



VidaOne GPS

Windows Mobile Pocket PC User's Guide



January 2008

This document applies to VidaOne GPS version 3.00 and newer.

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Abbreviations

GPS Global Positioning System

1 Introduction

1.1 What Is VidaOne GPS?

The Global Positioning System (GPS) is a set of satellites that allow GPS receivers to establish their precise location (as longitude and latitude). GPS receivers, previously used in military, avionic and maritime equipment are today also found in cars (navigation systems), phones and more recently, Pocket PC. Many manufacturers provide low-cost GPS receivers that can be connected to Pocket PCs.

A Pocket PC equipped with a GPS receiver (whether it is internal to the Pocket PC or connected to it via Bluetooth or a cable) is a powerful tool for sport-oriented people. When used with VidaOne GPS, it allows recording the duration, distance, speed and altitude gain of any outdoor workout such as walking, hiking, running, road cycling, mountain biking, kayaking, golfing, skiing, etc.

VidaOne GPS seamlessly integrates into MySportTraining (see Figure 1) and allows recording a workout and view the route (map). You can also see your routes on Google Maps. This user guide explains how to do so.



Figure 1: VidaOne GPS recording screen.

Limitations

Due to various factors, the current position calculated by a GPS receiver can vary by up to 10 meters (30 feet) at any moment. This may seem a lot, but it's actually adequate for workout tracking, especially for fast pace workouts such as running or cycling. However, the altitude may vary much further, resulting in the ascent (elevation gain) being inaccurate. Fortunately, the accuracy of the GPS receivers has improved recently and continue to become more precise.

1.2 Pocket PC Compatibility

The **VidaOne GPS** extension works on **Windows Mobile for Pocket PC** (touch screen) devices.

Windows Mobile 5, 6 or newer are supported, as long as a GPS receiver can be connected and accessible by any application.

VidaOne GPS can be used in any screen resolutions.

1.3 Installation and Registration

Installation

VidaOne GPS requires either or:

- **MySportTraining for Pocket PC** (sold separately) version **6 or newer**.
- **MyPersonalDiet for Pocket PC** (sold separately) version **4 or newer**.

These are available at <http://www.vidaone.com>

To install VidaOne GPS, follow these simple steps:

- Make sure your Pocket PC is connected to your desktop or laptop.
- Download the software on your desktop from:
http://www.VidaOne.com/download/MstGPS_Setup.exe.
- On your desktop, execute the **VdaGPS_Setup.exe** program that you downloaded and follow the on-screen instructions. This will copy VidaOne GPS onto your Pocket PC and a welcome screen will be displayed on your Pocket PC.
- Run MySportTraining or MyPersonalDiet and choose **New > GPS Recording**.

Trial Mode

Until registered, VidaOne GPS runs in trial mode for up to 10 days. All functions are enabled in trial mode, but you will be prompted to enter a registration key when you start a recording (see Figure 2). None is required during the trial period.

Choose OK to close the window and use MySportTraining. After the 10-day trial mode, it will no longer be possible to start a GPS recording, but all the data you've entered will remain present.



Figure 2: The About dialog box in trial mode.

Registration

A registration key must be purchased to continue using the software beyond the trial mode period. To purchase a registration key, visit www.VidaOne.com/mstgps_ppc.htm. Shortly after purchasing the software, you will receive an email with the registration key. Enter the registration key to re-activate the software.

Write down the registration key and keep it in a safe location. Should your device's memory content be accidentally erased (due to battery drain, for instance), you must install MySportTraining and enter the registration key again.

If you lost your key, contact the website where you purchased the software. If you bought it from VidaOne.com, contact Handango.com.

Note that you don't have to re-install the software prior to enter the registration key.

1.4 Technical Support

You can obtain more information about our products, updates, etc. by visiting our Frequently-Asked Questions (FAQ) page at: <http://www.VidaOne.com/faqs.htm>. If you have a question, want to provide some feedback, or want to report a bug, please send us an email at: support@VidaOne.com. You can also contact us by mail at the following address:

VidaOne, Inc.
7101 W. Highway 71
Suite 220
Austin, TX 78739

2 Using VidaOne GPS

VidaOne GPS provides two key functions: recording a workout and viewing a route. These two features are described in the following sections.

2.1 Recording a Workout

Prior to start a GPS recording, make sure you can identify the *communication port* that applications use in order to obtain data from the GPS receiver. See Appendix A for more information.

To initiate the download, open MySportTraining and choose **New > GPS Recording**. Alternatively, tap on the GPS icon  in the toolbar (which may not be visible if you are using Windows Mobile 5.0).

