NETATHLON®
VERSION 2XF

KAYAKPRO

NETATHLON®
KAYAKING | 2XF

USER GUIDE

Table of Contents

Installing NetAthlon 2XF for KayakPro

Your NetAthlon 2XF for KayakPro experience begins by running the software's setup file. Your installation starts when you double click on the .exe (setup) file icon available via CD or online download. A screen pops up allowing you to Run, Save or Cancel the setup process. By clicking Run, you move from setup to installation without saving the .exe file to your computer. The Save option allows you to keep a copy of the .exe file to your Documents or Downloads folder within your hard drive. You will need to click the .exe file from this folder to install NetAthlon 2XF for KayakPro. If you click Cancel from the .exe prompt, you will not be able to install the program.

After the .exe file runs through its initial download, you will be asked to Run or Don't Run the full installation process. Click Run to proceed with installation of NetAthlon 2XF for KayakPro or click Don't Run if you aren't quite ready to add this program to your computer. The setup program for your computer appears and guides you through the installation process. Click Next to move from the initial InstallShield screen to the Medical Disclaimer and License Agreement.

The Medical Disclaimer and License Agreement must be accepted before NetAthlon 2XF for KayakPro is added to your computer. By accepting the Medical Disclaimer, you understand that you are responsible for any pre-existing conditions and health problems that may affect your ability to use the software. The License Agreement is a standard disclaimer allowing you to operate NetAthlon 2XF for KayakPro only on your computer. Follow the on-screen directions to complete the installation process.

The final step in the installation process for NetAthlon 2XF for KayakPro is to optimize courses. The Optimization Screen offers two options: Normal and Manual Optimization. The Normal Optimization process automatically optimizes all courses available after download. This optimization option is the default because it prepares the course graphics files in a way that loads the course data and renders the graphics the fastest way possible for you system, In rare cases, the Normal Optimization method will cause NetAthlon to fail when starting a session, or the graphics will be mostly black or have strange shapes. Refer to the FAQ or Troubleshooting section to learn how to remedy this problem if it occurs. Once the setup has finished, you will need to restart your computer before you can start NetAthlon

You will want to determine if new product updates exist on the internet. Staying updated with the latest Netathlon XF software is important for keeping your product running smoothly. Use the UPDATE SOFTWARE button on the main menu OR you can go into the Fitcentric Folder in your start menu and select the "Check for Updates (NetAthlon 2 XF for Rowing) " tab. In either case follow the prompts until the update process is complete.

Authorizing NetAthlon 2XF for KayakPro
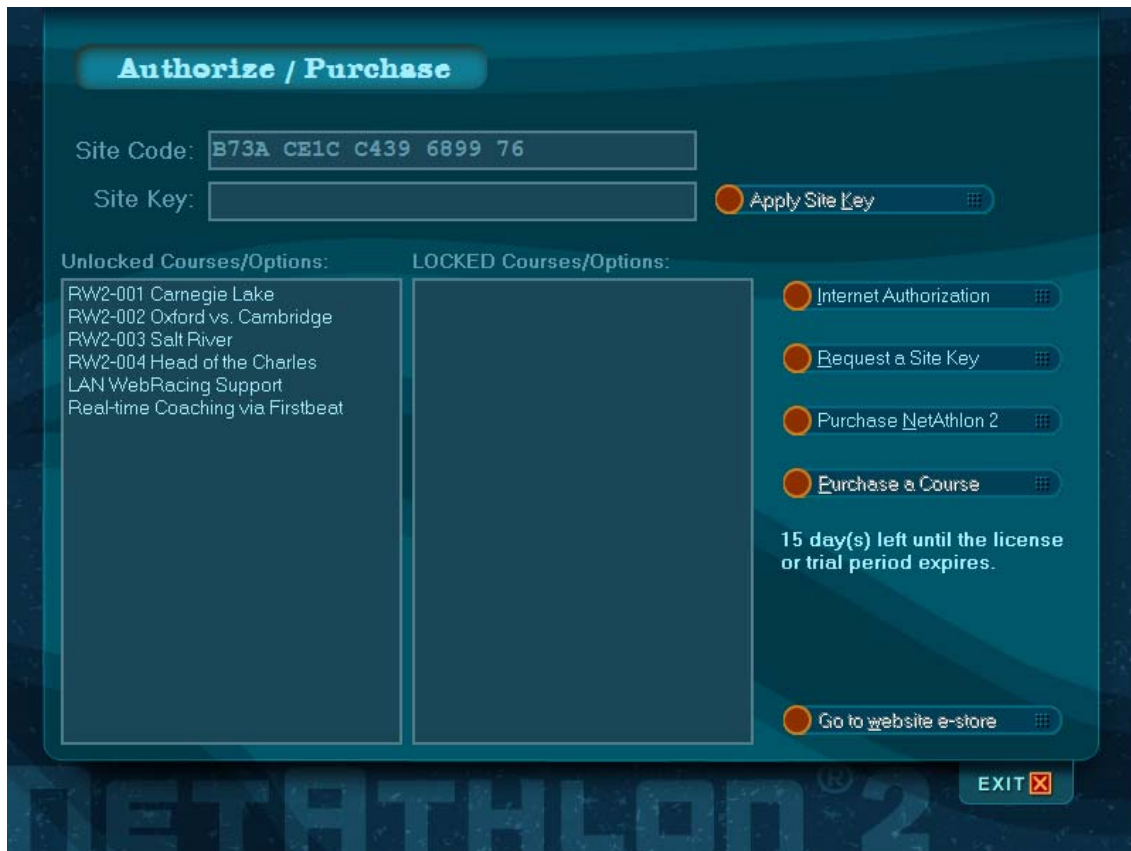
NetAthlon 2XF for KayakPro starts with a 15-day trial period. If you decide that you want to purchase the full version, click on the Authorize and Purchase icon at the bottom of the Main Menu. A pop-up screen will ask if you want to exit NetAthlon 2XF for KayakPro in order to use the Authorization Manager. Click Yes in the screen to proceed or click No if you wish to continue using the software in its trial period.

