Instruction Manual

for Macintosh

for MSC
HEART❂RATE COMPUTER
Download Software
***e-Train Data View*™**

e-Train Data ™ ver.1
for Macintosh

English version 1.0e
for Macintosh

Introduction

This is the Macintosh version of the MSC e-Train Data View™ software. Using this software, stored memory record data, heart rate target zone data, and lap data from the MSC heart rate computer can be downloaded into a Macintosh and displayed on the screen in graphic and numeric forms. The downloaded data can also be freely manipulated using other graphic calculation software.

This manual explains about how to use the MSC e-Train Data View™ software and also about precautions concerning its use. Please read this manual and understand the contents, then use the software in the manner described here. After reading, store this manual in a safe place, so that it may be referred to quickly when needed.

Important

- Be sure to observe the warnings, marked by warning marks, in this manual.
- Unauthorized reproduction of this manual, in part or in whole, is prohibited.
- Due to product improvements or other reasons, the illustrations in this manual may not exactly match the actual products.
- The contents of this manual may be changed without notice.
- If there should be any errors or inaccuracies in this manual, please contact our office or the local dealer where the product was purchased.

Macintosh is a trademark of Apple Computer, Inc.

How to Use this Manual

This section explains in detail about how to use the software and about the precautions concerning its use.

Symbols Used in this Manual

⚠️Caution Text identified with this mark is highly important. Please be sure to observe the contents.

Reference This mark identifies supplementary information or information about useful functions.

About this Manual

*   This manual has been written with the assumption that the user is already familiar with some basic concepts, including the basic operation of the Macintosh and the related terminology. Those who are using a Macintosh for the first time should first read and fully understand the Macintosh operating manual before using this manual and software.

*   In this manual, "MSC e-Train Data View™" will be referred to as "e-Train Data," and "MSC Series Heart Rate Computer" will be referred to as the "MSC unit."

*   "Select [File] - [Open]" means that the user should click on [File] on the menu bar and then click on [Open] from the pull-down menu. Command names enclosed in [ ] indicate menu items, dialog-box items, or buttons.

*   Mouse operations are described in the following way.

    Click -------------- Press the mouse button and quickly release it.

    Double click ----- Quickly press the mouse button twice in succession.

    Drag -------------- With the mouse button held down, move the mouse.

Contents

What is e-Train Data?

e-Train Data is software for downloading memory record data from the MSC unit to a Macintosh computer, and putting it to use. When data stored in the MSC unit is downloaded into the Macintosh, e-Train Data immediately creates a graph and displays the numeric data. We are confident the various e-Train Data functions for review and analysis will be very useful in your training.

Main functions of e-Train Data...

Loading MSC unit data:

Memory record, lap, and heart rate target zone data stored in the MSC unit is loaded into the Macintosh. The downloaded data is stored in an format which is easy to manage.

Graphic display of downloaded data:

The downloaded data is converted to graphic form and displayed on the screen. This data can be easily printed out.

Data analysis:

Maximum, minimum, and average values can be displayed for the whole data area, or for a partial range section, aiding data analysis.

Screen

All data downloaded from the MSC unit is immediately converted to graphic form and displayed in the e-Train Data graph area. The following functions are available from this screen.

Analysis tools:

e-Train Data includes useful data analysis tools, such as selection of a partial range section, zoom, smoothing, and user-setting of heart rate zones.

Simultaneous display of different data types:

Lap data can be loaded and overlaid on the graph of memory record data.

Simultaneous display of multiple files:

Multiple files can be displayed at the same time. Training results can be compared by viewing several data sets together.

Switching between exercise time and distance traveled:

The horizontal axis units can be changed from the exercise time to the distance traveled by one touch of the tool bar. Scale values can be changed or hidden.

Data Used by e-Train Data

The data measured and stored by the MSC unit is saved as a CSV-format (comma-separated values) file when downloaded to the Macintosh. This type of file can be manipulated and edited by ordinary graphic calculation software. So the data can be used not only for e-Train Data but also for a variety of other purposes.

⚠ Caution   If an e-Train Data file is opened by another graphics software program, and then saved, it may no longer be readable by e-Train Data. Either make a backup beforehand, or when saving the data file with another program, use the [Save as] command rather than the [Save] command.

Before Using e-Train Data View™

Be sure to check the following items before using e-Train Data.

Requirements for Using e-Train Data

The following environment is necessary to use e-Train Data.

Computer ----------------- Apple Power Macintosh

(serial port or USB port must be available for use.)

Connecting to the interface unit

The connector is a D-sub 9-pin connector. In order to connect it

to your Macintosh, you will need a separate adapter. (Refer to page 29.)

Application memory ----- Minimum 2.1 MB

OS ------------------------- Mac OS 8.1 or later

Basic Operation of e-Train Data View™

How to View Data Using e-Train Data

The memory record data is used for the basic screen of data analysis with e-Train Data. Use section-setting, zoom, smoothing, and heart rate zones to analyze the training results. At the same time, download the lap data, and add it to the memory record graph. By overlaying this data on the graph, a deeper review and analysis is possible.

A graph of the lap data can be displayed by itself.

We will use a sample file for the explanation of e-Train Data start-up, end, and basic operation.

Starting e-Train Data

Double-click on the "e-Train Data View" icon in the e-Train Data View folder.

When the program starts, the menu bar and tool bar will be displayed. The screen should look like this.
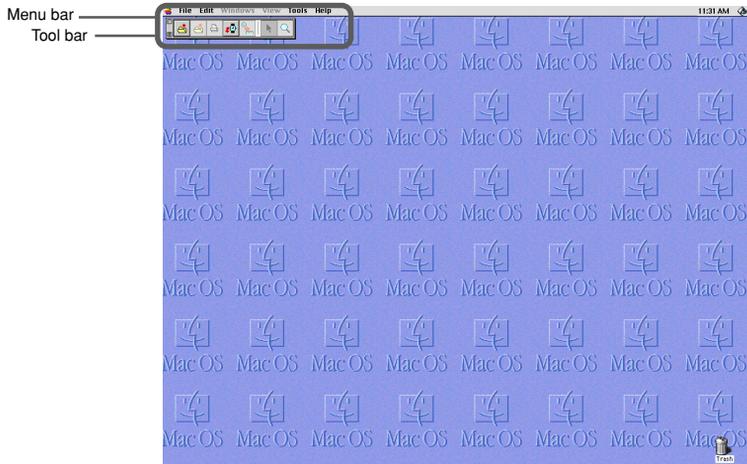
Opening/Closing Files

After starting the program, open the memory record data sample file.

1. Click on the [Open] button on the tool bar.

   A dialog box will appear.