The first time you initiate a recording, you will be prompted to enter the communication port required to retrieve positing data from the GPS receiver (see Figure 3). Tap OK and choose **Options**  to see the Options screen (Figure 4). Select the port or type it in if it is not listed. See section 3 for information about the other options.

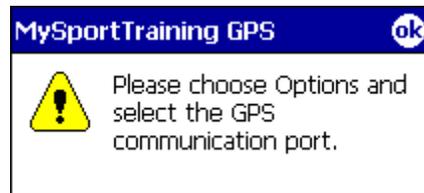


Figure 3: The first time you record a workout, you are prompted to set the communication port.

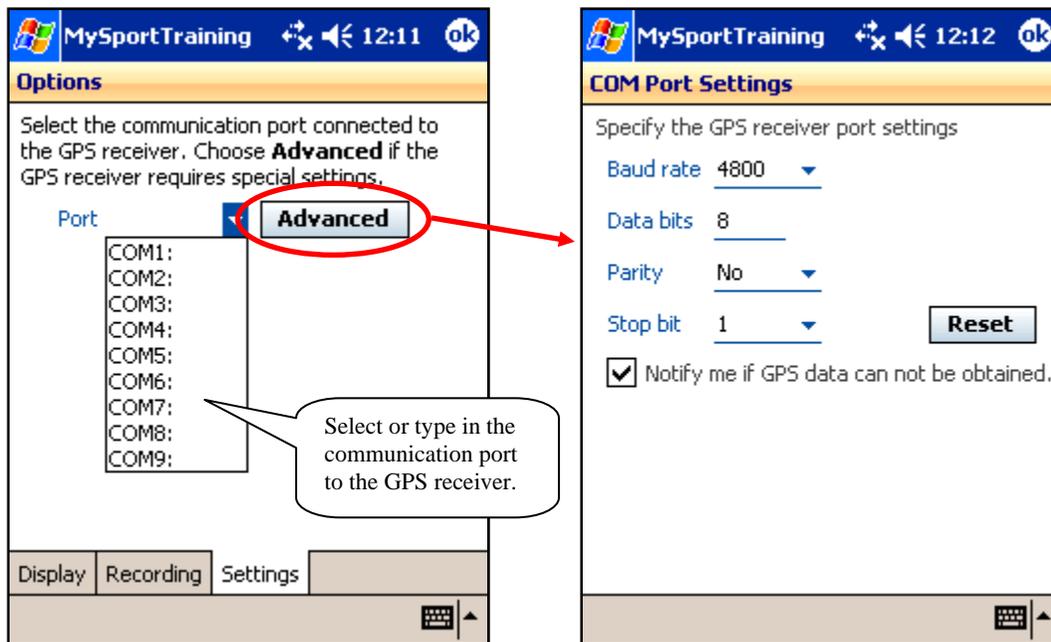


Figure 4: The GPS Options screen allows you select (or enter) the communication port to access the GPS receiver.

Starting a Recording

The **GPS Recording** window is then shown (see Figure 5). Tap **Start** to initiate the recording. Depending on the Bluetooth implementation, you may be prompted to select the GPS receiver (see Appendix A for more information).

VidaOne GPS first attempts to connect to the GPS receiver using the communication port you previously entered. If there's a problem, an error will be shown. If you need to change the communication port, choose **Options**  to display the Options window, enter a new communication port, choose OK to close the Options window, and choose **Start** to try again.

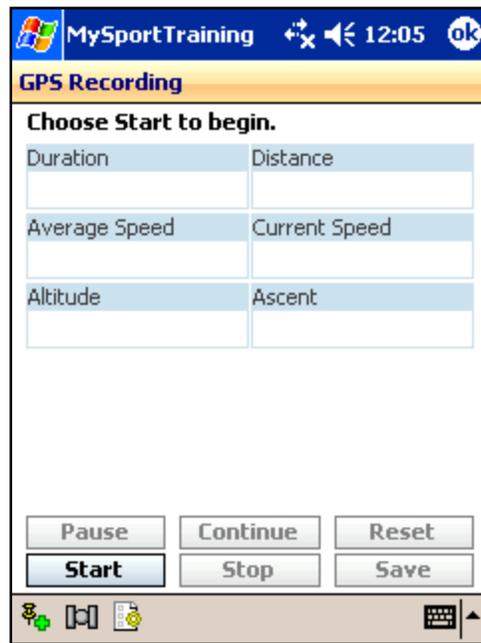


Figure 5: The GPS recording window. Choose Start to initiate the recording.

