

Bike Help

[General](#)

[Whats New](#)

[Getting Started](#)

[End of the Year Processing](#)

[Changing Ride Data](#)

[Bicycle Selection](#)

[Sorting](#)

[Statistics](#)

[Custom Fields](#)

[Training Plan](#)

[Graphs](#)

[Print](#)

[Export](#)

[Help](#)

[Registration Window](#)

[Shareware](#)

[Ordering Information](#)

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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 your 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 been 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 day 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 cannot evaluate 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), MSN (Henning_Associates) or Internet (mikerh1053@aol.com). Additionally there is a Henning Associates BBS on MSN - Go HENNING.

[Help Index](#)

Whats New

There have been some major changes to Bike with version 4. The following list highlights some of the more significant changes.

- o Toolbar
- o European style dates option
- o Tabular statistics
- o Custom Graphing
- o Printing of statistics and graphs
- o Text diary

Many of the changes were the result of user feedback, so if you have any ideas for bike let me know.

[Help Index](#)

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. Trek 520, 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 name 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.

(One user has used the bicycle category to track different types of rides. Instead of bicycle information he has entered - Training, Commuting, and Racing. This allows him to track his statistics by the type of ride instead of the bicycle.)

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.

Additional customization is allowed in the two custom fields that are in the spreadsheet. These fields can hold whatever information you want to track. (In weekly and monthly statistics these two fields are added. In some cases that may not make sense on a weekly or monthly basis. For instance if you are tracking your weight, on a monthly basis that is a lot of pounds.)

Custom 1 is an integer field and is graphed on a daily basis using a line graph. Use it to track average heart rate, weight, or training plan miles. Custom 2 is a real field and allows up to 6 digits or 4 digits and a decimal point. This field can be used to track distance climbed for instance. Because Custom 2 is a real field it could also be used to track integer values such as average heart rate, weight, or training plan miles. Custom 2 is graphed on a weekly basis. To customize the titles for the two custom field use **Data/Enter Custom Titles**.

The date format is flexible and can be in European style DD/MM/YY or North American style of MM/DD/YY. Date shortcuts are DD/MM and MM/DD. 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 (this can also be kilometers, then your speed will be in KPH) and the time in HH:MM or MMM (i.e 1:50 is 110 minutes.) If you do not keep track of your time but have access to average speed the average speed can be entered and the time will be computed for you. If you enter time then average speed will be computed. 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 the type of ride that you went on is important, then you can specify that as the first parameter in Route/Conditions, then when you sort on that parameter all of the same types of rides will be grouped together for analysis.

After entering your first ride you have your database started.

[Help Index](#)

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. The diary file is a default name based on the database file so a new diary will exist with each new database.

[Help Index](#)

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.

[Help Index](#)

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 select 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.

[Help Index](#)

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.

[Help Index](#)

Statistics

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

Two new statistics pages are tabular data for weekly and monthly totals. These pages can be printed. To see weekly or monthly data in tabular form select the item from the statistics menu.

The statistics boxes are dialog boxes and you will not be able to leave it to do other functions unless you have closed it.

[Help Index](#)

Custom Fields

BIKE allows you to keep data that is not contained in the normal fields in two fields that can be customized. Custom 1 is an integer field with up to five digits. Custom 2 is a real field with up to 6 digits, or 4 integers and 1 fractional digit. The titles of the fields can be changed from the **Data/Enter Custom Titles** menu item. Four entries need to be made, the short and long titles for each custom field. The short entries are 6 characters, the long entries are 11 characters.

The custom fields can be used to keep track of average heart rate, climb distance, weight or any other data that you track for your particular training goals.

For graphing purposes, when the standard graphs are selected, custom 1 is graphed daily and custom 2 is graphed weekly. Both of the graphs are cumulative, that is they are added. When using the custom graph features, you can select daily, weekly, or monthly for either of the custom fields, but the data is still cumulative.

[Help Index](#)

Training Plan

Many people have asked for the ability to enter training goals into the program to compare actual miles with goal miles, or to get ready for that century coming up. With the custom fields this can be done.

