Downhills

GARMIN APPLICATION

User manual

Date of last revision

july 02, 2025

Table of contents

Important information regarding the process of purchasing and installing the application

As the procedure is not automated, the response to your purchase always takes place, in principle, within 12 hours maximum, by sending a confirmation email.

If despite everything you have not received a response from me within this period, check that your PayPal address is correct, or that my response has not fallen in your spam box.

Thanks in advance.

Given its complexity, and the number of features offered in this app and, as well as the time required for its development and maintenance, the price of this application is set to

<div align="center">

12 USD

</div>

Please note that this is a one-time purchase (no subscription, no renewal of purchase , etc).

In other words, your purchase and activation code are valid ... lifetime!

In order to be able to calculate your personal activation code, please send me an additional email which will contain the following information:

your ID number, appearing in the pop-up window each time the application is started (as a valid activation was not entered in the application).

You can also find this identifier by going to the following menu:

« **Tools → Activation Code → ID Number** »

Upon receipt of your email containing this identifier number, I will reply to you by sending another email, which will therefore contain your activation code as well as some other additional information that could be useful.

Trial period / testing the application

Users without a registered license have the possibility to start a session and test the application for a maximum of 20 minutes, each day. During this period, all data and metrics are properly calculated, and will therefore be saved into the FIT file.

Arrived at the end of the 20 minutes, the application will then automatically switch to pause / stop session mode: here, you will always have the possibility to browse all the screens (to see the results on the screen), or to leave the session, either saving it or ignoring it.

The duration of 20 minutes can be combined on the same day: 1 session of 20 minutes, or 2 sessions of 10 minutes, etc.

Entering the activation code

To enter your activation code:

• just launch the Downhills application installed on your watch (list of your apps + **START** key) then, enter its menu (long press on the UP key or swipe left) then go to:

Tools menu → Activation Code → Unlock Code

If the code corresponds to what it should be, a popup window informs you of the success of the operation; otherwise, you are prompted to repeat the operation (perhaps you made a mistake in entered on one of the digits of the code?).

Your identifier number is unique and corresponds only to the application which it has been calculated for, so you will not be able to transfer it to another application, or otherwise.

Despite all the care taken in this application, it could remain some hidden bugs, or possible malfunctions (who knows?). Therefore, thank you to contact me directly by email to inform me rather than posting bad comments on the site, I will then do what is necessary to fix the issue as soon as possible. Thank you in advance.

Please, feel free to enjoy !

Features offered by the application

A complete application to manage all your sessions involving the repeated use of courses or downhill skiing, snowboarding, snowfeet, cross-country skiing, downhill mountain biking, longboarding on the road, inline/roller skating, downhill skating, etc.

It is available in 4 languages (English, French, Spanish, Italian) for models with at least 1024 KB of useful memory, and only in English for models with a lower memory.

The main advantage of this application is to allow you to record courses or descents that you practice regularly and, thus, to be able to compare your performances each time you make a session on these same courses or descents, all of almost automated way!

You can automatically generate or manually create up to 20 different courses, which will be then stored permanently on the watch.

However, you do not need to use this feature, you can also use the application as a complete recording of your session, which will then contain all the important data stored in the FIT file.

Height screens are available:

▪ **screen 1**: Main screen (current speed, the altitude you are in, the temperature, the total distance traveled, the speed threshold indicator selected, the time in stop / pause mode, or the chrono mode walk, and the GPS signal quality indicator (green = good, orange = medium, red = poor or nonexistent), and the type of activity in progress (as an icon)

▪ **screen 2**: screen of the current session (temperature reminder, heart rate with colored FC zones, times of ride and transition periods, distances of ride and transition periods, average and max speeds of the session, the positive and negative elevations on the session) -> see the descriptive image below for more explanations

▪ **screen 3**: graphical representation of the performances on a course or descent recorded in the list of courses, with the addition of the time (in the format 12/24 hours) and the current speed -> see the descriptive image ci below for more explanations

▪ **screen 4**: encrypted performances for a course or a descent selected in the list -> see the descriptive image below for more explanations

▪ **screen 5** of the global statistics: the total duration of all sessions combined, the total distance, the maximum speed, all sessions combined, and the total time and distance data for ridden and transition periods

▪ **screen 6**: map of the geographical area where you are located (make sure to choose in advance the ski detailed map in the map settings of your watch, if it has this feature, when you practice a winter activity)

▪ **two end-of-session screens**: display a summary of the main data obtained during the session

In the FIT file, the following data are saved:

— **as graph**:
▪ speed (Garmin default data)
▪ altitude (Garmin default data)
▪ the negative and positive elevations
▪ caloric expenditure during the session (Garmin default data)

— **in the activity summary area**:
▪ the total duration + total distance of the ridden period (summary)
▪ the total duration + total distance of the transition period (summary)
▪ the difficulty of the session (summary)
▪ the notation of the session (summary)

— each run / descent performed is recorded as a lap with, as recorded data, the chrono, the average speed and the max speed

Despite all the care taken with this application, and depending on the technical changes made to the development SDK by Garmin, as well as possible malfunctions linked to the firmware of each model (bugs introduced by Garmin, installation of beta versions on your watch, etc.), the application may not behave as expected. Consequently, rather than publishing bad comments on the site, please contact me directly by e-mail to inform me of the problem, and I'll do what's necessary to rectify it as soon as possible.

Thank you in advance.