Once VidaOne GPS can connect to the GPS receiver, “Establishing position, please wait...” is shown while waiting for the GPS receiver to establish its position (this may take from a few seconds to several minutes). Once the position is established, VidaOne GPS displays the latitude, longitude and heading (N, NE, E, SE, S, SW, W, NW). The red arrow  always points toward the North. This is displayed for informational purposes only.

During the GPS recording, choose **Pause** to temporarily suspend the recording (if you take a break for instance). Choose **Continue** to resume the recording. You can also reset all values to 0 by choosing **Reset**.

At any moment you can enter a pushpin by choosing the **Add Pushpin**  button. See section 2.4 for more details about pushpins.

Ending and Saving a Recording

At the end of the workout, choose **Stop**. Then, choose **Save** to save the recording into a workout. If this is the first workout for the day, you will be prompted to choose an activity. After doing so, the workout will be created and the following fields will automatically be set:

- Duration
- Calories (or kJ)
- Fat loss
- Distance
- Pace
- Ascent (altitude gain)

If there are other workouts on the same day, you will be prompted to create a new workout or to attach the GPS recording to one of those workouts (see Figure 6).

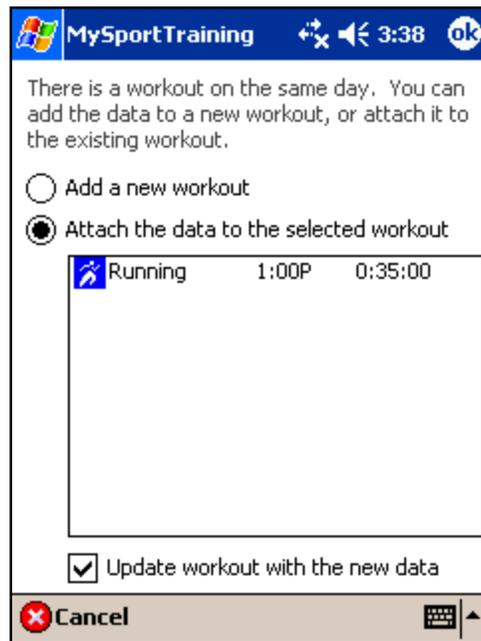


Figure 6: Saving a workout when other workouts are present on the same day.



Workouts with GPS recording are shown in MySportTraining's month view with a small red arrow  in portrait and landscape modes (not in square mode).

Real-Time Satellite View

When recording a workout, choose the **Satellite** button  to view the Real-Time Satellite View (see Figure 7). This shows the position (orientation), altitude and signal strength of all GPS satellites whose signals are visible by the GPS receiver. This view is useful to determine the quality of the position information. It is best to have several satellites close to the inner circle, equally spread out and with a strong signal for better precision.

Because GPS satellites are always in movement (as they circle the globe), you will see the satellites move on this view if you look at it for a few minutes, as this view continuously shows the exact position of each satellite in real-time.

The position of each satellite is based on its orientation (e.g. North) relative to the GPS receiver, which is the center point. For instance, in Figure 7, satellite 10 is to the North East of the GPS receiver, whereas satellite 6 is to the South East.

The altitude of a given satellite is shown by the distance between the center point and the satellite icon. The center point represents the zenith (which is directly above the GPS receiver), whereas the outer circle represents the horizon. For instance, satellite 6 is almost directly above the GPS receiver, whereas satellite 10 is at the horizon.

The signal strength of a given satellite is indicated by the small vertical bars (similar to what used with mobile phones) above the satellite icon. The signal is strong when three or four blue bars are shown, and weak when less than two blue bars are shown. For instance, the signal from satellite 6 is strong (three blue bars), but satellite 10's signal is very weak (no blue bar).

Finally, each satellite has an identification number, shows underneath it, which is used for differentiating one satellite from another.