The Authorize/Purchase Screen shows your Site Code, Site Key, Unlocked Courses/Options and Locked Courses/Options. The right side of the screen features four options for authorization and purchase:

Internet Authorization: If you have already purchased NetAthlon and have a Serial Number, this will unlock the software and purchased courses for use on the installation computer.

Request a Site Key: If you have already purchased NetAthlon, but have a problem with Internet Authorization.

Purchase NetAthlon 2: If you have not purchased NetAthlon and the trial period has expired. You will need to go to http://kayakpro.com/virtuarace to order the license.

Purchase a Course: If you have already purchased NetAthlon and want to purchase a license to unlock an additional course. You will need to go to http://kayakpro.com/virtuarace to order the license.

Main Menu Options

Your experience with NetAthlon 2XF for KayakPro begins from the Main Menu. The Main Menu connects you to customization options for sessions, information on software updates and opportunities to add new courses to NetAthlon 2XF for KayakPro. In the following pages, you will become more familiar with these features and how they can improve your experiences with NetAthlon 2XF for KayakPro.

Web Racing Sign In

The Web Racing Sign In link at the upper right of the Main Menu allows you to start your online exercise experience. Use your web browser to visit http://login.GameSpy.com to receive your free account, which will allow you to use the Web Racing feature on NetAthlon 2XF for KayakPro. After opening your account and verifying your email, you need not return to this website again to use the software's live racing features. Enter your email and password from the GameSpy Arcade account. Your GameSpy Profile should appear in the GameSpy ID combo box once you enter your email and password:

GameSpy ID: This will contain all profiles for the given email address. You must have previously set up a GameSpy profile at http://login.GameSpy.com, and you must use the email address and password used to create the account.

Refresh: After you enter a valid email and password, click Refresh to re-populate the combo box with all GameSpy IDs for the GameSpy account.

New: Click New to create a new GameSpy ID. You must already have created a GameSpy account for the given email address at http://login.GameSpy.com.

After signing into Web Racing on NetAthlon 2XF for KayakPro, click Live Racing in the Main Menu to choose the appropriate server.

Live Racing
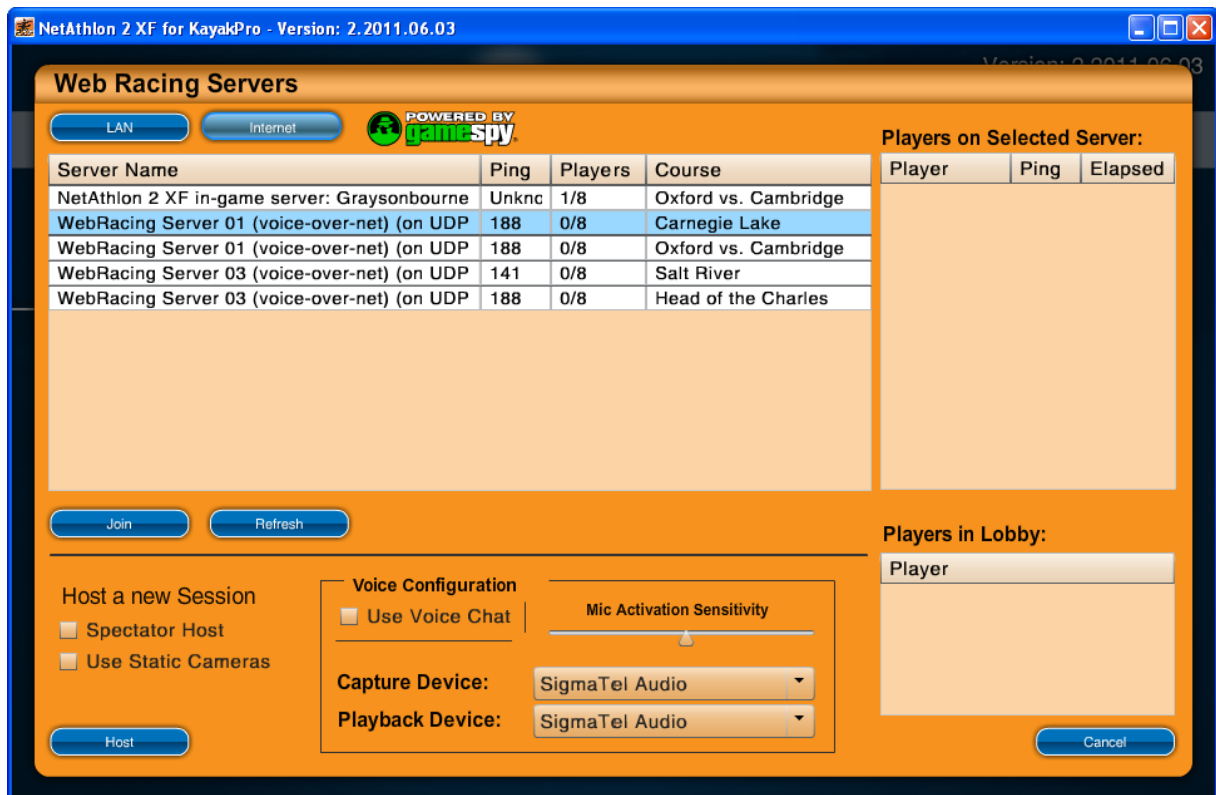
After logging into the Web Racing Sign In section of the Main Menu, click Live Racing to join or host an Internet session. The larger space in the Web Racing Servers menu lists existing servers hosted by other users of NetAthlon 2XF for KayakPro. Learn about the live users in a particular server by clicking on a server name and looking to the right in the Players on Select Server list. Each server features a unique name, a ping rate (connection speed), the number of players and the course in use.

Select a server in the list then click Join below the servers list to enter the game. If you do not find a server immediately in the Web Racing Servers list, click Refresh to find out if any new servers are opened. You may find that existing servers feature undesirable ping rates, numbers of players and courses for your needs. If you cannot find an existing server for you, it is possible to create a server from the Web Racing Servers list.

