER THE CAL RIDE.

TWO MILE CALIBRATION RIDE

The calibration ride is a simple (and leisurely) 1 mile out and 1 mile back ride that calibrates your tilt and wind sensors to maximum accuracy. There’s no need to ride fast. **DO THE CAL RIDE BEFORE DOING MULTIPLE COAST DOWNS.** **The only requirement for this ride is that wind conditions aren’t extremely gusty or that the weather doesn’t change during the ride!**

You will ride approximately 1 mile out on the course you select, turn around, then ride back to the starting point on the same course. The iBike software will compare tilt, wind, and other conditions on the “out” portion of your ride to the “return” portion of your ride. By comparing the out and back data the iBike software can further improve the accuracy of your iBike.

Here’s how to do the 2 mile calibration ride:

- 1) Ride to the place where you will do your calibration ride.
- 2) The location where you do your two mile ride should have the following characteristics:
 - a. The course should be approximately one mile long and not have heavy traffic (traffic can cause wind gusts).

- b. It's OK if the course is rolling and twisty but try to avoid steep uphill and downhill. Stop signs or stoplights are OK, too.
 - c. THE COURSE CAN BE LONGER THAN TWO MILES; IN FACT, **MORE DATA IS BETTER!**
 - d. There should be no gusty winds due to buildings, cyclists, etc.
 - e. The course should not have frequent stops, but occasional stops are OK.
 - f. The course should not have sharp turns, such as at street corners.
- 3) *Just before starting your calibration ride*, enter Setup and click the up arrow to find the screen that says "Cal Ride".
 - 4) When you're ready to ride, press the center button of your iBike. *You must do a Tilt Calibration and Cal Wind calibration within 30 minutes of your Cal Ride. If this has not happened then your iBike will have you perform these two calibrations prior to going to the starting screen of the Cal Ride.*
 - 5) You'll see a screen that shows your bike speed in the top window, the distance you've traveled in the center window, and the bottom window will say "Out"
 - a. ride on the out portion of your calibration ride. As you ride out the center window will show the distance you've traveled. Keep riding out until you've ridden 1 mile.
 - b. At the one mile mark in the bottom window you'll see the flashing messages "go bac" (go back), then "turn 180" (turn one hundred eighty degrees). When you see these messages, stop, SLOW DOWN TO 10 MPH OR LESS, **STOP**, and turn your bike around so you're headed back towards the beginning place of your ride.
 - c. The flashing messages will stop in the bottom window and you will see the solid message "bac" (back) in the bottom window, indicating that you are headed back to the starting point of your ride.
 - d. Ride back until the middle counts down to zero. At the end of the calibration ride you'll see the message "CAL DONE" (calibration ride done), then "CALC CAL" (calculate calibration data). When the calibration ride is completed you'll see the message "Cal Ride". After a few seconds the iBike will exit Setup automatically.

TIP: During your ride, STAY IN YOUR USUAL RIDING POSITION FOR THE ENTIRE LENGTH OF THE RIDE. NO DRAFTING ALLOWED!

Once completing your Cal Ride you can proceed to the Coast Downs.

IF YOU DO COAST DOWNS AFTER YOUR CAL RIDE DO NOT REMOVE YOUR IBIKE FROM YOUR MOUNT. REPEAT: DO NOT REMOVE YOUR IBIKE FROM YOUR MOUNT!! PROCEED IMMEDIATELY TO THE COAST DOWN, DESCRIBED BELOW.

Here's the procedure for multiple coast downs:

- 1) If you don't know how to perform a coast down calibration, read the instructions in the iBike Instruction Manual.
- 2) Each time a coast down is done the results can be slightly different due to the nature of the measurement. Therefore, **THE MORE COAST DOWNS YOU DO, THE MORE ACCURATE THE OVERALL MEASUREMENT WILL BE.**

3) **NOTE: IF YOUR MEMORY IS FULL OR NEAR FULL THE COAST DOWN PROCEDURES WON'T WORK. YOU CAN CHECK MEMORY STATUS IN THE TOTALS SCREEN OF YOUR IBIKE. IF YOUR MEMORY IS NEARLY FULL (80% OR MORE) USE THE COMMAND "DEVICE/ERASE ALL RIDE DATA" TO CLEAR YOUR MEMORY PRIOR TO DOING COAST DOWN WORK. OR IN "SETUP" USE THE "ERAS DATA" COMMAND.**

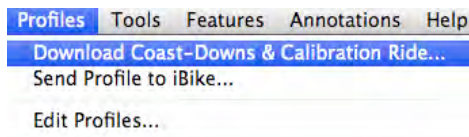
- 4) Do *at least* four coast downs, **making sure you ride on the same section of road, in the same direction, with the same equipment, and in the same riding position.**
- 5) If you have the time (and energy!) do five to ten coast downs. Remember: more data is better!
- 6) There are hidden files in your iBike that hold the raw data from every coast down. Each time you do a coast down the iBike will record the coast down file. Later on the iBike software will analyze ALL coast down files and compute overall drag coefficients that incorporate *all* of the data.
- 7) Don't worry if a "mistake" (such as hitting a pot hole, or having an 18 wheeler zoom by you) happens while doing a coast down. The iBike software will see any of these problems and correct for the bad data caused by the mistake.
- 8) If you DO think you've had a problem with a particular coast down, DO ANOTHER COAST DOWN. Remember: MORE DATA IS BETTER THAN LESS DATA!

OK, so you've completed your Cal Ride and 4-10 coast downs. What's next?

ANALYZING COAST DOWN AND CALIBRATION RIDE WITH IBIKE SOFTWARE

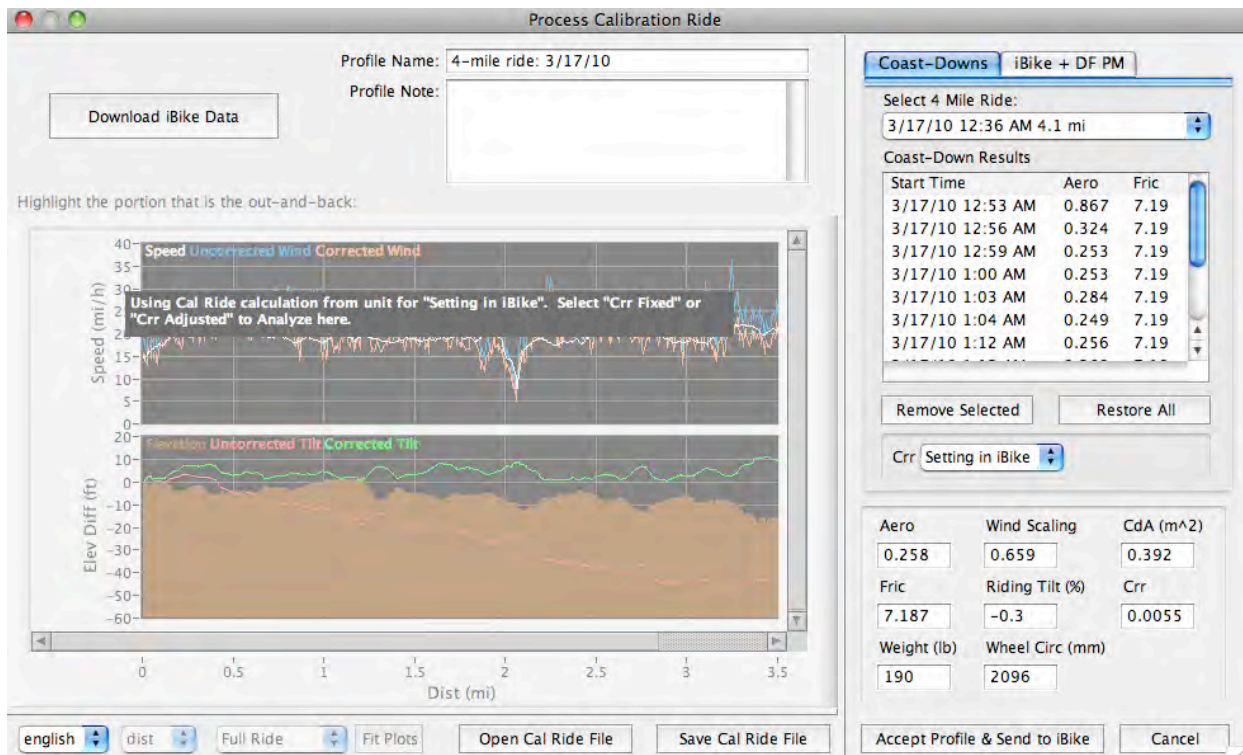
Once you've done your coast downs and calibration ride, it is a simple and fast job to get your data analyzed by your iBike Software.

- 1) Go to Profiles/Download Coast-Downs & Calibration Ride...