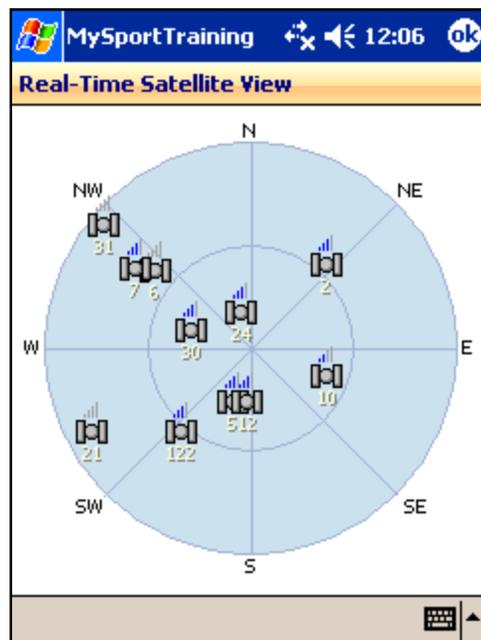
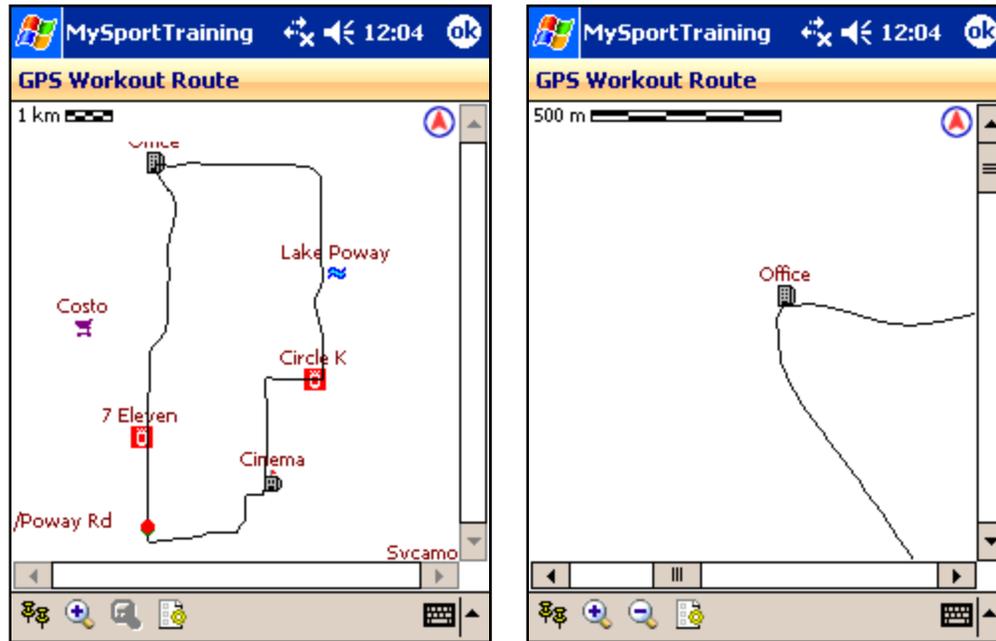


Figure 7: The Real-Time Satellite View displays all satellites whose signals can be received by your GPS receiver.

2.2 Viewing a Route

While looking at the workout, choose the **Route** button  to see the route information, and choose the **GPS** button  to see the map of the workout route that was recorded (see Figure 8).



**Figure 8: A workout route map. You can zoom and scroll to see details.
Tap-and-hold any location to enter a pushpin (point of interest)**

The green and red dots represent the starting and ending points respectively. You will only see a red dot if both are at the same location (as the green dot is underneath the red dot). The North is upward, as indicated by the red arrow in the top right corner. Choose the **Zoom In**  button along the scroll bars to see more details.

2.3 Google Maps

Each recorded route is stored on your Pocket PC as a GPB file under \My Documents\MySportTraining. The file name is MSTyyyymmddhhmmss, which corresponds to the date & time of the workout that was recorded and saved in MySportTraining. You can access these files using two methods:

1. Connect your Pocket PC to your PC and click Explore in the ActiveSync window on your PC to locate the GPB files. You can then copy them onto your PC.
2. In ActiveSync, click Options and select Files. This will synchronize (i.e. copy) all the files in your Pocket PC's \My Documents directory with a directory on your PC.

Then go to <http://maps.VidaOne.com>, select a GPB file to upload, and see your route on **Google Maps** (see Figure 9). Like any Google Map, you can drag the map with your mouse, zoom in & out, get map, satellite and hybrid views, etc.



Figure 9: View your routes on Google Maps.

2.4 Pushpins

When looking at the map, tap-and-hold any location and choose “**Add Pushpin**” to enter a new pushpin location (see Figure 11). You can then enter the name, position and icon. Pushpins are points of interest. Enter as many pushpins as you like, such as convenient stores, repair shops, parks, lakes, malls, restaurants, etc. Pushpins are used in all maps, so a pushpin entered in a specific map will be shown in every map you look at. While looking at a route, choose the Pushpins  button to view the list of pushpins (see Figure 11), where you can edit any pushpin.