   Or, selecting [File] - [Open] from the menu bar will open it in the same way.

2. Select the file "sample1.csv" from inside the dialogue box, and click on the [Open] button.
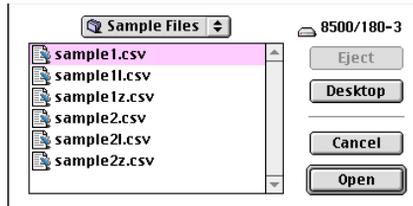
The sample file data (memory record) will be displayed on the screen.
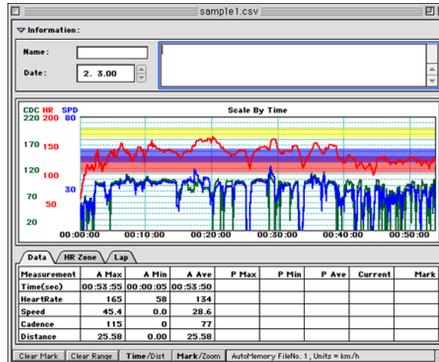
3. Select [File] - [Close] from the menu bar or click on the close box.

   The sample file will be closed.

   In order to proceed with the next explanation, open the "sample1.csv" file again by clicking on the [Open] button.
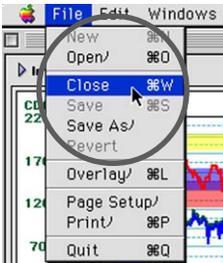
Screen Composition

Composition of the Memory Record Data Screen

The screen is made up of the tool bar, the data area where the data is displayed numerically, and the graph area where the heart rate/speed/cadence data is displayed graphically. The data can be easily understood and compared. Functions such as zoom and partial range section setting allow you to view the data in more detail.

Menu bar — File Edit Windows View Tools Help

Tool bar

sample1.csv

Data area 1
Name, date, and comments can be input here.

Information :

Name :
Date : 3/ 2/00

Graph area
Measurement data
Running speed, SPD (blue line)
Cadence, CDC (green line)
Heart rate, HR (red line)
The colors above are the default settings.
The color-shaded area is the heart rate zone.

CDC HR SPD
200 250 100
Scale By Time

Data area 2
The maximum value, minimum value, average value/absolute value, cursor position, and mark-line position are displayed numerically for the entire graph.

Measurement	A Max	A Min	A Ave	P Max	P Min	P Ave	Current	Mark
Time(sec)	00:53:55	00:00:05	00:53:50					
HeartRate	165	58	134					
Speed	45.4	0.0	28.6					
Cadence	115	0	77					
Distance	25.58	0.00	25.58					

Data / HR Zone / Lap

Quick button — Clear Mark | Clear Range | Time/Dist | Mark/Zoom | AutoMemory FileNo. 1 , Units = km/h

• **Menu bar**

The menu bar displays the [e-Train Data] menu names. It can be used for all of the memory record data, lap data, and heart rate target zone data screens. By clicking on a menu name, a list of the commands it contains is displayed in a pull-down menu. Items which can not be selected for that data are displayed in gray.

File menu:

New ----------- Creates a new file.

Open ---------- Opens a file.

Close ---------- Closes the file.

Save ----------- Saves the file.

Save As ------ Saves the file with a different name.

Revert -------- Restores previous settings.

Overlay ------- Loads lap data or target heart rate zone data for overlay on the graph.

Page Setup -- Performs various page settings.

Print ----------- Makes a printout of the screen.

Quit ------------ Exits the e-Train Data program.
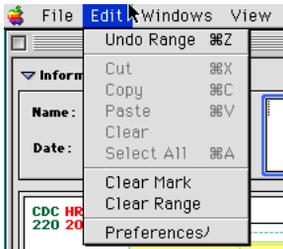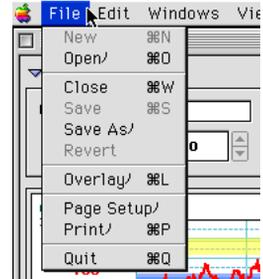
Edit menu:

In addition to the usual items, the edit menu contains the following additional commands.

Clear Mark -------- Erases the mark line.

Clear Range ------ Erases the selected range.

Preference -------- Settings

Screen colors and other settings can be changed.

Windows menu:

Indicates the arrangement for displaying multiple files.

Horizontal ----- Graphs are lined-up horizontally.

Vertical -------- Graphs are lined-up vertically.

Cascade ------- Graphs are stacked on top of one another.

e-Train Data View™ 10
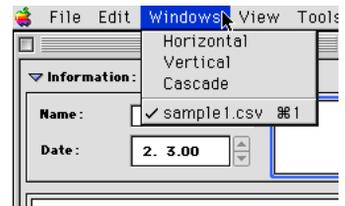
View menu:

Selects the items to display in the graph area.

All ----------------------- Displays all items.

None ------------------- Displays no items.

Cadence --------------- Displays the cadence.

Heart Rate ------------- Displays the heart rate.

Speed ------------------ Displays the speed.

HR Zone: Zone 1 ---- Displays heart rate zone 1.

HR Zone: Zone 2 ---- Displays heart rate zone 2.

HR Zone: Zone 3 ---- Displays heart rate zone 3.

HR Zone: Zone 4 ---- Displays heart rate zone 4.
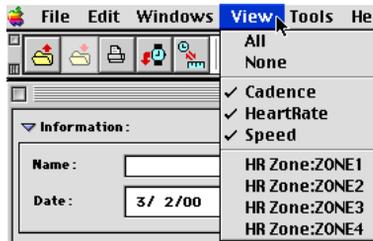
Tools menu:

Download -------------- The download dialog box appears and the computer is ready to
receive data sent from the MSC unit.

Toolbar ----------------- Displays the tool bar if the tool bar is not already displayed.

Graph Settings ------- Settings can be changed for the horizontal and vertical axis scales
and for smoothing.

- **Tool bar**

  The following actions can be performed simply by clicking on the appropriate button.

  Open ------------------------ Opens an e-Train Data file.

  Save ------------------------ Saves the current data over the previous data, in the same e-Train Data file.

  Print ------------------------ Opens the print dialogue box for making a printout of the screen.

  Download ------------------ Downloads data from the MSC unit (opens the download dialogue box).

  Time/Distance Switch --- Switches the horizontal axis scale between exercise time and distance traveled.

  Select Tool ---------------- By clicking on the graph, a mark-line will be drawn. The size of the mark-line can be changed by dragging the mouse.

