

Michael D. Mullenniex

33604

arcata

0

Data input area

33606 EUREKA

35 105

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33608					80		33608
33615	1	15	59	15.25	130		33615
33622					165		33622
	2	25	92.5	16.22	180		33629
33636	2	25	80	18.75	190		33636
33643	1	15	53	16.98	180		33643
33650	2	25	125	12	180		33650
33657	2	25	100	15	115		33657
33664	3	50	210	14.29	180		33664
33671	1	15	50	18	155		33671
33678	1	15	50	18	190		33678
33685					190		33685
33692	1	15	50	18	170		33692
33699					115		33699
33706	1	15	50	18	155		33706
33713					190		33713
33720					190		33720
33727					205		33727
33734	2	25	95	15.79	155		33734
33741	3	50	165	18.18	130		33741
33748	3	50	180	16.67	140		33748
33755	1	15	49	18.37	205	745	33755
33762	5	100	500	12	190		33762
33769	1	15	47	19.15	205		33769
33776	1	15	55	16.36	130		33776
33783					105		33783
33790					140		33790
33797	4	75	375	12	240		
33804					105		TOTAL
33811	5	100	500	12	290		
33818	2	25	100	15	130		
33825	1	15	45	20	120		
33832	2	25	102.5	14.63	140		
33839					165		
33846	2	25	87.5	17.14	180		
33853					190		
33860	2	25	105	14.29	205		
33867	2	25	87.5	17.14	130		
33874	2	25	95	15.79	130		

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33881	3	50	195	15.38	190
33888	2	25	90	16.67	155
33895	3	50	215	13.95	215
33902	3	50	190	15.79	180
33909					130
33916	1	15	43.5	20.69	130
33923					165
33930	2	25	92.5	16.22	180
33937	2	25	80	18.75	190
33944	1	15	39	23.08	180
33951	2	25	102.5	14.63	190
33958					165
33965	2	25	87.5	17.14	180

Sheet1

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ARCATA

TOTALS	0		ROUTE	DIST. (MILES)	TIME (MIN)
15					
105		33607	ARCATA	15	45
190		33618	ARCATA	25	75
180		33667	ARCATA	20	75
190		33675	ARCATA	17	75
180		33678	ARCATA	25	100
207.4				=====	=====
115		TOTAL		102	370
190					
175					
217					
190					
170					
132					
155					
190					
190					
205					
155					
130					
140					
205					
190					
205					
146					
105					
93					
=====					
4365.4					

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AVE SPEED

(MI/HR)

20

20

16

16

13.71

=====

16.5405405405405

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Sheet1

MAIN MENU

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1 Personalize Training Log

2 Enter Ride Data

3 Edit/View Ride Data

4 Print Daily Mileage Log

5 Print Weekly Mileage Log

6 Print Specific Route Data

7 Graph Daily Mileage

8 Graph Weekly Mileage

9 Graph Specific Route

10 Print Graph

11 Exit Without Back-Up

12 Perform Back-up and Exit

13 Print Training Log Manual

Cogitating.... Please wait.

SAVING... Please wait

ENTRIES

\H

\I

LOOP2

\J

SMENU
SMENU2

GSAV

CXL

GNAME

FILERR

FILERRS

VGPH

REDRAW

REDRAW2

REDRAW3

EGPH

KEYON

KEYON2

KEYON3

VGPH2

VGPH3

```
{goto}COGITATE~{display MSG,10,10,,13,9,10,0}{windowsoff}{paneloff}
{calc}{goto}START2~{let ENTRIES,@count(DPOINTS)}{if ENTRIES<2}{branch LOOP2}
{fdo 1,\M}{fdo 2,\J}{fdo 3,VGPH}{fdo 4,REDRAW}{setbotline "F1= Main Menu Û F2= Save graph Û F3= View Graph Û F4= Re
```