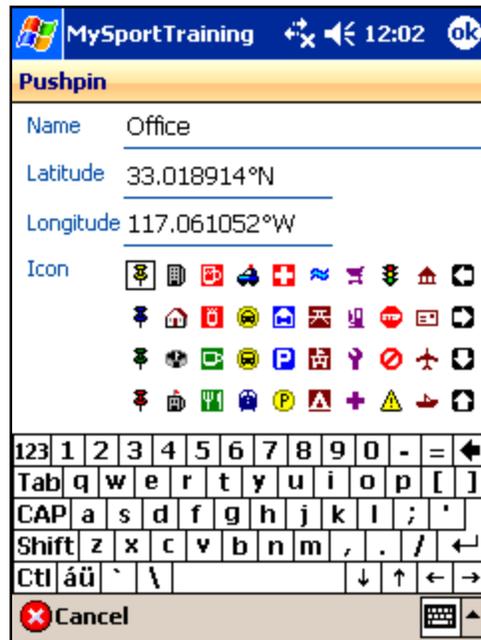


Figure 10: You can enter pushpins to indicate points of interests.

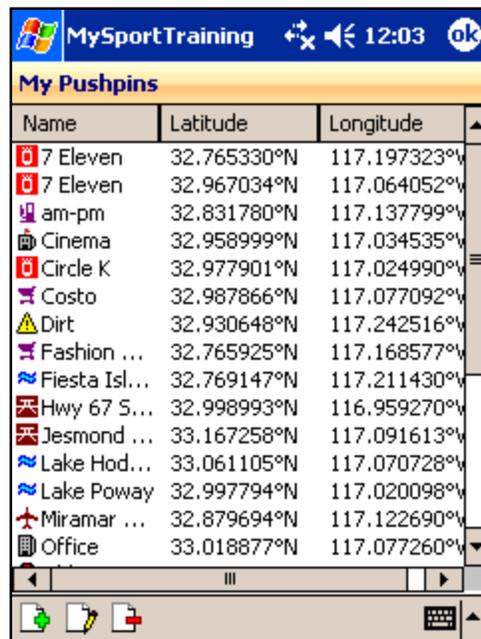


Figure 11: The list of pushpins provides a convenient way to see all your pushpins.

2.5 Power and Backlight Settings

During the recording, the power settings (accessible via **Today > Settings > System page > Power**) are ignored and your Pocket PC will remain on during the recording. It must remain on in order to continuously record the GPS data. Do not turn it off because that terminates the recording session, and turning it back on requires you to start a new recording.

Although your Pocket PC remains on during the recording, the backlight settings (accessible via **Today > Settings > System page > Backlight**) remain active. It is recommended to set those settings so that on battery power, the backlight is turned off if the Pocket PC is not used for 30 seconds. Thus, during a recording, the backlight will be turned off to maximize battery life.

Depending on the exact model and the battery condition, your Pocket PC should be able to stay on for 4+ hours (even when using Bluetooth).

3 Options

When recording a workout, or when view a workout map, choose the **Options** button  to access the following options.

3.1 Display

- Choose **Show pushpins** to show (hide) your pushpins on the maps
- Choose **Show grid** to show (hide) the grid (pale gray lines).
- Choose **Miles** or **Kilometers** as the map unit
- Choose how to represent latitude and longitude coordinates:
 - Choose between **Decimal degrees** or **Degree/minutes/seconds**
 - Choose between **N/S/E/W** or **Plus/minus**

3.2 Recording

- Choose **Record workout only when moving** to suspend recording when you are immobile (taking a short rest, at a traffic light, etc.) If selected, specify the type of workout you are doing between slow pace workout (walking or hiking) and fast pace workout (running, cycling, etc.) This option should not be used in an area with only a partial view of the sky (when surrounded by many trees or buildings), as the device may incorrectly determine that it is in an idle position because of the poor signal quality.
- Select **Beep when GPS signal is lost** to hear an intermittent beep when the GPS receiver cannot establish its position.
- When **Enforce precision** is selected, positioning information from the GPS receiver that is not accurate enough is ignored. This provides very good results when there's an open view of the sky most of the time while working out. On the other hand, this option should not be used for workouts done in areas with only a partial view of the sky (such as in a dense forest or city downtown) because too much information will be discarded (although the overall workout data will not be very accurate due to the GPS limitations).
- Choose the **distance** and **speed units** to display on the recording screen according to your preferences. The same units will be used when workouts are added in MySportTraining.

3.3 Settings

- Enter the communication port to access the GPS receiver. See Appendix A for more information.
- Choose **Advanced** to enter the exact port settings. Unless you are using a non-standard GPS receiver, the default settings (4800-8-N-1) should work.



