

NETATHLON®

VERSION 2XF



CYCLING | 2XF

USER GUIDE

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Installing NetAthlon 2XF for Cycling

Your NetAthlon 2XF for Cycling experience begins by running the software's setup file. Your installation starts when you double click on the .exe (setup) file. A screen pops up allowing you to Run, Save or Cancel the setup process. By clicking Run, you move from setup to installation without saving the .exe file to your computer. The Save option allows you to keep a copy of the .exe file to your Documents or Downloads folder within your hard drive. You will need to double click on the .exe file from this folder to install NetAthlon 2XF for Cycling. If you click Cancel from the .exe prompt, you will not be able to install the program.

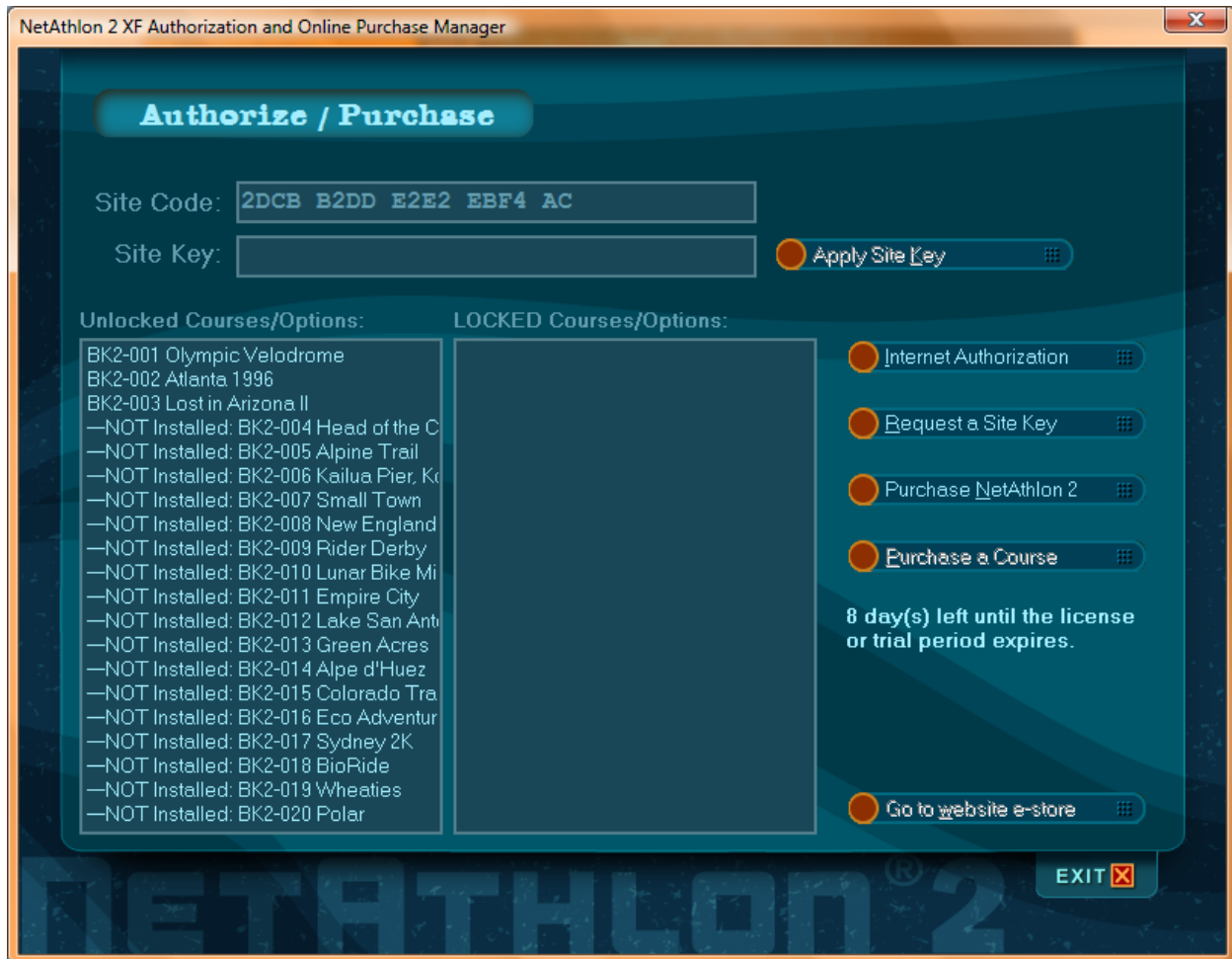
After the .exe file runs through its initial download, you will be asked to Run or Don't Run the full installation process. Click Run to proceed with installation of NetAthlon 2XF for Cycling or Don't Run if you aren't quite ready to add this program to your computer. The setup program for your computer appears and guides you through the installation process. Click on Next to move from the initial InstallShield screen to the Medical Disclaimer and License Agreement.

The Medical Disclaimer and License Agreement must be accepted before NetAthlon 2XF for Cycling is added to your computer. By accepting the Medical Disclaimer, you understand that you are responsible for any pre-existing conditions and health problems that may affect your ability to use the software. The License Agreement is a standard disclaimer allowing you to operate NetAthlon 2XF for Cycling only on your computer. You will also be reminded in the License Agreement that if you already own NetAthlon 2 for Cycling, it is important to head to <http://www.riderunnow.com> to install the special setup file rather than completing a full installation of the software. Follow the on-screen directions to complete the installation process.

The last step in the installation process for NetAthlon 2XF for Cycling is to optimize courses. The Optimization Screen offers two options: Normal and Manual Optimization. The Normal Optimization process automatically optimizes all courses available in the 15-day trial period. This optimization option is the default because it prepares the course graphics files in a way that makes loading the course data and rendering the graphics the fastest possible for your system. In rare cases, the Normal Optimization method will cause NetAthlon to fail when starting a session, or the graphics will be mostly black or have strange shapes. Refer to the FAQ or Troubleshooting section to learn how to remedy this problem if it occurs. Once the setup has finished, you will need to restart your computer before you can start NetAthlon.

You will want to determine if new product updates exist on the internet. Staying updated with the latest NetAthlon XF software is important for keeping your product running smoothly. Use the UPDATE SOFTWARE button on the main menu OR you can go into the Fitcentric Folder in your start menu and select the Update Cycling XF tab. In either case follow the prompts until the update process is complete.

Authorizing NetAthlon 2XF for Cycling



NetAthlon 2XF for Cycling starts with a 15-day trial period featuring a limited number of courses. If you decide that you want to purchase a new course or buy the full version, click on the Authorize and Purchase icon at the bottom of the Main Menu. A pop-up screen will ask if you want to exit NetAthlon 2XF for Cycling in order to use the Authorization Manager. Click Yes in the screen to proceed or No if you wish to continue using the software in its trial period.

The Authorize/Purchase Screen shows your Site Code, Site Key, Unlocked Courses/Options and Locked Courses/Options. The right side of the screen features four options for authorization and purchase:

Internet Authorization: If you have already purchased NetAthlon and have a Serial Number, this will unlock the software and purchased courses for use on the installation computer.

Request a Site Key: If you have already purchased NetAthlon, but have a problem with Internet Authorization.

Purchase NetAthlon 2: If you have not purchased NetAthlon and the trial period has expired.

