



iRACE EXPRESS SOFTWARE

INSTRUCTION MANUAL : How to set up your software for KayakPro's iRaceExpress.

KAYAKPRO

SAFETY PRECAUTIONS

SAFE OPERATION AND USE

SERIOUS INJURY CAN OCCUR IF THE FOLLOWING PRECAUTIONS ARE NOT OBSERVED.

1. Always consult your physician prior to undertaking any exercise regimen. A medical exam is advised.
2. Keep head, limbs, fingers, and hair clear of all moving parts and flywheel cage.
PLEASE NOTE: For either SpeedStroke or MultiStroke, the largest working area is:
TOTAL WIDTH: 175 cm (69")
TOTAL HEIGHT: 215 cm (84")
TOTAL LENGTH + SPACE BEHIND FOR PADDLE
SHAFT RECOVERY: 343 cm (135")
3. Inspect machine prior to use. Do not use the machine if it appears damaged or inoperable.
4. Contact manufacturer if machine is broken or jammed.
5. Use machine only as intended.
6. Do not modify the machine.
7. Children must not be allowed near this machine.
8. Teenagers must be supervised in the use of this machine.
9. By using Mutlistroke Erometers the user accepts all and full responsibility for self.

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OFFICIAL SUPPLIER OF KAYAK
ERGOMETERS TO THE 2004
ATHENS AND 2008 BEIJING
OLYMPIC GAMES

iRaceExpress is KayakPro's Interactive; Regatta course format based interactive software. iRaceExpress allows one or Multiple SpeedStroke or MultiStroke Ergometers to be connected together on a custom settable interactive regatta course.

INSTALL, UPDATE AND UNINSTALL

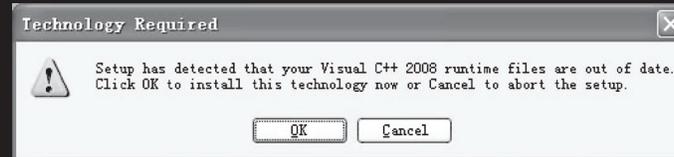
Install iRaceExpress- from the URL Link you have been supplied, with:

STEP 1: Download .exe program file from this link

STEP 2: Run the iRaceExpress installer.

iRACEEXPRESS OVERVIEW

PLEASE NOTE: If you have not installed Microsoft Visual C++ 2008 Redistributable Package on your computer, the following message will be displayed.



Please Click "YES" to install it- if you see this message. If you haven't installed the USBXpress driver for the SpeedStroke GYM or MultiStroke Ergometer previously, you need to install it now. Then install iRaceExpress software following the step-by-step installation guide, until the installation is complete.

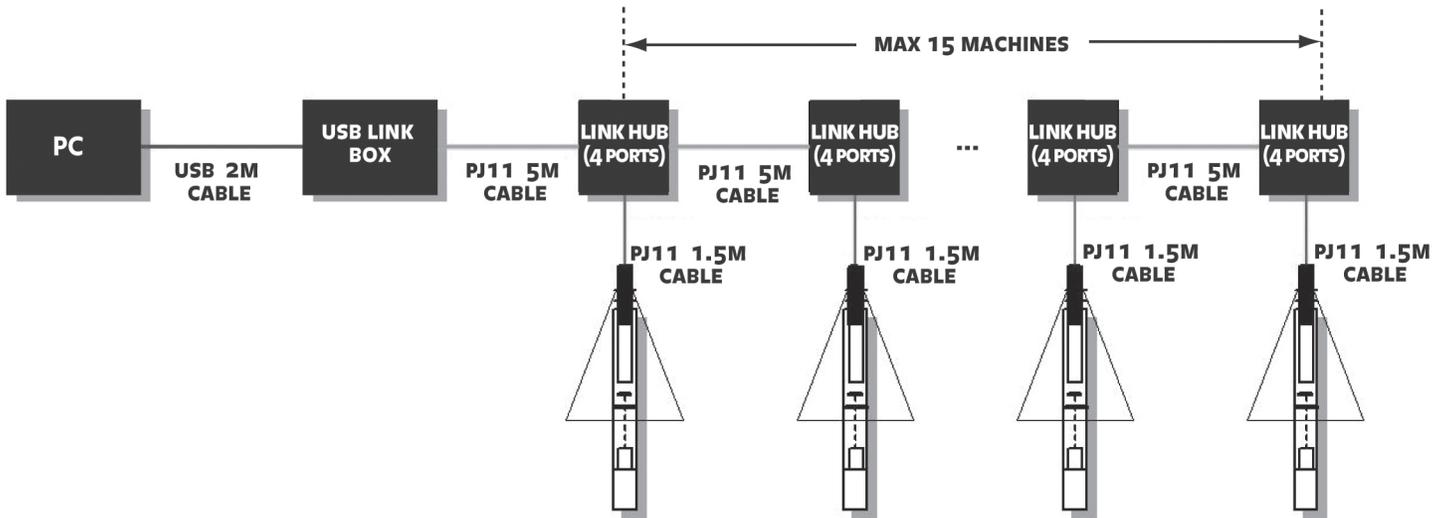
HOW TO CONNECT YOUR ERGOMETER(S)

