Overview

Welcome to the RunTrak On-Line Documentation. Simply pick a help topic below for more information:

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How will this program be helpful to me?

RunTrak is a database and automatic graphing program used to keep track of the paces, mileages, and times of runs - whether they be competitions, practices, or merely good exercise.   This program enables the you to easily and simply keep a smart "runner's log" to check on how you are doing in relation to your training schedule.   Graphs and statistics boxes allow you to monitor your progress with a brief glance.   Since it is a Windows program, it is inherently easy to operate and thus is a suitable replacement for those old tattery paper logbooks.

Beginning tutorial

Upon double-clicking on the RunTrak icon in Program Manager OR "run.exe" in File Manager, the program loads itself into memory and displays its main screen.   (If this version is unregistered, a shareware pester screen will also appear)   You will see a menu bar at the top which you can click on to pull down menus.   These menus are divided into four groups: FILE, DATA, VISUALS, and HELP.   Each of the program's functions will fall into one of these catagories.   If you are reasonably familiar with the Microsoft Windows(c) interface then you should have little difficulty mastering this program too.

Since there is no database loaded into the program one must be loaded from disk or newly created.   To do so click on the FILE menu bar option - a drop down menu will appear.   Then click on OPEN...   - a (hopefully) familiar file access dialog will appear.   **To create a database** select the proper directory and then type in the name in the "File Name:"   box.   **To open an existing database**, select the proper directory and filename. When done press the OK button to load or create the file or press the CANCEL button to return to the program with no change.

Once a database is loaded either a graph will appear in the main window or a message will be displayed along the bottom of the window indicating that graphs cannot appear with less than five runs.   This restriction is NOT a shareware restriction or anything of that nature - it just prevents graphs from appearing that would be very ugly or cause program instabilities(IE in the pace lapse graph).

To enter a new run select the DATA menu and then pick the first menu option CALENDAR...   A calendar will appear with the current month being displayed.   Press the NEW RUN... button along the bottom of the dialog.   Another dialog box will appear prompting you for such items at the date, the distance in Mi or KM, the time needed to cover that distance, competition or practice, and comments about that run.   A complete example dialog box appears below:


If you wish to make this entry a part of the database the click on the I'M DONE button - otherwise press NEVERMIND.

To make the new entries permanent entries you must save the database to disk.   You can do this by selecting FILE --> SAVE.   If you wish to save the database to a different filename select FILE --> SAVE AS.   A dialog will prompt you for the new name, drive, and directory.

Leaving the program is as simple as double-clicking on the grey box at the upper-left hand corner of the window OR selecting FILE --> EXIT.

This is the end of the tutorial --   Click on me to go back to the index

The FILE menu
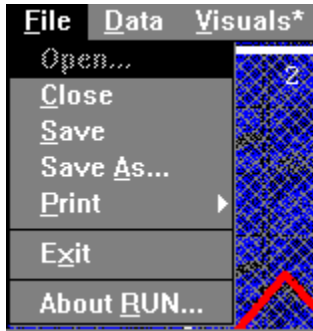
This is the FILE menu.   Anytime you need   to access the disk or printer or quit you will come
to this menu.   Pick the options below for more assistance:

FILE-->OPEN...
FILE-->CLOSE
FILE-->SAVE
FILE-->SAVE AS
FILE-->PRINT
FILE-->EXIT

FILE-->OPEN menu selection

This menu option opens and creates new database files.   When you it, a standard Windows File Open dialog appears.

If you wish to **create a new database**, select the directory and drive where you wish the file to go and then type in the filename in the **File Name:** text region.

If you wish to **load an existing database**,   select the directory, drive, and filename of the database to be loaded.

When done either press OK to load in the database **or** press CANCEL to leave with no changes.

NOTE: This option is not active when a database is loaded.   To re-activate the FILE-->OPEN select the FILE-->CLOSE option.

FILE-->CLOSE menu selection

This menu selection closes the current database and allows you to open another database.   A dialog box will prompt you to verify your intentions.   **Remember: The closing of the database DOES NOT save it to disk.**   You must use the FILE-->SAVE option first.

See also: FILE-->OPEN

FILE-->SAVE menu selection

This menu selection saves the current database to the disk for later retrieval.   It also saves the settings in the <u>VISUAL-->CONFIGURE</u> dialog box.

See also: <u>FILE-->SAVE AS</u>   and   <u>FILE-->OPEN</u>

FILE-->SAVE AS menu selection

This menu selection saves the current database to the disk using another filename.   It also saves the settings in the <u>VISUAL-->CONFIGURE</u> dialog box. The difference between SAVE AS and SAVE is that SAVE AS allows you to change the filename before saving.   The current database loaded becomes the new filename.