4 Tips

Here are a few tips to ensure optimum GPS recording:

- Make sure **to fully charge your Pocket PC and GPS receiver** before starting your workouts. However, if your workouts are typically less than one hour, you should be able to records several without recharging.
- During a workout, **do not turn your Pocket PC off** because that will end the recording. When you stop the workout, the default power settings will be applied.
- Because GPS receivers are sometimes inaccurate when determining their position, workouts done at a faster pace will be more accurate in terms of their duration, distance and pace.
- Sometimes, when initially establishing their position, GPS receivers provide inaccurate position information for several seconds, which result in incorrect distance and ascent recordings. To prevent this problem, stay immobile when initiating a workout recording until the position is established and look at the distance, current speed and ascent. They indicate zero when good GPS signals are received. However, if the distance, current speed and/or ascent are changing (while you are still immobile), wait a few seconds and choose **Reset** to bring all values to zero. Then start your workout.
- **Enter pushpins that indicate help locations** (police or fire stations), convenient stores and repair shops, as you pass in front of them (you can enter pushpin either while recording a workout or by tap-and-holding a location when reviewing a map). Also enter parks, lakes and so forth, which will provide more interesting maps.

Thank you for using VidaOne GPS!

The VidaOne team

A. Identifying the Communication Port

If the GPS receiver is bundled with your Pocket PC or is connected to it via a cable, please refer to the Pocket PC or GPS receiver user guide to find out the communication port (usually COMx:) where x is a number 1 to 9.

Windows Mobile 5.0

On some Pocket PC (e.g. Treo 700w), Windows Mobile 5.0 allows multiple applications to share access to the GPS receiver. This allows you for instance to run VidaOne GPS along a map application, both using the same GPS data, at the same time.

You still need to determine the communication port connected to the GPS receiver, but instead of specifying that port in VidaOne GPS, proceed as follows:

- Chose Start > Settings > System tab > GPS
- On the “Programs” tab, select **GPD1**
- On the “Hardware” tab, select the communication port connected to the GPS receiver. If the connection between the Pocket PC and the GPS receiver is via Bluetooth, see the next section to identify that port.



Figure 12: On Windows Mobile 5.0, in the GPS Settings, select the communication port connected to the GPS receiver

- On the “Access” tab, check off “Manage GPS automatically (recommended)”
- In VidaOne GPS, enter **GPD1:** (with the colon) in the Options page. Also select **GPD1:** in any other applications that need to access the GPS receiver.

Bluetooth

If both your Pocket PC and the GPS receiver are Bluetooth-enabled, both device must be paired and a communication port must be assigned on your Pocket PC to obtain GPS data from the receiver.

There are various Pocket PC Bluetooth implementations and the two most popular are from Microsoft and WIDCOMM. To find out which one is on your Pocket PC, choose **Today > Settings > Connections page > Bluetooth**. If the screen is the one shown in Figure 13a, this is the Microsoft implementation; if it is the one shown in Figure 13b (or closely resembles it), this is the WIDCOMM implementation. The following sections describe how to use those two implementations.

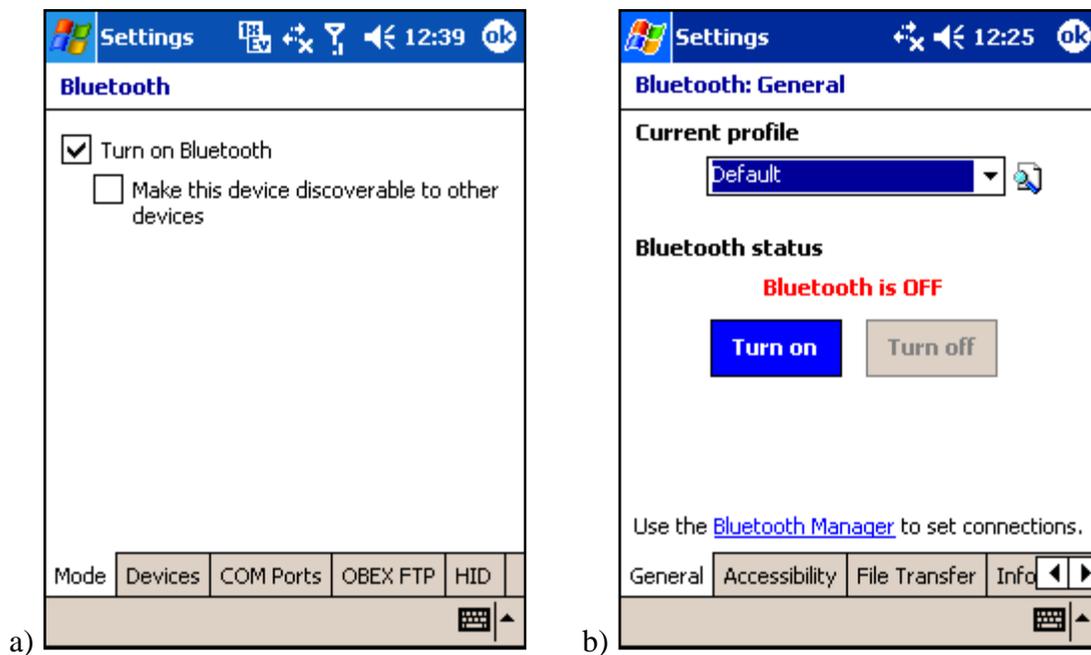


Figure 13: Microsoft Bluetooth screen on the left (a), and WIDCOMM on the right (b).

