



English Ver.1.0e
for Windows 95/98

E



for MSC
HEART RATE COMPUTER
DOWNLOAD KIT
Interface unit & Download Software [e-Train Data™]



INTRODUCTION

Thank you very much for purchasing the Cat Eye MSC Download Kit.

MSC Download Kit contains the software "e-Train Data™" and the interface unit that connects the Cat Eye MSC heartrate computers to your PC.

The data stored in your MSC heartrate computer is downloaded to your PC through "e-Train Data™". The downloaded data can further be arranged into a different format using other software.

This manual describes how to use "e-Train Data™", as well as cautions that must be followed during operation. Please read this manual carefully and understand it thoroughly before using the MSC Download Kit. After reading through the manual, store it in a safe place.

Important

- Always follow the cautions that are marked with "**Caution**".
- No part of this manual may be reproduced or transmitted without the prior written permission of Cat Eye Co., Ltd.
- The illustrations in this manual may be different from the actual design due to the changes.
- The contents of this manual are subject to change without notice.
- If there should be any errors or inaccuracies in this manual, please contact our Cat Eye for clarification.

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ABOUT THIS MANUAL

The meaning of symbols in this manual:

Caution: Sections marked with this symbol are critical for the safe use of the device. Always follow the instruction given.

Reference: Find useful information here.

- To use MSC Download Kit, you should be familiar with the operation and terms of Windows. If you are using Windows for the first time, read the Windows documentation first and familiarize yourself with the operation of Windows.
- In this manual, the following terms are used:
MSC e-Train Data TM → e-Train Data
MSC heartrate computers → MSC-unit
- In this manual, the command names marked with [] indicates the names of menus and check-items of dialog box. For instance, “Select [File] – [Open]” means to click [File] in the menu bar and select [Open] from the pull-down menu.
- The following terms refer to the mouse techniques as follows:
Click ----- To press the left button once
Double click ----- To press the left button twice quickly
Drag ----- To hold down the left button and move the pointer

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ABOUT e-Train Data™

What is e-Train Data?

e-Train Data is the software used to download data stored in MSC-unit to PC.

Main features:

Downloadable: -- e-Train Data downloads data of record memory, lap and heartrate target zone.

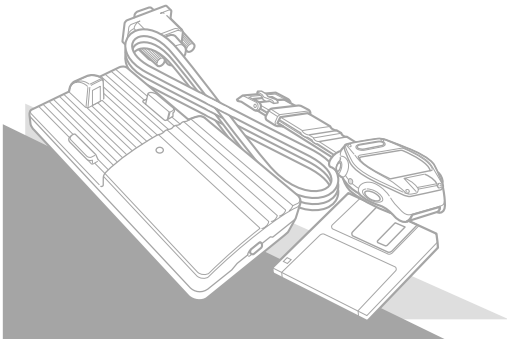
Graphical: ----- Record memory data is displayed in the graph format on the screen.

Analyzable:----- You can analyze data in detail (interval analysis and zoom-up function).

Multi Window: --- More than two files can be displayed on the screen simultaneously.

Changeable: ----- You can change the horizontal axis of the graph between elapsed time and trip distance, by just a click of the toolbar.

Workable: ----- The downloaded data is in CSV (Comma Separated Value) format. By applying other software, the data can be freely arranged into different format.

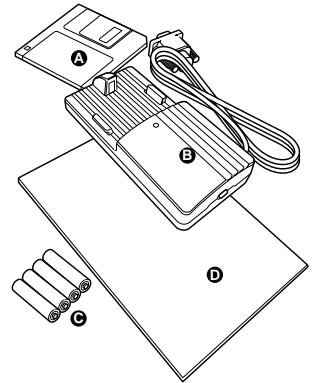


BEFORE YOU BEGIN

Check your package

Your package includes the following items:

- A. Floppy disc ----- 1
- B. Interface unit ----- 1
- C. Dry battery AAA (LR03) ----- 4
- D. Instruction Manual



Check your equipment

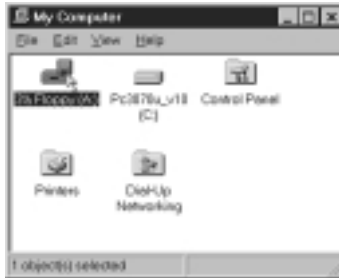
To install and use e-Train Data, you need:

