Bike Help

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General

This program was written to help you keep track of your bicycling exploits and to aid you in achieving your goals.   It does not matter if you goal is strictly fitness or racing, this program will help you get the most from your cycling experience.   The program is based on a calendar year so it is important to start a new file for every new year.   Once a file has be opened, it will remain the default file for the program until another file is used.   The program provides access to the bicycling database and can be sorted by many different parameters.   While the program is intended for single rider use, the program accommodates up to 3 bicycles.

This program is Shareware.   If you are not familiar with the shareware concept, shareware allows you to try software before you buy it.   If you continue using the software after a 30 evaluation period then you are obligated to pay the registration fee.

Henning Associates is a member of the Association of Shareware Professionals.   As a member of that organization the user receives programs that have not been disabled or crippled.   The practice of crippling software is done to induce people to register for the product.   The ASP feels that this puts the user at a disadvantage because they can not evaluated the entire package.   The only difference between the shareware and the registered version of this program is the ability to disable the registration screen in the registered version.   So, what you see is what you get.   The Shareware section of this help file describes the rights and responsibilities that you have as a shareware user.   The registration section details the advantages that you receive as a registered owner.

I hope that this software meets your needs.   I am always looking for feedback on how to improve my products so please don't be shy.   I can be reached at Compuserve (72176,2507), AOL (MikerH1053), or Internet (mikerh1053@aol.com).

On a trial basis I since I do not accept credit cards I will accept orders by e-mail.   Include all of the information specified on the registration form and I will send you the disk of the program and an invoice for the amount to be paid net five days.   I believe that if you are honest enough to register the product then you will also be honest enough to pay the invoice.   You can e-mail me at:
> **Compuserve - 72176,2507**
> **AOL - MikerH1053**
> **Internet - mikerh1053@aol.com**

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Getting Started

Bike is very easy to use and does not require initialization or file loading once the default file has been set up.   When using the program for the first time you will need to establish a database file.   In the **Files** menu select the **Load** option.   Specify the new file name and click on **OK**.   The default file extension is .BIK.   The program will ask if you want to create a new file, click on **Yes.**   You are now almost ready to enter data into the database.

Before you enter data in the database you need to set up the program with your bicycle information.   At the **Data** menu select **Enter Bike Data**.   This action will bring up a dialog box that will allow you to enter the names of up to three bicycles.   Fill in the bicycle names in the box (i.e. Trek820, Cannondale, etc.)   If you are not going to use all three bicycle slots, tab to the unused spot which will highlight the data then press the **Del** key.   The data for that position will be empty.   Setting up the bicycle information allows you to use those names to enter data and to work with the database. You should not change a bicycle names because this will leave records that cannot be easily accessed for statistics and sorts.   If for some reason you need to change your bicycle data it is best to start a new database for the year, or if you do not already have all three bicycle slots used, just add the new bike to one of the slots.

Now that you have entered the bicycle information, you are ready to enter data into the data base.   From the **Data** menu item select **Enter Ride Data**.   You will be presented with a dialog screen with all of the information needed to enter your ride.

The date format is MM/DD/YY and must be entered in that format.   The program defaults to the current date.   The bicycle that you used can be selected from the selection list with the arrow keys, or the mouse.   This list will correspond to your bicycle list that you entered above.   The distance of the ride is entered in MMM.T and the time in HH:MM.   With the distance and time parameters the program will compute the average speed for the ride. Finally the route/conditions area can be accessed.   This box allows you to have up to 100 characters of free form data.   You can use it to specify the ride route, the conditions, the type of ride (hard, easy, recovery, etc.), or even your average heart rate.

The order that you put data in the route/conditions box can help determine the way that you use the program.   For instance, if you are a racer and heart rate is the most important factor in your training then if you put the heart rate information in the box first it will be the key for sorting data by route/condition.   If the route you ride is the most important factor in your training then you should put that data first.   I don't want to carry this on ad infinitum, I hope you get the picture.