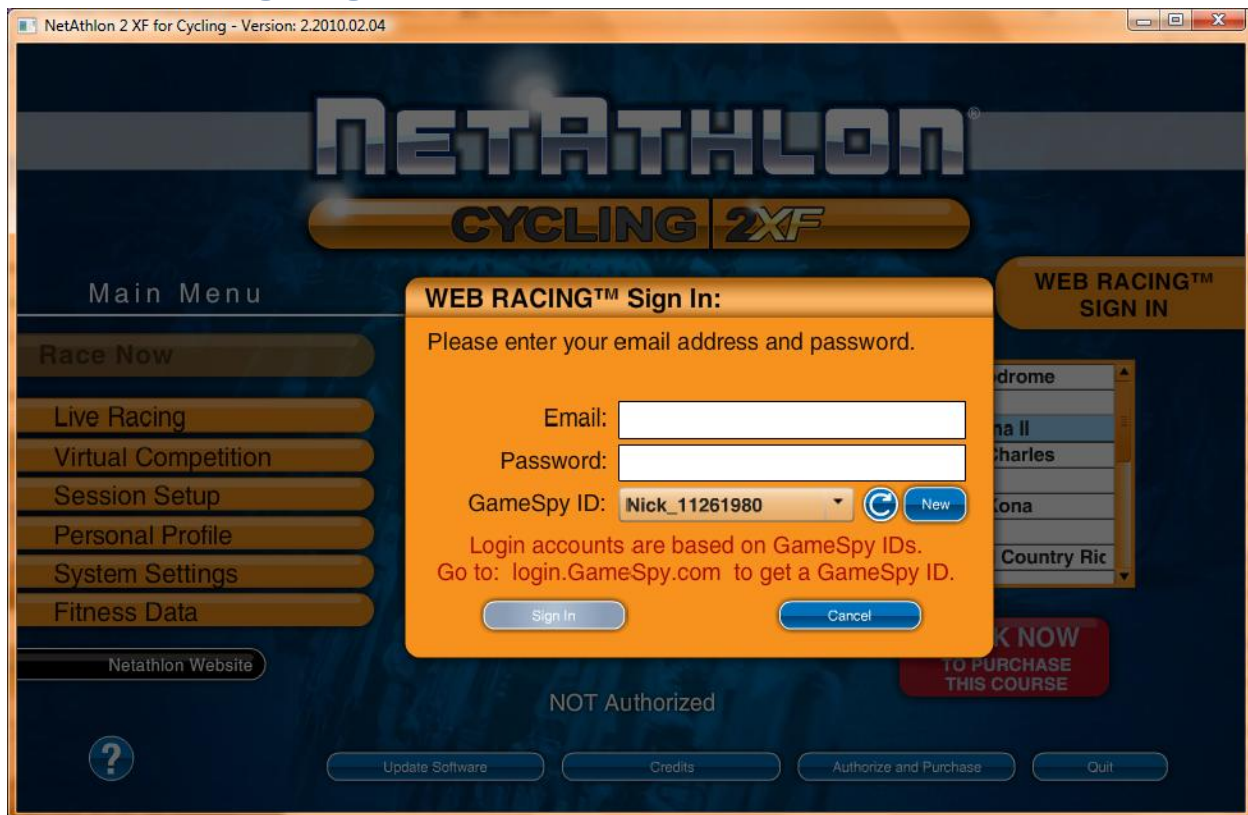
Purchase a Course: If you have already purchase NetAthlon and want to unlock an addition course.

Main Menu Options



Your experience with NetAthlon 2XF for Cycling begins from the Main Menu. The Main Menu connects you to customization options for sessions, information on software updates and opportunities to add new courses to NetAthlon 2XF for Cycling. In the following pages, you will become more familiar with these features and how they can improve your exercise experience with NetAthlon 2XF for Cycling.

Web Racing Sign In



The Web Racing Sign In link at the upper right of the Main Menu allows you to start your online racing experience. Head to <http://login.GameSpy.com> to receive your free account, which will allow you to use the Web Racing feature on NetAthlon 2XF for Cycling. After opening your account and verifying your email, you need not head to this website again to use the software's live racing features. Enter your email and password from the GameSpy Arcade account. Your GameSpy Profile should appear in the scroll down menu of the same name once you enter your email and password:

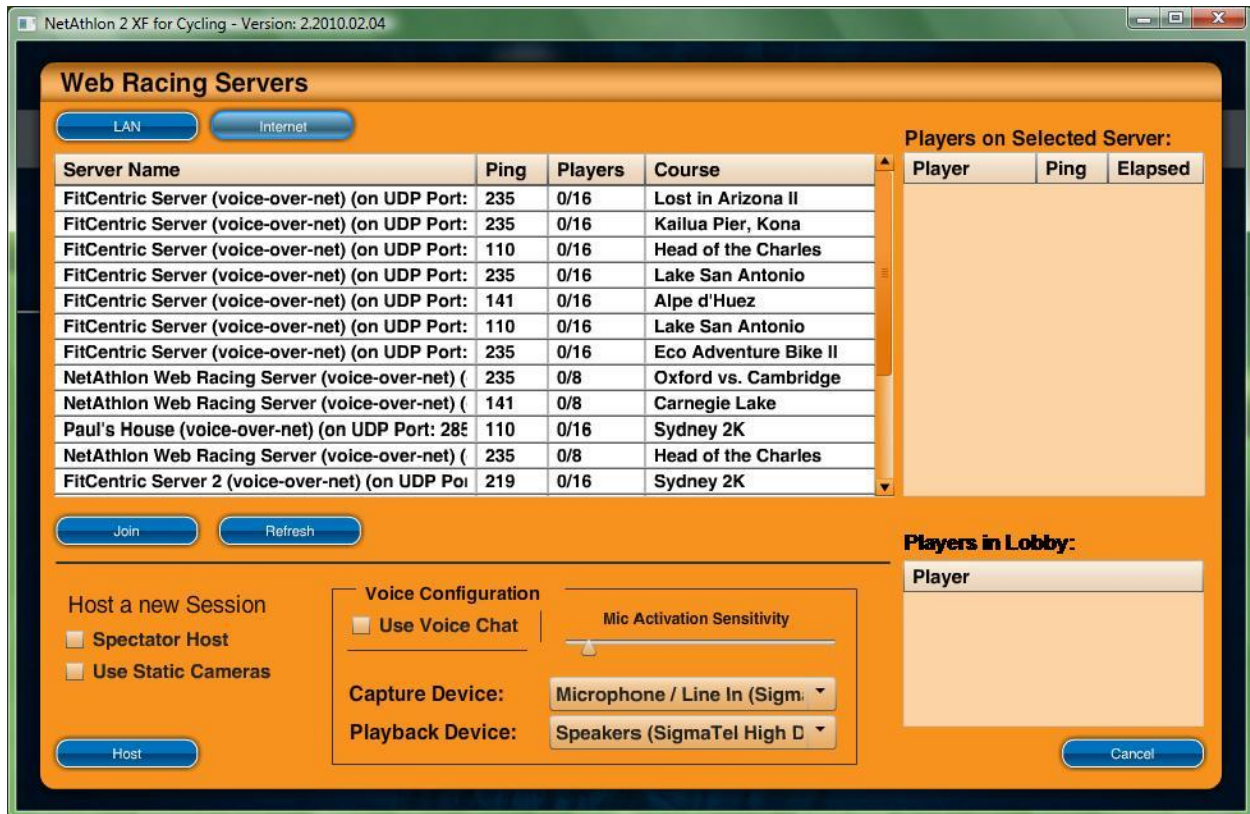
GameSpy ID: This will contain all profiles for the given email address. You must have previously set up a GameSpy profile at <http://login.GameSpy.com>, and you must use the email address and password used to create the account.

