

User Guide Virtual Race Runner 5.1.0

Visual Race Runner (VRR) is running App for iPhones and Apple Watch that works in Always-Run or Run-Walk modes. The user operates the App through App Views, called Pages on the Phone and Screens on the Watch, to setup, control and monitor race progress. On the Phone, navigation uses a bottom Tab Bar at the Bottom of the Page. On the Watch, the users uses horizontal swipes to navigate to different screens . This guide is primarily illustrated through the use on the Apple Watch Screens. iPhones have analogous activities. When using the Watch the user should Enable Settings./Privacy&Security/Location Services and set Settings./Passcode to Off.

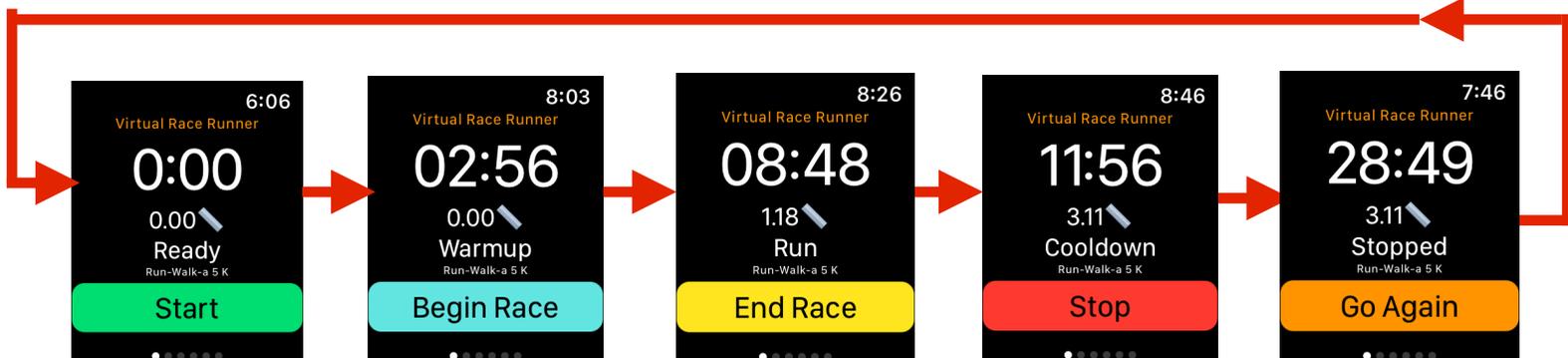
Race Sequence

The Primary way of using the VRR is accomplished using the Race Screen (or Page) A single button on the Race Screen is used controls the App and place it into its Active Mode, which includes a Race Phase. This button when single clicked sequences the App through a five phase sequence

1. Start
2. Warmup
3. Race
4. Cooldown
5. GoAgain

Each Phase transitions to the next phase and the sequence begins again upon the click of Go Again.

the Five(5) Phase Active Sequence



1. Start

Transition
at button
click only

2. Warmup

Transition
at button
click or
warmup
completes

3. Race

Transition at
button click
or race
distance
reached

4. Cooldown

Transition at
button click or
cooldown
completes

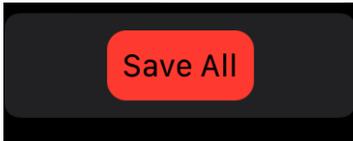
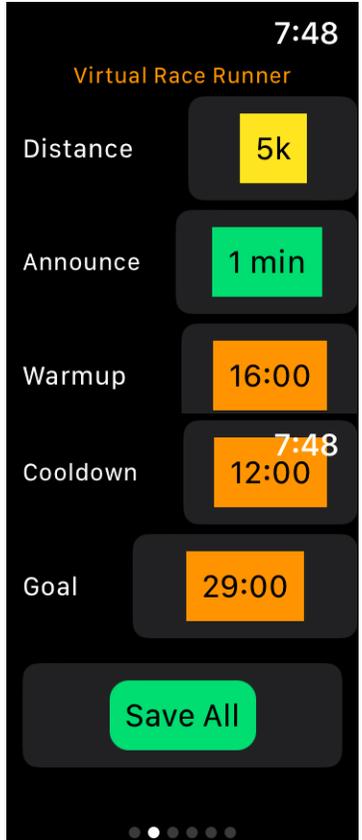
5. GoAgain

Transition
at button
click only
1

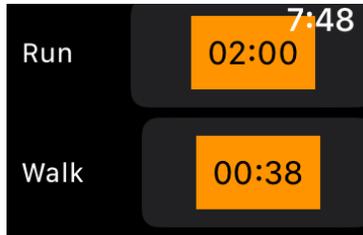
Settings

Settings are frequently changed by the user. And are controlled on the Settings View.