- 2) The iBike software will look at your ride files and correct the most recent Cal Ride data. You'll see the Cal Ride it selected in the top center of the screen. If this isn't the correct ride you can click on the drop down menu select the correct ride. Eventually this screen will appear:

Crr "Setting in iBike":

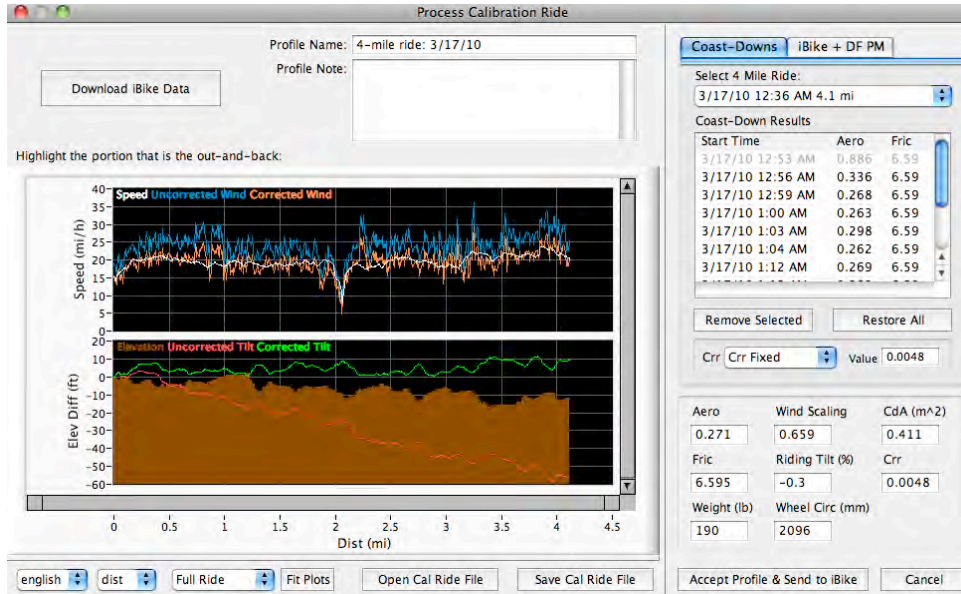


- 3) There's a lot going on in this screen! On the far right you'll see *all* of the coast downs results that are stored in your iBike. Below the coast downs are two

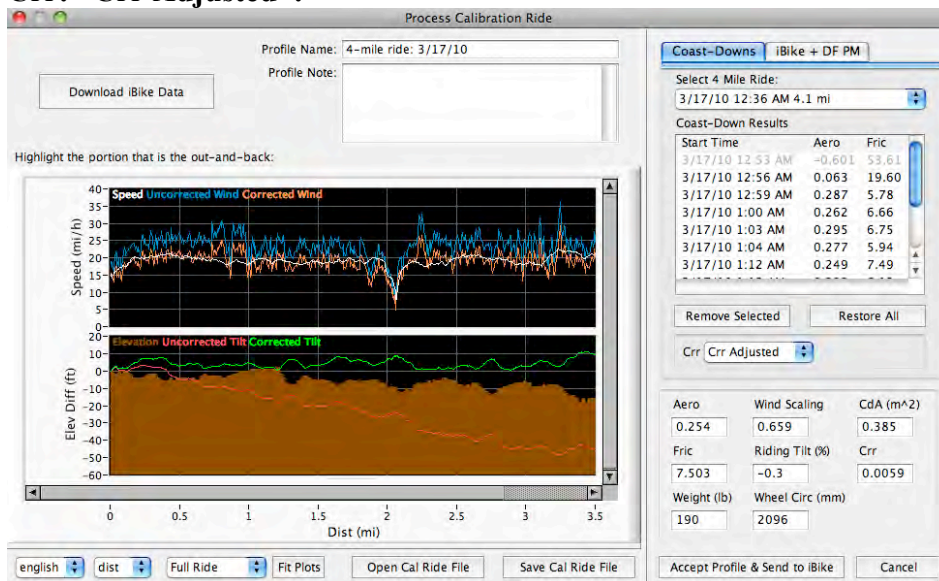
buttons that can be used to remove any selected coast down from the calculations, or a button that restores all data to the coast down measurements. If you have old coast down data, say from a different day, select them and click the “Remove Selected” button.

- Below the Remove/Restore buttons is a setting for “Crr”. Click on the drop down menu to the right to view the three options: “Setting in iBike”, “Crr Fixed”, and “Crr Adjusted”. By default, “Setting in iBike” is shown; in this selection the graph is grayed out. When selecting either of the other two options the graph is not grayed out:

Crr: “Crr Fixed”:



Crr: “Crr Adjusted”:



5) Below the Crr box is another box showing composite results from the Cal Ride and Coast downs. Look at the Crr box near the bottom right. When “Setting in iBike” is selected, the Crr value that is currently stored in the iBike’s EST CRR window (located in the RACR sequence) is shown in the Crr box in the lower right (factory default is 0.0055).

When “Crr Fixed” is selected, a new box named “Value” appears to the right of the drop-down menu. The user may enter any value of Crr. In this example 0.0048 has been entered manually. Note that the Crr box in the bottom right is set to the same value as entered by the user.

When “Crr Adjusted” is shown, the value of Crr shown in the bottom right is the number measured by the coast downs selected in the top right of the window.

6) When “Setting in iBike” or “Crr Fixed” is selected, the frictional drag numbers shown in the Coast Down window are held fixed to a number that is consistent with the Crr value entered. The frictional drag number in the coast downs depends on the Crr. In this example, for this cyclist, with his bike, a Crr of 0.0055 corresponds to a frictional drag value of 7.19. A Crr of 0.0048 corresponds to a frictional drag of 6.59. Note that in both selections ALL coast downs have the same (forced) value of frictional drag.

7) To see the actual values of frictional drag measured by the coast downs, select “Crr Adjusted”. The top right window now shows the values of aero and fric as actually measured by the iBike.

8) The iBike software automatically analyzes each coast down. Some coast downs are truly bad (notice the first coast down has a negative aero drag coefficient); the iBike software ignores this bad coast down even if you don’t remove it manually. Also, some of the variation of the remaining coast downs are caused by wind gusts. The iBike software figures out which coast downs are the best and gives them highest weighting; other coast downs receive a lower weighting. You can look at the data manually and remove any “suspicious” coast down results, too.

9) The graph presents information regarding the iBike’s measured wind scaling factors and riding tilt.

10) Generally, a rider’s weight on the bike will cause the red line (uncorrected tilt) to slope downward. In this example the average slope of this “riding tilt” line is -0.3%. Riding Tilt is used to determine Crr from frictional drag measurements, or frictional drag from specified Crr measurements.

11) Your iBike measures air pressure. The Cal Ride allows the iBike to determine the correct wind speed from actual air pressure measurements. In the graph the “Uncorrected Wind” speed shown in blue represents the raw measurements from the iBike.

12) One consequence of a Cal Ride is that Average Wind Speed for the entire ride should be the same as average bike speed. If the uncorrected average wind speed is not equal to the average bike speed, the calibration ride determines a “Wind Scaling Factor” that makes average bike speed and average wind speed the same. In the example above the iBike uncorrected wind speed (blue) is much higher than the average bike speed (white); a Wind Scaling Factor of 0.659 makes the average corrected wind speed (orange) equal to average bike speed.

Notice that iBike software corrects the wind speed and that corrected wind speed is now accurate. When you upload this profile to your iBike the wind speed seen on your iBike will be the corrected value.

13) In the bottom right corner you’ll see your riding tilt, wind scaling factor, iBike aero and fric drag coefficients, and drag coefficients expressed as CdA and Crr. These numbers will vary somewhat depending on which Crr selection you’ve made and which coast downs you’ve selected.

14) In the top center of the window is a place where you can name your profile. We suggest you give it a descriptive name; you’ll use this name later on to call-up this profile. This profile will be saved on your computer!

IMPORTANT: When you’ve completed your review, **click the “Accept Profile & Send to iBike” button.** Your profile will be saved on your computer, AND your best-fit drag coefficients will be sent to your iBike, AND your Wind Scaling Factor and Riding Tilt will be sent to your iBike. Your iBike is dialed-in!

NOTE: IF YOU HAVE MORE THAN ONE BIKE, YOU’LL NEED TO CREATE AND NAME A CALIBRATION PROFILE FOR EACH OF YOUR BIKE SETUPS.

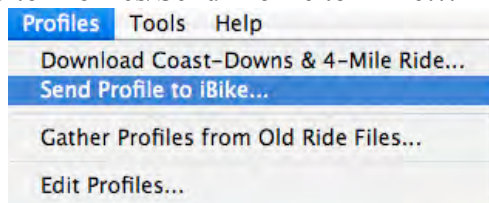
NOTE: THE IBIKE DASH DOES NOT USE THE COAST DOWN PROCEDURE, SO THIS SECTION DOES NOT APPLY TO THE IBIKE DASH.