If you have a Strava account (linked to your Garmin account), all of the compatible FIT data will also be automatically transfered to it.

— *Note*

all the options set in the menu are permanently saved into the watch so, no need to configure them each time you launch the application.

Watch models compatible with the application

Rather than listing all the watch models for which the application is compatible (it would be far too long!), I'm going to indicate the non-compatible models here instead, so if your model doesn't appear in the list below, it means that your watch is indeed compatible with this application:

The download of the applicaion is available on the Garmin Connect site, here: https://apps.garmin.com/apps/0f15d864-4fa4-4cb7-9983-2eb93aa41564

Once the application is installed on the watch, you can see the release informations by going to the "**Tools → App Version**" menu.

Non compatible models
Approach S60
D2 Bravo
Descent G1 / Instinct 2-2S-2X-E-Crossover
Tous les compteurs vélo (série Edge)
Fenix 3-3 HR
Forerunner 230-235-630-735xt
Forerunner 55
Forerunner 920XT
Tous les GPSMAP
Montana / Oregon / Rino 7 Series
Vivoactive / Vivoactive HR

Entering the activation code

For all watch models, the activation code is entered directly from the application menu:

launch the app from your watch (select it in the apps list then press the **START** key), you enter the main screen of the app then, long press to the **UP** key (or swipe left on touchscreen devices) then go to "**Tools → Activation Code → Unlock Code**"

When your activation code is not already set and saved into the app, you will find, within this menu, your ID number instead.

When starting / launching the application

You will be first greeted with a welcome popup screen. This screen, which will be displayed during about 5 seconds, also shows you the current version number of the application, which allows you to see, at a glance, whether it is up to date or not.

Preparing and using the app

▪ launch the application, like any other application

▪ first, you should set the application to your needs (background color, units, etc.). To do this, enter the application menu (long press the **UP** key) and select the parameters at your convenience. All the choices made in the menu are permanently stored on the watch so there is no need to re-enter them each time the application is launched

▪ it is also up to you to choose the kind of your activity, and to determine a minimum speed threshold that will differentiate the transition periods from the ridden periods (**Options → Speed - Settings** menu). This speed threshold must correspond to the estimated speed of the ski lift that you are able to take, or the maximum speed at which you will climb the slope to join the start of your descent.

Currently, you can choose up to 8 different types of activities:
▪ skiing
▪ snowboarding
▪ cross-country
▪ downhill mountain bike
▪ inline / roller skating
▪ downhill skating
▪ other kind of downhill activity
▪ other kind of flat activity

▪ the Wide Screen allows you to have only the essential displayed on the screen, in larger font (this can be useful especially for people with eyesight difficulties, or wishing to focus on the essentials of displayed data). This screen is fully configurable, with the possibility to display 4 data for the top and bottom fields, and 2 for the middle field. Also, you can set a retroactive display delay when the application is paused (the minimal screen remains displayed for a few more seconds to allow you time to view the data displayed before returning to the other screens of the application). See image below for more details.

▪ finally, launch the session by pressing the **START** key

How the application works

— <u>downhill activities:</u>

▪ at the bottom of the resort / downhill, before going to the chairlift or going up the slope, you start the session by pressing the **START** key, this initiates the calculation of the so-called transition period (period during which you do not ride, but which nonetheless counts as session time)

▪ then, you climb up the slopes, comfortably installed on your seat. Arrived at the top, you position yourself at the beginning of what you consider as your descent then, you press the **LAP** key of the watch in order to start the calculation, and you run for your descent. At the end of it, you stop completely, then the calculation stops automatically too, and the chrono, descent speed and max speed data are automatically recorded for this descent; the active course then becomes the descent you have just performed

▪ thus, if you want to go up again to make the same descent, the data calculation will start automatically when you reach the same starting point (no need to press the LAP key again), and so on. Each descent is recorded in the FIT file as a lap, giving you the ability to view Garmin Connect's performance on each descent

▪ if you wish to descend / run on another course during the same session, it's very simple: go to the starting point of this new course then, press the **LAP** button again, this starts the chrono on this new course; at the end of the course, press the **LAP** button again to end the lap; the course data as well as the route information are then automatically recorded and saved into the list of your routes

▪ to end the session, you just have to press the **START** key and choose to save the session or not (in case of backup, you will have the possibility to indicate the difficulty of the session (or the difficulty of the downhill, or a general difficulty level), as well as your general feeling about the day's session

▪ in this mode, the auto-pause feature is disabled by default, just because you are not supposed to take a break during your downhill ride !

— <u>other flat or non downhill activities:</u>
▪ start the session by pressing the **START** key at the beginning of your session

▪ once you arrive at the start of what you consider as your course, you press the **LAP** key to start the calculation of the data

▪ you ride on your course; you can enable the auto-pause feature in the **Option → Speed Settings** when you want to take a break, the application starts automatically when you are get speed again

▪ at the end of the trip, press the **LAP** key again to stop the calculation; chrono data, course speed and max speed are automatically recorded for this route

▪ if you wish to do this route again, you just have to select it from the list of your routes, start the session by pressing the **START** key, and reach the starting point of the route. Arrived at the starting point of the route, the application will start automatically and, unlike the initial recording, the calculation will end automatically when you have reached the final distance of the route, so there is no need to press the **LAP** button again ! And so on...