Refresh: After you enter a valid email and password, click on Refresh to re-populate the combo box with all GameSpy IDs for the GameSpy account.

New: Click on this button to create a new GameSpy ID. You must already have created a GameSpy account for the given email address at <http://login.GameSpy.com>.

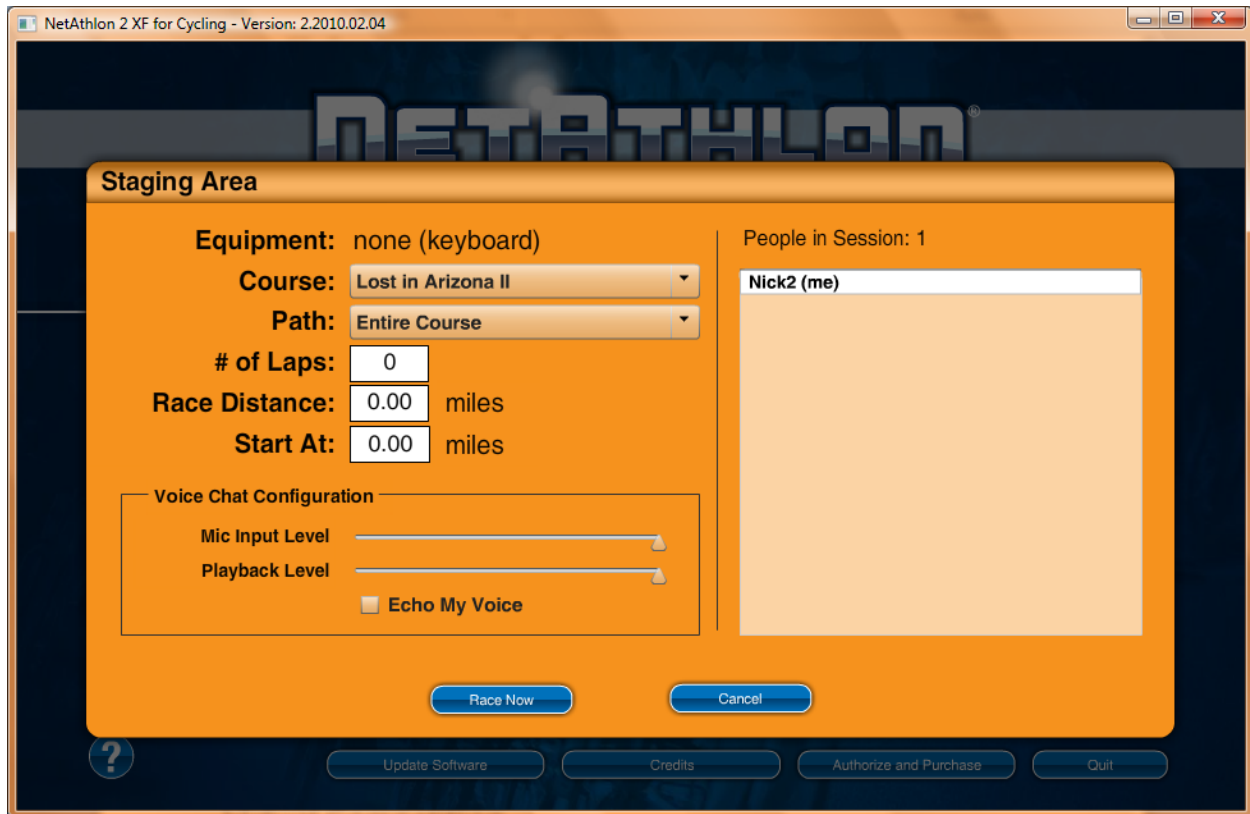
After signing into Web Racing on NetAthlon 2XF for Cycling, head to Live Racing in the Main Menu to choose the appropriate server.

Live Racing



After logging into the Web Racing Sign In section of the Main Menu, click on Live Racing to join or host an Internet session. The larger space in the Web Racing Servers menu lists existing servers where other users of NetAthlon 2XF for Cycling are currently racing. Learn about the live riders in a particular server by clicking on a server name and looking to the right in the Players on Select Server list. Each server features a unique name, a ping rate (connection speed), the number of players and the course in use.

Click on an existing server with your mouse and either click on the server name or press Join below the servers list to enter the game. If you do not find a server immediately in the Web Racing Servers list, press Refresh to find out if any new servers are opened. You may find that existing servers feature undesirable ping rates, numbers of players and courses for your needs. If you cannot find an existing server for you, it is possible to create a server from the Web Racing Servers list.



Before starting your own server, you will see two options in the Host a New Session section of the Web Racing Servers screen. The first option asks about Spectator Hosting. By clicking Spectator Hosting, your computer will host a server on NetAthlon 2XF for Cycling but not be a participant. You can participate fully in your hosted session by uncheck Spectator Hosting. The second option is Use Static Cameras. By clicking on Use Static Cameras, the progress of all riders will be followed from fixed cameras throughout the course. Clicking off Static Cameras means that a single camera will shift from rider to rider throughout the course.

Start your own server at NetAthlon 2XF for Cycling by pressing the Host icon at the bottom of the screen. The Staging Area screen allows you to customize the following features of your session:

- Course
- Path
- # of Laps
- Race Distance
- Start At (for late arrivers entering your ride)

If you are using Internet instead of a Local Area Network (LAN), you will be able to use Voice Chat by clicking on Voice Chat on the Web Racing Servers screen. After activating Voice Chat, you can select from different capture devices (microphones) and playback devices (speakers). Adjust the Mic Input Level (the sound coming from your microphone) and the Playback Level (the sound coming from other players) using the slider controls in the Staging Area screen. To test your mic input level and playback level settings, you can check Echo My Voice. With this checked, you can speak into your mic and hear your own voice through your speakers. Once you are satisfied with your settings, you will want to uncheck Echo My Voice. Once you are ready to start the session, press Race Now at the bottom of the screen to begin a live session. To return to the Web Racing Servers list, press Cancel at the bottom of the screen.

Virtual Competition

When you click on Virtual Competition from the Main Menu, a screen pops up with numerous criteria for your virtual pacers. To add or subtract pacers from your next session, click on the + or – sign in the lower left hand section of the popup menu. The default name for each virtual rider is Pacer followed by a number. Each pacer can be given a male or female avatar by scrolling through the Gender menu.

Every pacer can be customized with four performance settings including UltraRabbit (super fast), Constant Power, Constant Speed and Past Performance. By choosing Constant Power, you then need to enter the pacer's constant power output into the Power (watts) text box. During the session, NetAthlon will assume that the virtual rider weighs the same as you do and will calculate its current speed based on this weight, the constant power value you set and the slope of terrain for the rider. Click on the text box and type out the desired power before proceeding. Constant Speed allows you to set a pacer's speed from start to finish that is adjustable by entering the desired speed in the appropriate text box. The Past Performance option allows you to assign a pacer to mimic your performance from a previous NetAthlon session. Scroll down the Past Performance box on the far right hand side of the pop-up menu to select your saved performance.

Session Setup



The session setup screen allows you to customize your avatar along with the course size, length and number of laps. After customizing any of the following sections, click Save to save your work or Cancel to return to the Session Setup screen.