Before starting your own server, you will see two options in the Host a New Session section of the Web Racing Servers screen. The first option asks about Spectator Hosting. By checking Spectator Hosting, your computer will host a server on NetAthlon 2XF for KayakPro but not be a participant. You can participate fully in your hosted session by unchecking Spectator Hosting. The second option is Use Static Cameras. By

checking Use Static Cameras, the progress of all participants will be followed from fixed cameras throughout the course. Unchecking static cameras means that a single camera will shift from participant to participant throughout the course.

Start your own server at NetAthlon 2XF for KayakPro by checking the Host icon at the bottom of the screen.
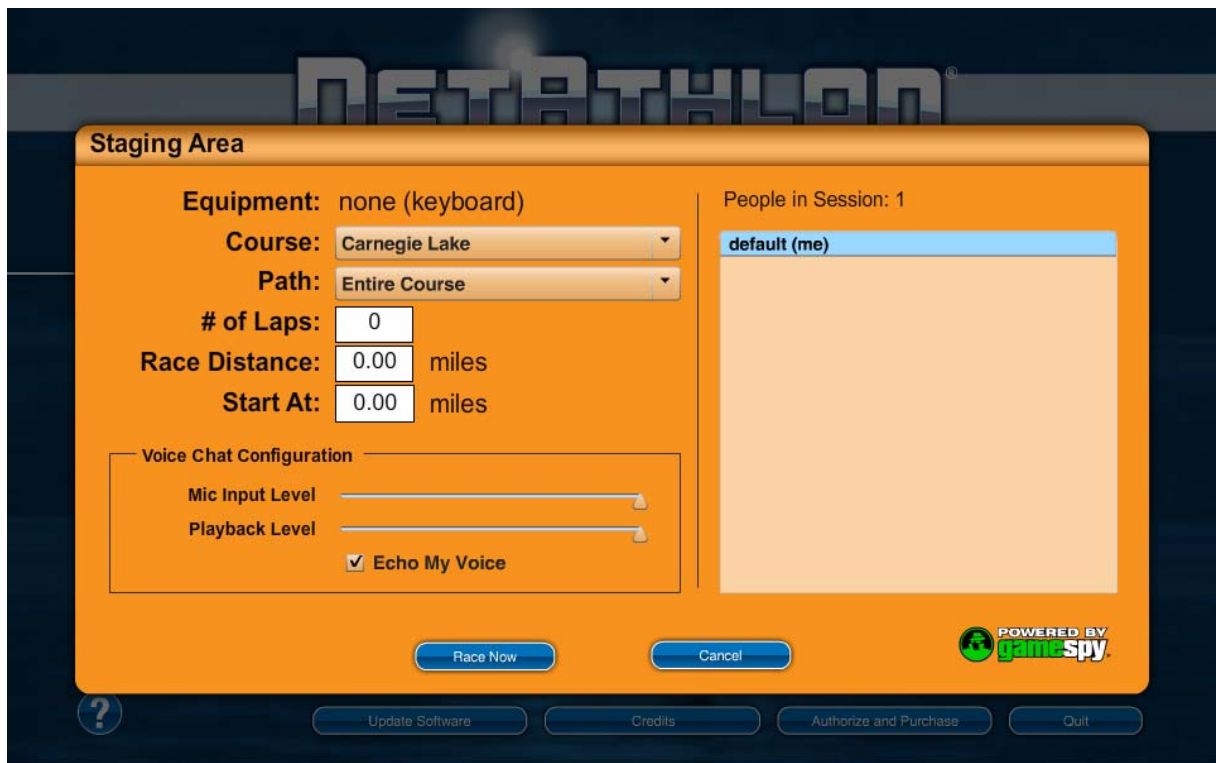
The Staging Area screen allows you to customize the following features of your session:

- Course

- Path

- # of Laps

- Race Distance

- Start At (for late arrivers entering your ride)

If you are using Internet instead of a Local Area Network (LAN), you will be able to use Voice Chat by clicking on Voice Chat on the Web Racing Servers screen. After activating Voice Chat, you can select from different capture devices (microphones) and playback devices (speakers). Adjust the Mic Input Level (the sound coming from your microphone) and the Playback Level (the sound coming from other players) using the

slider controls in the Staging Area screen. To test your mic input level and playback level settings, you can check Echo My Voice. With this option checked, you can speak into your mic and hear your own voice through your speakers. Once you are satisfied with your settings, you will want to uncheck Echo My Voice. Once you are ready to start the session, press Race Now at the bottom of the screen to begin a live session. To return to the Web Racing Servers list, click Cancel at the bottom of the screen.

Note: When hosting an In-Game server session, the Host should be the last person of the group to press Race Now, as this will control the 3-2-1-Go countdown.

In Session Special Function Keys –

In all 2XF products, we have assigned Specific key strokes for special viewing functions when in race sessions. These keys only work during a WebRacing Virtual Reality Session.

Key Press	Function
"TAB' Key	Toggles between Full Screen, Data View and Course View
"O" Key	Rotates View
"V" Key	Changes Camera View Perspective
"Esc" Key	Shuts down race and goes back to MENU screen
'Enter" Key	Does a quick 180 degree rotation for a few seconds to show you want is behind you and then rotates back to forward view