- Computer ----- Windows95 or Windows98
RS232C serial port [9-pin] (to connect with the interface unit)
If you are using other than IBM (or IBM PC/AT), you need an adapter for the serial port.
- Display ----- 640x480dot or higher resolution
- Available hard disk space --- 2MB minimum
- Printer ----- For Windows95 or Windows98
- Mouse ----- For Windows95 or Windows98

INSTALLING e-Train Data™

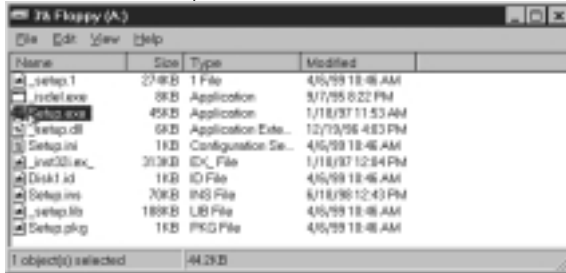
e-Train Data file is installed in the “Program file” unless you specify another file.

1. Start Windows95 or 98.
2. Insert the e-Train Data disk in your floppy disk drive.
3. Double-click “My Computer”. Double-click “3.5' FD”.

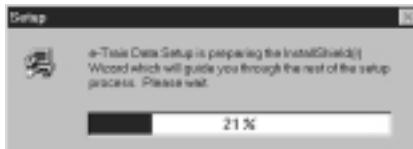


Reference: You can also start from “Explore”.

4. Double-click the “Setup.exe” file.



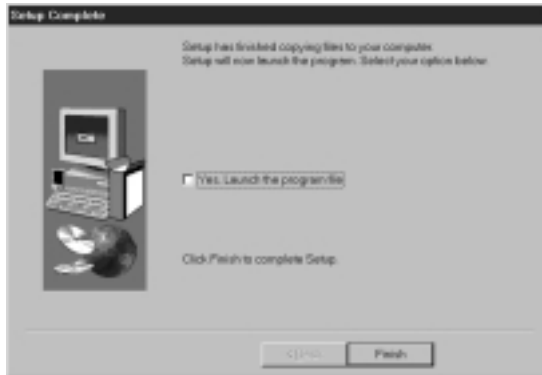
5. You will see the setup dialogue box showing the install process.



6. Select the directory where you will install the file, and click [Next]. A new folder is automatically created.



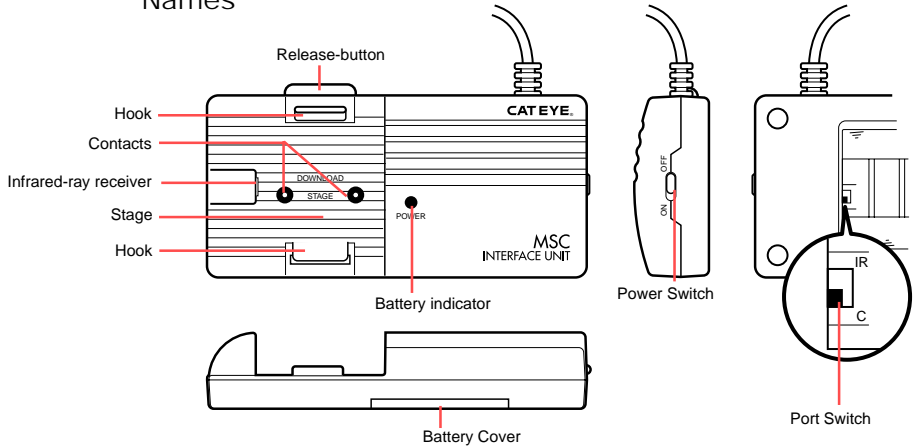
7. When the install process is completed, the following dialogue box appears.



8. Click [Finish]. Installation is completed.

PREPARING INTERFACE UNIT

Names



Battery installation

⚠ Caution

Do not mix new and old batteries together.

Safely dispose of old batteries. Do not place them within children's reach.

1. Open the battery cover and select the port switch inside. For models that transmit data through contact (MSC-2Dx and MSC-3Dx), select "C" port. For (future) models that transmit data by infrared ray, select "IR" port.