HOW TO SELECT AND SEND A PROFILE TO YOUR IBIKE (GEN I/II/III)

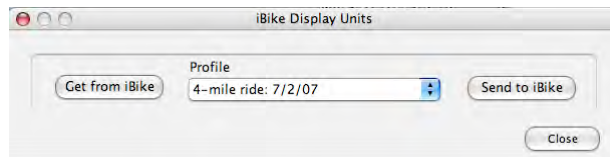
If you have more than one bike, or you have more than one setup for your single bike (say, bike with winter clothes, bike with summer clothes) then you'll have more than one profile stored in your iBike software.

When you ride you'll want to pick the correct profile to work with your bike.

- 1) Go to Profiles/Send Profile to iBike...



This screen will appear:



iBike software shows you in the drop-down menu all the profiles you have created. Select the profile that is correct for your bike, highlight it and send it to your iBike!

IMPORTANT: IF YOU HAVE A WIRELESS MOUNT YOUR PROFILE ALSO STORES YOUR WIRELESS IDS. YOU MUST HAVE THE CORRECT PROFILE UPLOADED TO YOUR IBIKE IN ORDER FOR THE WIRELESS MOUNT TO WORK PROPERLY. IF THE PROFILE IN THE IBIKE IS WRONG YOU'LL GET A "WLS FAIL" MESSAGE.

TIP: GEN III IBIKES CAN STORE TWO SEPARATE PROFILES. SO, **BEFORE** SENDING A PROFILE TO YOUR IBIKE FROM THE IBIKE SOFTWARE, GO TO SETUP/SET PROF/PROF X (X IS THE PROFILE NUMBER) AND USE THE UP ARROW TO SELECT THE PROFILE NUMBER YOU WANT. WHEN YOU SEND YOUR PROFILE FROM IBIKE SOFTWARE IT WILL BE STORED TO THE PROFILE NUMBER YOU'VE SELECTED.

HOW TO EDIT PROFILES (GEN I/II/III)

Profiles are the result of careful measurements and, in general, are not to be “tinkered” with. However, there are some situations where you might want to edit a profile:

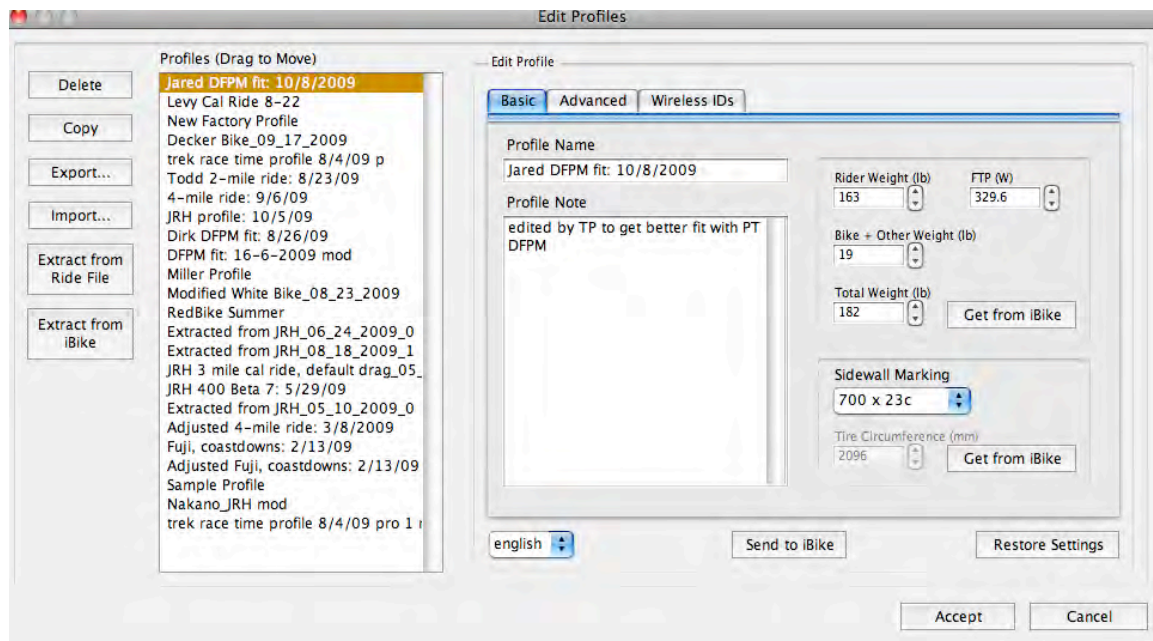
- 1) You want to update the wireless ID information in your “old” profile
- 2) Your Crr is obviously wrong and you want to adjust it
- 3) You want to export and import profiles to other computers
- 4) You want to change the names of profiles

Editing profiles should be done judiciously; you did a LOT of hard work to get your data!

If you need to edit your profiles here’s how to do it:

Go to **Profiles/Edit Profiles...**

You’ll see the profiles from your calibration rides:



Click on the profile you wish to edit. We’ve selected the “Jared DFPM fit: 10/8/09” profile.

In this window you will see your entire profile but you can edit the **ONLY** following:

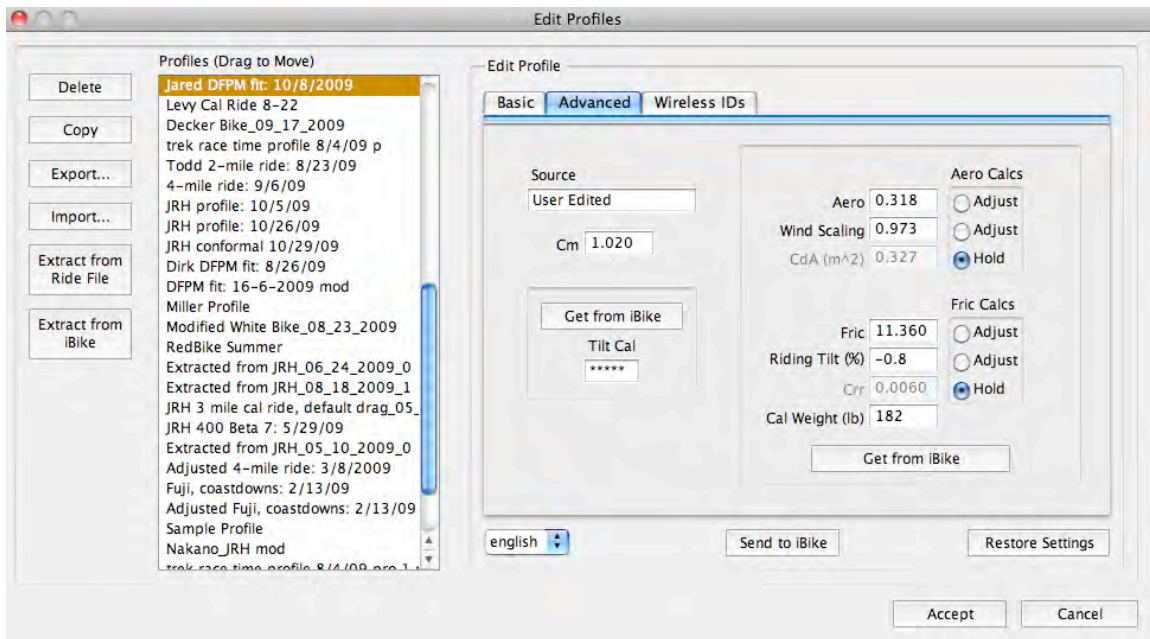
- 1) Profile name
- 2) Total weight

- 3) FTP (functional threshold power)
- 4) Wheel circumference
- 5) Profile note

CRITICAL: ANY CHANGES YOU MAKE WILL NOT BE STORED UNTIL YOU CLICK THE “ACCEPT” BUTTON.

ADVANCED PROFILE SETTINGS

Click the “Advanced” and the following window will appear:

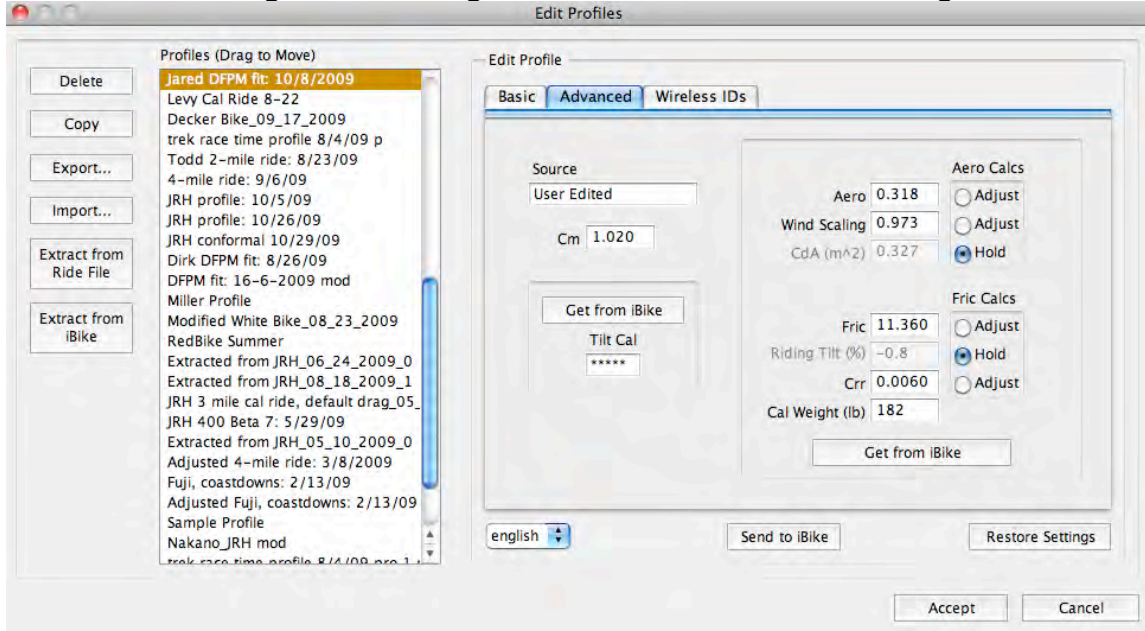


This is a very powerful, yet somewhat “tricky” screen.