After entering your first ride you have your database started.

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End of the Year Processing

At the end of the year you need to start a new data file.   Select the **Files** menu item and **Load**.   Put a your new file name in the name box and select **Ok**.   the program will ask you if you want to create a new file.   Say **Yes**. You have now started a new data base for the year.   You can reload your databases from previous years at any time and review that data.

Changing Ride Data

The program allows you to change ride data by editing the information or deleting a ride from the database.   Both of these actions are found in the **Data** menu item.   To edit or delete an item in the database the item must be selected.   This is done by clicking on the item with the mouse.   This will highlight the item.
If you are editing then the ride information will be presented for you to edit.
If you are deleting the program will ask if you are sure you want to do that.

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Bicycle Selection

The final selection in the **Data** menu item is selecting the bicycles to be displayed in the database.   On program initialization all bicycles are selected.   If you have more than one bicycle and want to look at that bicycle alone then with the **Database Parameters** selection you can select the bicycle that you want displayed.   The bicycles displayed with a check mark are those in the displayed database.   If you reselect a bicycle that is checked then that bicycle will be removed from the displayed database.   If you select all bicycles then the individual bicycles will be unchecked.

When bicycles are checked or unchecked you only affect the data that is displayed, you do not lose data that is in the master database.

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Sorting
The displayed data can be sorted by date (the default), bicycle, distance, speed, and route/condition.   By selecting a bicycle to be displayed and sorting the data by the different parameters the user is given the flexibility to see all aspects of their riding.

To sort on a different parameter select **Sort** from the menu and select the item you want to sort on.   The sorting key will be marked with a check mark.

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Statistics
The statistics menu item allows you to look at the overall data in the displayed database.   The information displayed includes:

       Total distance ridden
       Fastest, slowest, and average speed
       Longest, shortest, and average distance
       Longest, shortest, and average time
       Number of rides in the database

The statistics box is a dialog box and you will not be able to leave it to do other functions unless you have closed it.

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Graphs

The program allows you to graphically look at your training program.   The displayed data can be displayed daily, weekly, or monthly.   All of these graphs are in windows that will allow you to change the database and see the change in the graph.   All three graphs can be on the screen at one time. To close a graph select **Close** from the system menu, selected with the box in the upper left corner of the graph window or double click on the system box.

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Help

The **Help** menu item allows you to bring up the online help file which contains all of the information for using the program.   An easy way to access the information is from the search function which gives you a list of key words from which to select.

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Registration Window

Many users have asked for a way to get rid of the registered version notice when the program is first started.   I was reluctant to do that because it is the only reminder that unregistered users have that they need to register the software.   After much thought I decided to give the option to registered users because they would have registered the software anyway because they are honest and having the notice come up for unregistered users isnt going to make any difference because they wouldnt register the software anyway because they are not honest.

So, to disable the registration notice from the **Main** menu select **Toggle Registration Window.**   This will turn on and turn off the registration window.   If you delete the PARAMS.DB file the flag will have to be reset on the next running of the program.

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Shareware

Shareware distribution gives users a chance to try software before buying it. If you try a shareware program and continue using it, you are expected to register.   Individual programs differ on details -- some request registration while others require it, some specify a maximum trial period.   With registration, you get anything from the simple right to continue using the software to an updated program with printed manual.

Copyright laws apply to both Shareware and commercial software and the copyright holder retains all rights, with a few specific exceptions as stated below.   Shareware authors are accomplished programmers, just like commercial authors, and the programs are of comparable quality. (In both cases, there are good programs and bad ones!) `The main difference is in the method of distribution.   the author specifically grants the right to copy and distribute the software, either to all and sundry or to a specific group.   For example, some authors require written permission before a commercial disk vendor may copy their Shareware.

Shareware is a distribution method, not a type of software.   You should find software that suits your needs and pocketbook, whether it's commercial or Shareware.   the Shareware system makes fitting your needs easier, because you can try before you buy.   And because the overhead is low, prices are low also.   shareware has the ultimate money-back guarantee -- if you don't use the product, you don't pay for it.