This information is provided to help you set up a Bluetooth connection between your Pocket PC and the GPS receiver. It is provided “as is” and may or not be accurate depending on your Pocket PC model. We are unable to provide technical support for the process of establishing Bluetooth connectivity between your Pocket PC and GPS receiver due to the variety of models and numerous differences.

For more information or assistance, please refer to your Pocket PC user’s guide or contact the manufacturer’s technical support.

Microsoft Bluetooth

- Turn your GPS receiver on.
- While looking at the Bluetooth screen (Figure 13a) choose **Devices page > New...** This displays the Add a Device window, during which the Pocket PC is searching for a nearby Bluetooth device (see Figure 14). If the **No Devices Found** screen is shown, choose **Retry** until the GPS unit name is displayed.
- Tap on the GPS name to select it and choose **Next**.



Figure 14: Adding a device using Microsoft Bluetooth.

- You are then prompted to enter a passkey (Figure 15). That passkey is a combination of digits and/or letters and is found with the documentation that comes with the GPS receiver. Enter it and choose **Next**.
- If you are prompted to make it an ActiveSync partner, choose No.
- If you are prompted to choose a service, select **Serial Port**.
- If you are prompted to enter a name for the device, either leave the one shown or enter another, and choose **Finish**. The GPS receiver is now listed.
- Choose the “COM Ports” page and select **New Outgoing Port**.
- When prompted to select a device, choose the GPS receiver and tap **Next**.

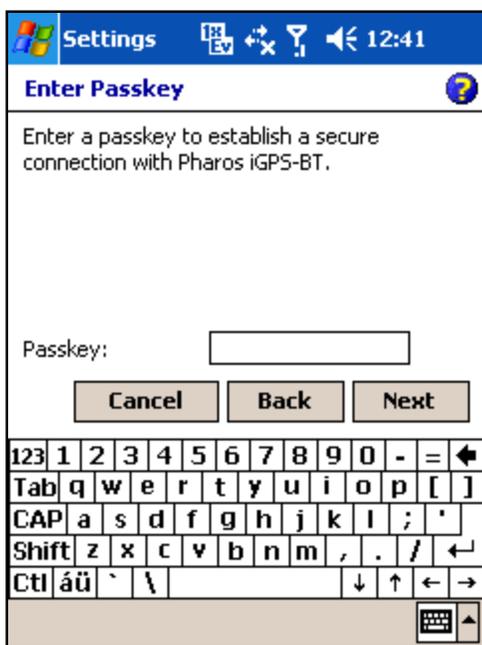


Figure 15: Entering a passkey using Microsoft Bluetooth.

- When prompted to assign a communication port (Figure 16), select any that is listed and choose OK. The device will then be listed along the communication port. This is the port you must specify in the VidaOne GPS Options page. If you are sharing the GPS receiver among applications (Windows mobile 5.0), this is the port to enter in the GPS settings “Hardware” page (see Figure 12).