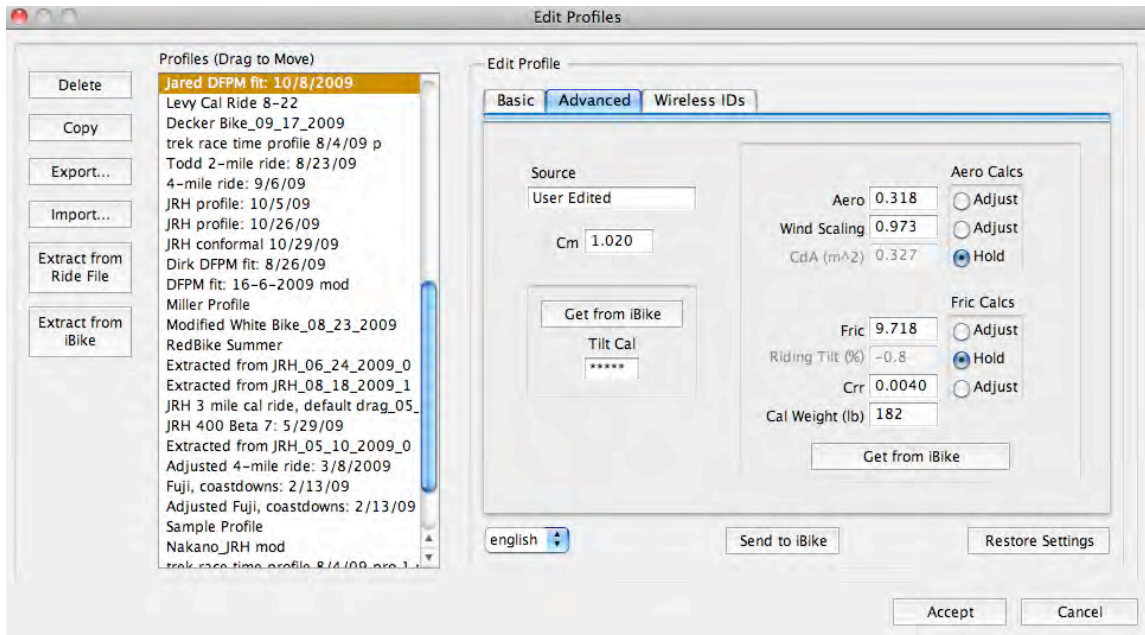
For example, Suppose your Crr is obviously wrong. For example, you ride on smooth concrete where your Crr should be around 0.004, but your profile’s Crr is .0060 (too high). You can change this in the Advanced Profile Settings Window:

- 1) Let’s suppose you have done a Cal Ride (Cal Ride measures Riding Tilt). If your Crr is too high then the coast down data has provided a value of Fric that is incorrect. Our goal here is to adjust Crr, while holding Riding Tilt constant, to obtain a corresponding value of fric.

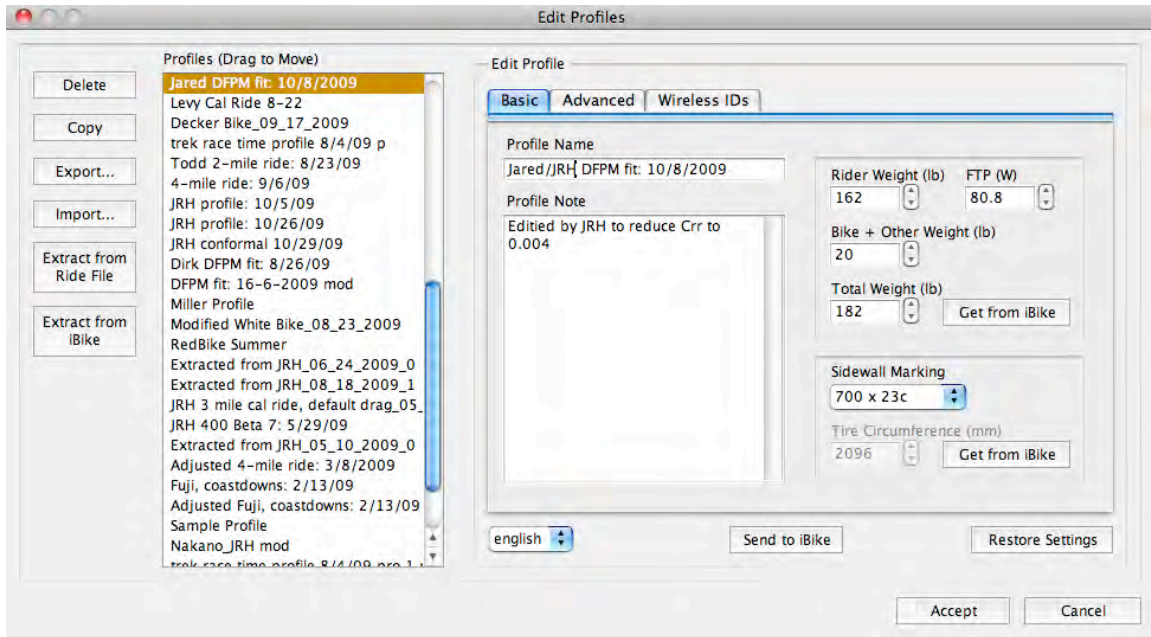
- 2) To adjust fric while holding Riding Tilt constant, click the radio button to the immediate right of the Riding Tilt window. The screen will change as follows:



- 3) Now, type in 0.0040 into the Crr box. The value of fric will be reduced automatically to 9.718, so that it is consistent with a Riding Tilt of -0.8% and a Crr of 0.004:



- 4) Click on the Basic tab and make notes in the Profile Notes, and change the Profile Name, to reflect the changes you've made:



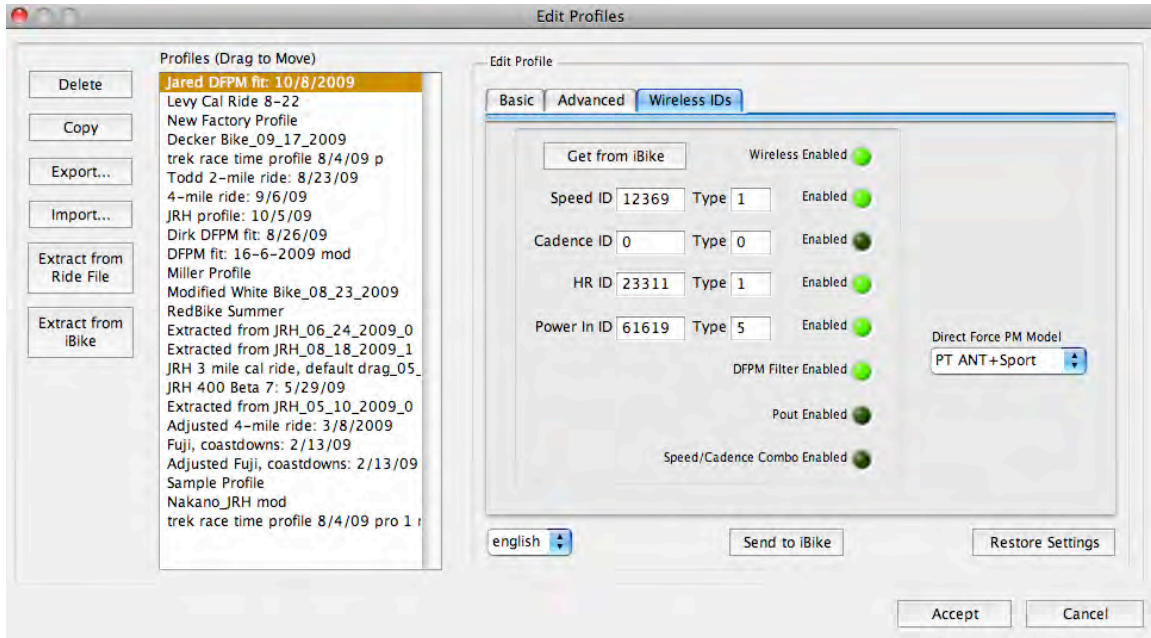
- 5) CRITICAL: Send your modified profile to your iBike with the “Send to iBike” command.
- 6) CRITICAL: CLICK THE “ACCEPT” BUTTON IN THE LOWER RIGHT CORNER. ONLY WHEN THE ACCEPT BUTTON IS CLICKED WILL YOUR CHANGES BE SAVED.