Virtual Competition
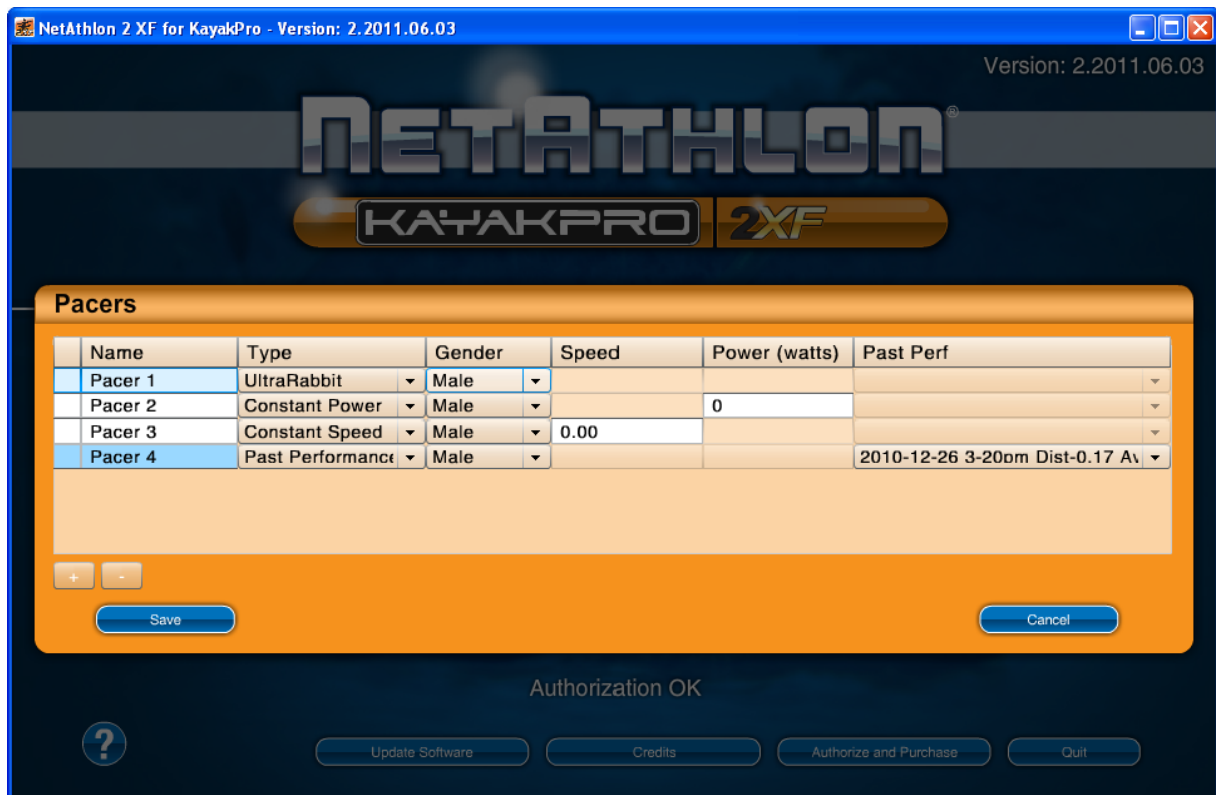
When you click on Virtual Competition from the Main Menu, a screen appears with numerous criteria for your virtual pacers. To add or subtract pacers from your next session, click on the + button or – button in the lower left hand section of the pop-up window. The default name for each virtual rower is Pacer followed by a number. You can rename a pacer by clicking in the grid cell and typing the new name. Each pacer can be given a male or female avatar by scrolling through the Gender menu.

Every pacer can be customized with four performance settings including UltraRabbit, Constant Power, Constant Speed and Past Performance. The UltraRabbit pacer type creates an avatar that will observe your performance and row slightly faster than you. It will occasionally slow down and let you pass, then speed up to pass you. Constant Power allows you to set a pacer's power from start to finish that is adjustable by entering the desired power in the appropriate box. Constant Speed allows you to set a pacer's speed from start to finish that is adjustable by entering the desired speed in the appropriate text box. The Past Performance option allows you to assign a pacer to mimic your performance from a previous NetAthlon session. The Past Performance grid cell will contain all of your past performance for the selected course. Click on the cell to scroll through the list of past performance files.

Session Setup

The session setup screen allows you to customize your avatar along with the duration of your session. After customizing any of the following sections, click the Save button to save your work or the Cancel button to return to the Session Setup screen.

Gender

The Gender section of Session Setup allows you to choose between a male and a female avatar. Click the Up or Down arrow within Gender to choose your avatar.

Boat Style

The Boat Style screen shows a thumbnail image of your kayak.

Custom Texture Folder

The Custom Texture Folder button allows you to select a folder containing alternate textures for the avatars.

Course Selection

The Course Selection screen allows you to customize your experience on the currently selected course. You can click the Course combo box to choose your course. The following options allow you to further customize your virtual rowing experience.

Reverse Direction: By selecting Reverse Direction, you will start at the end of the course and travel to the beginning of the course. Reverse Direction allows you to keep your rowing workouts lively after you have completed courses multiple times.

Turn Around at End of Course: By selecting Turn Around at End of Course, your avatar will complete one lap on the course in its standard direction. As you cross the finish line, your avatar will travel on a reverse path until you reach the beginning of the course.

Point of View: You can select from three points of view before you hit the course. 1st Person simulates a view of the track from your avatar's eyes to make you feel part of the simulation. This view does not show your avatar's body or kayak. 1st Person + Boat simulates a view of the track from your avatar's eyes with the kayak visible at the bottom of the screen. 3rd Person places your view behind your avatar as if you were viewing your progress through a trailing camera. You will see your avatar's body in the 3rd Person view.

Course Setup

The Course Setup page allows you to select where you start each session in relation to your location on the beginning of the course. When you click Course Setup, you will see a window with the total distance of your selected course at the top. In the Start At edit box, enter how far into the course you wish to start your session by typing in the number or clicking the Up and Down arrows.

Race Style

The length of each session on NetAthlon 2XF for KayakPro is adjusted in the Race Style screen. The following features allow you to adjust session length based on your exercise goals:

# of Laps: Click the Up and Down arrows to determine the number of laps for each session. You can also click on the text box with your mouse and enter the number of laps with your keyboard. If you leave the number of laps at zero, you can continue to row on a course without a set finishing point.

Race Dist: At the top of the Race Dist screen, you will see the total distance of your selected course. Click the Up and Down arrows in Race Dist to set the length of your session on that course. You can also click on the text box with your mouse and enter

the distance with your keyboard. If you leave the session distance at zero, you can continue to row on a course without a set finishing distance.