  Zoom Tool ----------------- By clicking on the graph, the graph is zoomed-in one step. By dragging, the selected area will expand to the left and right edges of the screen. By pressing the Option key and clicking, the graph is zoomed-out.
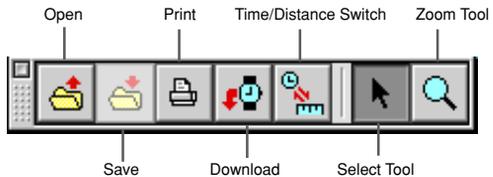
- **Data Area 1 (Information)**

  ▷ Information...

  Click the ▶ mark and open the Data Area 1 window.

  Click the ▼ mark again to close the window.
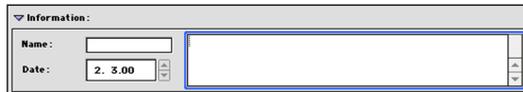
  Name ------------------ A name can be entered here.

  Date -------------------- Use the up/down buttons to enter the date. (It may also be typed in.)

  Comment column --- Comments can be entered here.

- **Graph area**

Heart rate, running speed, and cadence data are displayed as a broken-line graph.

With default settings, the heart rate is a red line, the running speed a blue line, and the cadence a green line.

⚠Caution Cadence will not be displayed if the cadence function is not available on your MSC unit.

The horizontal axis is exercise time, but it can be changed by clicking on the [Time/Distance Switch] button on the tool bar. (Refer to page 12.)

When the horizontal axis is exercise time, "Scale By Time" is displayed at the top of the graph. When the horizontal axis is distance, "Scale By Distance" is displayed.

Partial-range sections and mark-lines can also be shown on this graph.

Horizontal axis (Exercise time/Distance traveled)
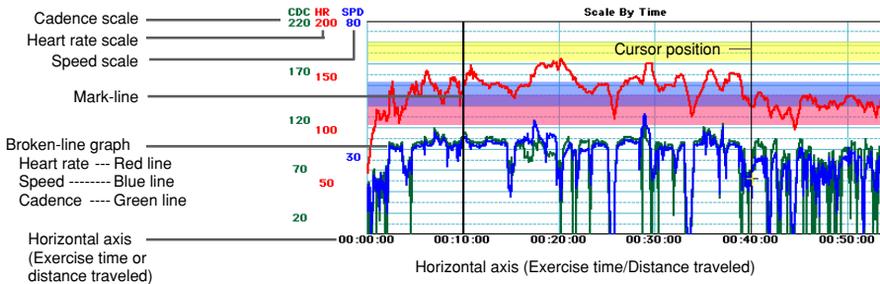
Lap data can be loaded into this graph area. When loaded, each lap point is shown with a **O**. (Refer to page 23.)

The heart rate zones can be displayed in this graph area. The zones are shown as color-shaded areas. Each Heart rate zone 1-4 can be selected individually to be displayed or hidden. (Refer to page 11.)
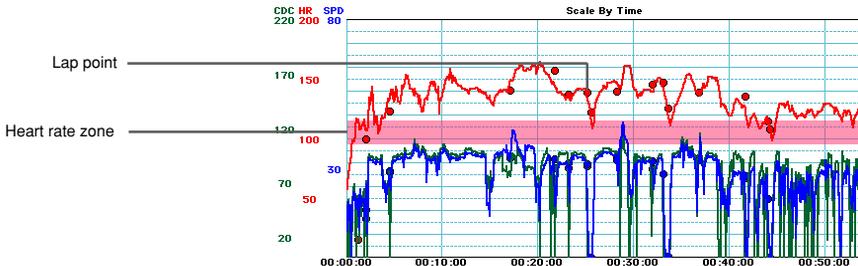
- **Data Area 2**

  Data tab ------- Displays the numeric values of the memory record data.

  - A Max, A Min, A Av/Abs:

    The maximum, minimum, and average/absolute values are shown for the whole graph. The absolute value is displayed in blue.

  - P Max, P Min, P Av/Abs:

    The maximum, minimum, and average/absolute values are shown for the selected partial range section. The absolute value is displayed in blue.

  - Current:

    Displays the numeric values of the cursor position on the graph.

  - Mark:

    Displays the numeric values of the mark-line.

Data \ HR Zone \ Lap								
Measurement	A Max	A Min	A Av/Abs	P Max	P Min	P Av/Abs	Current	Mark
Time(sec)	00:53:55	00:00:05	00:53:50	00:32:05	00:16:00	00:16:05	00:37:55	00:45:25
HeartRate	165	58	134	165	109	145	152	129
Speed	45.4	0.0	28.6	45.4	0.0	31.7	34.0	26.7
Cadence	115	0	77	111	0	82	97	83
Distance	25.58	0.00	25.58	16.48	8.00	8.48	19.31	22.16

  HR Zone tab -- Displays the numeric values of each heartbeat zone.

Lower (Heart rate lower limit)
Upper (Heart rate upper limit)
Time (sec) (Time spent within the zone)
Time % (Percent of time spent within the zone)

Data \ HR Zone \ Lap	Zone 1	Zone 2	Zone 3	Zone 4	Adjust your target zones by selecting a cell and adjusting the arrow control that appears. When you reach the value you want, deselect the cell (or edit another cell) to make your changes take effect.
Lower	95	120	176	162	
Upper	115	143	176	180	
Time(sec)	00:05:10	00:30:35	00:00:00	00:00:25	
Time %	9.5	56.7	0.0	0.7	

  The heart rate zones can be adjusted.

  1. Select the HR Zone tab.
  2. Click on the heart rate upper limit value or heart rate lower limit value of the zone you want to change. Or, by using the tab key, the zones can be selected by cycling in order.

Data \ HR Zone \ Lap	Zone 1	Zone 2	Zone 3	Zone 4
Lower	95	120	176	162
Upper	115	143	176	180
Time(sec)	00:05:10	00:30:35	00:00:00	00:00:25
Time %	9.5	56.7	0.0	0.7

  3. Click on the up/down buttons until the desired value is reached.

  Reference There is no problem if the heart rate zones are overlapped each other.

  ⚠Caution The values can not be typed in directly.

Lap tab -------- Displays the numeric values of the lap data.

The numeric values for the exercise time, heart rate, speed, cadence, and distance traveled are displayed for the lap point closest to the cursor position.

Data	HR Zone	Lap

Measurement	Current
Time(sec)	00:35:35
HeartRate	154
Speed	37.3
Cadence	106
Distance	18.06

- **Quick buttons**

The following actions can be performed by simply clicking on the appropriate button.

Clear Mark ---- Erases the mark-line.

This is the same as selecting [Edit] - [Clear Mark] from the menu bar.

Clear Range -- Erases the selected range.

This is the same as selecting [Edit] - [Clear Range] from the menu bar.