▪ if you wish to run on another course during the same session, it's very simple: go to the starting point of this new course then, press the **LAP** button again, this starts the chrono on this new course; at the end of the course, press the **LAP** button again to end the lap; the course data as well as the route information are then automatically recorded and saved into the list of your routes

▪ to end the session, you just have to press the **START** key and choose to save the session or not (in case of backup, you will have the possibility to indicate the difficulty of the session (for example if you skied a blue or red, or rather black, run, or general difficulty level), as well as your general feeling about the day's session

For these three types of activity, another day after, when you want to compete on a course / downhill recorded in your list of courses, then simply choose it and select it from this list, start the session down the station, and let the app do the rest!

In all cases:

▪ you can record a maximum of 20 different routes in the route database

▪ a default name is automatically assigned to the new course / descent, name that you can change later at your convenience (15 alphanumeric characters maximum) to better characterize each of your routes / descents.

Using the application

— scrolling between screens is achieved by just pressing the **UP** or **DOWN** key. When the wide screen is displayed, **UP** and **DOWN** keys change the type of data displayed on the top and bottom fields

— you can pause the session by pressing the **START** key then "**Pause**" menu, and resume recording with a second press on the same key then, "Resume » menu (pause = orange dots, active = green dots, stop = red dots)

— to end the session, you press the **START** key, a menu appears, proposing you to either reject or save the session. Then, a summary screen will be proposed to you, summarizing the main data of the session

— to quit the application in stop mode (when no session has been started), click on the **LAP** button, not on the **START** button

— the current time is displayed in the following 3 modes: when the application is waiting to be started, in pause mode, and in the minimalist screen otherwise, the timer is displayed.

— the course menu allows you to manage all your routes / descents recorded permanently into the watch. This menu allows you to:
▪ create a route / descent whose distance and initial altitude are previously known by you, which you can enter manually
▪ select a route / descent to be used during your session
▪ automatically obtain the coordinates of the starting point of a route (if you created a route manually without having entered the GPS coordinates)
▪ rename and change the distance manually for each course
▪ reset the scores made on a course
▪ individually delete a course, or all courses in the list
▪ choose a free distance, which will be calculated automatically at the end of your course / descent (complete stop / zero speed - downhill mode, or by pressing the **LAP** key - flat or non downhill mode)
▪ view the best scores for each course in the list. The "Info" menu presents the list of courses with, for each course, the full name, distance and altitude difference, then the scores achieved (best time - best average speed on the descent - best speed max)

– Note

when entering a new route manually, at the end of the process, you have the option of entering the coordinates (LAT-LON) of the starting point of the route, if you know them, or want to do it. These coordinates are to be entered in the degree-decimal format, and you can do this using the characters which are provided to you in the picker.

But, you can also leave these 2 values as "empty", by validating these two data by the choice "**Ok**" from the first character provided; the route will then not contain any starting GPS coordinates.

However, you can get them automatically in two other ways, later:

▪ you do not want to make a run on this course: go to the starting point of the route, enter the courses management menu, select the course in question then, go to the "**Get GPS coordinates**" menu, and click on the **START** key to confirm. Then, GPS coordinates are automatically retrieved and saved in the course

▪ you wish to make a run on this course: go to the starting point of the course and press the **LAP** key to start the course (the GPS coordinates are automatically and immediately retrieved and saved into the course data) , for which the chrono continues to scroll to the end of the total distance of the route. Here, the chrono does not start automatically because, at the starting point, the GPS coordinates are unknown, hence the obligation to have to start the chrono by pressing the **LAP** key. On the other hand, at the next chrono on this same route, the chrono will start automatically, since the GPS coordinates are now known by the app.

Geolocation screen / go to the starting point of a route

This screen allows you to visually navigate to the starting point of the selected route (if there is one).

Operation:

▪ in stop/pause/run mode, the dark blue cursor indicates the course to follow to reach the starting point of the route, depending on the orientation of the watch (pause mode or near-zero speed) or the course followed. North at the top of the dial, west at the left, south at the bottom, and east at the right, like a compass rose

▪ when a course is saved (or has just been created) in the application, the GPS coordinates of the starting point are known and saved for this route

▪ once the route has been completed and completed, you are N meters / kilometers from this starting point, the screen then automatically switches to "search for the GPS starting point" mode

▪ to return to this starting point, nothing could be simpler: align the blue cursor with the black line located to the north of the dial then the direction to take is straight ahead of you!

▪ the closer you get to the POI and the more the distance value decreases, the colored central circle will remain red up to a distance of 33 yards then, will change to orange, yellow, light green and dark green, by decrement of 5.5 yards. So, if you enter a perimeter of less than 16 yards around this POI, the circle will remain dark green, and you will know for sure that you are on the POI! Cool, right?

▪ and, when you are within this 16-yards perimeter around this point, the start of the stopwatch on the course is automatically restarted, and the screen immediately returns to the viewing performance mode on this course, and so on ...

The blue cursor indicates the course to take to head for the starting point. The black line, north of the dial, serves as a reference point which, when the cursor is aligned with this line, will indicate to you that you must go straight ahead

The screen is in performances view mode

Le curseur bleu est aligné avec la ligne noire située au nord du cadran, dirigez-vous droit devant vous, en direction du point de départ.

L'angle en degrés vous indique le cap à suivre, ainsi que la distance vous séparant du point GPS défini (en mètres ou en yards, selon l'unité sélectionnée dans votre montre)

Scores Menu

Access to score management is via the "Tools → Scores" menu.