Race Time: The Race Time screen allows you to limit your time on a selected course without regards to number of laps or session distance. Click on the text box to enter your race time in hours, minutes and seconds using your keyboard.

Personal Profile

Your Personal Profile page allows you to establish your preferred language, units of measurement and basic health metrics within NetAthlon 2XF for KayakPro. After customizing any of the following screens, click the Save button to save your work or Cancel to return to the Personal Profile screen.

Manage Profile

NetAthlon 2XF for KayakPro allows you to create multiple profiles to accommodate multiple users and exercise styles. Click on the Add button and enter your profile name to create your first profile. Select Duplicate and enter a new profile name to create another profile using the same settings as the original profile. You can eliminate unused profiles by clicking on the Delete button and clicking on the Yes button when asked if you are certain you wish to delete the profile.

Language

You can change the language used throughout NetAthlon 2XF for KayakPro in the Language Screen. The default language is English with German, French and Dutch available in the combo box.

Units

The Units screen features examples of US Standard and Metric units of measurement. These examples include distance, weight and format for your birth date. By selecting US Standard, you will see your paddling distances in miles, your weight in pounds and your birth date in the month-date-year format. The Metric format shows your paddling distances in meters, your weight in kilograms and your birthday in the date-month-year format.

Weight

Your weight is used in determining your heart rate during exercises. In order to enter your accurate weight, click Up or Down in the Weight screen until you have reached your current weight. You can also type your weight in the edit box.

Birthday

Your birthday helps NetAthlon 2XF for KayakPro determine your age, which can be used in determining target heart rate zones. Click the Up or Down arrow on the month, the date and the year until you have reached your birthday. You can also type your birthday in the edit box.

Target HR Zones

You can set Target HR Zones, which NetAthlon 2 XF will include in your session's saved data. This will help organize your performance data for import into other third party software. For a list of software that can analyze NetAthlon 2 XF session data, visit www.webracing.org. Click the Up or Down arrow on the Target HR Zone to set your maximum HR. You can also type your Target HR Zone in the edit box.

System Settings

The System Settings screen allows you to customize your interactions with NetAthlon 2XF for KayakPro. These features not only connect your exercise equipment and heart rate (HR) device to your computer but also adjust the visual and audio components of the program. After customizing any of the following screens, click on the Save button to save your work or the Cancel button to return to the System Settings screen.

Exercise Equipment

Your first step in the System Settings screen is to select the equipment used for each course. The default in Exercise Equipment is keyboard, which allows you to test out a course without setting up your equipment.

Once you are ready to work out on NetAthlon 2XF for KayakPro, you can select your exercise equipment KayakPro (USB). You can check or uncheck Auto Start/Stop Clock from this menu. When Auto Start/Stop Clock is checked, the session clock will not run unless your avatar is in motion.

External HR Device

Your KayakPro Ergometer has heart rate monitoring capabilities. This equipment will send your heart rate to NetAthlon 2 XF automatically. If your exercise equipment does

not measure heart rate, you can use an external HR device. Select None if your exercise equipment measures your heart rate. Otherwise select Suunto or FirstBeat if you have the external monitoring pickup and the device connected to a USB port.

Video Settings

The default video settings created during install have NetAthlon 2 XF appear in a window and on the first monitor if you have multiple monitors. You will want to change at least the Screen Resolution so that NetAthlon 2 XF occupies the entire screen. The Adapter combo box allows you to choose between multiple screens attached to the same computer. Your choices for Screen Resolution depend on your graphics card. NetAthlon will display a windowed option plus all resolutions the graphics system reports. Check the Widescreen Monitor option only if you are using a widescreen monitor and you select a resolution with a 4:3 aspect ratio. If you have a widescreen monitor and you select 1280 x 1024, you will want to select this option so that the images won't appear stretched. Nearly all recent graphics cards have wide aspect video resolutions so it is unlikely that you will check this option.

Video Optimization

You can adjust the quality of video during your NetAthlon 2XF for KayakPro experience with the Video Optimization screen. Click on Use Fix for Incompatible Graphics Card if NetAthlon 2 XF does not render the scene properly. Checking this option degrades the visual quality somewhat, so only check this option if you experience problems when it is checked. Click on the Quality combo box to choose one of five options ranging from Highest to Lowest.

Sound Settings

The Sound Settings screen will allow you to add background sounds and select speakers to enhance your exercise experience. Click on Enable Ambient Sounds to include background sounds like birds, fellow participants and wind in your session. From the Sound Device combo box, you can select None if you do not have speakers or check the speakers connected to your computer.

Fitness Data

The Fitness Data screen dictates how NetAthlon 2XF for KayakPro handles your fitness metrics during and after sessions. You can adjust how often fitness data is collected, where session information is saved and how session data is displayed. After customizing any of the following screens, click the Save button to save your work or Cancel to return to the Fitness Data screen.

Sampling Rate

The Sampling Rate is an interval at which your fitness metrics (heart rate, power, etc.) are saved for future analysis. NetAthlon 2XF for KayakPro sets the sampling rate at a default of 15 seconds. Review the combo box to find your ideal interval rate from one second to five minutes.

Saving Method

Your fitness data can be saved to a folder on your computer for future use. NetAthlon 2XF for KayakPro allows you to determine how you are prompted to save fitness information:

Ask Whether to Save: After you have exited each session, you will be asked whether you want to save fitness data from that session. This prompt will allow you to save by clicking the Yes button or discard the data by clicking the No button.

Automatically Save: By selecting Automatically Save, your fitness data will be saved in your dedicated folder without prompting.

Never Save: By selecting Never Save, your fitness data will not be saved to your dedicated folder.

Saving Location

The Saving Location is where all of your saved information will be placed on your computer. When you click on Saving Location, a screen with all of your computer's drives will appear. In addition to your hard drive, PC users can access the Flash or removable disk drives. Click on your preferred drive and select a folder where your information will be placed.