Time/Dist ------ Switches the horizontal axis between exercise time and distance traveled.

This is the same as the [Time/Distance Switch] button on the tool bar.

Reference The currently-selected setting for the graph area is shown in bold type.

Mark/Zoom --- Switches between the select tool and zoom tool.

Reference The currently-selected setting is shown in bold type.

Cadence	120	0	77
Distance	25.59	0.00	25.59

Clear Mark	Clear Range	Time/**Dist**	**Mark**/Zoom

Lap data screen

When lap data is opened by e-Train Data, the data is displayed in the data area for numeric values and in the graph area for the heart rate/speed/cadence of the lap point.

Data area 1 Date

Graph area
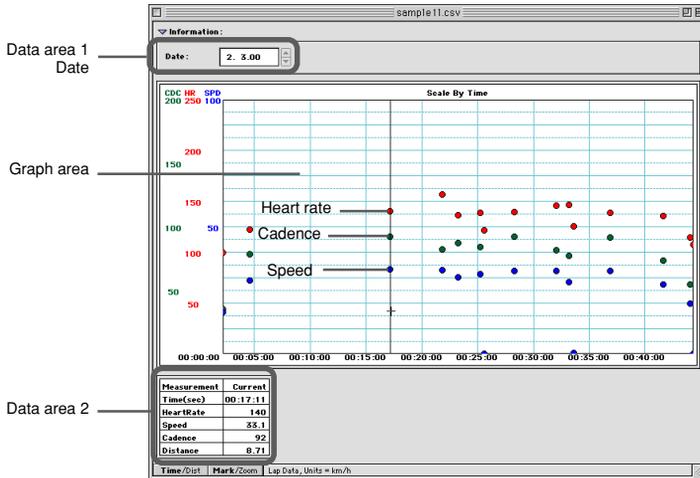
Data area 2

- **Data Area**

    The downloaded date is displayed in Data Area 1. In Data Area 2, the exercise time, heart rate, speed, cadence, and distance traveled are all displayed as numeric data for the lap point closest to the cursor.

- **Graph area**

    The heart rate, speed, and cadence data are displayed on the graph together with the lap point times.

    With default settings, the lap point heart rate is displayed as a red circle, the speed as a blue circle, and the cadence as a green circle. When the cursor is on the graph, it will jump to the lap points.

    ⚠Caution Cadence will not be displayed if the cadence function is not available on your MSC unit.

    ⚠Caution There are no heart rate zones on the graph area of the lap data screen. However it is possible to load the heart rate target zones which were set on the MSC unit. (Refer to page 23, Loading Data.) Memory record data can not be loaded onto the lap data screen.

Heart rate target zone screen

Heart rate target zone data can be opened directly with e-Train data. The heart rate target zones which were set on the MSC unit will also be opened when they are downloaded. The target zone which was set on the MSC unit, the upper limit heart rate, lower limit heart rate, and the amount of time spend in the zone will all be displayed in numeric values. Date can be entered in the Information column.

Reference Heart rate target zones and heart rate zones

Heart rate target zones are heart rate zones set on the MSC unit. Load them into e-Train Data by downloading from the MSC unit.

On the other hand, heart rate zones are heart rate ranges set using e-Train Data.
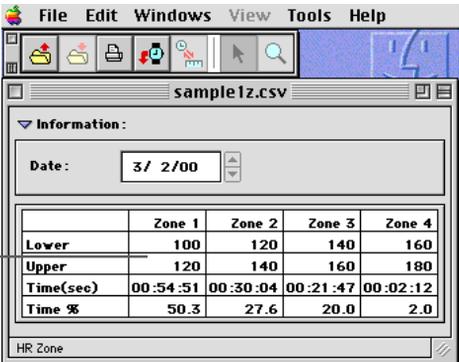
Heart rate target zone ⎯

| File | Edit | Windows | View | Tools | Help |

sample1z.csv

▽ Information:

Date: 3/ 2/00

	Zone 1	Zone 2	Zone 3	Zone 4
Lower	100	120	140	160
Upper	120	140	160	180
Time(sec)	00:54:51	00:30:04	00:21:47	00:02:12
Time %	50.3	27.6	20.0	2.0

HR Zone

Displaying Partial Range Data Sections (Setting Sections)

Use the select tool to specify a partial range section. The data in the range of the selected section will be displayed in Data Area 2.

1. Click on the [Select Tool] button on the tool bar.

   Or, click on the [Mark/Zoom] quick button.

2. Specify the range.

   Drag the pointer on the graph area to specify the range of the section.

   The numeric values of the maximum (P Max), minimum (P Min) and average/absolute (P Av/Abs) values for the specified partial range section are displayed in Data Area 2.

   The selected range can be changed by dragging the pointer again.

   To cancel the selected range, click on the [Clear Range] quick button, or select [Edit] - [Clear Range].
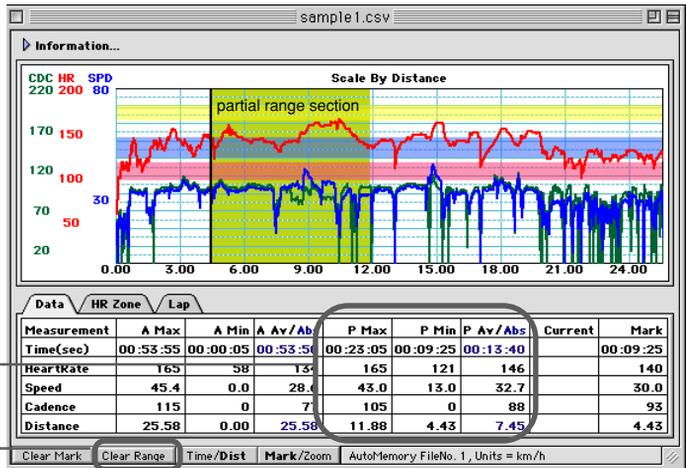
Maximum value of the selected partial range section (P Max)

Minimum value of the selected partial range section (P Min)

Average/absolute value of the selected partial range section (P Av/Abs)

Cancel the current partial range section selection.

Reference A Max, A Min, A Av/Abs are the "All-graph maximum value," "All-graph minimum value," and "All-graph average/absolute value" respectively.

Zooming In/Out

Use the zoom tool to enlarge or reduce the graph area in the horizontal axis direction.

1. Select the [Zoom Tool] from the tool bar.

   A + mark will appear at the center of the pointer. When the + mark is visible, the display can be zoomed in. When the - mark is visible, the display can be zoomed out. Press the Option key to change between the + mark and the - mark.