View the global statistics

Ecran des statistiques globales / Global statistics screen

Menu to access global stats
Menu pour accéder aux stats globales

Scores

View
Global Statistics

Reset

Average values all over the session

Valeurs moyennes sur toutes les sessions

Max values reached during a session

Valeurs max atteintes au cours d'une session

Ecrans graphiques des 8 dernières sessions / Graphical screens of the last 8 sessions

The two displays alternate automatically with a delay of about 6 seconds.
Les deux écrans alternent automatiquement avec une temporisation de 6 secondes environ

Yellow: distance / Jaune: distance
Orange: max speed / vitesse max
Blue: average speed / vitesse moyenne

Green / vert: calories
Red: HR / Rouge: FC

Green / Vert: D+
Red / Rouge: D−

Reset data / scores

You have the option to reset two types of data:

- only the best scores: your records, better performances.

- all values: the best scores + all the data recorded over all your sessions ("Stat" screen)

Note that the reset is an irreversible function, all data will be lost after this action!

Assign values / scores

This feature allows you to manually assign a value to the data displayed on the "Stats" screen. This can be useful for example in the case of a replacement / change of your watch, and you do not want to loose all your global statistics. The data entry follows the same order as the data displayed on the "Stats" screen, to simplify your input.

Minimalist / Wide Screen

This screen presents the essentials and the minimum information, with an extended font (time, chrono, current speed, and colored arches - see the meaning of these arcs on the descriptive image below). This screen is easily readable during navigation, especially for surfers with a visual weakness and who can not wear their glasses in navigation.

What you can choose to display on this screen:

▪ **top**: time / current speed / average speed / max speed (orange) / distance / heart rate

▪ **in the center**: hour / chrono / alternate

▪ **below**: time / current speed / average speed / max speed (orange) / distance / heart rate

This screen is activated in the "**Wide Screen → Display** (Disabled / Enabled)" application menu.

When it is activated, it is displayed when the session is started and therefore active. When you put the session in pause mode, this screen disappears to make room for all other screens, so you can, for example, see your performance / detailed information when you pause. When you restart your session, the minimalist screen reappears again.

When this screen is selected and displayed:

▪ pressing the **UP** key changes the data displayed in the top field according to the selection you made in the **Wide Screen - Top Field** menu. On watches with a touch screen, a long press on the top area produces the same effect

▪ pressing the **DOWN** key changes the data displayed in the bottom field according to the selection you made in the **Wide Screen - Bottom Field** menu. On watches with a touch screen, a long press on the bottom area produces the same effect

You can also scroll through the data you've selected automatically, without having to press the **UP** and **DOWN** keys or the touchscreen. Each data item remains on the screen for around 3 seconds, then moves on to the next, and so on. You can select automatic scrolling independently for the upper or lower field, or both.

Note that when automatic scrolling is activated, you always retain control over manual scrolling by pressing the keys or touchscreen.

This automatic scrolling option can be activated or deactivated via the menu "**Wide Screen → Auto Scroll Up**" for the upper field, or "**Wide Screen → Auto Scroll Down**" for the lower field.

Change up data fields
Change les données du champ supérieur

Change down data fields
Change les données du champ inférieur

Current time over the best time achieved on this course
Green = you are under the best time, Red = you are above this best time
Chrono actuel par rapport au meilleur chrono réalisé sur ce parcours
Vert = vous êtes en-dessous du meilleur temps, Rouge = vous êtes au-dessus

Current average speed on the course over the best speed reached on it
Vitesse moyenne actuelle du parcours par rapport à la meilleure vitesse atteinte sur ce parcours

Time / Current or average or max speeds / Distance
Heure / Vitesses actuelle ou moyenne ou max / Distance

Chrono (green = session is running, orange = pause, purple = chrono launched for the course)
Chrono (vert = session active, orange = pause, violet = chrono lancé sur parcours)

Time / Current or average or max speeds / Distance
Heure / Vitesses actuelle ou moyenne ou max / Distance

Remaining distance to ride
Progression de la distance parcourue

This screen is intended to be easily readable during navigation, with minimalist data displayed in wide font.
You can activate this feature by setting the option in the menu -> Wide Screen-> Activate on/off

Cet écran a pour but d'être facilement lisible durant la navigation, avec le minimum d'informations affichées en forte police.
Vous pouvez activer cette fonction dans le menu -> Ecran Minimal

GPS constellations

Due to hardware limitations imposed by Garmin on the firmware of their various watch models, this feature is only compatible with models that can support a version equal to or higher than SDK **3.2.x**.