Statistics

The Statistics page allows you to select up to nine metrics that appear on the bottom of your Race Screen. These metrics include: Speed, Time, Distance, Lap, Heart Rate, Stroke Rate, Power (Watts), Show Pace (Not Speed) and Distance in meters/yards. Check the metrics that you want included on the Statistics page.

Display Settings

Your Display Settings options start when you select how many participants will appear on the leader board. The combo box allows you to select 1 to 8 other participants or All if you wish to see all participants on the leader board. Other options in the Display Settings menu include:

Only Live Rowers in Leader Board: By checking this feature, the leader board on the upper left section of the race screen only features human participants. If you leave this feature unchecked, both human and computer-generated participants will be listed on the leader board.

Show Names of Other Rowers: By checking this feature, each avatar will feature a name above its head. These names will also appear on the leader board next to the distance traveled.

Show Speeds Above Other Rowers: By checking this feature, the current speed of each avatar will be shown above its head. You can leave this feature unchecked to keep your view clear of other avatar speeds.

Additional Options on the Main Menu

Along the bottom of the Main Menu screen, you will see multiple icons that lead you to more information on the website. These icons include:

NetAthlon Website: Exits the NetAthlon 2XF for KayakPro Main Menu and takes you to the NetAthlon website.

Question Mark (?): Exits the NetAthlon 2XF for KayakPro Main Menu and takes you to the NetAthlon 2XF for KayakPro User Guide.

Update Software: Exits the NetAthlon 2XF for KayakPro Main Menu and brings up the Easy Update screen. Click next on Easy Update to find the latest updates for NetAthlon 2XF for KayakPro.

Credits: Brings up list of credits for the producers and designers of NetAthlon 2XF for KayakPro Menu.

Authorize and Purchase: Exits the NetAthlon 2XF for KayakPro Main Menu and takes you to the Authorization Manager.

Quit: Exits the NetAthlon 2XF for KayakPro Main Menu completely.

Selecting Courses

On the right hand side of the Main Menu, you will find a combo box with a list of rowing courses. Click on the combo box and move your mouse up and down to look at courses available through NetAthlon 2XF for KayakPro. The center of the screen features a screenshot of the selected course. Click Up or Down around this screenshot to flip through course thumbnails. You will have four courses available: Carnegie Lake, Oxford v. Cambridge, Salt River and Head of the Charles.

The Race Screen
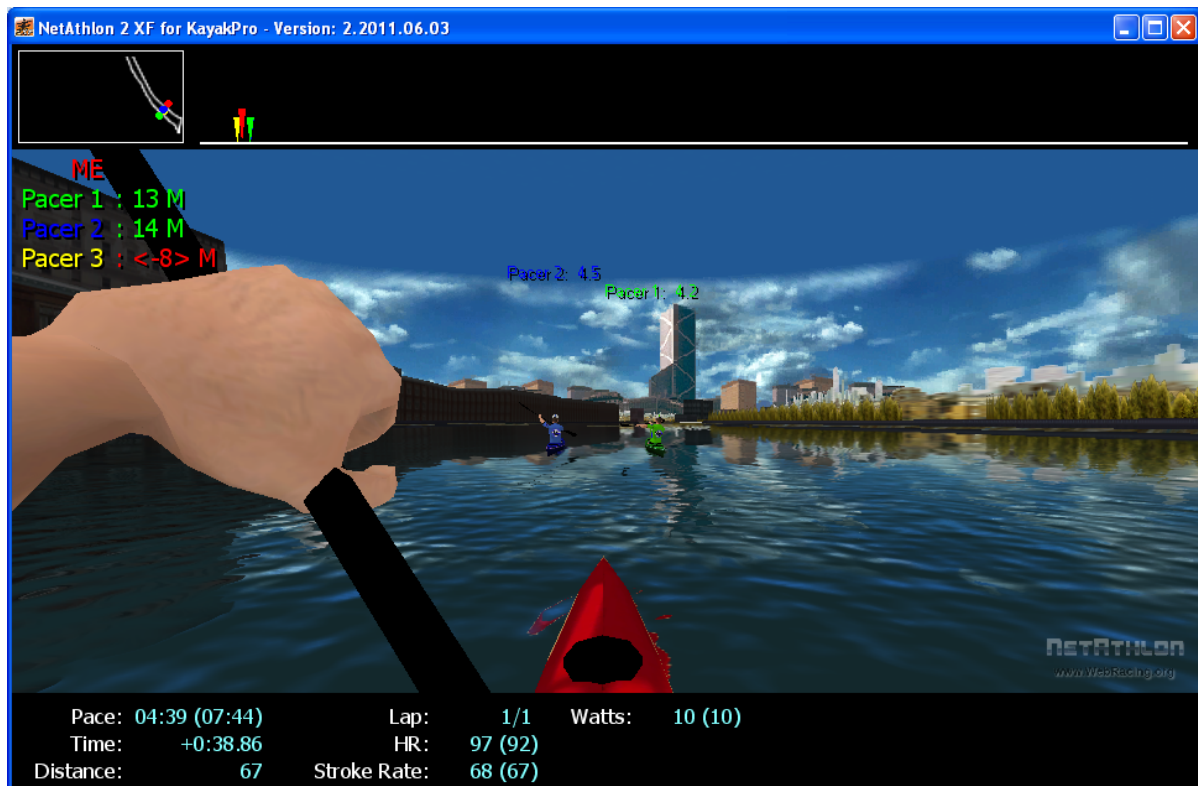
First Person with Boat View, Oxford v. Cambridge

Third Person View, Carnegie Lake

At the top of the Race Screen, you see a profile view of the course. This view offers a visual representation of your location compared to pacers and live participants. The upper left part of the screen contains the Leader Board, where you will see color-coded names and the relative distances from your avatar.

The bottom of the Race Screen features a list of metrics that show your progress in a particular session. You can adjust these metrics by heading to the Fitness Data screen prior to your race. These metrics include:

Speed: Indicates your speed in miles per hour (MPH). The parenthetical number is your average speed during your current session.