Gender

The Gender section of Session Setup allows you to choose between a male or a female avatar. Click on the Up or Down arrow within Gender to choose your avatar.

Bike Style

Your options within the Bike Style section depend on your chosen course. Off-road courses such as Lost in Arizona II only offer a Trek mountain bike for your avatar. Track and street courses like Atlanta 1996 and the Olympic Velodrome allow you to choose between a Trek and a Softride bike. Click on the Up or Down arrow within Bike Style to choose a bike for your avatar.

Custom Texture Folder

Your Custom Texture Folder holds all of the information for your avatar including gender, bike style and point of view.

Course Selection

The Course Selection screen allows you to customize your experience on any of the courses available on NetAthlon 2XF for Cycling. You can click on the Course scrolling menu to choose your course. The Path scrolling menu differs between off-road courses and track or street courses. On off-road courses, you can select the entire course or the road bike path. Track and street courses vary from single paths to multiple paths. The following options allow you to further customize your virtual cycling experience:

Reverse Direction: By selecting Reverse Direction, you will start at the end of the course and travel to the beginning of the course. Reverse Direction allows you to keep your cycling workouts lively after you have completed courses multiple times.

Turn Around at End of Course: By selecting Turn Around at End of Course, your avatar will complete one lap on the course in its standard direction. As you cross the finish line, your avatar will ride on a reverse path until you reach the beginning of the course.

Point of View: You can select from three points of view before you hit the course. 1st Person simulates a view of the track from your avatar's eyes to make you feel part of the simulation. This view does not show your avatar's body. 1st Person + Handle Bars simply adds your bike's handle bars to the 1st person view. 3rd Person places your view behind your avatar as if you were viewing your progress through a trailing camera. You will see your avatar and bicycle in the 3rd Person view.

Course Setup

Your interactions with virtual riders and objects in NetAthlon 2XF for Cycling sessions can be customized in Course Setup. The following features allow you to adjust the consequences of crashes, drafting restrictions and the Motocam feature:

Bikes Crash Cars: If your exercise equipment has steering capabilities or if the course has ambient vehicle traffic, it is possible for your rider to "crash" into another object. If you check this option, your rider will become immune to vehicle collisions; the vehicle will bounce off your avatar, which will continue along its path unscathed. If you uncheck this option, your avatar will have an appropriate crash response, then will reset at the point of the collision before you continue your ride.

Use Drafting: Select Use Drafting in order to draft behind both human and computer-generated cyclists. You can also select Only Draft Live Riders underneath Use Drafting if you wish to only draft behind human cyclists.

Show Motocam: The Motocam is a camera mounted on a motorcycle that stays in front of the lead cyclist. By clicking Show Motocam, you can see the motorcycle as you

approach the front of the pack. The Motocam paces the lead cyclist in the ride, which acts as a motivational tool as you try to catch up with session leaders.

Race Style

The length of each session on NetAthlon 2XF for Cycling is adjusted in the Race Style screen. The following features allow you to adjust session length based on your exercise goals:

of Laps: Click the Up and Down arrows to determine the number of laps for each ride. You can also click on the text box with your mouse and enter the number of laps with your keyboard. If you leave the number of laps at zero, you can continue to ride on a course without a set finishing point.

Race Dist: At the top of the Race Dist screen, you will see the total distance of your selected course. Click the Up and Down arrows in Race Dist to set the length of your session on that course in terms of miles. You can also click on the text box with your mouse and enter the distance in miles with your keyboard. If you leave the session distance at zero, you can continue to ride on a course without a set finishing distance.

Race Time: The Race Time screen allows you to limit your time on a selected course without regards to number of laps or session distance. Click on the text book to enter your race time in seconds, minutes and hours using your keyboard.

Personal Profile



Your Personal Profile page allows you to establish your ideal language, units of measurement and basic health metrics within NetAthlon 2XF for Cycling. After customizing any of the following screens, click Save to save your work or Cancel to return to the Personal Profile screen.

Manage Profile

NetAthlon 2XF for Cycling allows you to create multiple profiles to accommodate multiple users and racing styles. Click on Add and enter your profile name to create your first profile. Select Duplicate and enter a new profile name to create another profile using the same settings as the original profile. You can eliminate unused profiles by clicking on Delete and pressing Yes when asked if you are certain you wish to delete the profile.

Language

You can change the language used throughout NetAthlon 2XF for Cycling in the Language Screen. The default language is English with Dutch, Spanish and French available with one click of the mouse.

Units

The Units screen features examples of US Standard and Metric units of measurement. These examples include distance, weight and format for your birth date. By selecting US Standard, you will see your cycling distances in miles, your weight in pounds and your birth date in the month-date-year format. The Metric format shows your cycling distances in meters, your weight in kilograms and your birthday in the date-month-year format.

Weight

Your weight is used in determining your heart rate during exercises. Also, exercise equipment that stimulates a grade uses your body weight to properly set the resistance as you travel through a course. In order to enter your accurate weight, click Up or Down in the Weight screen until you have reached your current weight. You can also click on the numerical box and type your weight.

Birthday

Your birthday helps NetAthlon 2XF for Cycling determine your age, which can be used in determining target heart rate zones. Click the Up or Down arrow on the month, the date and the year until you have reached your birthday. You can also click on the month, the date and the year and type in the correct number for your birthday.

Target HR Zones

Your Target HR Zone setting dictates your desired maximum heart rate (HR), which acts as a gauge of how hard your heart is working while cycling. Click the Up or Down arrow on the Target HR Zone to set your maximum HR. You can also click on the numerical box and type your desired maximum HR.

Drink Interval

As you compete in NetAthlon 2XF for Cycling sessions, the program will prompt you to hydrate periodically. The Drink Interval screen allows you to increase or decrease the frequency of drink breaks during your workouts. Click the Up or Down arrow on Drink Interval to reach your ideal interval for drink breaks.

System Settings



The System Settings screen allows you to customize your interactions with NetAthlon 2XF for Cycling. These features not only connect your bike and heart rate (HR) device to your computer but also adjust the visual and audio components of the program. After customizing any of the following screens, click Save to save your work or Cancel to return to the System Settings screen.

Exercise Equipment

Your first step in the System Settings screen is to select the equipment used for each course. The default in Exercise Equipment is keyboard, which allows you to test out a course without setting up an exercise bike. The Exercise Equipment also allows you to choose a joystick that provides a more fluid cycling experience compared to a keyboard.

Once you are ready to work out on NetAthlon 2XF for Cycling, you can select exercise bikes ranging from Athlon to Velodyne in the Exercise Equipment menu. The remaining options in Exercise Equipment vary depending on your preferred equipment. The Port menu allows you to choose the port on your computer that will connect your exercise equipment to the software. The Wheel Circumference screen is used for certain bikes to make the virtual bicycle more closely simulate the equipment's wheel motion. The Resistance feature allows you to choose whether the grade remains constant or

NetAthlon will tell your exercise equipment to change the resistance level based on the percentage slope your avatar is on as it travels through the course.

You can also check or uncheck Auto Start/Stop Clock and Enable 'Paused' Mode from this menu. When Auto Start/Stop Clock is checked, the session clock will not run unless your avatar is in motion. By checking Enable 'Paused' Mode, NetAthlon 2 XF for Cycling will head into demo mode if your speed stays at zero for more than two minutes.