If you find that your GPS track is not accurate enough, you can modify, directly into the application, the GPS constellation used by the application. You will have the choice between several constellations, only those which are compatible with your specific watch model, and available on it at a given moment. This option is activated by the menu "**Options → Constellation**", and thus avoids you having to do it outside the application, before its launch! Simpler, and faster than ever.
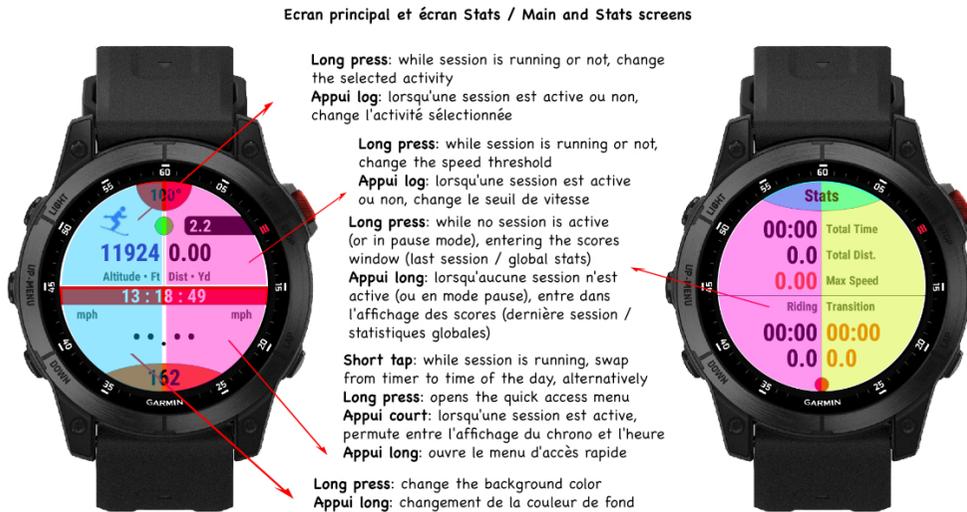
– Note

as Garmin updates your watch's firmware, the number and type of these constellations may vary in the future so, check the list in the corresponding menu from time to time.

Features specific to touch screens

On the majority of models with a touch screen (some older models are not compatible with this feature), you can directly access certain common functions via two types of screen shortcuts:

- a short press (just tap on screen) on a delimited area of the screen

- a long press, either on a delimited area, or anywhere on screen

Ecran principal et écran Stats / Main and Stats screens

Long press: while session is running or not, change the selected activity
Appui log: lorsqu'une session est active ou non, change l'activité sélectionnée

Long press: while session is running or not, change the speed threshold
Appui log: lorsqu'une session est active ou non, change le seuil de vitesse

Long press: while no session is active (or in pause mode), entering the scores window (last session / global stats)
Appui long: lorsqu'aucune session n'est active (ou en mode pause), entre dans l'affichage des scores (dernière session / statistiques globales)

Short tap: while session is running, swap from timer to time of the day, alternatively
Long press: opens the quick access menu
Appui court: lorsqu'une session est active, permute entre l'affichage du chrono et l'heure
Appui long: ouvre le menu d'accès rapide

Long press: change the background color
Appui long: changement de la couleur de fond

<u>Quick access menu</u>

On models with a compatible touch screen, and compatible with SDK version **3.4.0** minimum, a long press on the lower right area of the screen opens a quick access menu to certain functions, thus saving you from having to navigate the main menu and its sub-menus to access these functions. However, this function can only be used in stop or pause mode, to prevent this menu from being triggered during a session.

On compatible non-touchscreen models, access to this quick menu is via a long press on the **BACK/LAP** button.

First and second screens

Main screen / Ecran principal

Temperature (Celcius or Farenheit)
Température (Celsius ou Farenheit)

Altitude (meters or feets)
Altitude (mètres ou pieds)

Time / Chrono
Red = session stopped
Green = session is active
Orange = pause
Purple = course chrono

Heure / Chrono
Rouge = session arrêtée
Vert = session active
Orange = pause
Violet = chrono sur parcours

Enter the menu
Entrée dans le menu

Switch screens
Défilement des écrans

Current speed
Vitesse actuelle

36°
10.0
3042 5.63
Altitude • Mt | Dist • Mt
00 : 29 : 54
km/h   km/h
32.8

Session screen / Ecran de la session

Transition time
Durée périodes de transition

Riding time
Durée périodes de ride

GPS signal quality
Qualité du signal GPS

Speed threshold
Seuil de vitesse

Distance

Average speed
Vitesse moyenne

Best speed
Vitesse max

Temperature (Celcius or Farenheit)
Température (Celsius ou Farenheit)

Transition distance
Distance de transition

Riding distance
Distance de ride

Start/End session
Lancer/stopper session

Session status
Red = stopped
Green = active
Orange = pause
Purple = course chrono

Status session
Rouge = arrêt
Vert = active
Orange = pause
Violet = chrono

Pause/resume session

Current ascent and descent
Dénivelés positif et négatif

HR with color zone
Zone de FC avec couleur

21°
02:19 7174
01:35 6606
Time | Dist • Mt
Spd • km/h | D- / D+ • Mt
32.91 -32
37.12 29
140

Third screen 1 (graphical screen)

Performance on Course (Third screen) / Performances sur Parcours (Troisième écran)

Cet écran se met en fonction lorsque vous concourez sur un parcours déjà enregistré, et sélectionné dans la liste de vos parcours

Current time over the best time achieved on this course

Chrono actuel par rapport au meilleur chrono réalisé sur ce parcours

This screen shows up when you ride on a course already saved, and selected from the courses list

Current average speed over the best speed reached on this course

Vitesse moyenne du parcours sur la meilleure vitesse réalisée sur ce parcours

Time (12/24 format)
Heure (format 12/24)

Current speed (in system device units)
Vitesse actuelle (unité définie par la montre)

Remaining distance to ride
Progression de la distance parcourue

00:07
15.6
Spd

Third screen 2 (graphical screen)

Geolocation / Go to the starting point of a Course (Third screen)
Ecran de géolocalisation / se rendre au point de départ d'un parcours (Troisième écran)

Cet écran se met en fonction lorsque vous avez terminé de concourir sur un parcours