Sheet1

```
{goto}START2~/gr~tbx.{end}{d}{r 2}{end}{u}{l 2}~  
a{r 2}~{l 2}{end}{d}{r 2}{end}{u}~  
roqotfDAILY MILEAGE~~xDATE~~yMILEAGE~ss20~qv{panelon}{windowson}{esc}{esc}{esc}{branch CXL}
```

```
{goto}COGITATE~{display MSG,10,10,,13,9,10,0}{windowsoff}{paneloff}  
{calc}{goto}CRIT1~{d}/re.{r 7}~{r 5}+f10>0~  
{fdo 1,\M}{fdo 2,\J}{fdo 3,VGPH2}{fdo 4,REDRAW2}{setbotline "F1= Main Menu Û F2= Save graph Û F3= View Graph Û F4=  
/dqriDATAYR~cCRIT1~oOUT2~eq  
{goto}DATA2~{d}{if @cellpointer("type")="b"}{branch LOOP2}  
{goto}DATA2~/grxaqx.{end}{d}~a{r}~{end}{d}~  
roqotfWEEKLY MILEAGE~~xDATE~~yMILEAGE~ghss20~qv{esc}{esc}{esc}{branch CXL}
```

```
{calc}{goto}ROUTE~{l}/re.{r 6}~{getlabel "What Route do you want to graph? ";ROUTE}  
{goto}COGITATE~{display MSG,10,10,,13,9,10,0}{windowsoff}{paneloff}  
{fdo 1,\M}{fdo 2,\J}{fdo 3,VGPH3}{fdo 4,REDRAW3}{setbotline "F1= Main Menu Û F2= Save graph Û F3= View Graph Û F4=  
/dqriDATAYR~cCRIT1~oOUT3~eq  
{let RTNME;@upper(ROUTE)}  
{goto}DATA3~{d}{if @cellpointer("type")="b"}{beep 2}{beep 4}{panelon}{windowson}{branch LOOP2}  
{goto}DATA3~  
/gtlrxaqx.{end}{d}~a{r 4}~{end}{d}~  
roqotfROUTE ANALYSIS~~xDATE~~yAVERAGE SPEED (mph)~ghss20~qv{esc}{esc}{esc}{branch CXL}
```

```
{setbotline}{fon 1}{fon 2}{fon 3}{fon 4}{fon 5}/wtc{restrict}{goto}MENU~  
{beep 3}{beep 1}{getlabel "ROUTE does not have enough data points. Press return to continue.";ANS}  
{panelon}{windowson}{branch \M}
```

```
{setbotline}{fon 1}{fon 2}{fon 3}{fon 4}{fon 5}/wtc{restrict}
{getfile .pic,,GNAME}
{fexistrepl @cell("contents",GNAME),GNAME1}
{if GNAME1=0}{branch GSAV}
{if GNAME1=1}{branch CXL}
```

```
/wtc{goto}SAVING~{display MSG2,10,10,,13,9,10,0}{windowsoff}{paneloff}
/g{esc}{esc}{GNAME}~q{branch CXL}
```

```
{fdo 1,\M}{fdo 2,\J}{fdo 3,VGPH}{fdo 4,REDRAW}{setbotline "F1= Main Menu Û F2= Save graph Û F3= View Graph Û F4= Re
{goto}JAIL~{d 9}{r}/wtb{restrict JAIL}{windowson}{panelon}{quit}
```

C:\BALERXE\TEST.PIC

```
{panelon}{getlabel "What you tried did not work. Press return to try again. ";FILERRS}
{branch \J}
```

```
{setbotline}{fon 1}{fon 2}{fon 3}{fon 4}{fon 5}  
/gvq{branch KEYON}
```

```
/wtc{restrict}{setbotline}{fon 1}{fon 2}{fon 3}{fon 4}{fon 5}  
{branch \G}
```

```
/wtc{restrict}{setbotline}{fon 1}{fon 2}{fon 3}{fon 4}{fon 5}  
{branch \H}
```

```
/wtc{restrict}{setbotline}{fon 1}{fon 2}{fon 3}{fon 4}{fon 5}  
{branch \I}
```

```
{setbotline}{fon 1}{fon 2}{fon 3}{fon 4}{fon 5}  
/g{quit}
```

```
{fdo 1,\M}{fdo 2,\J}{fdo 3,VGPH}{fdo 4,REDRAW}{setbotline "F1= Main Menu Û F2= Save graph Û F3= View Graph Û F4= Re
```

```
{fdo 1,\M}{fdo 2,\J}{fdo 3,VGPH2}{fdo 4,REDRAW2}{setbotline "F1= Main Menu Û F2= Save graph Û F3= View Graph Û F4=
```

```
{fdo 1,\M}{fdo 2,\J}{fdo 3,VGPH3}{fdo 4,REDRAW3}{setbotline "F1= Main Menu Û F2= Save graph Û F3= View Graph Û F4=
```

```
{setbotline}{fon 1}{fon 2}{fon 3}{fon 4}{fon 5}  
/gvq{branch KEYON2}
```

```
{setbotline}{fon 1}{fon 2}{fon 3}{fon 4}{fon 5}  
/gvq{branch KEYON3}
```