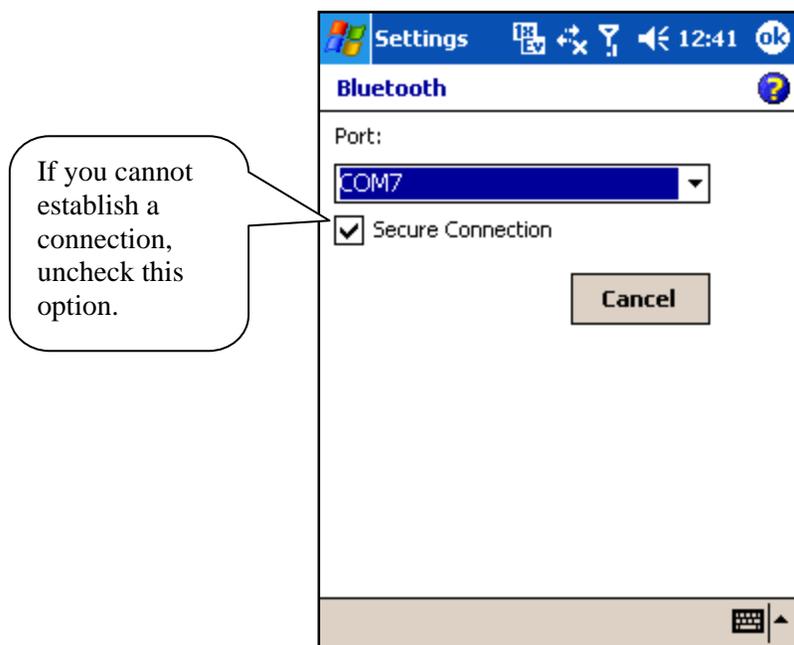


Figure 16: Assigning a communication port to the Bluetooth connection with the GPS receiver.

- Whenever you initiate a GPS recording, VidaOne GPS will automatically connect to the GPS receiver through that communication port.

WIDCOMM Bluetooth

- Turn your GPS receiver on.
- While looking at the Bluetooth screen (Figure 13b), choose **Turn On** to turn Bluetooth on.
- Tap on the Bluetooth Manager link at the bottom of the page to display the Bluetooth Manager main page.



Figure 17: Bluetooth Manager with WIDCOMM Bluetooth.

- Choose **New**, make sure “Explore a Bluetooth Device” is selected, and choose **Next**.
- The Bluetooth Connection Wizard screen is shown, during which the Pocket PC is searching for a nearby Bluetooth device. If the GPS receiver is not listed, choose **Refresh** . Once it is listed, select it and choose **Next**.
- If the **Bluetooth Authentication** page is displayed (Figure 18), you are required to enter a passkey. That passkey is a combination of digits and/or letters and is found with the documentation that comes with the GPS receiver. Enter it and choose OK.

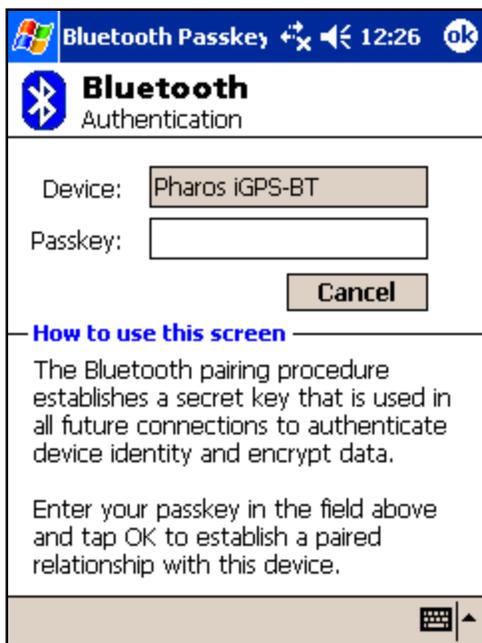


Figure 18: WIDCOMM Bluetooth authentication screen.

- Select the entry that is listed under **Service Selection**. The name is not always the same from one device to another. It may be called “GPS RFcom”, or “Serial Port”, or some other name. Choose **Next** and **Finish**.
- Choose **Start > Settings > Connections > Bluetooth > Serial Port** page. Next to Outbound COM port is a number (e.g. “6”). This is the identification of the communication port (6 stands for “COM6:”) This is the port you must specify in the VidaOne GPS Options page.

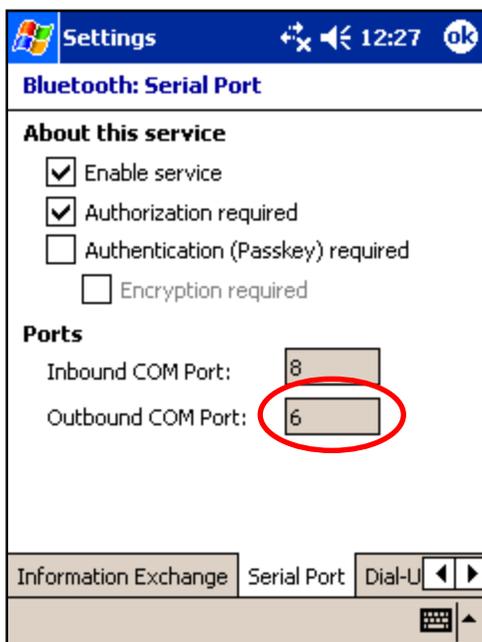


Figure 19: WIDCOMM Bluetooth communication port to access the GPS receiver.

- Each time you initiate a workout GPS recording, the Bluetooth Browser (Figure 20) is displayed; select the GPS receiver and choose OK.



Figure 20: Selecting a device to connect to using WIDCOMM Bluetooth.