Steering

You can adjust how your bicycle handles in NetAthlon 2XF for Cycling by adjusting the Steering settings. The default setting for Steering is that Use Steering is left unselected, allowing your avatar to travel through the course on a predetermined path. Select Use Steering to customize the following steering settings:

Show Directional Arrow: Select Show Directional Arrow if you would like an arrow to pop up during the session showing the direction of the predetermined path the computer-generated riders will follow. The directional arrow allows you to anticipate turns so that you can focus on your cadence, breathing and effective turning.

Reverse Steering: Some exercise equipment may send steering data to NetAthlon opposite of what the software expects. If you steer your equipment in one direction but your avatar turns in the opposite direction, check this option.

Turn Multiplier: The Turn Multiplier indicates the sensitivity of your steering device. If the value of the Turn Multiplier is between zero and one, your steering device will be slower to steer than normal. Turn Multiplier values exceeding one make your steering device more sensitive than normal. Click on the text box and enter your Turn Multiplier value using your keyboard.

Dead Zone: The Dead Zone value indicates how much you must turn your steering device before your avatar will make a turn. The default value in Dead Zone is 10 with lower numbers requiring less movement of the device to turn and higher numbers requiring more movement of the device to turn. Click on the text box and enter your Dead Zone value using your keyboard.

Crash Action: The Crash Action allows you to determine the consequences of crashing into other objects. Select Crash from the scrolling menu to have your avatar fall to the ground when hitting stationary objects. You can also select Deflect in Crash Action if you want your avatar's course to be deflected upon impact.

External Device: The default setting in the External Device screen is None. Click on the scrolling menu in External Device if you will use a game controller or Tacx i-Magic. Select Tacx i-Magic only if you are using the Tacx steering device with a non-Tacx bike trainer. Do not select this option if you are using the Tacx steering attachment with a Tacx trainer.

External HR Device

An external heart rate (HR) device can be attached to your computer and your bicycle to track your heart rate. By selecting None in the scrolling menu, your heart rate will not be monitored during each session. The Suunto or FirstBeat USB option in the scrolling menu means that your external HR device attaches to the computer using a Suunto or FirstBeat USB adaptors.

Gears

If you are using a stationary bike, you can simulate the use of bicycle gears by clicking Use Gear Shift Buttons in the Gears screen. The Gears screen allows you to assign the higher (Shift Up) and lower (Shift Down) gears to specific buttons on your keyboard or steering device. Click on the scrolling menu for Shift Up and Shift Down to assign these buttons before your next ride.

Video Settings

The Video Settings screen gives you the chance to adjust your video settings before starting a session. The Adapter scrolling menu allows you to choose between multiple screens attached to the same computer. Your choices for Screen Resolution depends on your graphics card. NetAthlon will display a windowed option plus all resolutions the graphics system reports. Check the Widescreen Monitor option only if you are using a widescreen monitor and you select a resolution with a 4:3 aspect ratio. If you have a widescreen monitor and you select 1280 x 1024, you will want to select this option so that the images won't appear stretched. Nearly all recent graphics cards have wide aspect video resolutions so it is unlikely that you will check this option.

Video Optimization

You can adjust the quality of video during your NetAthlon 2XF for Cycling experience with the Video Optimization screen. Click on Use Fix for Incompatible Graphics Card in order to automatically adjust your video resolution if your graphics card does not work perfectly with the software. Click on the Quality scrolling menu to choose one of five options ranging from Highest to Lowest.

The Ambient Vehicle Density option is only pertinent if you are riding a course with cars and trucks. Click Up or Down in the Ambient Vehicle Density section to increase or

decrease the amount of traffic on the roads. You can also enter your Ambient Vehicle Density with your keyboard by clicking on the text box and entering a value. If you set your Ambient Vehicle Density to zero, cars and trucks will be eliminated from your course.

Sound Settings

Your Sound Settings screen will allow you to add background sounds and select speakers to enhance your racing experience. Click on Enable Ambient Sounds to include background sounds like birds, fellow riders and wind in your course. From the scrolling Sound Device menu, you can select None if you do not have speakers or the speakers connected to your computer.

Fitness Data



The Fitness Data screen dictates how NetAthlon 2XF for Cycling handles your fitness metrics during and after sessions. You can adjust how often fitness data is collected, where session information is saved and how race data is displayed. After customizing any of the following screens, click Save to save your work or Cancel to return to the Fitness Data screen.

Sampling Rate

The Sampling Rate is an interval at which your fitness metrics (heart rate, power, etc.) are saved for future analysis. NetAthlon 2XF for Cycling sets the sampling rate at a default of 15 seconds. Click on the scrolling menu to choose your interval rate with a range of one second to five minutes.

Saving Method

Your fitness data can be saved to a folder on your computer for future use. NetAthlon 2XF for Cycling allows you to determine how you are prompted to save fitness information:

Ask Whether to Save: After you have exited each session, you will be asked whether you want to save fitness data from that ride. This prompt will allow you to save by pressing Yes or discard the data by pressing No.

Automatically Save: By selecting Automatically Save, your fitness data will be saved in your dedicated folder without prompting.

Never Save: By selecting Never Save, your fitness data will not be saved to your dedicated folder.

Saving Location

The Saving Location is where all of your saved information will be placed on your computer. When you click on Saving Location, a screen with all of your computer's drives will appear. In addition to your hard drive, PC users can access the Flash, CD/DVD or removable disk drives. Click on your preferred drive and select a folder where your information will be placed.

Statistics

The Statistics page allows you to select up to 10 metrics that will appear on the bottom of your Race Screen. These metrics include: Speed, Time, Distance, Lap, Heart Rate, Cadence (RPM), Power (Watts), Gear (Simulated), Grade (Slope) and Altitude. Click on the metrics that you want included on the Statistics page.

Display Settings

Your Display Settings options start when you select how many cyclists will appear on the leader board. The scrolling menu allows you to select 1 to 8 other cyclists or All if you wish to see all participants on the leader board. Other options in the Display Settings menu include:

Only Live Runners in Leader Board: By clicking on this feature, the leader board on the upper left section of the race screen will only feature human cyclists. If you leave this feature unselected, both human and computer-generated cyclists will be listed on the leader board.

Show Names of Other Runners: By clicking on this feature, each avatar will feature a name above its head. Computer-generated cyclists are named "Pacer 1," "Pacer 2," "Pacer 3" and so on. These names will also appear on the leader board next to the distance traveled.

Show Speeds Above Other Runners: By clicking on this feature, the current speed of each avatar will be shown above its head. You can leave this feature unselected to keep your view clear of other avatar speeds.

Additional Options on the Main Menu



Along the bottom of the Main Menu screen, you will see multiple icons that lead you to more information on the website. These icons include:

NetAthlon Website: Exits the NetAthlon 2XF for Cycling Main Menu and takes you to the NetAthlon website.

Question Mark (?): Exits the NetAthlon 2XF for Cycling Main Menu and takes you to the NetAthlon 2XF for Cycling User Guide.

Update Software: Exits the NetAthlon 2XF for Cycling Main Menu and brings up the Easy Update screen. Click next on Easy Update to find and run the latest updates for NetAthlon 2XF for Cycling.

Credits: Brings up list of credits for the producers and designers of NetAthlon 2XF for Cycling Menu:

Executive Producer: Bruce Winkler

Project Lead: Paul Stewart

Programming: Paul Stewart

Art Director: Chris Yesh

Course Design and Modeling: Russell Hughes

Character Modeling and Animation: Russell Hughes

User Interface Design: Tim Bank, Joel May

User Interface Programming: Joel May

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Physics simulation libraries provided by Newton Game Dynamics™. (© 2003-2008 Newton Game Dynamics. All rights reserved).