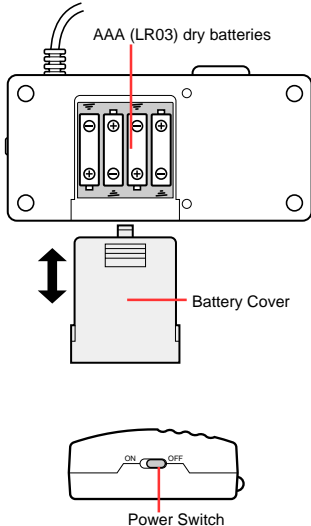
2. Install four AAA (LR03) dry batteries.
3. Turn the switch on, and see if the battery indicator turns on.
If not, re-install the batteries again, checking the correct polarity.

The interface unit continues to consume battery when the switch is on.

When not using, turn off the switch to save the battery life.

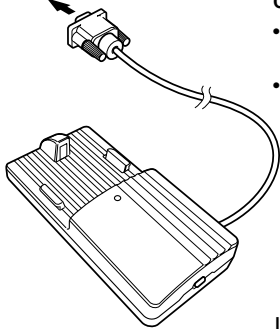
Reference:

The battery life is approximately 50 hours (alkaline battery). If the battery indicator does not turn on, replace the batteries with new ones.



Connecting with PC

PC's RS232C terminal
(serial port)



Connect the cable of the interface unit to your PC's RS232C terminal (serial port).

Caution

- If the cable is not securely connected to the terminal, the interface unit might fail to transmit data.
- The 9-pin connector is applicable to IBM (or IBM PC/AT) computers. For other computers, you may need an adapter.

Installing MSC-unit

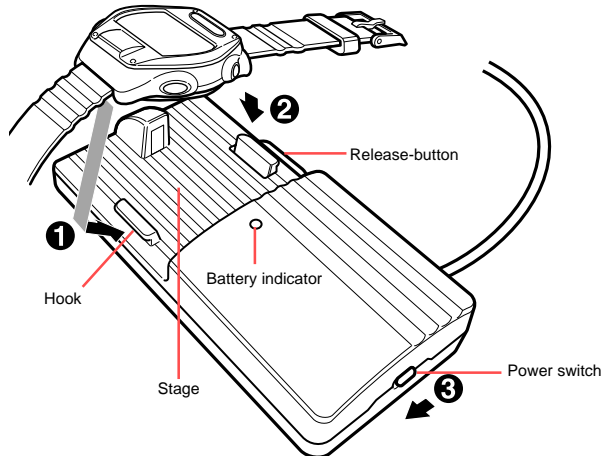
1. Place your MSC-unit on the interface unit as illustrated.

Hook the bottom side **1** of the unit, and push the other side **2**. The unit clicks into position.

2. Turn on the power switch **3** and see if the battery indicator turns on.

Removing MCS-unit

After download is completed, turn off the switch and push the release-button. The MSC-unit will pop out.



OPERATING e-Train Data™

Let's start with the basic operation using the sample file.

Starting e-Train Data

1. Start Windows95 or 98.
2. Go to the Windows taskbar and click the [Start] button, and select [program]-[e-Train Data]-[e-train].

Then the following screen appears.



Caution

If e-Train Data does not start properly, re-install it again.