See also: <u>FILE-->SAVE</u>

FILE-->PRINT menu selection

This menu selection pulls down a print sub-menu which gives you the following options:

Print **MAIN VISUAL**:   Prints whichever graph is currently being displayed on the main screen.

Print **STATISTICS**:   Prints the contents of the statistics box which can be accessed from DATA-->STATISTICS.

Print **DATABASE LIST**:   Prints out the database in a runner's log format.

(NOTE: Remember these functions are effected by the settings in the VISUAL-->CONFIGURE dialog box as denoted by the asterisk (*))

Once you select one of the above (boldfaced) sub-menu options then a print configure dialog will appear.   Its status will reflect the last printer setup selected from the Windows control panel. All changes made before pressing OK will reflect the current print job **only**.

Pressing the OPTIONS button will pull up printing options that effects output quality and dithering(the converting of colors to shades of gray)

FILE-->EXIT menu selection

Of course you will never wish to leave RunTrak (Ya right!!) So.... I generously provided a function that will let you graciously exit.   I will not elaborate further!!

The DATA menu
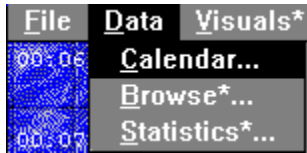
This is the DATA menu.   Anytime you need   to enter, change, or delete new records you will come to this menu.   In addition the statistics box is located in this menu.   Pick the options below for more assistance:

DATA-->CALENDAR...
DATA-->BROWSE...
DATA-->STATISTICS...

DATA-->CALENDAR... menu selection

This menu option opens up a calendar of the current month.   All run entries appear in black whereas all other dates are grayed.   When you click on one of the dates a summary will appear in the box below the calendar.   If there are two or more runs on a particular day, the summary boxes will display "---".   Weekly mileage totals appear to the right of each week. If you wish to add, edit, or delete a day select a date and then press the desired button along the bottom of the window.   If there are two or more runs for that date, a dialog will appear asking you to choose which run you wish to use.   Use the "<" and ">" buttons seen on either side of the month / year display to change the currently displayed month.

DELETE NOTICE: The program will confirm **only once** whether the run you selected is the correct one.   Once a run is deleted the only way to recover it is to close the database **without saving** and reload it again.

Using the NEW... or EDIT... dialog:

These two buttons open a dialog box which allows you to either enter a new running event or modify an existing one.   There are fields for the date run, distance, time, practice / competition, and additonal comments.   When you are done entering the run, press I'M DONE to keep the record or NEVERMIND to abort the entry.   A completed running record appears in the Beginning Tutorial.

If you press I'M DONE and the computer beeps, then the entry is in error somewhere. Remember that you can't have more than 60 minutes in the minute or second fields.

DATA-->BROWSE... menu selection

This selection lets you examine your electronic running log entry by entry.   All fields from your running database are displayed in the browser.   Note: Since this menu selection has an asterisk (*) next to it, some of the database *may* not be viewed because of   the settings in the VISUAL-->CONFIGURE dialog.   Click on the Ok, I'M DONE button to return to the program.

DATA-->STATISTICS... menu selection

When you select the statistics menu option, the computer will display the a battery of statistics. Note: Since this menu selection has an asterisk (*) next to it, some of the database *may* not be viewed because of   the settings in the <u>VISUAL-->CONFIGURE</u> dialog.   Click on the Ok, I'M DONE button to return to the program.

The VISUALS menu
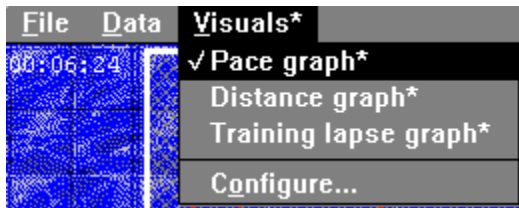
This is the VISUALS menu.   Anytime you need   to change the main visual or change the configuration you will need this menu.   Pick the options below for more assistance:

VISUALS-->PACE GRAPH
VISUALS-->DISTANCE GRAPH
VISUALS-->TRAINING LAPSE GRAPH

VISUALS-->CONFIGURE...

VISUALS-->PACE GRAPH menu selection

Selecting this option changes the main visual to a graph that displays your running pace VS the date.   It monitors your (hopefully!) improving pace.   The vertical axis is in minues per mile.   Competition events are denoted with a blue circle and the run number is displayed along the top.   Note: Since this menu selection has an asterisk (*) next to it, some of the graph points may be affected by the settings in the VISUAL-->CONFIGURE dialog.   All rest days *are not* indicated on the graph.