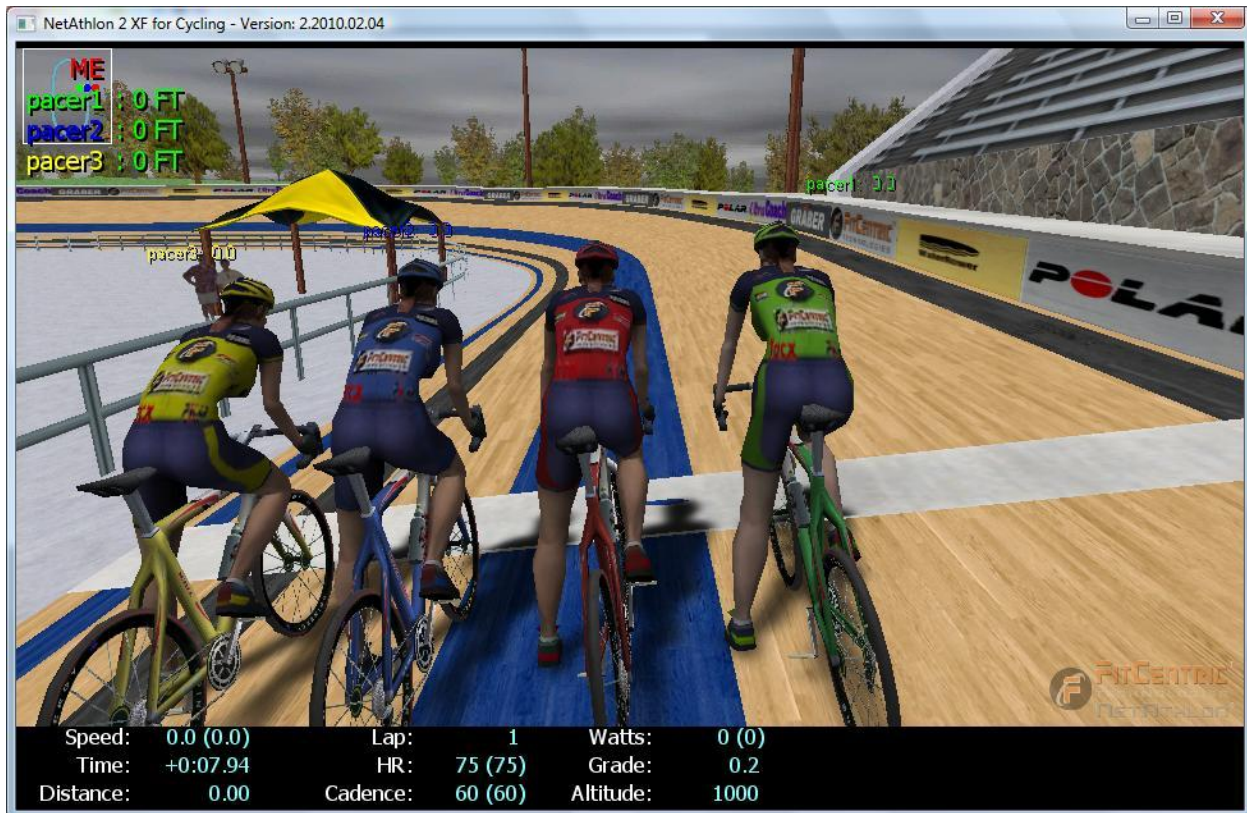
Authorize and Purchase: Exits the NetAthlon 2XF for Cycling Main Menu and takes you to the Authorization Manager to purchase the software and individual courses.

Quit: Exits the NetAthlon 2XF for Cycling Main Menu completely.

Selecting Courses

On the right hand side of the Main Menu, you will find a scrolling menu with a list of cycling courses. Click on the scrolling menu and move your mouse up and down to look at courses available through NetAthlon 2XF for Cycling. The center of the screen features a screenshot of the selected course. Click Up or Down around this screenshot to flip through cycling courses. In the trial period, you will have three courses available: Olympic Velodrome, Atlanta 1996 and Lost in Arizona II. The remainder of the courses will appear on your list but the screenshot will say Not Installed. In order to purchase these courses, click on the Authorize and Purchase icon at the bottom of the screen to expand your course list.

The Race Screen



At the top of the Race Screen, you see a profile view of the course. This view not only allows you to see a visual representation of altitude but your location compared to pacers and riders. If you have selected Show Names of Other Runners, you will see color-coded names in the upper left hand part of the screen along with distances traveled.

The bottom of the Race Screen features a list of metrics that show your progress in a particular session. You can adjust these metrics by heading to the Fitness Data screen prior to your ride. These metrics include:

Speed: Indicates your speed in miles per hour (MPH). The parenthetical number is your average speed during your current session.

Time: Indicates your total time on the track in minutes, seconds and milliseconds.

Distance: Indicates your distance travelled on the course in miles.

Lap: Indicates your current lap number. In sessions with a limited number of laps, you will see your current lap first and total laps second.

HR: Indicates your heart rate, which is measured by your heart rate sensor. The parenthetical number is your average heart rate for the entire workout.

Cadence: Indicates the number of revolutions of the pedals per minute. The parenthetical number is the average cadence during your current ride.

Watts: Indicates the current power produced by your bicycle in watts. The parenthetical number is the average power produced during your current ride.

Grade: Indicates whether you are heading down hill (negative number) or uphill (positive number).

Altitude: Indicates the height of the course above sea level in feet.

Keyboard Shortcuts in the Race Screen

NetAthlon 2XF for Cycling features shortcuts from your keyboard to allow customization of settings without leaving the race screen. These keyboard shortcuts including:

O: Suspends camera rotation in MotoCam mode. Pressing O a second time continues the full rotation of the camera as you ride.

Down Arrow: Reduce speed by 0.5 MPH (when using keyboard as your exercise equipment).

End: Stop your bicycle completely (when using keyboard as your exercise equipment).

Escape: Exit your session in NetAthlon 2XF for Cycling at any stage in your ride.

Home: Increases the speed to 500 MPH (when using keyboard as your exercise equipment).

Left Arrow: Turns your bicycle left (when steering is enabled from your keyboard).

O: Camera in third-person view “orbits” the rider. Keep pressing O to see your avatar from multiple viewpoints.

Right Arrow: Turns your bicycle right (when steering is enabled from your keyboard).

S: Resets a solo or hosted web racing session.

Up Arrow: Speed up cycling by 0.5 mph (when using keyboard as your exercise equipment).

V: Alternates between first-person and third-person viewpoints on the course. By pressing this button, you see the first-person view with and without handlebars, the first-

person view with and without the MotoCam and the third-person view with and without the MotoCam.

Tab: Alternates your view of the course between Letterbox, Classic and Plain. The Plain view features no map or exercise metrics.

Exercise Equipment and NetAthlon 2XF for Cycling

Before connecting exercise equipment to your PC, you can test out NetAthlon 2XF for Cycling using a keyboard or joystick. Your keyboard or joystick allows you to learn the riding path for each course, get a feel for the software and customize settings before connecting your exercise equipment.

NetAthlon 2XF also supports all three versions of the Axion Power Train cycle. In the System Settings menu, remember to select Axiom Power Train I, II or III before hitting the course. An incorrect selection in this screen reduces the accuracy of various metrics including cadence and speed. Once you enter the Race Screen, Axion Power Train users are prompted to press start on the handlebar before reaching the pre-race countdown.