Disclaimer - Agreement

Users of **Bike** must accept this disclaimer of warranty: **Bike** is supplied as is.   The author disclaims all warranties, expressed or implied, including, without limitation, the warranties of mechantability and of fitness for any purpose.   The author assumes no liability for damages, direct or consequential, which may result from the use of **Bike**.

Bike is a "shareware program" and is provided at no charge to the user for evaluation.   Feel free to share it with your friends, but please do not give it away altered or as part of another system.   The essence of "user-supported" software is to provide personal computer users with quality software without high prices, and yet to provide incentive for programmers to continue to develop new products.   If you find this program useful and find that you are using **Bike** and continue to use **Bike** after a reasonable trial period, you must make a registration payment of **$18** to **Henning Associates**.   The **$18** registration fee will license one copy for use on any one computer at any one time.   You must treat this software just like a book.   An example is that this software may be used by any number of people and may be freely moved from one computer location to another, so long as there is no

possibility of it being used at one location while it's being used at another. Just as a book cannot be read by two different persons at the same time.

Commercial users of **Bike** must register and pay for their copies of **Bike** within 30 days of first use or their site-license is withdrawn   Site-License arrangements may be made by contacting **Henning Associates**.

Anyone distributing **Bike** for any kind of remuneration must first contact **Henning Associates** at the address below for authorization.   This authorization will be automatically granted to distributors recognized by the (ASP) as adhering to its guidelines for shareware distributors, and such distributors may begin offering **Bike** immediately (However **Henning Associates** must still be advised do that the distributor can be kept up-to-date with the latest version of **Bike**.

You are encouraged to pass a copy of **Bike** along to your friends for evaluation.   Please encourage them to register their copy if they find that they can use it.   All registered users will receive a copy of the latest version of the **Bike** system.

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Ordering Information

When registering Bike:
>You will receive a registered version of the program personalized with your name.
>You will receive product support for the life of the product.
>You will receive notification of program upgrades.
>You will receive program upgrades for the cost of shipping and handling for 12 months.
>You will be able to use Bike with a clear conscience as a registered user.

The registration fee is $18.   Specify the size of disk, 5.25" or 3.5" that your computer requires.   If you elect to obtain a copy of the software by electronic transmission over CompuServe you can register your software for $15.   If you chose electronic transfer please include your CompuServe user id or America On-line screen name.

To register Bike send your registration fee, name, address and CompuServe id if requesting electronic transfer to:

>Henning Associates
>Rt. 2 Box 526-A
>Crozet, VA   22932
>
>(804) 823-6896

By selecting Print Registration Form from the Main menu, all of the data can be entered and printed from the program.

On a trial basis I since I do not accept credit cards I will accept orders by e-mail.   Include all of the information specified above and I will send you the disk of the program and an invoice for the amount to be paid in five days.   I believe that if you are honest enough to register the product then you will also be honest enough to pay the invoice.   You can e-mail me at:
>**Compuserve - 72176,2507**
>**AOL - MikerH1053**
>**Internet - mikerh1053@aol.com**

The registered version of **Bike** entitles the user to lifetime product support by mail, phone, or CompuServe online.   Additionally the user will receive product upgrades for the first 12 months after registration for the cost of shipping and handling ($5).

Henning Associates is a member of the Association of Shareware

Professionals (ASP).   ASP wants to make sure that the shareware principle works for you.   If you are unable to resolve a shareware-related problem with an ASP member by contacting the member directly, ASP may be able to help.   The ASP Ombudsman can help you resolve a dispute or problem with an ASP member, but does not provide technical support for members' products.   Please write to the ASP Ombudsman at 545 Grover Road, Muskegon, MI   49442-9427 USA, FAX 616-788-2765 or send a CompuServe message via CompuServe: Mail to ASP Ombudsman 70007,3536.

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