Match this cursor with the black line to go back towards the GPS starting point of the current course

Alignez ce curseur avec la ligne noire pour retourner vers le point GPS de départ du parcours

This screen shows up when you finish a ride on a course

Near (green) to far (red) from the GPS starting point

Proche (vert) à éloigné (rouge) du point GPS de départ

Angle between your bearing or heading and the GPS location of the starting point of the course

Angle entre votre cap ou orientation et la position GPS du point de départ du parcours

Distance left from the GPS starting point

Distance vous séparant du point GPS de départ

North / Nord
West / Ouest
East / Est
South / Sud
201 °
86
Mt

Fourth screen (timers screen)

Course Chrono Screen / Ecran Chronos sur Parcours

No course is selected and no course chrono is active
Aucun parcours sélectionné et aucun chrono sur parcours

C.--
0
Chrono | Chrono
-:--:-- | -:--:--
Speed | Speed
--.-- | --.--
Max Speed | Max Speed
--.-- | --.--

First chrono on the first course of the list
Premier chrono sur premier parcours de la liste

Green = GPS coords have been set for this course otherwise, it remains red
Vert = coord. GPS ont été récupérées sinon, c'est rouge

Distance of the course
Distance du parcours

Best scores of the course
Meilleurs scores du parcours

C.1
583
Chrono | Chrono
0:01:04 | 0:01:04
Speed | Speed
32.34 | 32.34
Max Speed | Max Speed
36.51 | 36.51

Chrono on course already known by the app
Chrono sur parcours déjà réalisé

Remaining distance
Distance restante

Best scores of the course
Meilleurs scores du parcours

Current scores of the course
Scores actuels du parcours

C.1
583
Chrono | Chrono
0:01:04 | 0:00:36
Speed | Speed
32.34 | 33.40
Max Speed | Max Speed
36.51 | 36.48

Stats and Mapping screen (compatible models)

Ecran Statistiques / Statistical Screen   **Ecran Carte + Fonctions touches / Map Screen + Key functions**

Total time over all the session
Temps total sur toutes les sessions

Total distance over all the session
Distance totale sur toutes les sessions

Best average speed ever
Meilleure vitesse moyenne

Best speed ever
Meilleure vitesse max

Total negative and positive gradient
Dénivelé négatif et positif total

Stats
4h34 | Total Ti.
14.0 | Total Dist.
32.87 | Avg Speed
33.12 | Max Speed
D- in Mt | D+ in Mt
4788 | 3877

1.9 k NE

Scroll up the different screens
Défile les différents écrans vers le haut

Launch the session
Opens the menu to pause / resume / save / abort the session
Lance la session
Ouvre le menu permettant de mettre en pause / relancer / sauvegarder / ignorer la session

Match this cursor with the black line to go back towards the GPS starting point of the current course

Alignez ce curseur avec la ligne noire pour retourner vers le point GPS de départ du parcours

Long press = enter the menu
Appui long = entrée dans le menu

Scroll down the different screens
Défile les différents écrans vers le bas

Manually start / stop a chrono on a new course
Lance / stoppe manuellement un chrono sur un nouveau parcours

End-of-session screens

First end of session screen / Premier écran de fin de session

Transition time
Durée périodes de transition

Riding time
Durée périodes de ride

Average speed
Vitesse moyenne

Best speed
Vitesse max

Transition distance
Distance de transition

Riding distance
Distance de ride

Current ascent and descent
Dénivelés positif et négatif

Start/Lap
02:40 | 8122
01:35 | 6606
Time | Dist • Mt
Spd • km/h | D- / D+ • Mt
32.91 | -34
37.12 | 35
to Exit

Second end of session screen / Second écran de fin de session

Average speed of the session over the best average speed made during a session
Vitesse moyenne de la session par rapport à la meilleure vitesse moyenne réalisée au cours d'une session

Max speed of the session over the best max speed made during a session
Vitesse max de la session par rapport à la meilleure vitesse max réalisée au cours d'une session

Distance of the session over the longest distance made during a session
Distance de la session par rapport à la plus longue distance réalisée au cours d'une session