Connect the [telephone style] LIN cable to the center [telephone style] port in back of the Ergometer console- if one single SpeedStroke or MultiStroke Ergometer connection is required only, connect the LIN cable to your 2 way black LIN box, (USB link box) then connect the blue USB cable to the USB port on your PC.

If multiple SpeedStrokes or MultiStroke are to be connected, connect the LIN cable to the central port in the back of each console- then connect in series to a 4 – way LIN connection hub- the final connection hub connected in series to the 2 Way LIN box-(USB link box) then connect with the Blue USB cable to the USB port on your PC.

All LIN cables, 2 way and 4 way LIN boxes and USB cables are provided with your new SpeedStroke or MultiStroke package.

Please see diagram below for connection protocol for Multiple SpeedStrokes or MultiStroke Ergometers.



iRACEEXPRESS **LANE SETTING**

In order for iRaceExpress software to recognize and allocate a specific race lane for each Ergometer- ensure that each Ergometer has been set with its unique lane number- between 1-10. For lane setting instructions, please see OnBoard Console instruction manual.

FOR SINGLE USE SPEEDSTROKES

Any lane between 1-10 will be recognized. Ensure that all consoles are switched live on and not sleeping.

Open iRaceExpress software.

Click "ERGOMETER" (SEE FIG. 1)

It is possible that if you are not registered yet you will see a message box requesting an eLink registration number. You will need to contact us to purchase and receive this license number. Once you have received this Alpha Numeric number- install it in the dialogue "registration" box as requested.

ONCE YOU ARE REGISTERED

FOR AUTO SEARCH: Click "SEARCH" button. (SEE FIG. 2) Your Ergometers' unique console number should then be populated in the Lane menu box. (SEE FIG. 3) It is also possible to input this manually – using the Console number but easier and quicker is the Auto Search button.

Once your iRaceExpress software has recognized your OnBoard Console click "OK."



FIG. 1



FIG. 2

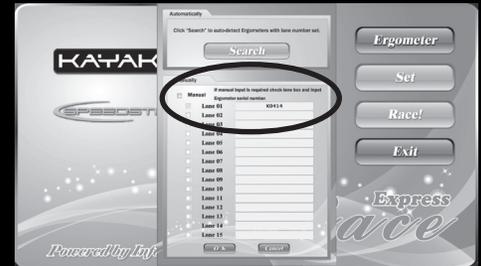


FIG. 3



Click **"SET"**

You now have input options:

- Set either Distance or time. (Only one can be input dependant upon the button checked)
- Input preferred distance (Target) or time.
- If you require your results post race to be saved – enter a Save to location or file.
- Input the Race number- if required.
- Input the participant names in the lane boxes (up to 10). The "first name" box input only will appear on the Race Screen.
- Input the Athlete's weight in Kg (Default weight will be 75 Kg if no weight is input).
- The drop down "User" tab should be set to user – unless you are introducing Virtual "pace" paddlers, or blank – if there are no entrants in a particular lane.
- If no virtual pace paddlers are required- just enter the name, and weight of the live athletes. If virtual pace paddlers are required, see next page (page 006.)

Programmable Virtual Pace paddlers can join your session, the data for each one of these Virtual competitors can be pre-set and programmed, by Name, Speed and also by split pace times.