In this same manner you can adjust CdA, riding tilt, and wind scaling factors.

NOTICE: WE RECOMMEND THAT YOU DO NOT CHANGE ANY NUMBER IN THE ADVANCED PROFILE SETTINGS WINDOW UNLESS YOU'RE REALLY CERTAIN ABOUT WHAT YOU ARE DOING.

WIRELESS ID SETTINGS

Click on the “Wireless” tab to see your wireless settings and to see which sensors are enabled (bright green dots):

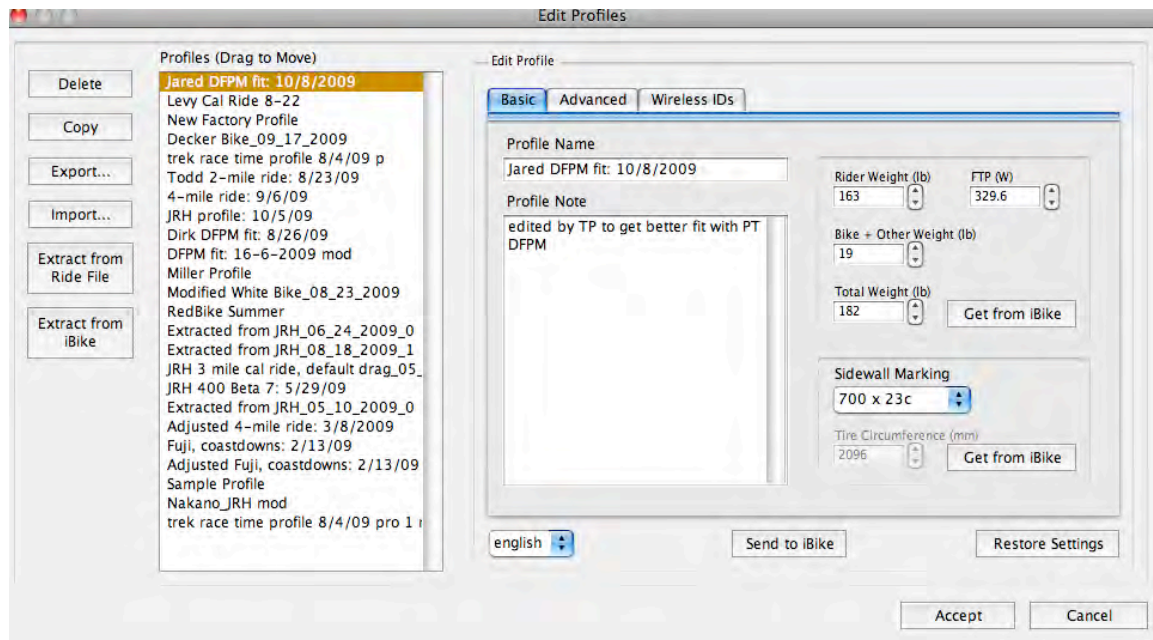


IMPORTING/EXPORTING PROFILES

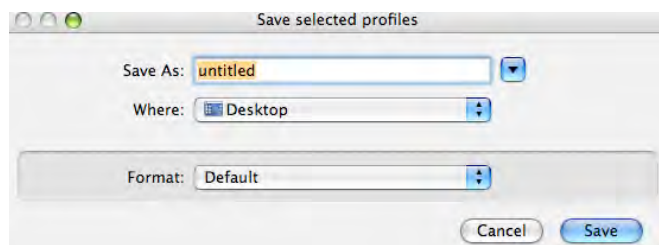
You might have another computer with iBike software installed on it, or you might have a coach who is using iBike software to help you. In either case you'll want to share your profile information with other computers. Use the Export/Import buttons to accomplish this.

Click on the profile that you want to export.

TIP: REMEMBER, THE FILES YOU EXPORT WILL HAVE THE NAMES YOU'VE GIVEN THEM. GIVE YOUR PROFILES NAMES THAT WILL MAKE SENSE TO SOMEONE OTHER THAN YOU!



Click Export and the following box will appear:



Give your export file a good name, SELECT THE “iBike Profile File” FORMAT, and click Save:



Once you click “Save” the profile file will be saved to your computer (in this example, to the Desktop).

This file can be emailed to your coach, or transferred to another computer.

PROFILE IMPORT

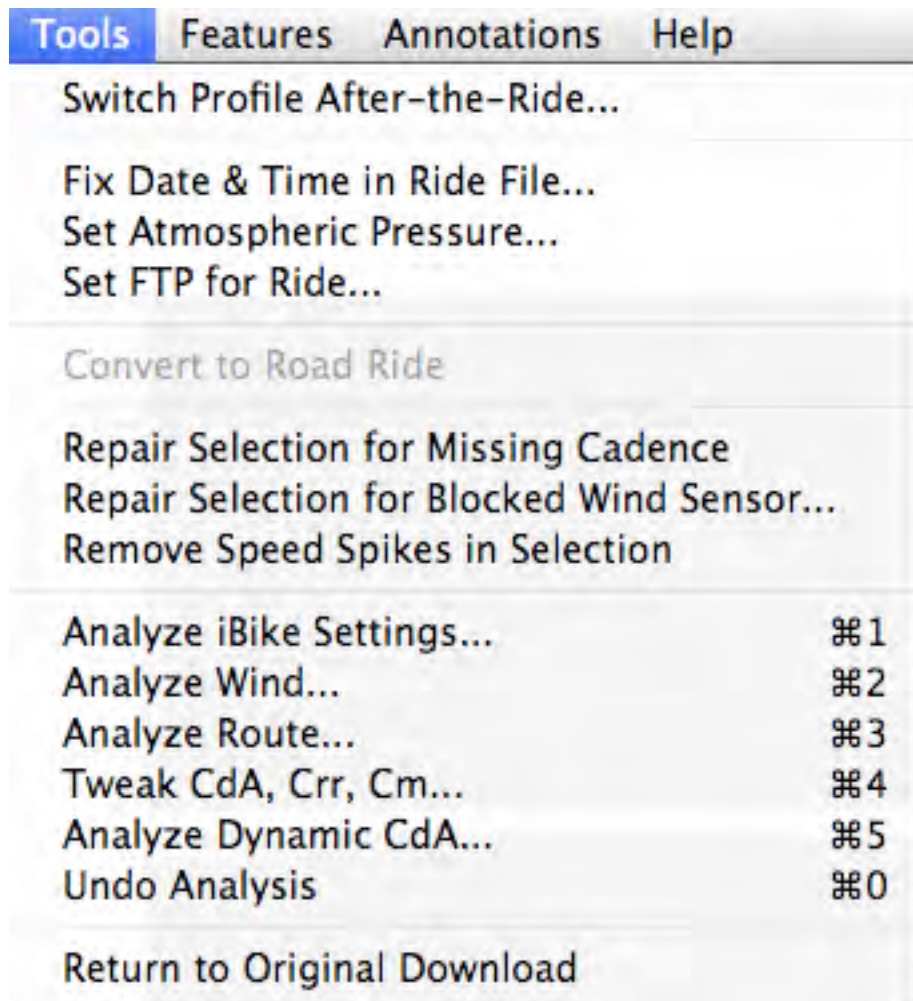
To import a profile file into your iBike program, click the “Import” button, select the file you wish to import, then select “Accept”

NOTE: IF YOUR COMPUTER ALREADY HAS IDENTICAL PROFILES STORED IN IT, YOU WILL RECEIVE AN ERROR MESSAGE SAYING THAT THE PROFILES IMPORTED ARE IDENTICAL! CANCEL THE IMPORT COMMAND.

PROFILE EXTRACT

Each Gen III ride file includes its profile with the other ride file information. The button “Extract Profile from Ride File”...extracts the profile that is associated with the ride file open in the main window. Alternatively, if you have your iBike connected to your computer you can use the “Extract Profile from iBike” button to extract the profile currently stored in your iBike.

TOOLS MENU



Switch Profile After the Ride

If you accidentally loaded the wrong profile into your iBike before starting your big ride then your data won't be as accurate as it could be. No worries: just use the "Switch Profile After the Ride" command to select the profile you should have used. Your ride data will be displayed with the correct factors and your results will be at their highest accuracy.

Fix Date & Time in Ride File

If your iBike clock settings are incorrect then your ride file date and time as downloaded will be incorrect. This tool command lets you fix your ride file date and time.