Using either Custom 1 or Custom 2 the miles that you plan to ride on a specific date can be entered. When you ride on that date edit the data instead of entering the new data. This is easily done by double clicking on the entry in the spreadsheet. If you use Custom 2 to enter your planned miles, the data can be displayed on a weekly graph and compared to the mileage weekly graph. With the new custom graphing both fields can be graphed together on a line graph and compared on a daily, weekly, or monthly basis.

[Help Index](#)

Graphs

The program allows you to graphically look at your training program. The displayed data can be displayed daily, weekly, monthly, speed, time or the custom fields. All of these graphs are in windows that will allow you to change the database display parameters and see the change in the graph. All four 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.

Additionally for the weekly and time graphs, the start of the week can be selected to be on Sunday or Monday. These two menu items appear under graphs and a check mark will be displayed on the start day that is active.

This version of the program allows you to roll your own graph with the custom graphing feature. You select the parameter you want to graph, the frequency, and the type of graph. Only one custom graph is allowed on the screen at a time.

Also with the new version of the program any of the graphs can be printed. When you select **Print Graph** from the **Graphs** menu item you will see a popup menu of the active graphs. Select the graph that you want to print with your mouse. If you have a color printer the graphs will print in color.

[Help Index](#)

Print

The current displayed database can be printed on the default printer using the default setup. This is done by selecting **Print Ride List** in the **Files** menu.

The tabular statistics data can be printed by selecting the print button at the bottom of the window and the graphs can be printed by selecting the active graph from the popup menu. **Note - graphs must be displayed to be printed.**

[Help Index](#)

Export

The current ride database that is displayed can be output to a comma delimited text file for importing into a spread sheet or database. Each ride is contained on a line terminated with a CR/LF. The data fields are:

- Date (MM/DD/YY)
- Date (Julian day)
- Bike
- Distance
- Speed
- Time (in minutes)
- Custom 1
- Custom 2
- Route

The data will always be written to the file named BIKEDATA.TXT in your bike directory. If you are archiving this data then you must move BIKEDATA.TXT to another directory, or rename the file before you export the data again.

[Help Index](#)

Help

The **Help** menu item allows you to bring up the on-line 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.

[Help Index](#)

Registration Window

The registration window will automatically become an entry splash screen (enabled for 1.5 seconds) when the program is registered. The information in the registration window can be recalled by using the **Help/About** function.

[Help Index](#)

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 merchantability 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 **\$15** to **Henning Associates**. The **\$15** 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 so 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.

Henning Associates
Mike Henning
1710 Allied St. #36
Charlottesville, VA 22903
(804)-295-0554 (800)-823-6896

[Help Index](#)

Ordering Information

When registering Bike:

You will receive a master diskette of the program.

You will receive product support for the life of the product.

You will receive notification of program upgrades.

Upgrades are free to users downloading the new versions.

You will receive program upgrades for the cost of shipping and handling \$5.00 for a master upgrade diskette. (Not required if you download the new version.)

You will be able to use Bike with a clear conscience as a registered user.

Henning Associates now accepts Visa and MasterCard orders. If ordering by snail mail, sign the order form where indicated. If ordering by e-mail, your mail indicates permission for Henning Associates to charge your credit card account with the cost of software.

The registration fee is \$15 plus \$2.95 S&H. Specify the size of disk, 5.25" or 3.5" that your computer requires. All registered users will receive a master diskette of the program and written confirmation of their registration name and number. To get you started right away, your registration information can be obtained by e-mail or phone.

To register Bike send your registration fee, or credit card number, name, address and e-mail address to:

Henning Associates
1710 Allied St. #36
Charlottesville, VA 22903

(804) 295-0554 (800) 823-6896 (voice and fax)

CompuServe - 72176,2507

AOL - MikerH1053

MSN - Henning_Associates

(Henning Associates support BBS is on MSN use the go word

HENNING.)

See the specific order methods in the Order Help file.

The registered version of **Bike** entitles the user to lifetime product support by mail, phone, or electronic mail. Updates to Bike will always be free to registered users who download the program. Your registration name and number will never change.

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.

[Help Index](#)