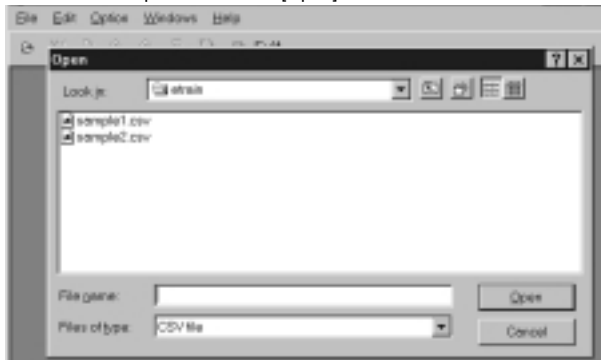
Opening file



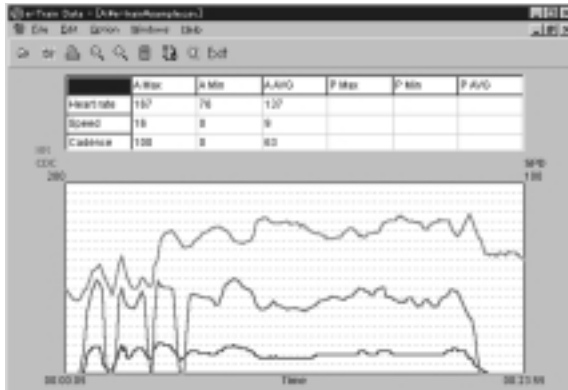
1. Click the [Open File] button on the tool bar. (Or choose [Open] from the [File] menu.)
The dialogue box appears.



2. Choose the sample file and click [Open].



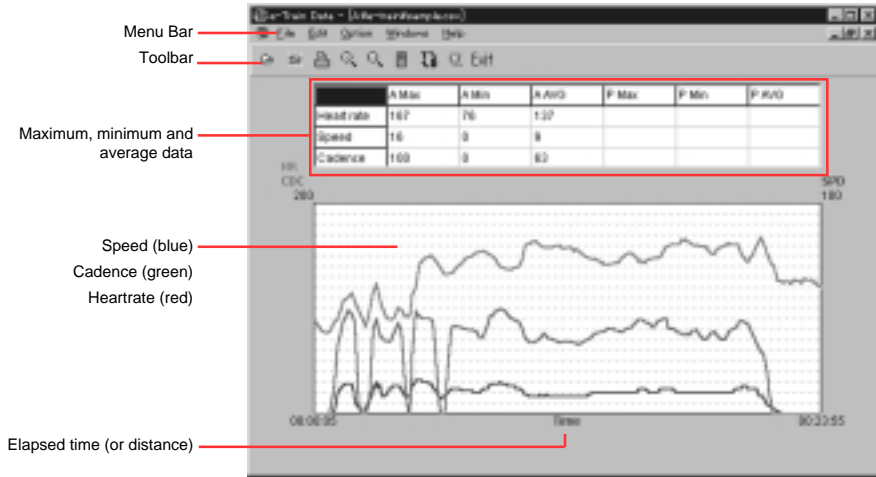
The data of the sample file (record memory file) appears on the main screen.



Exploring the main screen

The lower part is the line-graph of the entire data.

The upper part is the table showing the maximum, minimum and average of the displayed graph.

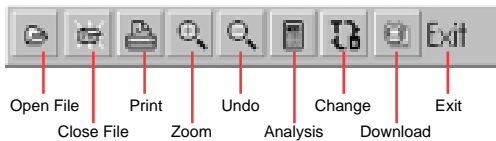


• Menu Bar

Click each menu and the commands appear in the pull-down box.

• Toolbar

You can quickly execute the following commands with these buttons:



- Open File ----- Opens an e-Train Data file
- Close File ----- Closes an e-Train Data file
- Print ----- Opens the print dialogue box
- Zoom ----- Zooms up the graph
- Undo ----- Restores the graph to the previous size
- Analysis ----- Displays the data of the selected interval
- Change ----- Changes the horizontal axis between elapsed time and distance
- Download ----- Opens the download dialogue box
- Exit ----- Finishes e-Train Data file

• Graph

Line-graph shows the data of speed (blue), cadence (green) and heartrate (red). The horizontal axis can be changed between elapsed time and distance.

Viewing a selected interval

Let's select the interval you want to see, by using [Analysis] button.

1. Click [Analysis] button.

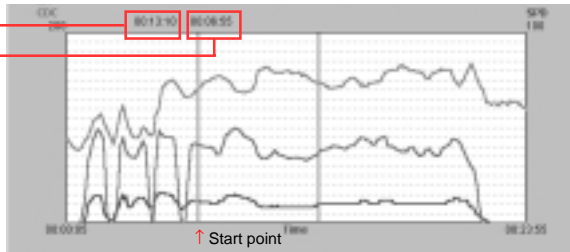
2. Move the pointer on the graph and it becomes + pointer.

Choose the start of the interval and click the point.

A vertical line appears on the start point and its time appears at the top of the line.