Set Atmospheric Pressure

Your iBike records temperature and barometric pressure at the start of every ride. If this information is incorrect in your ride file you can correct that information in this window.

Set FTP for Ride...

If you have measured your FTP number (Functional Threshold Power) by a means other than the iBike Fitness Test, then you can enter your FTP in this screen. After you've entered your FTP you will see IF and TSS scores for the ride. These scores are described in the iBike Owners Manual.

Convert to Road File

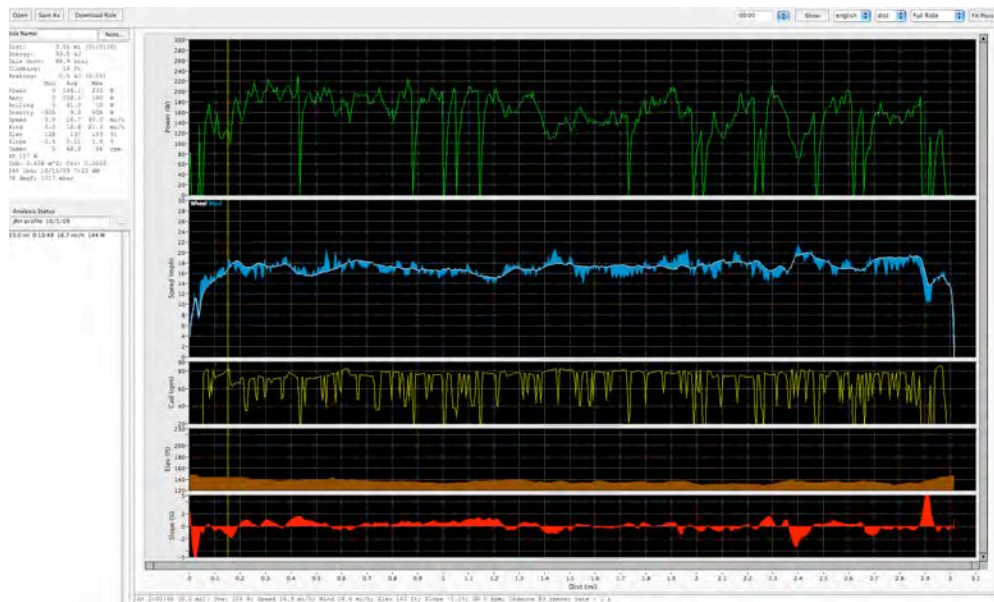
If you did an outdoor ride and accidentally had your iBike set to Trnr On (trainer on), then you will get wacky watts readings.

If this command is not "greyed out" then you can convert your ride file into an outdoor version. The data won't be quite as accurate as if you had Trnr Off while doing your ride, but it will be pretty good.

Repair Selection for Missing Cadence

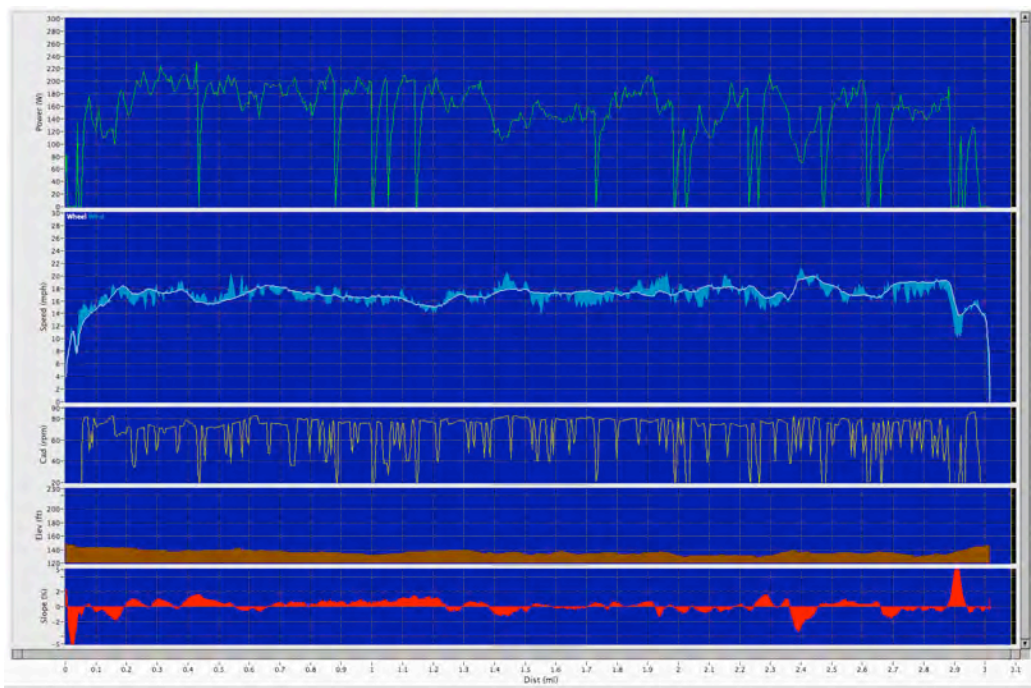
If you accidentally knock your cadence sensor out of position then you may find that your wattage readings are either intermittent or zero. In your ride file you will also see places where cadence signals jump all around.

Here is an example of a file that shows this kind of problem. Note that the power readings drop precipitously and that the cadence signal is spotty. Average watts are only 144 in this example:

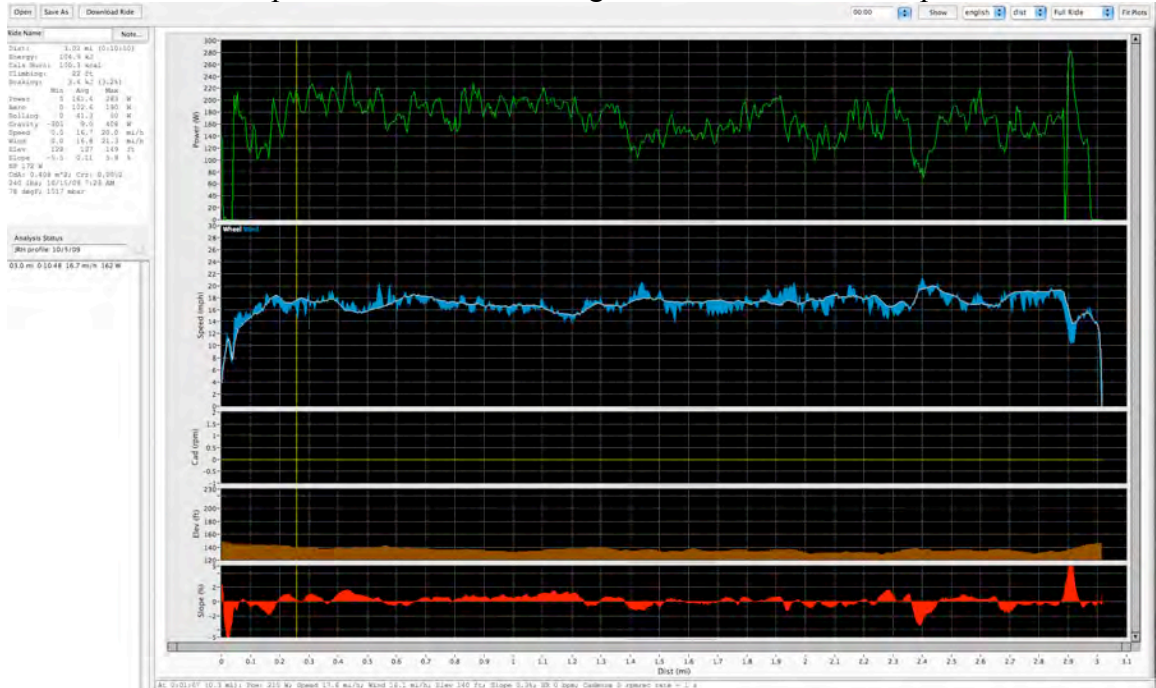


This problem can be corrected easily:

- 1) Highlight the area to remove the incorrect cadence signals:



2) Select the “Tools/Repair Selection for Missing Cadence” to restore the power



3) Note that the power dropouts are gone, that the cadence signal is zero (indicating that the cadence data has been removed) and that average watts increase (in this example, to 161W).

Repair Selection for Blocked Wind Sensor

When riding in the rain, if wind touches the wind sensor then the iBike can show some crazy watts. If you ride frequently in the rain we recommend that you purchase a Remote Wind Sensor, a device that will keep water from entering the wind port.

If you do have a ride file where your wind port is blocked, use this command to remove the effects of incorrect wind readings. Highlight the area of the ride where wind readings are incorrect, then apply the command. The iBike software will estimate the value of opposing wind in the area highlighted and compute the corresponding level of watts.