2. Place the pointer on the location you would like to zoom in/zoom out, and continue to click until the desired zoom size has been reached.

3. To zoom in on a specific range, drag the pointer over the range you would like to zoom to.
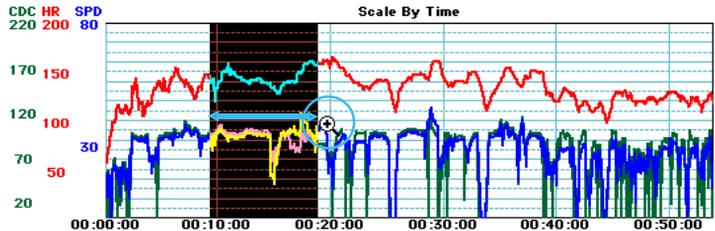
The selected range will expand in the horizontal direction (only) to fill the entire graph area.
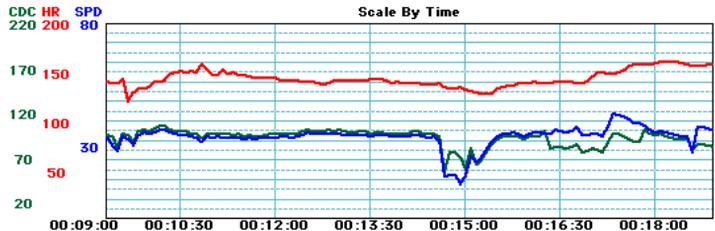
Changing the Horizontal Axis of the Graph

Change the horizontal axis of the graph area from exercise time to distance traveled by using the one of the switching buttons.

1. Click on the [Time/Distance Switch] button on the tool bar.

   The horizontal axis of the graph area will change from time to distance.

   Or, the axis can be switched by clicking on the [Time/Dist] quick button.

   When the horizontal axis is exercise time, "Scale By Time" is displayed at the top of the graph. When it is distance traveled, "Scale By Distance" is displayed.

Distance traveled

Quick button

2. Click the [Time/Distance Switch] button on the tool bar or the [Time/Dist] quick button one more time.

   The horizontal axis of the graph area will change from distance back to time.
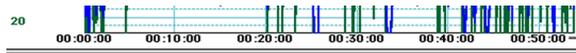
Exercise time

Setting the Horizontal Scale

The horizontal axis scale increment and display/hide settings can be changed.

1. Select [Tools] - [Graph Settings] from the menu bar.

2. Enter a check in the "Custom Time Scales" or "Custom Distance Scales" checkbox. Then enter the numbers for the display increment and start position. By removing the check from the "Custom Time Scales" or "Custom Distance Scales" checkbox, the scales will return to their default settings.

3. To hide the scale labels, remove the check from the "Show labels" box.

4. Click the [OK] button.
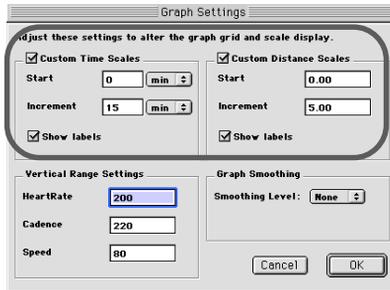
Setting the Vertical Scale

The vertical axis scale range can be adjusted.

1. Select [Tools] - [Graph Settings] from the menu bar.

2. The "Vertical Range Settings" dialog box will be displayed. Enter the maximum values for the graphs of heart rate, cadence, and speed.

3. Click the [OK] button.
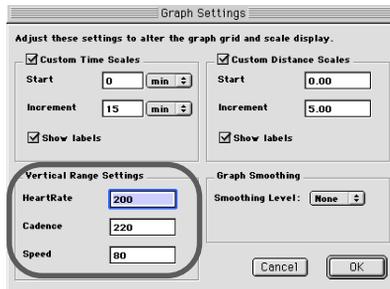
Smoothing-out the Graph

When the time of measurement is long, the peaks and valleys in the graph area may become tight and difficult to read. Graph Smoothing can be used to smooth-out the graph and make it easier to read. 5 levels of smoothness can be selected.

1. Select [Tools] - [Graph Settings] from the menu bar.

   Select the smoothing level from the "Graph Smoothing " dialog box. A higher level indicates a smoother graph.
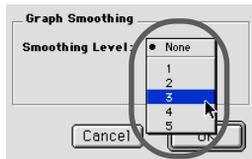
Smoothing Level 3
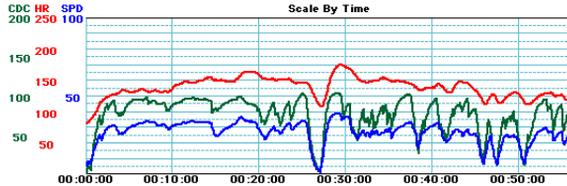
Smoothing Level 5
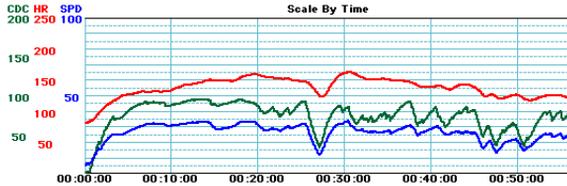
2. To return the graph to its original appearance, choose a smoothing level of [None].

Loading Data

Lap data or heart rate target zone data set on the MSC unit can be loaded onto the memory record data graph. This data is displayed overlaid on the same graph, making it useful for data analysis.

Loading lap data onto memory record data

1. With the memory record data file open, select [File] - [Overlay] from the menu bar.

   A dialog box will be displayed.
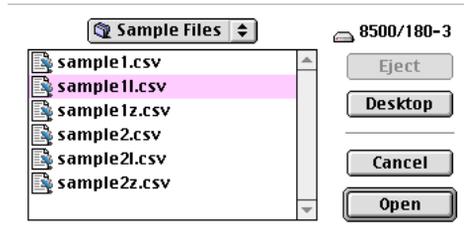
2. Select the sample file "sample1l.csv" from the dialog box and click on the [Open] button.
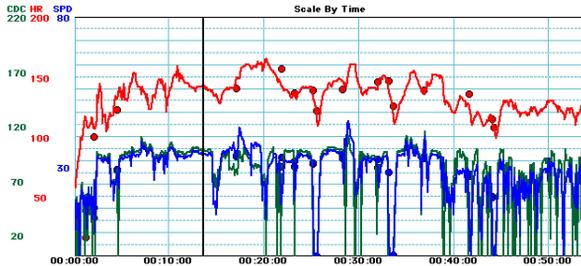
   The lap data is displayed in the graph area. Each lap point is displayed as a **O**.

Reference

• Using the same procedure, the heart rate target data set on the MSC unit, "sample1z.csv," can be loaded onto the graph.