- **Distance** - Race Distance
- **Announce** - How often a time, distance, and goal announcement is made
- **Warmup** - time duration of warmup period
- **Run** (Run-Walk Only) - time duration of run interval
- **Walk** (Run-Walk Only) - time duration of walk interval
- **Cooldown** - time duration of cooldown period
- **Goal** - time goal for this race distance



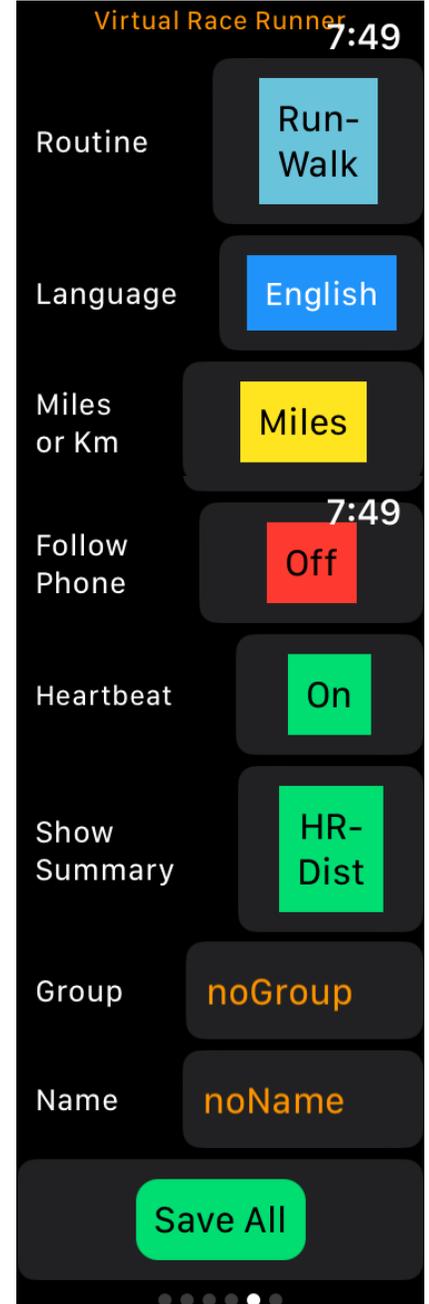
Save Settings Button (if Red save is needed)



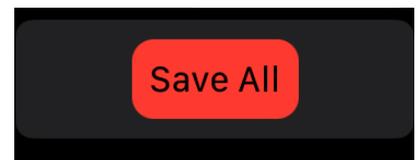
Preferences

Preferences are only occasionally changed by the user and are controlled on the Preferences Screen(Page). After a preferences change the App must be closed then opened again for the changes to take effect.

- **Routine** - Always Run or Run-Walk
- **Language** - English only for now
- **Miles or Km** - distance shown in miles or kilometers
- **Follow Phone** (Watch Only) - Watch is not Standalone, but acts a remote control for Phone
- **Send to Watch** (iPhone Only)- Send Results to Watch (Watch must have Follow Phone On)
- **Heartbeat**-(Watch Only)
 - Off - do not use heartbeat
 - On-Silent - show and record heart rate
 - On-Speak - show, record heart rate and speak it every pace announcement
- **Group** - user group - disabled for now
- **Name** - user name - disabled for now



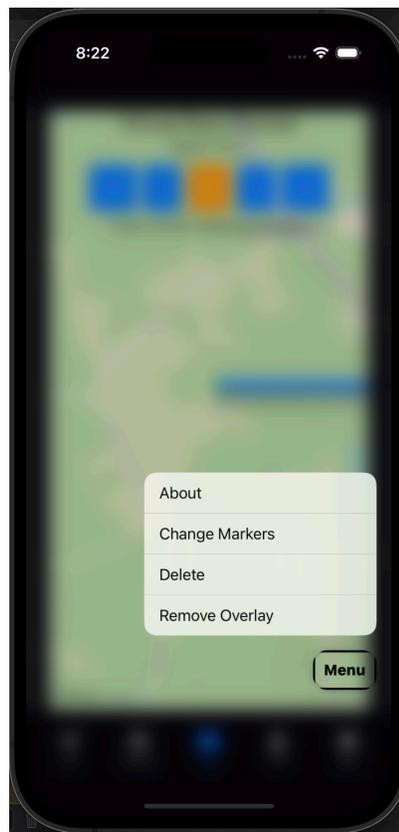
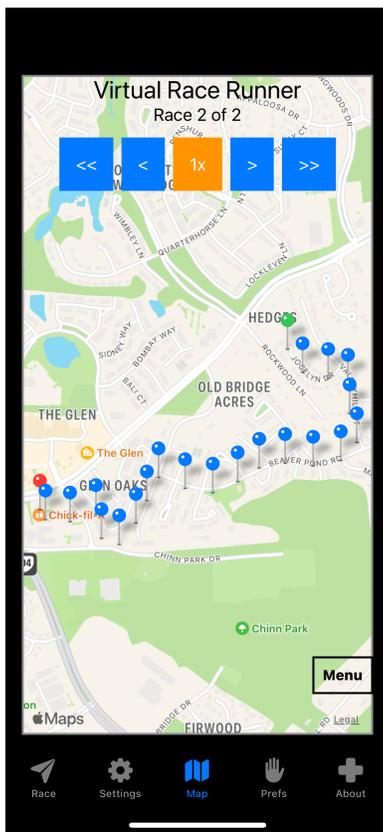
SavePreferences
Button (if Red
save is needed



Map Page (iPhone Only)

After a race, the user can review the results of the race on the Map Page . The Map Page shows the track of the race with the green pin at the start and the red pin at the finish. The user can scroll through previous races using the selector at the top of the page with the most recent race shown first and the oldest race shown last. A Hard Press on the Menu Button reveals 4 options.