Again make sure that “live” competitors have their own exclusive lane set on their console- and are not overridden by your programmable Virtual competitors.

VIRTUAL PACE PADDLERS

SETTING AND PROGRAMMING VIRTUAL PACE PADDLERS

Click either the drop down box adjacent to each lane, and select a lane “Pace Boat” or customize and pre- program these Virtual Pace paddlers by clicking “Pace Boat settings.”

Select your preferred “Pace boat” – from the drop down box at the top. Add Name (or not) input the 500m Pace time.



VITRUAL PACE PADDLERS (CONTINUED)

When you input the 500m pace time for your virtual paddlers the 4 x split times that make up that 500m will be auto-populated evenly (or as evenly as you selected pace will allow.)

You can then alter these segmented pace times to give a more interesting or real-life performance profile. These 500m Pace profiles you select will be followed in sequence for each 500m your virtual opponent paddles.

Once you have done this and set your Virtual paddler click "OK." Repeat for as many Virtual paddlers you need - (Up to 10) All previous inputs for Virtual paddlers' profiles will be retained until either changed or deleted.

Once the race entrants have been set and selected (both live and virtual)- then input the Target [Race distance] in meters or time on the FrmrcMgr dialogue screen. The Race number will increase automatically - on each Race start for a given session.

Click "OK"

Then you are now ready to Race - Click "RACE"

The full line-up of Race entrants will now be displayed on your screen. With a stationary "ATTENTION PLEASE" instruction.

To move from "ATTENTION PLEASE" hit ENTER.

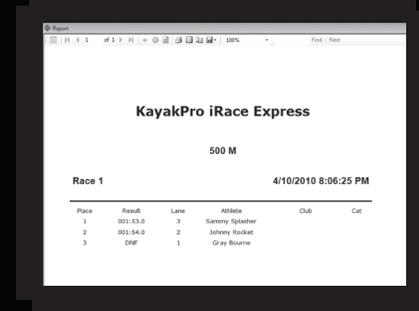
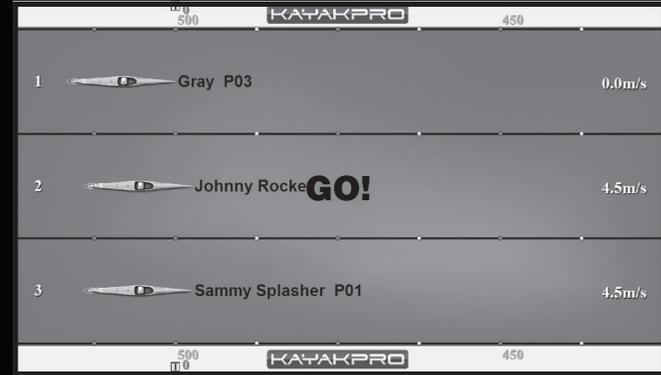


“START WITHIN 10 SECONDS” will then be immediately displayed in Flashing Yellow.

Then at variable and unpredictable time gaps “GO” will appear.

Once the race is finished- after 10 seconds an autofinish result report will be generated. This report can then be saved in an Excel or PDF file to your desired pre- set location -Or it can be printed.

If an athlete or athletes do not finish the course, the Automated Finish report will not be generated until the ESC (escape) button on your PC is pressed. Once the ESC button is pressed the Result report will be generated. The non- finishing paddler or paddlers will be described DNF.



WE HOPE YOU ENJOY USING YOUR iRACEEXPRESS SOFTWARE!

USER SUPPORT

Thank you for using iRaceExpress Software.
We welcome your feedback and suggestions.
If you have any ideas for improvement or for
additional features, please do hesitate to
email us: **SALES@KAYAKPRO.COM**

YOU CAN PURCHASE iRACEEXPRESS ONLINE NOW!

ENGLISH SITE

[HTTP://KAYAKPRO.COM/SPEEDSTROKEGYM/IRACE.HTML](http://kayakpro.com/speedstrokegym/irace.html)

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For a full list of international dealers go to:
www.kayakpro.com/speedstrokegym/dealers.php
www.kayakpro.com/multistroke/dealers/

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MULTISTROKE

SPEEDSTROKE GYM