NAME

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GNAME1 0

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```
{setbotline}{fon 1}{fon 2}{fon 3}{fon 4}{fon 5}~  
  /wtc{goto}ANS1~{getlabel "Input date in MM/DD/YY format: ";DATE}~  
  {let DATE;@datevalue(DATE)}~{let INPUT1;@datevalue(DATE)}~  
  {if DATE<@date(92,1,1)#or#DATE>@date(92,12,31)}{beep 3}{branch \C}  
    {if @iserr(DATE)}{beep 4}{branch \C}  
      {branch ROUTE1}
```

33606

```
{goto}COGITATE~{display MSG,10,10,,13,9,10,0}{windowsoff}{paneloff}  
  {branch UPDATE}
```

```
{setbotline "F1=Menu ÛF2=Enter Data ÛF3=Prt Daily ÛF4=Prt Weekly ÛF5=Prt Ride "}{quit}
```

```
{setbotline}{fon 1}{fon 2}{fon 3}{fon 4}{fon 5}{calc}~  
/wtc{restrict}{goto}COGITATE~{display MSG,10,10,,13,9,10,0}{windowsoff}{paneloff}  
{goto}START2~/rncDATA~{esc}.{end}{d}{r 2}{end}{u}{r 4}~  
/ppcarDATA~obrBORDER1~ml0~mr80~qagpq{panelon}{windowson}{branch \M}
```

Sheet1

```
{setbotline}{fon 1}{fon 2}{fon 3}{fon 4}{fon 5}~
/wtc{restrict}{goto}COGITATE~{display MSG,10,10,,13,9,10,0}{windowsoff}{paneloff}
{goto}CRIT1~{d}/re.{r 7}~{r 5}+f10>0~{calc}~
/dqriDATAYR~cCRIT1~oOUT2~eq
{goto}DATA2~{if @cellpointer("contents")="b"}{branch BLANK}
{d}{if @cellpointer("contents")="b"}{branch ONE}
{goto}DATA2~{r}/rncWEEK~{esc}.{end}{d}~
{goto}DATA2~{end}{d 3}TOTAL~{r}{u}"=====~{d}@sum(WEEK)~{calc}~/rf,2~{end}{u}~
{goto}DATA2~/ppcar.{end}{d 3}{r}~obrBORDER2~qagpq{panelon}{windowson}{branch \M}

{beep}{display "There are no entries to print. Press Return to continue." ,,,,,,1}{panelon}{windowson}
{branch \M}
```

```
{goto}DATA2~/ppcar.{r}~obrBORDER2~qagpq{panelon}{windowson}
{branch \M}
```

```
{setbotline}{fon 1}{fon 2}{fon 3}{fon 4}{fon 5}~
{calc}{paneloff}{windowsoff}/wtc{restrict}
{goto}ROUTE~{}/re.{r 6}~{goto}ANS5~{panelon}{windowson}{getlabel "What ROUTE do you want to analyze? ";ROUTE}
{goto}COGITATE~{display MSG,10,10,,13,9,10,0}{windowsoff}{paneloff}/dqriDATAYR~cCRIT1~oOUT3~eq
{goto}DATA3~{if @cell("type";DATA3)="b"}{branch LOOP2}
{d}{if @cellpointer("contents")="b"}{branch ONE2}
{goto}OUT3~{r 2}/rncSUM1~{esc}.{end}{d}~{r}/rncSUM2~{esc}.{end}{d}~
{goto}OUT3~{end}{d 2}{r 2}=====~/c~{r}.{r}~{d}TOTAL~
{r}@sum(SUM1)~{r}@sum(SUM2)~{r}@sum(SUM1)/@sum(SUM2)*60~/rf,2~.{l 2}{end}{u}~
{let RTNME;@upper(ROUTE)}~
{goto}DATA3~/ppcar.{end}{d 4}{r 4}~obrBORDER3~qagpq{panelon}{windowson}{branch \M}
```

```
{let RTNME;@upper(ROUTE)}~
{goto}DATA3~/ppcar.{r 4}~obrBORDER3~qagpq{panelon}{windowson}
{branch \M}
```

{calc}{settitle 1,"|1992 TRAINING LOG"}{branch \M}

{system PRINT instr.doc}{branch \M}

{system PICPRT}{branch \M}