Time of start point

Time of end point

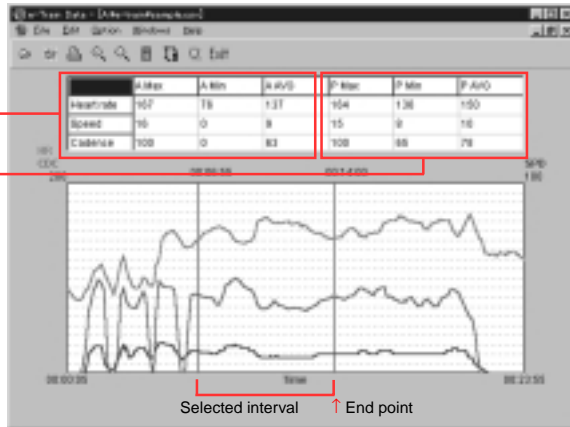


3. Choose the end of the interval and click the point.

A vertical line appears and its time appears on the top of the line.

Maximum, minimum & average data of the entire graph

Maximum, minimum & average data of the selected interval



At the same time, in the right columns of the table, maximum, minimum and average data of the selected interval are shown.

Zooming the graph

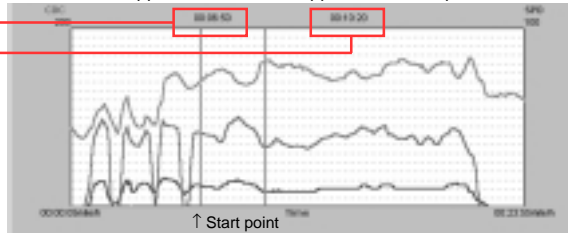
You can zoom up a specific part of the graph.

1. Click the [Zoom] button on the toolbar.
(Or choose [Zoom In] from the [Edit] menu.)

2. Move the pointer on the graph and it becomes + pointer.
Click your desired start point.
A vertical line appears and its time appears on the top of the line.

Time of start point

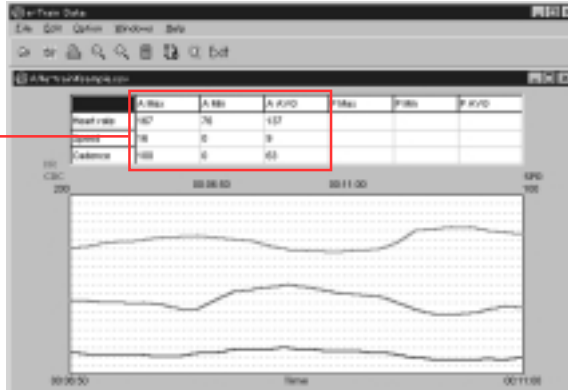
Time of end point



3. Click your desired end point.
Then the graph zooms up the selected interval.

The left columns of the table show maximum, minimum and average data of the zoomed-up area.

Maximum, minimum & average data of the zoomed-up area



Reference: You can further continue zooming-up into the closer detail. Unless the number of the data point becomes less than ten, you can continue zooming-up further. If the total points become less than ten, the alert message as shown in the left appears.



Restoring the former graph

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



(Or choose [Undo] from the [Edit] menu.)



Reference: [Undo] function restores the graph to the previous one. If you repeated zooming-up several times, click [Undo] the same times until the graph returns to the original.

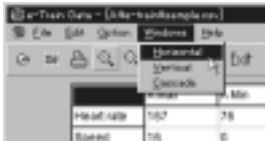
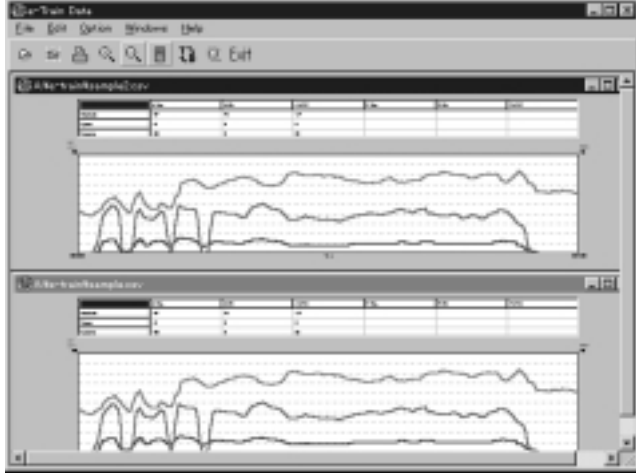
Viewing two or more files on the screen

You can open two or more files and view them at the same time on the screen.