VISUALS-->DISTANCE GRAPH menu selection

Selecting this option changes the main visual to a graph that displays your course distance VS the date.   The vertical axis is in miles.   Competition events are denoted with a blue circle. Note: Since this menu selection has an asterisk (*) next to it, some of the graph points may be affected by the settings in the VISUAL-->CONFIGURE dialog.   The distance graph plots *all* days *including* those which you don't run (IE   Rest days are charted as zero).

VISUALS-->TRAINING LAPSE GRAPH menu selection

Selecting this option changes the main visual to a graph that displays how your pace is affected by rest days.   Below each bar is the average pace drop (-) or gain (+) when you skip one, two, three, four and five days.   The vertical axis is in minutes per mile.   This graph is only truly effective when your running database is significant in size (I.E.   Twenty runs or more).   Note: Since this menu selection has an asterisk (*) next to it, some of the graph bars may be affected by the settings in the VISUAL-->CONFIGURE dialog.

VISUALS-->CONFIGURE... menu selection

This dialog box limits the range of the database for **only** the options marked by the asterisk (*). This is useful when your database grows large and graphs become too condensed to read.   With this configure dialog you can tell the program to pick the first or last so many runs to display. For instance with 453 runs in the database you might choose to see only the last ten.   To do this you would select the VISUALS-->CONFIGURE menu and then when the configuration dialog appears de-select the VIEW ALL checkbox (if it isn't already de-selected).   Then click on the ...FROM END radio button and then drag the scroll bar until the number "10" appears in the box above the scroll bar.   Click on the I'M DONE pushbutton.   From now on, all options with an asterisk (*) will use only the last ten entries.   All other entries will be ignored.   To undo this you can simply re-select the VIEW ALL checkbox.   An example configure dialog appears below:
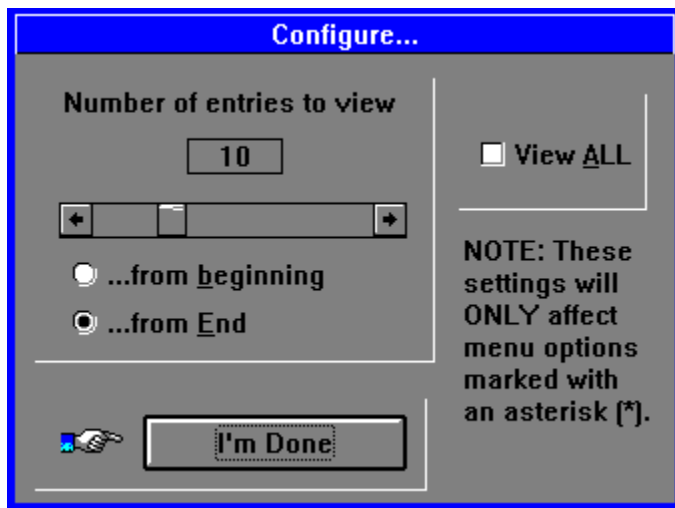
Note: The only way to select the entire database is to click on the VIEW ALL checkbox.   The slider maximum position (far right) will always be a few shy of the total database number. This is intentional - not a bug.

IMPORTANT LEGAL STUFF

The phrase: "The Author" in the below document refers to Joel Kulesa and no other.

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Contacting the author:

If you wish to contact me for registration purposes or other reasons you can write me at the following address:

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Compuserve: ? (coming soon) ?

This address is current as of summer 1993.   Since I am a college student all correspondance will be slightly delayed as my mail must be forwarded.   My address info will be updated with each release of RunTrak in case my home address changes.   Phone support: Inquire at home as to what my current number is.   Probably the quickest and most reliable response method is through the Internet since I check in every day.

(NOTE: If you are registering please make the check out to "Joel Kulesa"   -- Thanks!!)

Drag and Drop

RunTrak 1.0 supports Windows Drag and Drop.   What is Drag and Drop?   Drag and Drop allow you to take RunTrak database files from the File Manager and "drag" them to either the RunTrak program or its minimized icon.   To drag a database file hold the left mousebutton down when the pointer is over the desired file and (without removing your finger from the left button) move the pointer over to the RunTrak program or minimized icon.   If a database is already loaded RunTrak will prompt you before loading in the new one.

Another quick way to load RunTrak and a database file is to use the filename association feature of the Windows File Manager.   To use this feature you must first set it up.   Enter the File Manager and select FILE-->ASSOCIATE.   Fill in the "Files with extension:" box with the letters "RNT".   Then in the "Associate With" box enter the location of your copy of Runtrak 1.0. (you can use the browse button to help you do this)   Now all you have to do to load a Runtrak database file it to double click on it with the left mouse button.   (The File Manager will automatically load Runtrak and the database file)