NetAthlon 2XF for Cycling supports the following exercise equipment:

- Athlon
- Blackburn Exerscape
- Cateye with RS232C Kit
- Christopheit Sport ET 6 VR (USB)
- Computrainer 'Anytrainer'
- Computrainer (v25.41, v27.41, v45.43)
- Computrainer w/PC1 upgrade
- CSAFE Bicycle
- CSAFE-2 Bicycle
- CycleFX ITS (PEAK Sensors)
- CycleOps Electronic Trainer
- Daum Ergo Bike
- Dynastream USB Interface
- FiTek (USB Prototype)
- GameBike
- Inside Ride Bike Treadmill

- Kettler Ergo Racer, KX-1/SX-1
- Kinetics Trainer w/built-in sensors
- Kinetics Trainer w/PEAK sensors
- LAT Magnetic Trainer
- Lode
- MagneTrainer (FitXF-enabled bike)
- Minoura ICE
- PCGamerBike (FitXF-enabled bike)
- Reference Portocol for Bike
- Tacx Fortius Trainer (USB)
- Tacx i-Magic Trainer (USB), i-Magic Sensorset (USB)
- TherapyTrainer (FitXF-enabled bike)
- Tunturi (T4, T6, T8 or E Series)
- UCHEER (USB)
- USB Sensor set w/steering
- Velodyne

Consult the instructional manuals for this exercise equipment to learn how to connect to your PC.

Frequently Asked Questions

Product Introduction

- What is NetAthlon?
- What is WebRacing?
- Why purchase UltraCoach over other fitness software?
- What are the minimum system requirements for NetAthlon software?
- Do I need the Internet to use NetAthlon?

Exercise Equipment

- What kind of equipment can I use with NetAthlon software?
- How do I connect my equipment to my computer?
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- Will the Peak Training System Sensor Kit adjust resistance?

Download and Authorization Issues

- Where do I go to download software?
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- What do I do after my fifteen-day trial period has ended?
- How do I authorize courses and software using my serial number?
- How do I resolve firewall issues that prevent software authorization?
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- Is it possible to upgrade performance files from past versions of NetAthlon for NetAthlon 2.0/XF?

Using NetAthlon Features

- How do I race others using NetAthlon software?
- How do I customize characters in NetAthlon software?

- Can I save my workouts and transfer them to UltraCoach?

Troubleshooting

- How do I resolve an /E-Access Violation problem on NetAthlon 2.0/XF?
- What can I do to resolve graphics issues after I download NetAthlon software?
- If my screen freezes as NetAthlon starts, how do I resolve this issue?
- How do I resolve the problem of slow software downloads?
- What can I do if NetAthlon 2.0/XF says that it is still running even after exiting the program?
- How do I resolve the corruption of UltraCoach authorization files by Norton 360?
- How do I resolve issues with a specific course?
- Is it possible to resolve distortions of moving cyclists in NetAthlon 2.0/XF?

Customer Service

- How do I order NetAthlon and UltraCoach products?
- Do you support NetAthlon 1.0?
- What is the timetable for delivery on products purchased through the e-store?
- Do you ship outside of the United States?
- What is your return policy?
- Can I speak directly to someone about sales and software support?
- How do I become a dealer of Netathlon software?

Frequently Asked Questions

Product Introduction

- What is NetAthlon?
 - NetAthlon is fitness software that allows users to connect compatible fitness equipment to their home computers. This software is available in multiple sports including rowing, running and cycling to meet your fitness needs. Once NetAthlon software is downloaded, it is possible to race against simulated competitors without an Internet connection. Our free [WebRacing](#) feature allows you to compete against other NetAthlon users from around the world. NetAthlon software can be downloaded by users anywhere on Earth with little more than a computer and Internet access.
- What is WebRacing?
 - [WebRacing](#) is an online utility that allows NetAthlon users to connect with other competitors without leaving their homes. This virtual racing utility provides a simple interface for rowers, cyclists and runners in search of competition. Your WebRacing experience starts with sign in from the NetAthlon main menu.
- Why purchase UltraCoach over other fitness software?
 - [UltraCoach](#) training software allows athletes of all experience levels to assess their performance in conjunction with NetAthlon software. UltraCoach provides more than 100 performance statistic options to help users determine their progress toward fitness goals. UltraCoach can be used by multiple users in every sport covered by the NetAthlon software family.
- What are the minimum system requirements for NetAthlon software?
 - [NetAthlon 2.0/XF](#) requires a Pentium 4 CPU, 512MB RAM, DirectX 9-compatible graphics card with 128MB memory and Windows XP. We recommend a Nvidia or ATI graphics card with 256 MB memory for optimal performance.
- Do I need the Internet to use NetAthlon?
 - You do not need the Internet to use NetAthlon if you are interested in competing against computer-generated racers. You will need to have an Internet connection in order to participate in [WebRacing](#) sessions with other NetAthlon users.

Exercise Equipment

- What kind of equipment can I use with NetAthlon software?
 - We support dozens of equipment types for rowing, running and bicycling. Our [Fitness Machines Compatibility](#) page provides an updated list of exercise equipment that is compatible with NetAthlon software. You can also contact our support team at support@riderunrow.com if you cannot find your equipment on this list.
- How do I connect my equipment to my computer?
 - Review the instruction manual for your exercise equipment to determine if it features a USB or serial cable. You may also need a USB to serial adapter from a local electronics store for your computer. The [NetAthlon](#) software will recognize compatible exercise equipment after it is connected properly.
- Is there a way to connect my fitness equipment if it is not supported by NetAthlon?
 - We offer a Peak retrofit sensor product, which may make your equipment compatible with NetAthlon. Review our [Sensor Retrofit Device](#) page to learn more about our sensor retrofit devices.
- What do I do if my equipment is supported but does not work?
 - The most common connectivity issue for supported equipment comes when choosing a COM port within the software. Start by clicking the Start icon in the lower left hand corner. Within the Start menu, right click on Computer and select Properties. Click on Device Manager and proceed to Ports. After expanding the Ports menu, you will see the correct port name for your exercise equipment.
 - From the [NetAthlon](#) main menu, click on System Settings and then Exercise Equipment. Make sure that the Equipment name matches your equipment and proceed to the Port combo box. Select the same COM port name found in your Properties search and proceed with your exercise session.
- Will the Peak Training System Sensor Kit adjust resistance?
 - The [Peak Training System Sensor Kit](#) will not adjust resistance for your exercise equipment. You will see an increase or decrease in elevation on the Race Screen, which prompts you to adjust resistance on your exercise equipment accordingly.

Download and Authorization Issues

- Where do I go to download software?
 - Click on the Software Download page [link here](#) to download NetAthlon and UltraCoach software.
- How do I preview additional courses?
 - Click [this link](#) for NetAthlon 2.0/XF courses. Click Download on each course you want to preview for fifteen days.
- What do I do after my fifteen-day trial period has ended?
 - Our fifteen-day trial period is designed for users interested in previewing our [fitness software](#). You must purchase the software and accompanying courses after the trial to continue use.
- How do I authorize courses and software using my serial number?
 - In NetAthlon 2.0/XF, click Authorize and then proceed through the Internet Authorization menu. In [UltraCoach](#), click the Help tab, click Authorize UltraCoach and select Authorize using Serial Number. With all scenarios, fill out contact information accurately to make the support process easier in the future.
- How do I resolve firewall issues that prevent software authorization?
 - If automatic authorization is stopped by your computer, it is critical that you send us your site code for manual authorization. The site code is an 18-digit code located at the top of the Authorization screen in [NetAthlon 2.0/XF](#) and the Authorizing using Serial Number screen in UltraCoach. You will need to contact support@riderunrow.com with your name, serial number and site code to receive a site key. In the email subject line, write Site Key Request in order to expedite the request. This site key can then be used to authorize your software for full use. We will make every effort to respond quickly to your email but please allow 24 hours for a response.
- How do I authorize software if I have exceeded my authorization limit?
 - We can extend your authorization limit if you send a request to support@riderunrow.com.