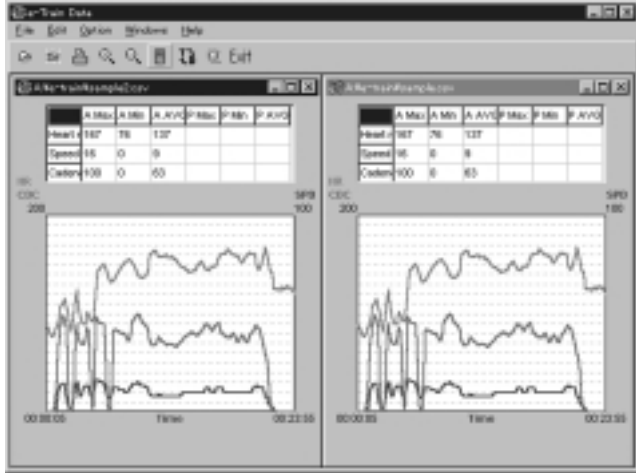
1. Click [Windows] and select the viewing mode from [Horizontal][Vertical][Cascade].



[Vertical]

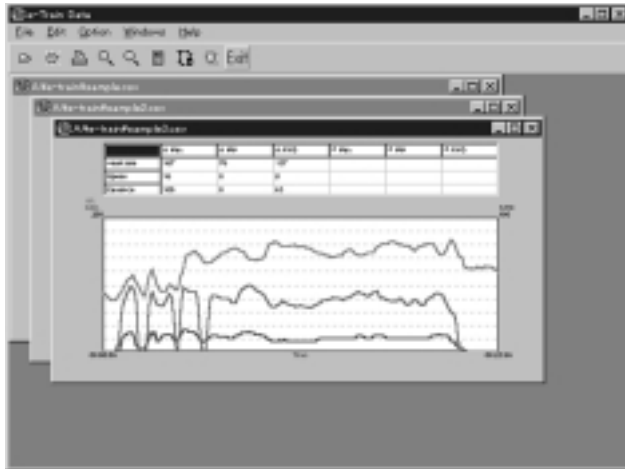


[Horizontal]





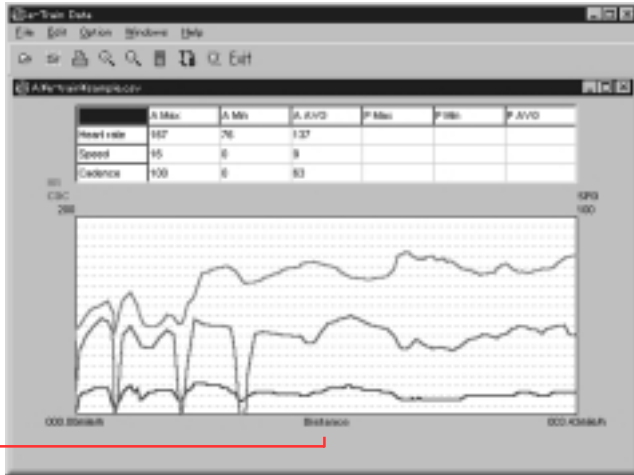
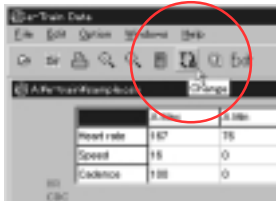
[Cascade]



- In [Cascade] mode, the clicked file comes up to the front.