- About - shows the data on this Race Page,
- Change Markers - changes the marker density in a low, mid or high density.
- Delete this Race - erases this showing race after a yes on a confirmation dialog
- Remove/Show Overlay - removes or shows selector at the top of the page



Analysis (Watch Only)

After a race, the user can review the results of the race on the Analysis Screen. The Analysis Screen shows important race statistics, the settings in effect during the race and the heart-rate at four points in the race.

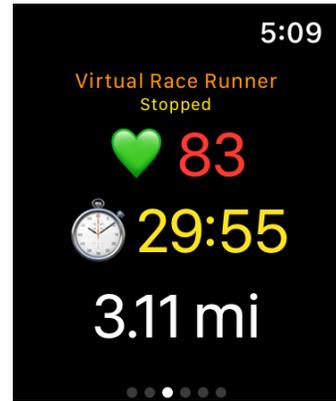
7:48
74%
Virtual Race Runner
About this Race
Jun 13, 2023 at 6:47 AM
Run-Walk
Time-28:49
Distance-3.11mi
Pace-9:15 per mile
Warmup=16:00
Cooldown=12:00
Goal=29:00
Run Duration=02:00
Walk Duration=00:38
at Start ❤️ = 47
at Begin Race ❤️ = 57
at End Race ❤️ = 153
at Stop ❤️ = 85

Summary Screen (Watch Only)

As a higher visibility alternative to the Race Screen. The user can choose to have the use the Summary Screen during a Race. The user must start the race on then Race page then can change to the Summary page at anytime. The Summary page offers five options that provide continuous readings of race progress. The Summary View controlled by Show Summary on the Preferences View



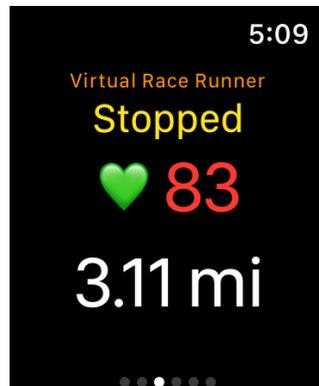
HR-Dist-Time



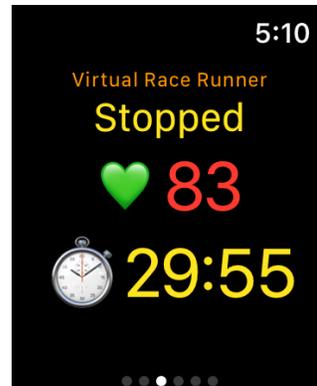
Dist-Time



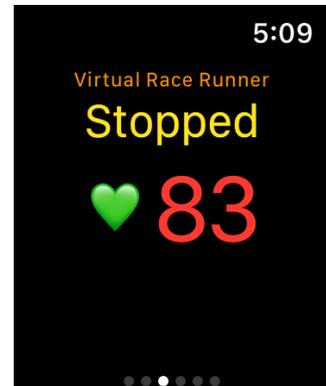
HR-Dist



HR-Time



HR Only



A zero(o) and red heart indicates that heart rate is off on the Preferences View

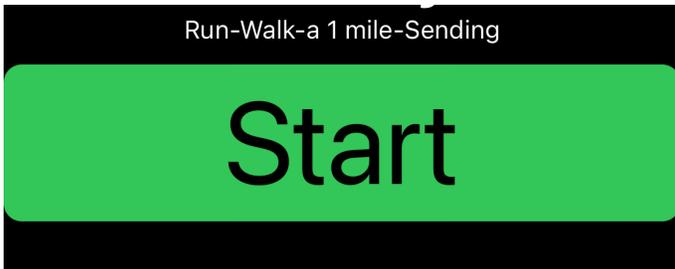


Watch as Remote Control

(Watch and iPhone Only)

As a special feature, Virtual Race Runner has an Active operating mode that allows the user to use their phone but have the watch serve as a remote control. This allows the user to use phone features, like a music App, but still view race progress and heart-rate on the Watch. Both the Race Screen and Race Page Button can be used to march the Phone App through the five Phase Sequence. The Active sequence of the App must be started on the Phone with the click on Start. The user should set Settings/General/Return to Clock to After 1 hour on the Watch for best results when using this mode

Phone Race Page



Phone



Watch



Watch Race Page