• When heart rate target zone data is loaded, it will replace the heart rate zone which was previously displayed.

• The loaded heart rate zones can be changed on the HR Zone tab.

• Heart rate target zone data can be loaded onto the lap data screen as well as onto the memory record screen.

Displaying Multiple Files

When multiple files are opened, they can be displayed together on the screen to compare the data.

Select [Horizontal (display next to one another)], [Vertical (display above/below one another)] or [Cascade (display stacked on top of one another)].

1. Select [Windows] from the menu bar and then [Horizontal], [Vertical], or [Cascade].

   All files which are opened will be arranged and displayed.
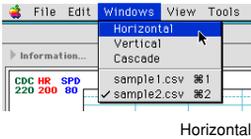
Horizontal
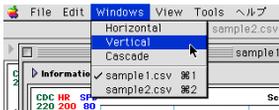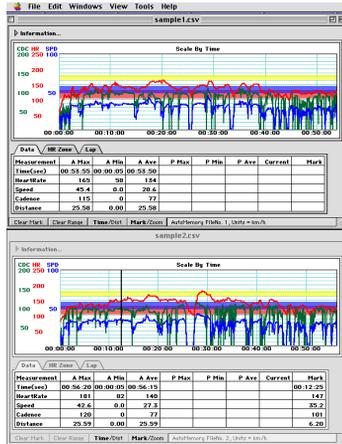
Vertical
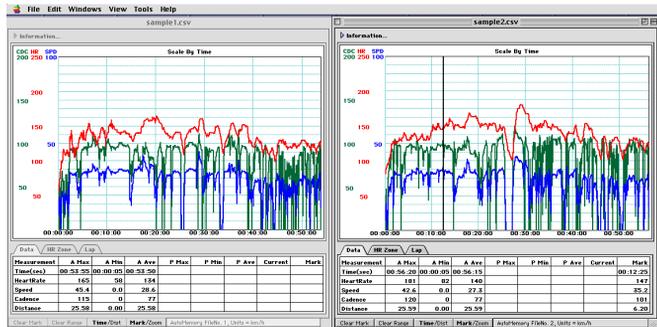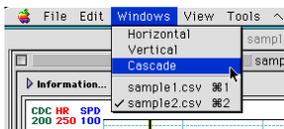
Cascade
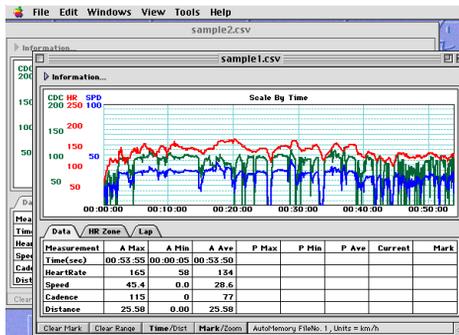
Reference Clicking on one of the arranged files will move that file to the front of the screen.

Files can be closed individually, in which case the place where the closed file was will remain blank. To rearrange the files, again select [Windows] from the menu bar and select an arrangement.

Setting Preferences

Settings can be changed for program start-up; color or grayscale printing; and colors of graph lines, heart rate zones, selection range, and expansion range.

Select [Edit] - [Preferences] from the menu bar. The dialog box shown below will be displayed.
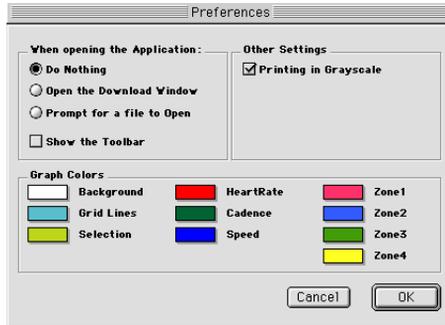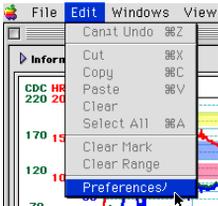
Start-up Settings (When opening the Application)

Choose one of the following three items to decide what actions e-Train Data performs when the program starts up.

• Do Nothing (Opens no windows when the program starts up.)

• Open the Download Window (Displays the download dialogue box.)

• Prompt for a file to Open (Displays the "Open file" dialogue box.)

Regardless of the above three items, the toolbar can be displayed or hidden at start-up. To display it, add a check to the checkbox of "Show the Toolbar". To hide it, remove the check.
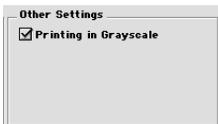
Other Settings

A setting can be made to select color or grayscale printouts.

For grayscale printing, add a check to the checkbox. For color printing, remove the check.

Color Setting (Graph Colors)

The colors can be changed for the graph lines, heart rate zones, selection range, and zoom range.

Click on the color of the item you would like to change. The color selection window will appear.

Select the color you want. Then click on the [OK] button.
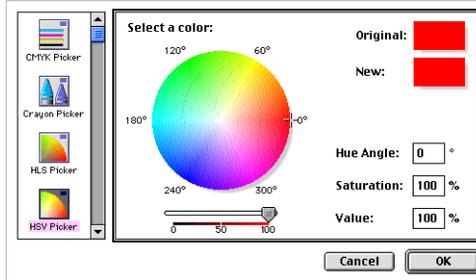
Printing

Print out data from e-Train Data.

1. Choose grayscale or color printing from the Preferences window, as explained on page 26.

2. Click the [Print] button on the tool bar.

   The print dialog box will appear.

   After checking the settings, click the [Print] button. A printout will be made of the displayed data.

   A printout can also be made by selecting [File] - [Print] from the menu bar.

   Reference   The numeric data and graph will be printed out as they are shown on the screen.

Quitting e-Train Data

Exit from the e-Train Data program.

1. Select [File] - [Quit] from the menu bar.

   The e-Train Data program will close.

Downloading Memory Record Data

Preparing the Interface Unit

The interface unit is used to download data stored in the MSC unit to a Macintosh. First we explain how to connect the interface unit to the Macintosh, and how to mount the MSC unit.