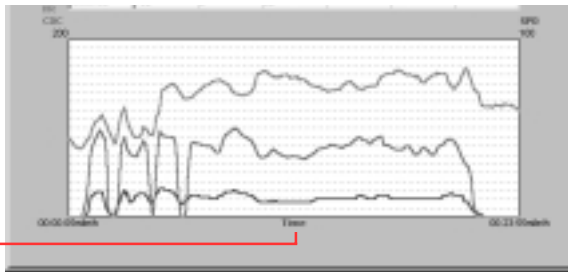
Changing the horizontal axis

1. Click the [Change] button on the toolbar.
The horizontal axis changes from time to distance.



Trip Distance

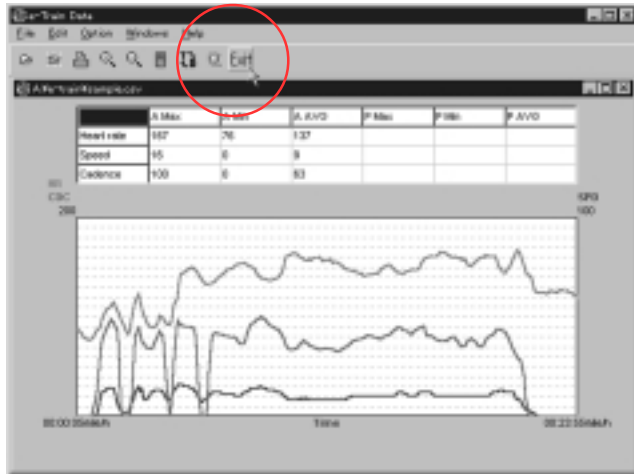
2. Click the [Change] button again.
The horizontal axis returns to time.



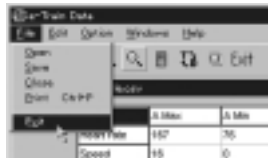
Elapsed Time

To exit e-Train Data

1. Click the [Exit] button on the toolbar.



(Or choose [Exit] from the [File] menu.)



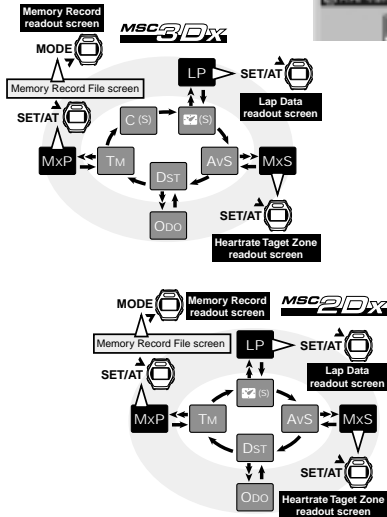
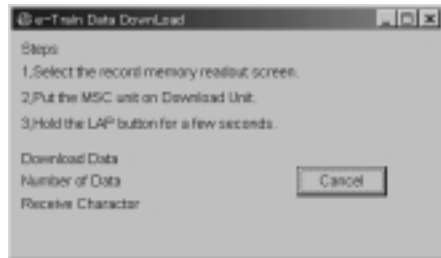
DOWNLOADING DATA

Connect the interface unit to the PC according to the instruction in "PREPARING INTERFACE UNIT" and switch it on. Install the MSC-unit on the interface unit.

1. Start Windows95 or 98.
2. Go to the Windows taskbar and click the [Start] button.
Select [Program][e-Train Data][e-train]. e-Train Data opens.



3. Choose [Option] on the menu bar and choose [Com 1] - [Com 5] according to your communication port.
(Check your communication port in your Window's "Control Panel". Refer to your Window's documentation.)
4. Click the [Download] button on the toolbar.
The download dialogue box appears.

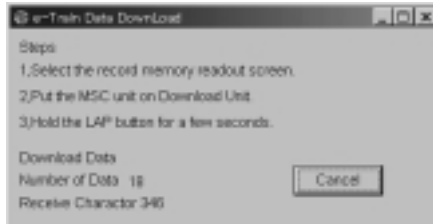


5. On your MSC main unit, navigate to the readout screen of the data you want to download.

Note: You can download 3 different data files.

- Memory Record: Speed, Distance, Time, Heart Rate (Cadence 3Dx)
- Heart Rate Target Zone
- Lap Memory Data

6. Hold down LAP button for more than 2 seconds. MSC-unit starts downloading and the data is transmitted to PC.



Reference: If an error occurs while downloading, the alert message appears. In this case, restart e-Train Data and download again.



7. Save the data in your PC as follows:

Record memory data:

When the download finishes, the downloaded data is displayed in the graph format.

When you close the file, the "save" dialogue appears.

Specify where you want to save the data, name it and save. The data is saved in CSV format.