Time: Indicates your total time on the course.

Distance: Indicates your distance traveled on the course. The distance units depend on how you configured NetAthlon 2 XF, either miles or kilometers.

Lap: Indicates your current lap number. In sessions with a limited number of laps, you will see your current lap first and total laps second.

HR: Indicates your heart rate. The parenthetical number is your average heart rate for the entire workout.

Stroke Rate: Indicates the number of paddle strokes per minute. The parenthetical number is the average number of strokes per minute during the current race.

Power (Watts): Indicates the power produced by your kayak in terms of watts. The parenthetical number is the average power produced during the current race.

Keyboard Shortcuts in the Race Screen

NetAthlon 2XF for KayakPro features shortcuts from your keyboard to allow customization of settings without leaving the race screen. These keyboard shortcuts including:

Down Arrow: Reduce speed by 0.5 MPH (when using keyboard as your exercise equipment).

End: Stop your progress completely (when using keyboard as your exercise equipment).

Escape: Exit your session in NetAthlon 2XF for KayakPro at any stage in your session.

I: Switches the camera view from your avatar to other avatars in both first-person and third-person viewpoints.

S: Resets a solo or hosted web racing session.

Up Arrow: Speed up cycling by 0.5 mph (when using keyboard as your exercise equipment).

V: Alternates between first-person, first-person with boat and third-person viewpoints in your session. By pressing this button, you see the standard first-person view, the first-person view with your kayak and the third-person view.

Tab: Alternates your view of the course between Letterbox, Classic and Plain. The Plain view features no map or exercise metrics.

Exercise Equipment and NetAthlon 2XF for KayakPro

Before connecting exercise equipment to your PC, you can test out NetAthlon 2XF for KayakPro using a keyboard. Your keyboard or joystick allows you to learn the paddling path for each course, get a feel for the software and customize settings before connecting your exercise equipment.

NetAthlon 2XF for KayakPro supports the KayakPro Ergometers:

Consult the instructional manuals for your exercise equipment to learn how to connect to your PC.

<h1 style="text-align:center">Frequently Asked Questions</h1>
<h3 style="text-align:center">Product Introduction</h3>

- What is NetAthlon?

- What is WebRacing?

- What are the minimum system requirements for NetAthlon software?

- Do I need the Internet to use NetAthlon?

Exercise Equipment

- What kind of equipment can I use with NetAthlon software?

- How do I connect my equipment to my computer?

- Is there a way to connect my fitness equipment if it is not supported by NetAthlon?

- What do I do if my equipment is supported but does not work?

Download and Authorization Issues

- Where do I go to download software?

- How do I preview additional courses?

- What do I do after my fifteen-day trial period has ended?

- How do I authorize courses and software using my serial number?

- How do I resolve firewall issues that prevent software authorization?

- How do I authorize software if I have exceeded my authorization limit?

- Is it possible to upgrade performance files from past versions of NetAthlon for NetAthlon 2XF?

Using NetAthlon Features

- How do I race others using NetAthlon software?

- How do I customize characters in NetAthlon software?

Troubleshooting

- How do I resolve an /E-Access Violation problem on NetAthlon 2XF?

- What can I do to resolve graphics issues after I download NetAthlon software?

- If my screen freezes as NetAthlon starts, how do I resolve this issue?

- How do I resolve the problem of slow software downloads?

- What can I do if NetAthlon 2XF says that it is still running even after exiting the program?

- How do I resolve issues with a specific course?

- Is it possible to resolve distortions of moving paddlers in NetAthlon 2XF?

Customer Service

- How do I order NetAthlon products?

- Do you ship outside of the United States?

- What is your return policy?

- Can I speak directly to someone about sales and software support?

- How do I become a dealer of Netathlon software?

Frequently Asked Questions

Product Introduction

- What is NetAthlon?

  - NetAthlon is fitness software that allows users to connect compatible fitness equipment to their home computers. This software is available in multiple sports including kayaking, rowing, running and cycling to meet your fitness needs. Once NetAthlon software is downloaded, it is possible to race against simulated competitors without an Internet connection. Our free WebRacing feature allows you to compete against other

NetAthlon users from around the world. NetAthlon software can be downloaded by users anywhere on Earth with little more than a computer and Internet access.

- What is WebRacing?

   o WebRacing is an online utility that allows NetAthlon users to connect with other competitors without leaving their homes. This virtual racing utility provides a simple interface for rowers, cyclists and runners in search of competition. Your WebRacing experience starts with sign in from the NetAthlon main menu.

- What are the minimum system requirements for NetAthlon software?

   o NetAthlon 2XF requires a Pentium 4 CPU, 512MB RAM, DirectX 9-compatible graphics card with 128MB memory and Windows XP. We recommend a Nvidia or ATI graphics card with 256 MB memory for optimal performance.

- Do I need the Internet to use NetAthlon?

   o You do not need the Internet to use NetAthlon if you are interested in competing against computer-generated racers. You will need to have an Internet connection in order to participate in WebRacing sessions with other NetAthlon users.

Exercise Equipment

- How do I connect my equipment to my computer?

   o Review the instruction manual for your exercise equipment to determine how it connects to your computer. The NetAthlon software will recognize your KayakPro Ergometer after it is connected properly.

- What do I do if my equipment is supported but does not work?

   o The most common connectivity issue for supported equipment comes when choosing a COM port within the software. Start by clicking the Start icon in the lower left hand corner. Within the Start menu, right click on Computer and select Properties. Click on Device Manager and proceed to Ports. After expanding the Ports menu, you will see the correct port name for your exercise equipment.

   o From the NetAthlon main menu, click on System Settings and then Exercise Equipment. Make sure that the Equipment name matches your equipment and proceed to the Port

combo box. Select the same COM port name found in your Properties search and proceed with your exercise session.

Download and Authorization Issues

- Where do I go to download software?

  o Click on the Software Download page link here to download NetAthlon software.