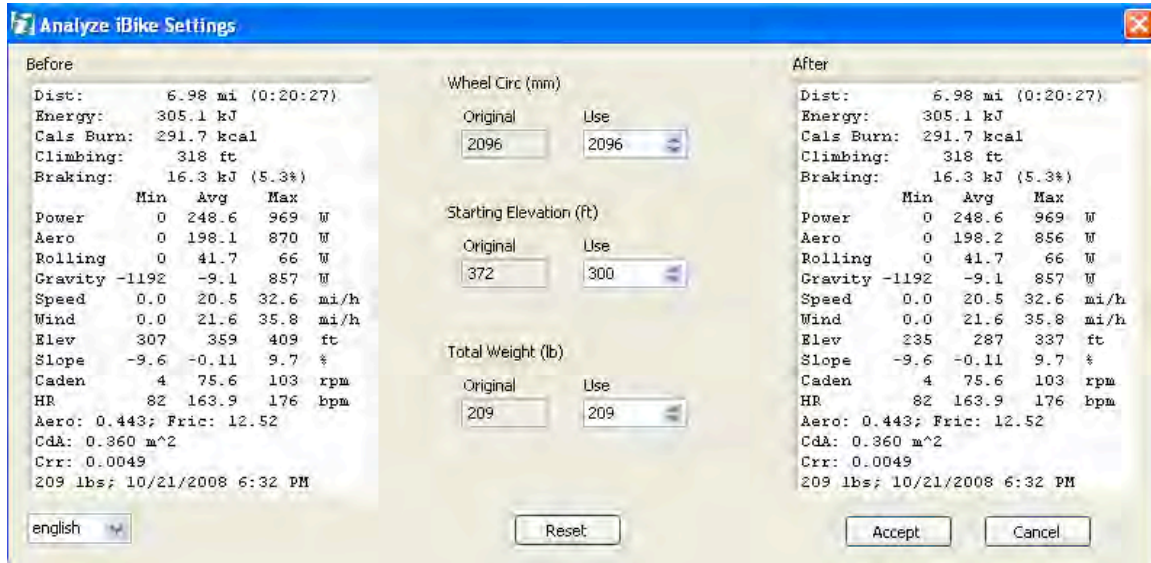
Note that this repair probably won't be accurate for group ride situations.

Remove Speed Spikes in Selection

This tool is self explanatory.

Analyze Bike Settings

This command allows you to adjust after the ride your wheel circumference, starting elevation, and total weight of bike and rider. These corrected factors will be applied to the ride file data

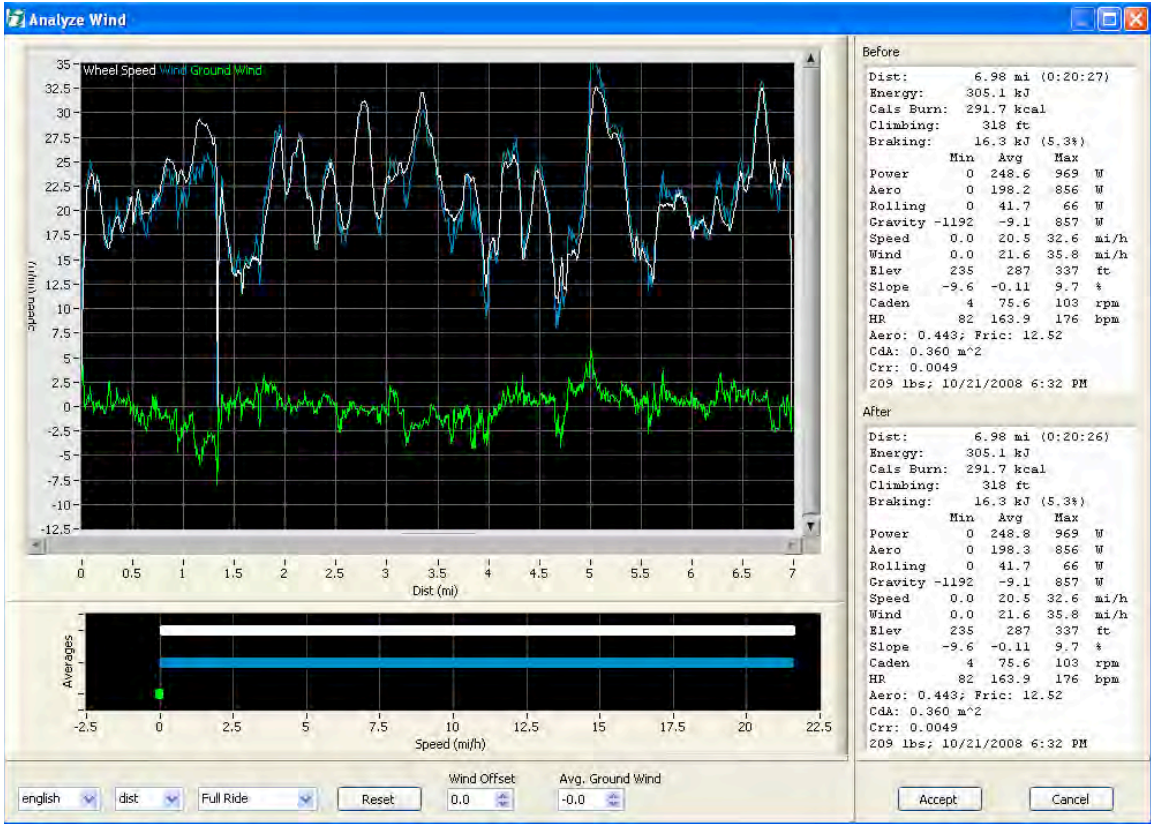


Analyze Wind

Wind speed is measured by your iBike at all times. The accuracy of wind speed measurement is affected greatly by the “Cal Wind” calibration. If you forgot to do the Cal Wind calibration prior to your ride, or if your ride results seem odd, this is a good command to use.

When there is no ambient wind (wind is calm), or when you do an out-and-back ride, then the difference between average bike speed and average wind speed should be zero.

In this command you can check to see what your iBike reported and, if desired, alter the wind speed to reflect actual conditions. To adjust the average wind speed, change the number in the “Average Ground Wind” box. You’ll see the results of your adjustments in the After stats.

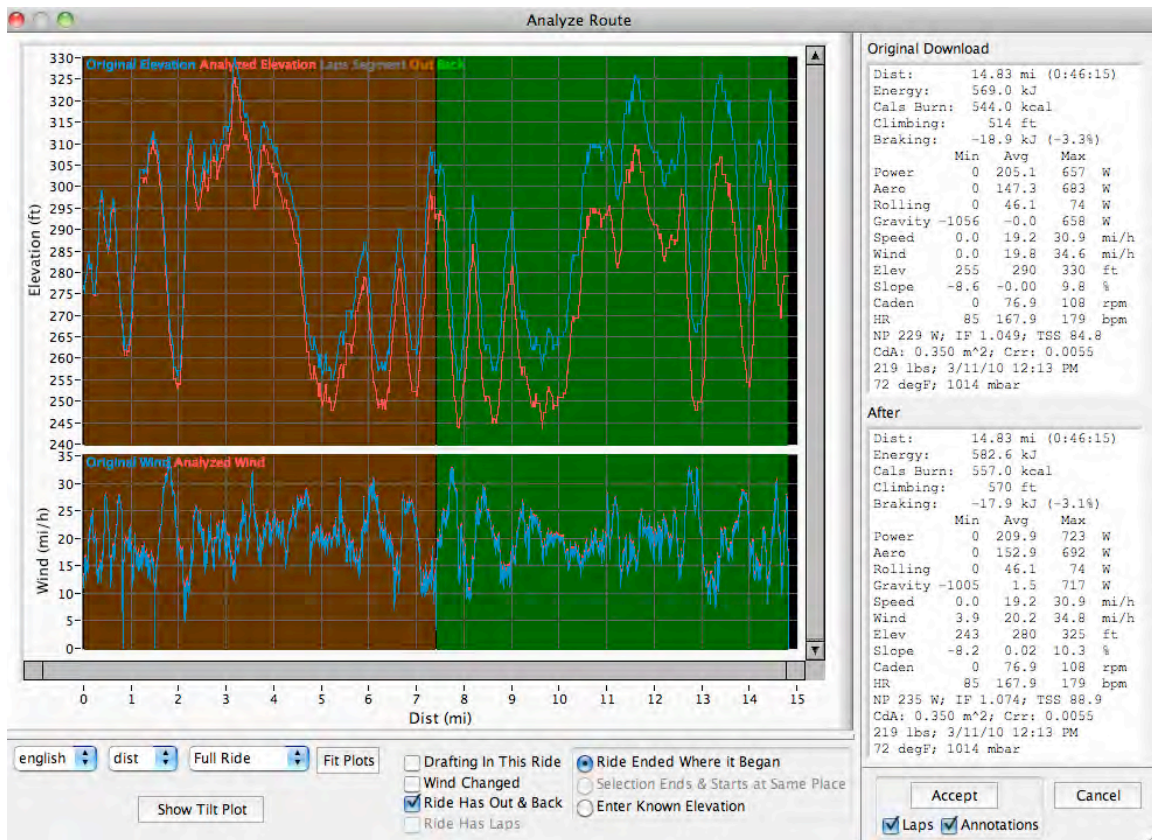


Analyze Route

Analyze Route is a tool available in iBike 4.0.3 or higher.