Start/Lap
77 | 87 | 97
Avg Sp | Max Sp | Time
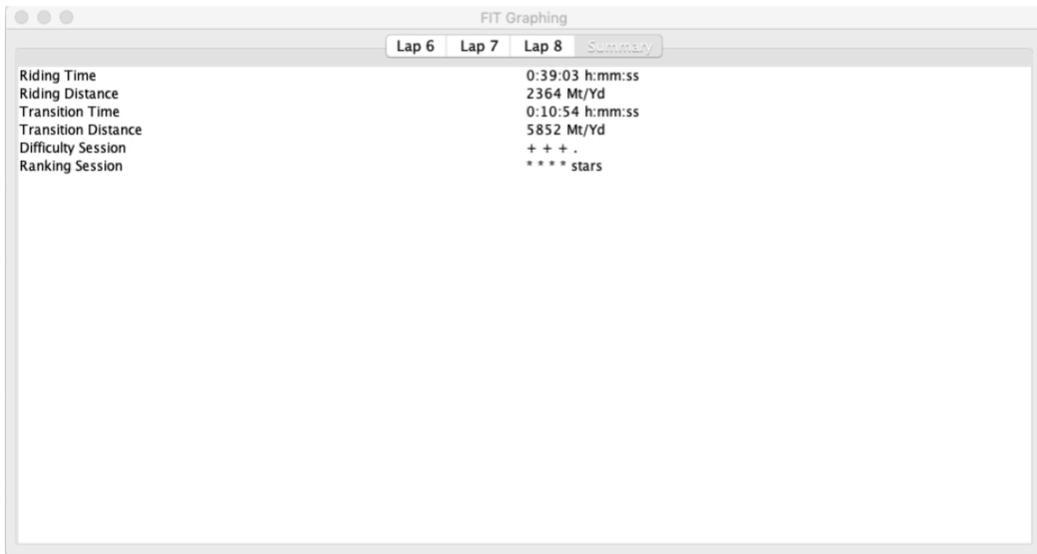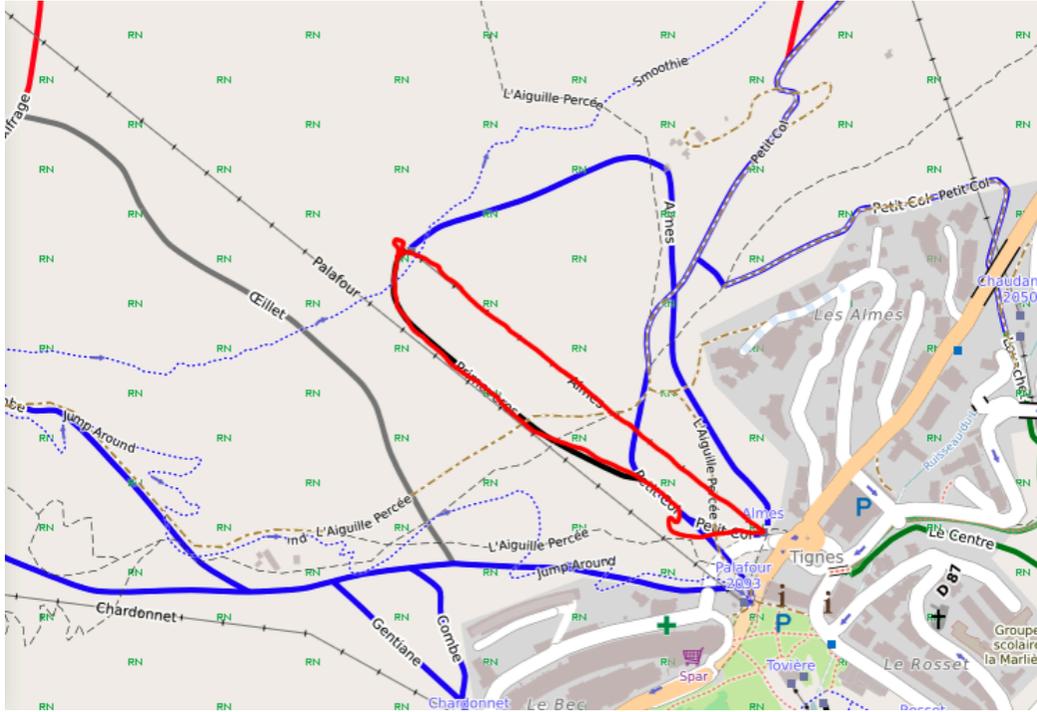Dist. | D- | D+
90 | 100 | 100
to Exit

Session time over the longest session time
Durée de la session par rapport à la session la plus longue

Descent of the session over the best descent made during a session
Dénivelé négatif de la session par rapport au plus grand dénivelé négatif réalisé au cours d'une session

Ascent of the session over the best ascent made during a session
Dénivelé positif de la session par rapport au plus grand dénivelé positif réalisé au cours d'une session

FIT Graphing			
Lap 6	Lap 7	Lap 8	Summary

Riding Time	0:39:03 h:mm:ss
Riding Distance	2364 Mt/Yd
Transition Time	0:10:54 h:mm:ss
Transition Distance	5852 Mt/Yd
Difficulty Session	+ + + .
Ranking Session	* * * * stars

List of all the menus of the app

Courses

Sélection Gestion	Menu allowing you to manage your routes: adding, modifying, deleting, etc.
Distance Libre Désactivé / Activé	Selector allowing you to choose between calculating a new route (free distance) or calculating on a route already existing in your route list
Infos	Useful information on the details of your recorded routes

Activity

	This menu allows you to choose the type of activity you want to practice for your sessions. You can choose between alpine skiing, snowboarding, cross-country skiing, downhill mountain biking, inline skating, downhill skating, other types of downhill, other types of flat activity