- How do I preview additional courses?

  o Click this link for NetAthlon 2XF courses. Click Download on each course you want to preview for fifteen days.

- What do I do after my fifteen-day trial period has ended?

  o Our fifteen-day trial period is designed for users interested in previewing our fitness software. You must purchase the software and accompanying courses after the trial to continue use.

- How do I authorize courses and software using my serial number?

  o In NetAthlon 2XF, click Authorize and then proceed through the Internet Authorization menu. With all scenarios, fill out contact information accurately to make the support process easier in the future.

- How do I resolve firewall issues that prevent software authorization?

  o If automatic authorization is stopped by your computer, it is critical that you send us your site code for manual authorization. The site code is an 18-digit code located at the top of the Authorization screen in NetAthlon 2XF. You will need to contact support@webracing.org with your name, serial number and site code to receive a site key. In the email subject line, write Site Key Request in order to expedite the request. This site key can then be used to authorize your software for full use. We will make every effort to respond quickly to your email but please allow 24 hours for a response.

- How do I authorize software if I have exceeded my authorization limit?

  o We can extend your authorization limit if you send a request to support@webracing.org.

- Is it possible to upgrade performance files from past versions of NetAthlon for NetAthlon 2XF?

  o Click on Start in the lower left of your computer screen. Select the FitCentric Products folder from your Programs list. Click Optimize NetAthlon 2XF Course Files and choose the Normal Optimization process to upgrade all performance files.

Using NetAthlon Features

- How do I race others using NetAthlon software?

  o You will need to create a GameSpy account in order to access NetAthlon's WebRacing feature. Head to the GameSpy page linked here before attempting log-in. After opening an account, use your GameSpy email and password to log into the WebRacing combo box on the NetAthlon main page. Proceed to the Live Racing icon on the main menu to find a WebRacing server hosted by another NetAthlon user. You can host your own WebRacing session by clicking Host from the WebRacing Servers menu.

- How do I customize characters in NetAthlon software?

  o Follow these instructions to customize your own characters in NetAthlon:

    ▪ Use the DDS converter linked here as a mirror for your screenshot.

    ▪ Click on Start, Computer, C Drive, Program Files, FitCentric Products, the name of your NetAthlon software (Bikes, Running, etc.), Characters, RoadBike and Textures.

    ▪ From the Textures folder, select a DDS file to act as a template (RiderMale_Red, RiderMale_Green, etc.).

    ▪ Use your DDS converter to convert this template and make the appropriate changes.

    ▪ Create a folder for your custom characters named Custom Textures within the RoadBike folder.

    ▪ If multiple people will use your copy of NetAthlon, create a distinct name for each file that can be easily identified.

    ▪ Access your custom bike or character by going to Session Settings from the main menu and selecting the custom texture folder. Find your custom files within the folder created in the earlier steps.

Troubleshooting

- How do I resolve an /E-Access Violation problem on NetAthlon 2XF?

    o   Start by determining if your NetAthlon software has the most recent updates. Open NetAthlon 2XF and click on Check for Updates from the main menu. If your software is updated, your computer may not have sufficient memory or graphics capabilities for the software. You should also check your graphics card manufacturer's website to see if there any new drivers available for the card. If these problems do not relate to your situation, you may need to head to the Video Settings section of your NetAthlon software. Common fixes for the "/E-Access Violation" issue include turning down Ambient Vehicle Density to zero and reducing shadow and shading options.

- What can I do to resolve graphics issues after I download NetAthlon software?

    o   We recommend a graphics card with a minimum of 256 MB to avoid graphics issues with NetAthlon software. You can run NetAthlon 2XF without a dedicated card or on an older computer by clicking Video Settings from the main menu. In order to run the software without graphics issues, select Windowed from the Video Settings menu and turn down the Ambient Vehicle Density.

- If my screen freezes as NetAthlon starts, how do I resolve this issue?

    o   This problem is common when using outdated NetAthlon software. Click Update Software from the NetAthlon main menu to determine if your version has pending updates.

- How do I resolve the problem of slow software downloads?

    o   From Internet Explorer, go to the Tools menu on your tool bar and click Options. In the Options menu, click on Security and click Exceptions. Type webracing.org into the Exceptions list to avoid slow or halted downloads.

- What can I do if NetAthlon 2XF says that it is still running even after exiting the program?

    o   This issue is related to a minor issue with the Athlon 64 X2 Dual Core processor and its AMD Cool'n'Quiet feature. We recommend that you click on this link to Microsoft Support website to download the latest AMD CPU driver to resolve this issue.

- How do I resolve issues with a specific course?

    o   Your course issue is likely related to the need to update your NetAthlon software. Click Update Software on the main menu of any NetAthlon software to see if there are updates available. After your update is finished downloading, click the Start menu at the

bottom left of your computer screen. Look for the FitCentric Products folder in your list of programs and click Optimize NetAthlon 2XF Course Files. On the list of courses to optimize, click your desired course and then Start. After your course has been optimized, exit the optimization screen and restart your NetAthlon software.

- Is it possible to resolve distortions of moving paddlers in NetAthlon 2XF?

  o These distortions may be caused by incompatibility between your graphic card and the software. Click System Settings from the NetAthlon main menu. Select Video Optimization from System Settings and check Use Fix for Incompatible Graphics Card.

Customer Service

- How do I order NetAthlon 2XF for KayakPro?

  o Please go to http://kayakpro.com/virtuarace to order your license code online.

- Do you ship outside of the United States?

  o We ship all of our products worldwide.

- What is your return policy?

  o Our Return Policy does not allow for refunds on software purchases. We will issue a refund minus 10% restocking fee for products aside from software within 14 days of delivery if the product is returned in its original wrapping. You are responsible for shipping returns.

- Can I speak directly to someone about sales and software support?

  o You may call our sales department at (608) 238-2989 for any product or support questions.

NETATHLON

USER GUIDE

WebRacing, LLC
Madison, Wiscosnin, USA
www.webracing.org