Interface unit parts

Release button

Hook

Contact point

Infrared receiver

Download stage

Hook

DOWNLOAD
STAGE

POWER

CATEYE

MSC
INTERFACE UNIT

Indicator

Power switch

OFF
ON

IR
C

Select switch

Battery cover
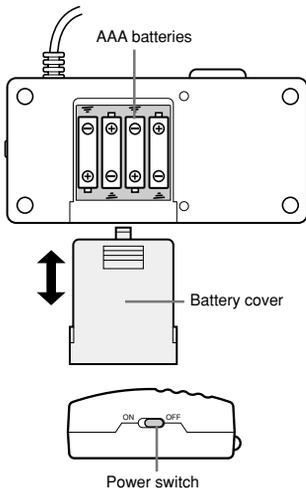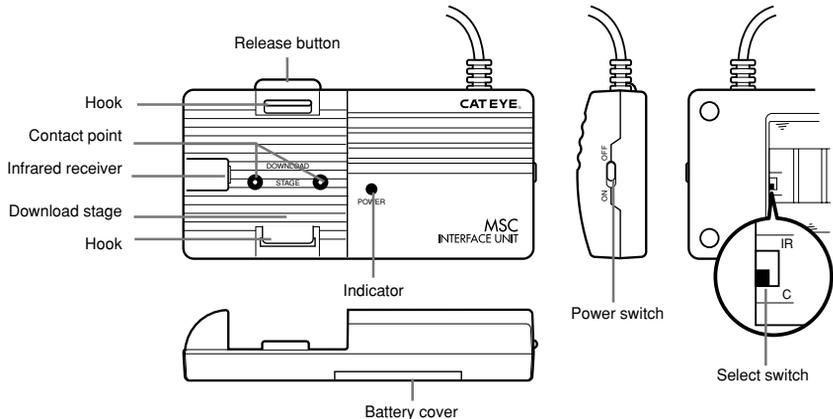
Inserting batteries

AAA batteries

⚠Caution

Avoid mixing old and new batteries, or different kinds of batteries.

Dispose of used batteries properly. Keep them out of the reach of small children.

1. Select the transfer port that is correct for your MSC model.

   Slide the battery cover open. Set the select switch.

   Set the select switch to the C side for models (MSC-2Dx and 3Dx) which transfer data by contact points.

   (The switch is in the C position at the time of delivery.)

   Set the select switch to IR for models which transfer data by infrared beam.

Battery cover

2. Insert the batteries.

   Insert four AAA batteries as shown in the figure. Be sure not to reverse the + and - ends.

3. Confirm that the power switch is OFF.

ON   OFF

Power switch

   Turn the power switch ON. The indicator will light up. If the indicator does not light up, check that the batteries have been correctly inserted.

⚠Caution

When the power switch is turned ON, the unit is consuming electricity and the batteries are being drained, even if the unit is not transmitting data. Turn off the switch when the unit is not in use.

Reference

Battery lifetime is approximately 50 hours for alkaline batteries. If the indicator does not light up when the power switch is turned ON, replace the batteries.

Connecting to the Macintosh

A separate adapter is needed to connect the interface unit to the Macintosh. Refer to the diagrams below and connect the unit using the appropriate adapter.

All Power Macintosh computers with a serial (printer/modem) port

Serial-RS232C adapter cable
(Loas ZR01-203, others)
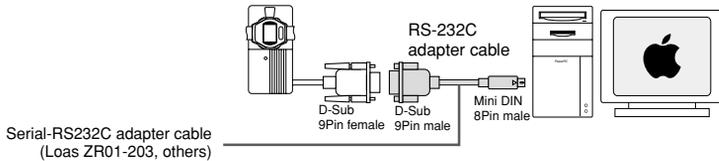
All Power Macintosh computers with Mac OS 8.6 or later and a USB port
(Blue & White G3, G4, PowerBook, iMac, iBook)

USB adapter
(I-O Data Device USB-RSAQ, others)
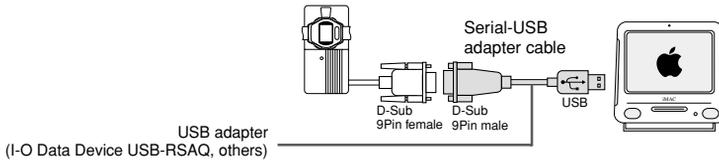
Power Macintosh computer with Mac OS 8.5 or later and a USB port
(some Blue & White G3, PowerBook, iMac)

Serial-RS232 adapter cable
(Loas ZR01-203, others)
Serial-USB adapter
(Keyspan Twin Serial Adapter, others)
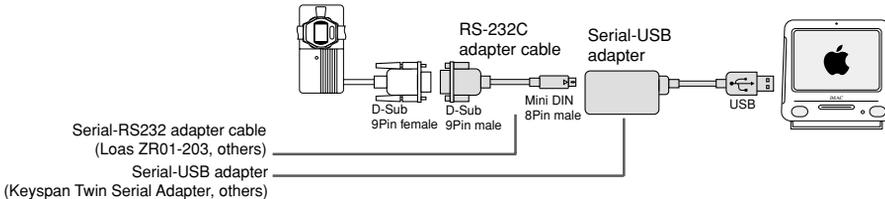
⚠Caution

Connect the unit securely. If the connection is not secure, proper data transfer may not be possible.

Release button

Hook

Indicator

Download stage　　Power switch
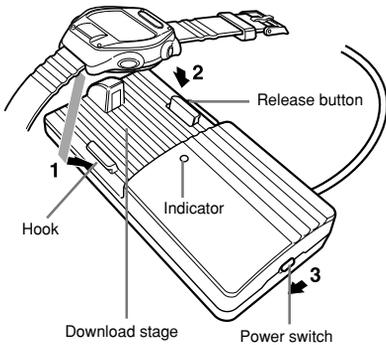
Mounting the MSC Unit

⚠Caution

If the contact points between the MSC unit and the interface unit are not firm, data download may fail. Be sure they are securely in contact.

1. Attach the rear part of the MSC unit to the hook.
2. Press the front part down. There will be a click when the MSC unit is firmly in place.

⚠Caution

Do not reverse the front and back of the MSC unit when mounting. If reversed, data transfer will not be possible, and the unit may be damaged.

3. Turn ON the power switch on the interface unit. Check that the indicator is lit.

The preparation of the interface unit is now finished.

Removing the MSC unit

After download is completed, turn OFF the power switch, and press the release button. The MSC unit will pop free.

Downloading Data

Download data from the MSC unit to the Macintosh.

Follow the instructions on page 28, "Preparing the Interface Unit." Connect the interface unit to the Macintosh and turn the power on.

Once the interface unit has been connected to the Macintosh, data can be downloaded, even while e-Train Data is in use.

Mount the MSC unit onto the interface unit and finish the preparations.

1. Start up the Macintosh.
2. Start e-Train Data.
3. Click the [Download] button on the tool bar. Or select [Tools] - [Download] from the menu bar. The download dialog box will appear.
4. Select the communications port which is connected to the interface unit.