Analyze Route is a powerful command that analyzes your ride file to determine out and back rides, make refinements to elevation and wind data. The command also annotates your ride file with places where it detects the beginning, midpoint, and end of out and back sections. If there are laps in the ride file (such as those from a crit) the software will automatically identify them and create lap statistics.

Here is the window you'll see when the command is executed:



For best results when using the Analyze Route tool, make sure to check/uncheck the boxes and buttons in the lower middle of the window as appropriate.

“Show Tilt Plot” is a button located in the lower left of the Analyze Route window. Veteran iBike users may still have a desire to look at this data; if so, this is the button to click!

Show Tilt Plot checks for errors in tilt calibration, either before or during a ride. This command is performed automatically if the “Auto Fine Tune Ride Data” box is checked in the Edit/Preferences command.

Tweak CdA, Crr, Cm

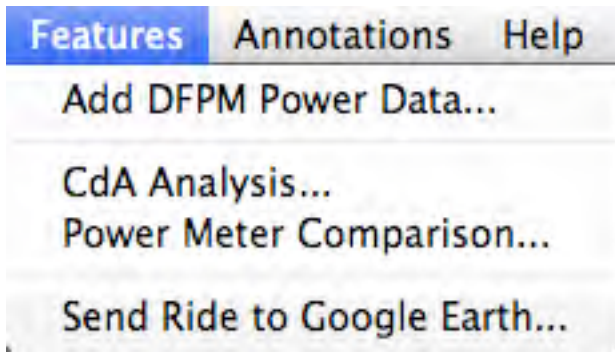
This command allows you to make adjustments to CdA (aerodynamic drag), Crr (coefficient of rolling resistance) or drive train resistance (1.02 means that 2% of your cycling power is “lost” in drive train inefficiencies).

Undo Analysis

Any time you change your ride results with a command, this command will return your ride file to before-analysis state.

Return to Original Download

At any time, you can return to your original download with this command. The only exception to this is that data that is deleted from the file cannot be restored.



NOTICE: All “Features” commands work only with the iAero and iBike Dash only.

There are three features exclusive to the iAero:

- 1) If you have a DFPM on your bike of any kind (ANT+Sport is not necessary) you can add the data from your DFPM to your iAero ride with the Add DFPM Power Data command
- 2) You can perform CdA Analysis
- 3) You can perform Power Meter Comparisons

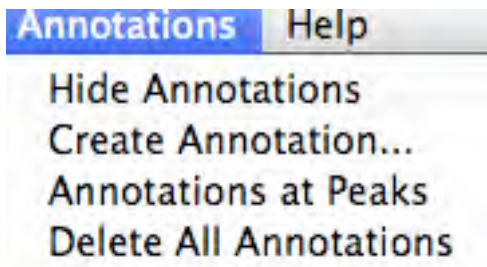
For more information on these features please consult your iAero Reference Manual.

The “Send Ride to Google Earth” feature is exclusive to the iBike Dash, when the iPhone is used.

To use this feature install the Google Earth software, available from the Google website.

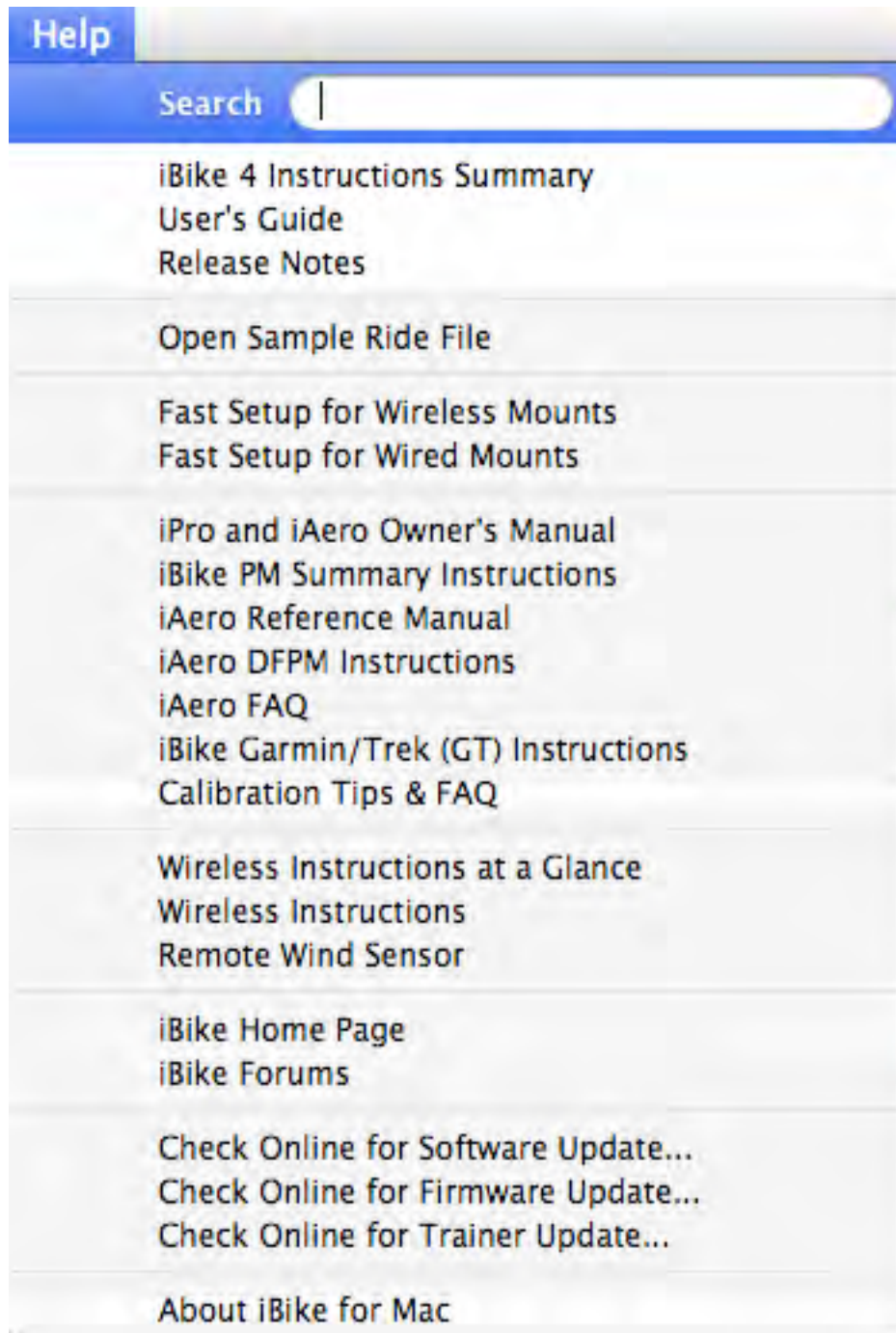
Then, open the .ibd file. If GPS information is recorded, the “Send Ride to Google Earth” function will be enabled (black). If GPS information is not available the feature will be greyed-out.

Annotations



These commands allow you to create annotations in your ride file graph. Give it a try!

HELP



Included with iBike software is a complete list of important documents that were written for your iBike Pro, iAero, and iBike software. Click on any item to get corresponding directions.

Also included in this menu are direct links to the ibikesports website and iBike Forum. Note that at the iBike forum there may be even more current versions of instructions, or additional instructions not included in the Help menu of your iBike software:

<http://www.ibikeforum.com/viewforum.php?f=12>

Finally, the Help section contains commands that allow you to check manually for software, firmware, and trainer file updates.

IBIKE FORUM

There are thousands of iBike owners, and here's a great place to meet some of them and get your questions answered:

<http://www.ibikeforum.com>

Sign on as a member so you can learn more about iBike software, and make sure to contribute your knowledge too!

TECHNICAL SUPPORT

If you have questions regarding the operation of your iBike software that can't be answered from the help documents and links, please email us at:

technicalsupport@velocomp.com

We will get back to you quickly.

TROUBLESHOOTING

Problem: *My iBike software won't talk to my iBike. I can't get my serial number, download my rides, analyze my calibrations, or send profiles to my iBike.*

Solution, Mac: install the USB ADAPTER software included on your iBike DVD, then reboot your computer.

Solution, Windows: If you have never installed iBike software before on your PC, install the USB Adapter software included with your iBike DVD. DO NOT PLUG IN YOUR USB ADAPTER UNTIL AFTER YOUR WINDOWS DRIVERS HAVE BEEN INSTALLED.

If you HAVE installed a previous version of iBike software and your older version worked successfully, and your new iBike version does NOT work, most likely the drivers have been re-installed, causing confusion in your computer settings. Contact iBike Technical Support so we can help you fix this problem.