- Is it possible to upgrade performance files from past versions of NetAthlon for NetAthlon 2.0/XF?
 - Click on Start in the lower left of your computer screen. Select the FitCentric Products folder from your Programs list. Click Optimize [NetAthlon 2.0/XF](#) Course Files and choose the Normal Optimization process to upgrade all performance files.

Using NetAthlon Features

- How do I race others using NetAthlon software?
 - You will need to create a GameSpy Arcade account in order to access NetAthlon's WebRacing feature. Head to the GameSpy Arcade page linked [here](#) before attempting log-in. After opening an account, use your GameSpy email and password to log into the WebRacing combo box on the NetAthlon main page. Proceed to the Live Racing icon on the main menu to find a [WebRacing](#) server hosted by another NetAthlon user. You can host your own WebRacing session by clicking Host from the WebRacing Servers menu.
- How do I customize characters in NetAthlon software?
 - Follow these instructions to customize your own characters in NetAthlon:
 - Use the DDS converter [linked here](#) as a mirror for your screenshot.
 - Click on Start, Computer, C Drive, Program Files, FitCentric Products, the name of your NetAthlon software (Bikes, Running, etc.), Characters, RoadBike and Textures.
 - From the Textures folder, select a DDS file to act as a template (RiderMale_Red, RiderMale_Green, etc.).
 - Use your DDS converter to convert this template and make the appropriate changes.
 - Create a folder for your custom characters named Custom Textures within the RoadBike folder.
 - If multiple people will use your copy of NetAthlon, create a distinct name for each file that can be easily identified.
 - Access your custom bike or character by going to Session Settings from the main menu and selecting the custom texture folder. Find your custom files within the folder created in the earlier steps.

- Can I save my workouts and transfer them to UltraCoach?
 - Your workout information is saved to the RAW Files folder indicated in the Fitness Data menu of your software. You can adjust where the RAW Files folder is located on your computer by clicking Saving Location in this menu. Your fitness data can be saved automatically when you choose Automatically Save from the Saving Method combo box. The RAW Files folder can be accessed through [UltraCoach](#).

Troubleshooting

- How do I resolve an /E-Access Violation problem on NetAthlon 2.0/XF?
 - Start by determining if your NetAthlon software has the most recent updates. Open [NetAthlon 2.0/XF](#) and click on Check for Updates from the main menu. If your software is updated, your computer may not have sufficient memory or graphics capabilities for the software. You should also check your graphics card manufacturer's website to see if there any new drivers available for the card. If these problems do not relate to your situation, you may need to head to the Video Settings section of your NetAthlon software. Common fixes for the "/E-Access Violation" issue include turning down Ambient Vehicle Density to zero and reducing shadow and shading options.
- What can I do to resolve graphics issues after I download NetAthlon software?
 - We recommend a graphics card with a minimum of 256 MB to avoid graphics issues with NetAthlon software. You can run [NetAthlon 2.0/XF](#) without a dedicated card or on an older computer by clicking Video Settings from the main menu. In order to run the software without graphics issues, select Windowed from the Video Settings menu and turn down the Ambient Vehicle Density.
- If my screen freezes as NetAthlon starts, how do I resolve this issue?
 - This problem is common when using outdated NetAthlon software. Click Update Software from the [NetAthlon](#) main menu to determine if your version has pending updates.
- How do I resolve the problem of slow software downloads?
 - From Internet Explorer, go to the Tools menu on your tool bar and click Options. In the Options menu, click on Security and click Exceptions. Type riderunrow.com into the Exceptions list to avoid slow or halted [downloads](#).
- What can I do if NetAthlon 2.0/XF says that it is still running even after exiting the program?
 - This issue is related to a minor issue with the Athlon 64 X2 Dual Core processor and its AMD Cool'n'Quiet feature. We recommend that you click on [this link](#) to Microsoft Support website to download the latest AMD CPU driver to resolve this issue.

- How do I resolve the corruption of UltraCoach authorization files by Norton 360?
 - Click on Norton SpeedDisk through the Start menu. Configure the Norton SpeedDisk to not attempt to optimize the [UltraCoach3](#) folder.
- How do I resolve issues with a specific course?
 - Your course issue is likely related to the need to update your NetAthlon software. Click Update Software on the main menu of any NetAthlon software to see if there are updates available. After your update is finished downloading, click the Start menu at the bottom left of your computer screen. Look for the FitCentric Products folder in your list of programs and click Optimize [NetAthlon 2.0/XF](#) Course Files. On the list of courses to optimize, click your desired course and then Start. After your course has been optimized, exit the optimization screen and restart your NetAthlon software.
- Is it possible to resolve distortions of moving cyclists in NetAthlon 2.0/XF?
 - These distortions may be caused by incompatibility between your graphic card and the [software](#). Click System Settings from the NetAthlon main menu. Select Video Optimization from System Settings and check Use Fix for Incompatible Graphics Card.

Customer Service

- How do I order NetAthlon and UltraCoach products?
 - You have three purchasing options for NetAthlon and UltraCoach products. You can go to our e-store to find your desired product. We also allow current NetAthlon and UltraCoach owners to purchase new courses and upgrades through the software. You can use the Authorization link available from the main menu to make your purchase. We also offer a fax order form that can be completed [here](#) and sent to 1-847-787-5292.
- Do you support NetAthlon 1.0?
 - We still support NetAthlon 1.0 but we strongly recommend upgrading to [NetAthlon 2.0/XF](#) to take advantage of new features and updates.
- What is the timetable for delivery on products purchased through the e-store?
 - Your e-store order of [NetAthlon](#) and [UltraCoach](#) software will be completed within 24 hours of purchase. The serial number and authorization instructions for your product are sent to your email within 24 hours. If you have ordered an upgrade to NetAthlon software, you will receive directions for converting and authorizing all courses within 24 hours of purchase. You can also send the site code for individual courses and software to support@riderunrow.com to receive a site key for authorization.

- If you already own NetAthlon and UltraCoach software and order new courses, these courses will be authorized immediately.
 - For our selection of [Peak sensors](#) and other non-software products, you can expect to receive your order within seven business days of purchase.
- Do you ship outside of the United States?
 - We ship all of our [products](#) worldwide.
- What is your return policy?
 - Our Return Policy does not allow for refunds on software purchases. We will issue a refund minus 10% restocking fee for products aside from software within 14 days of delivery if the product is returned in its original wrapping. You are responsible for [shipping returns](#).
- Can I speak directly to someone about sales and software support?
 - You may call our sales department at (608) 238-2989 for any product or support questions.
- How do I become a dealer of Netathlon software?
 - You may contact the sales department at sales@riderunrow.com or download our [dealer kit](#) to learn more about selling Netathlon Software.

NETATHLON®

USER GUIDE

RA Sports, LLC
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www.RideRunRow.com