   Serial port
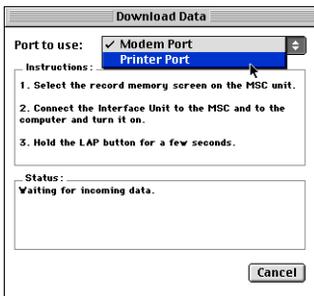
5. On the MSC unit, display the data you would like to download.

Memory record, lap, and heart rate target zone function data can all be downloaded.

Use the MSC unit MODE button and SET/AT button to display the readout screen for the function you would like to download.

LAP
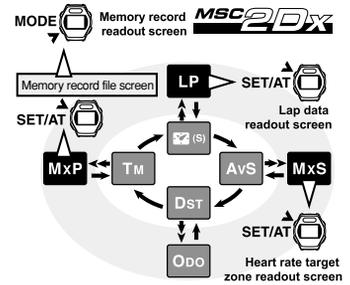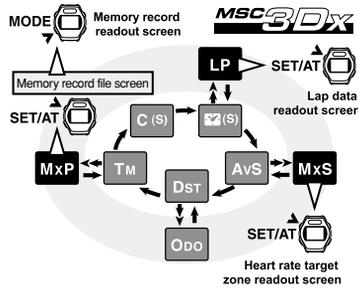
6. Press and hold the MSC unit LAP button for 2 seconds.

The MSC unit begins to download, sending data to the Macintosh.

During download, the data numbers will pass quickly across the screen.
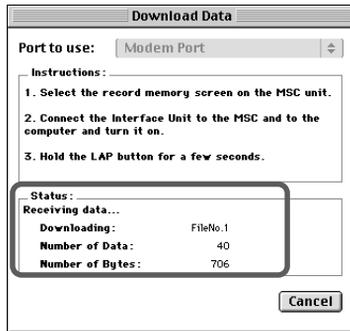
If download is successful, the downloaded data will be automatically opened.

Reference If an error occurs during download, an alert message will be displayed.

⚠ Bad download data has been detected. Please check the connection and try transmitting the file again.

OK

⚠Caution

If download is not successful, it is possible that there is not a firm connection between the contact points of the MSC unit and the interface unit. Make sure that the MSC unit is firmly connected to the interface unit.

If this error occurs frequently, try downloading while pressing down on the MSC unit.

7. Save the data.

Specify the destination and file name.

Giving the file a name that identifies it as lap data or heart rate target zone data will be helpful.

🔷 Sample Files ▼	▢ 8500/180-3
📄 sample1.csv	Eject
📄 sample1l.csv	Desktop
📄 sample1z.csv	
📄 sample2.csv	New 📁
📄 sample2l.csv	

Save File As:

Data1.csv

Cancel

Save
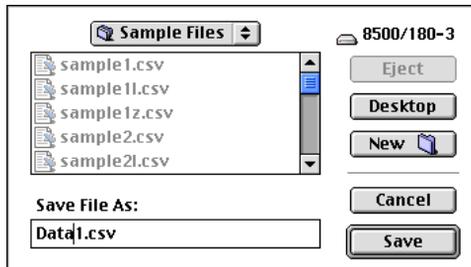
Reference To continue downloading data, repeat steps 5 through 7.

8. Finish download.

Turn the interface unit power switch OFF and disconnect the MSC unit.

File	New	command +N	Creates a new file
	Open...	command +O	Opens a previously saved file
	Close	command +W	Closes the selected file
	Save	command +S	Saves the file
	Save As...		Saves the file under a different name
	Revert		Restores the file to its saved settings
	Overlay...	command +L	Loads lap data or heart rate target zone data
	Page Setup...		For changing page settings
	Print..	command +P	Makes a printout
	Quit	command +Q	Exits the e-Train Data program
Edit	Undo...	command +Z	Cancels the previous action
	Cut	command +X	Cuts the selected portion
	Copy	command +C	Copies the selected portion
	Paste	command +V	Inserts the portion which has been cut or copied
	Clear		Erases the selected portion
	Select All	command +A	Selects everything
	Clear Mark		Erases the mark-line
	Clear Range		Cancels the range selection
	Preference		For changing e-Train Data start-up settings, print color/grayscale settings, and graph color settings
Windows	Horizontal		Displays multiple files next to one another
	Vertical		Displays multiple files above and below one another
	Cascade		Displays multiple files stacked on top of one another
View	All		Displays everything
	None		Hides everything
Tools	Download	command +D	Displays the download dialogue box and allows data to be sent from the MSC unit
	Toolbar		Displays the tool bar
	Graph Settings	command +G	For changing the graph horizontal/vertical axis scales and smoothing settings

Troubleshooting

Check the following points if there seems to be a problem.

Data can not be downloaded from the MSC unit

Is the interface unit correctly connected to the Macintosh?

Refer to page 29 and check the hardware connection again.

When the switch is turned ON, does the indicator lamp light up?

If the indicator does not light up, the batteries are dead or else not inserted properly.
Replace the batteries or reinsert them in the correct positions.

Is the select switch of the interface unit in the correct position?

For 2Dx and 3Dx units, the switch should be in the C position.

Is the MSC unit correctly mounted on the interface unit?

Refer to page 30 and check that the mounting position is correct.

Is the e-Train Data communications port set correctly?

Select [Tools] - [Download] from the menu bar and select the correct communications port.

Is the MSC unit displaying the readout screen of the function you wish to download?

When the readout screen is displayed on the MSC unit, pressing and holding the LAP button will start the download. At the time download starts, the data will begin to pass quickly across the MSC unit screen.

If the data does not pass across the MSC unit screen, refer to page 31 or to the MSC unit user's manual and make sure the MSC unit is properly prepared.

Are the MSC unit or interface unit contact points dirty?

Clean the contact points.

Download begins but an error occurs while downloading. Download is not completed.

Are the MSC unit or interface unit contact points dirty?

Clean the contact points.

It is possible that the connections of the MSC unit or interface unit contact points are loose.

Try pressing the MSC unit down on the interface unit while downloading.

The horizontal graph scale is not displayed.

Select [Tools] - [Graph Settings] from the menu bar. Insert a check in the "Show Labels" checkbox.

The printouts are all in grayscale, not color.

Select [Edit] - [Preferences] from the menu bar. Remove the check from the "Printing in Grayscale" checkbox.

The graph lines extend outside the top or bottom of the graph area frame.

The graph upper limit value is too small.

Follow the instructions on page 21 for setting the vertical scale. Increase the upper limit value for the graph item which extends outside the frame.

Important

If you have questions or other concerns about the download software or interface unit, please contact us by e-mail or fax. Please understand that we may not be able to answer questions asked by telephone.

For e-Train Data update information and other product information, please visit the Cat Eye internet homepage.

Cat Eye WEB Site   http://www.downloaddistance.com

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