Wide Screen

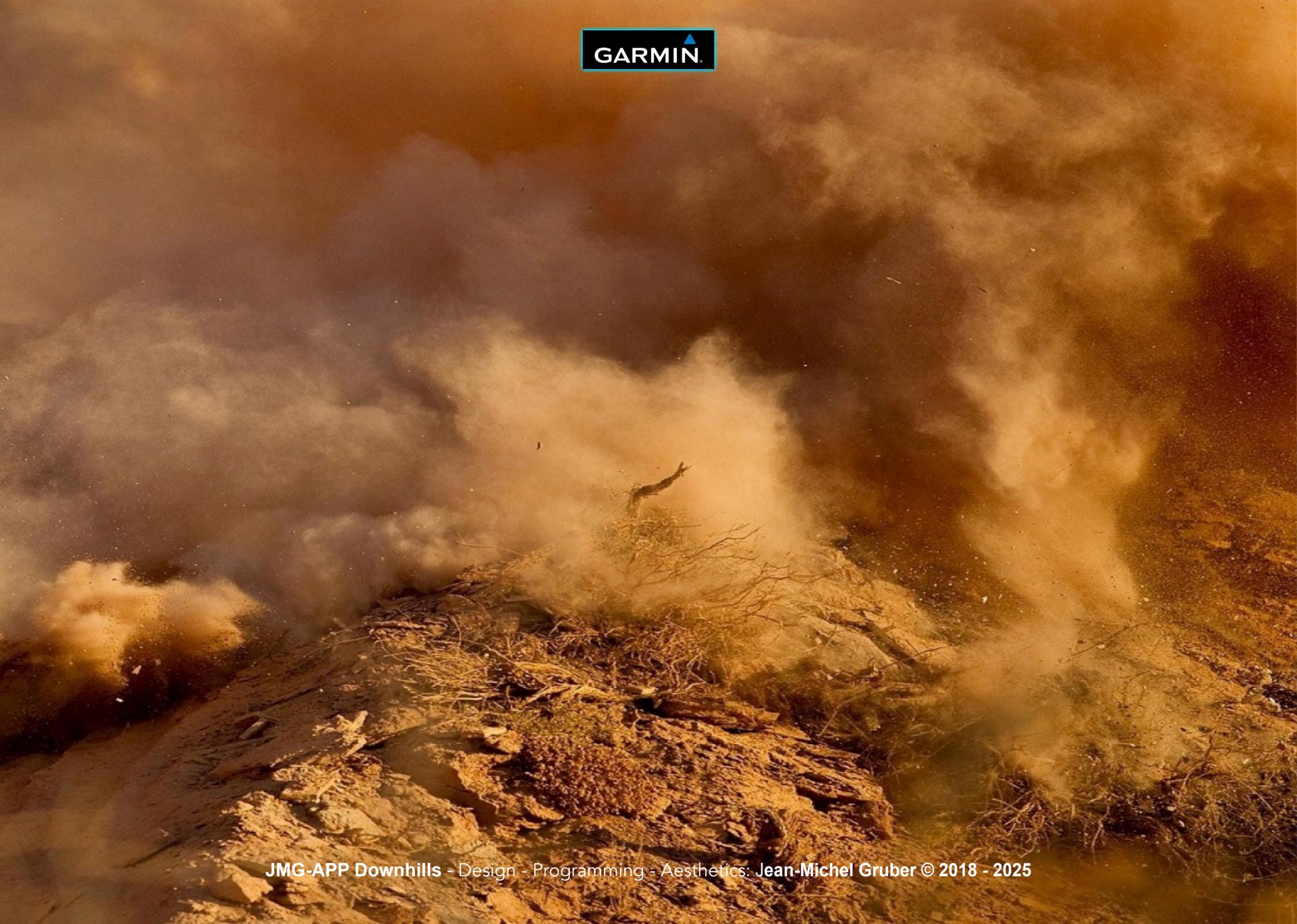| **Display** Disabled / Enabled	Enable or disable minimalist screen display
Time Delay Disabled / Enabled	Adds or deletes a display delay when the session is paused. When paused, the minimalist screen remains displayed for a few seconds, before fading out.
Auto Scroll Up Disabled / Enabled	Automatic scrolling of data assigned to the top field
Auto Scroll Down Disabled / Enabled	Automatic scrolling of data assigned to the bottom field
Top Field 2 Selected / 6	Select the data you wish to display in the upper field
Center Field Chrono	Select the data you wish to display in the central field: stopwatch, time, or alternating mode.
Bottom Field 3 Selected / 6	Select the data you wish to display in the lower field

Options

Back Color Black / White	Allows you to choose the background color, black or white
Main Screen Chrono	Data you wish to see displayed on the application's main screen, in the colored banner at the center of the screen. You can choose between the stopwatch, the hour, or an alternation between the two.

Options - Speed

Display Current Speed	Type of speed value you wish to display on screens where speed is shown. You can choose between current speed, average speed and maximum speed.
Threshold set to 3.6 km/h	Minimum speed from which your route will be recorded. During your transitions, your speed is supposed to be lower than this threshold, which allows you to avoid these transition phases.
Auto Pause Disabled / Enabled	Enabled: f your speed drops below the value equal to 1 m/s (3.6 km/h), the session will automatically pause, and will resume in the same way when your speed returns above this threshold speed. Disabled: Session recording continues even if you stop

Others

Mapping Disabled / Enabled	Displays (Enabled) or does not display (Disabled) the map screen, on models with map support
Constellation GPS only	Type of GPS constellation you wish to use
Languages	Language used in the application menus, as well as on all screens. You can choose between English, French, Spanish and Italian

Tools

Scores - View Global Statistics	Display several screens of statistical data on all your sessions
Scores Reset Scores	Allows you to reset your scores and statistical data
Scores Assign Scores	If you reinstall the application, this will prevent you from losing your previous statistics by re-entering them using this menu. To do this, be sure to copy these values regularly, so as to keep a regular record of them.

Tools - Others

Sunset Flash Disabled / Enabled	At dusk, automatically turns on your watch's flashlight (for models so equipped).
Activation Code	Displays the application's ID number and allows you to enter your activation code. Once this has been entered and is valid, it cannot be changed.
App Version	Displays the app's version number and the date it was released to the Garmin store. This lets you know if your app is up to date with its latest version or not.