Lap data and Heart Rate Target Zone data:

When the download finishes, the "save" dialogue appears.



Specify where you want to save the data, name it and save. The data is saved in CSV format.

8. Download is completed.

Switch off the interface unit and remove the MSC-unit.

Reference: If you want to continue to download other data, repeat the process 4. to 7.

| | | | |
|----------------|------------------------|-------------|--|
| File | O pen | Open | Opens a file |
| | S ave | Save | Saves a file |
| | C lose | Close | Closes a file (If there are more than two files opening, they are closed by the reverse order of the opening) |
| | P rint Ctrl+P | Print | Prints the data |
| | E xit | Exit | Finishes e-Train Data |
| Edit | Z oom In | Zoom In | Zooms up the graph |
| | U ndo | Undo | Restores graph to the former size |
| Option | Com1-Com5 | COM1 - COM5 | Selects the communication port |
| Windows | H orizontal | Horizontal | Displays files widthwise |
| | V ertical | Vertical | Displays files lengthwise |
| | C ascade | Cascade | Displays files in cascades |
| Help | A bout | About | Checks the current version of your e-Train data |

Important

If you should have questions about this download kit, please ask by e-mail or by fax.

For upgraded version of e-Train Data, please see our web site: <http://www.cateye.com>.

Additional Functions

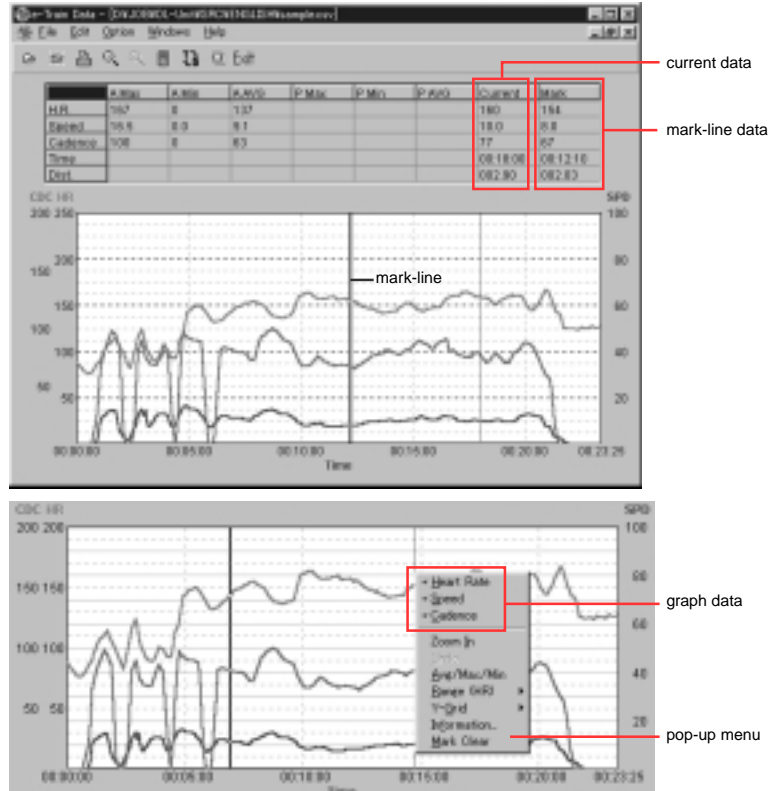
The following functions are newly added to the e-Train data software.

Current

Move your cursor anywhere inside the graph area, and the "Current" column displays the data that the cursor points.

Mark-Line

Click anywhere inside the graph area, and a vertical mark-line appears on the graph and the "Mark" column displays the data of that point.



Pop-up Menu

Click the right button of your mouse in any part of the graph area, and a pop-up menu appears:

- Heart Rate, Speed, Cadence: -- Check each function and it is displayed on the graph. (Uncheck them to deselect.)
- Heart Rate Range (R): ----- Select the graph's heartrate range from 1: 0-200, 2: 0-250, 3: 0-300.
- Gauge (G): ----- Increase / decrease the graduations of the time-axis (or distance-axis).
- Information (E): ----- A dialogue box appears where you can input date, name and memo.
- Mark-Line Off (M): ----- The mark-line on the graph is cleared.