Praxtour Course
User Manual
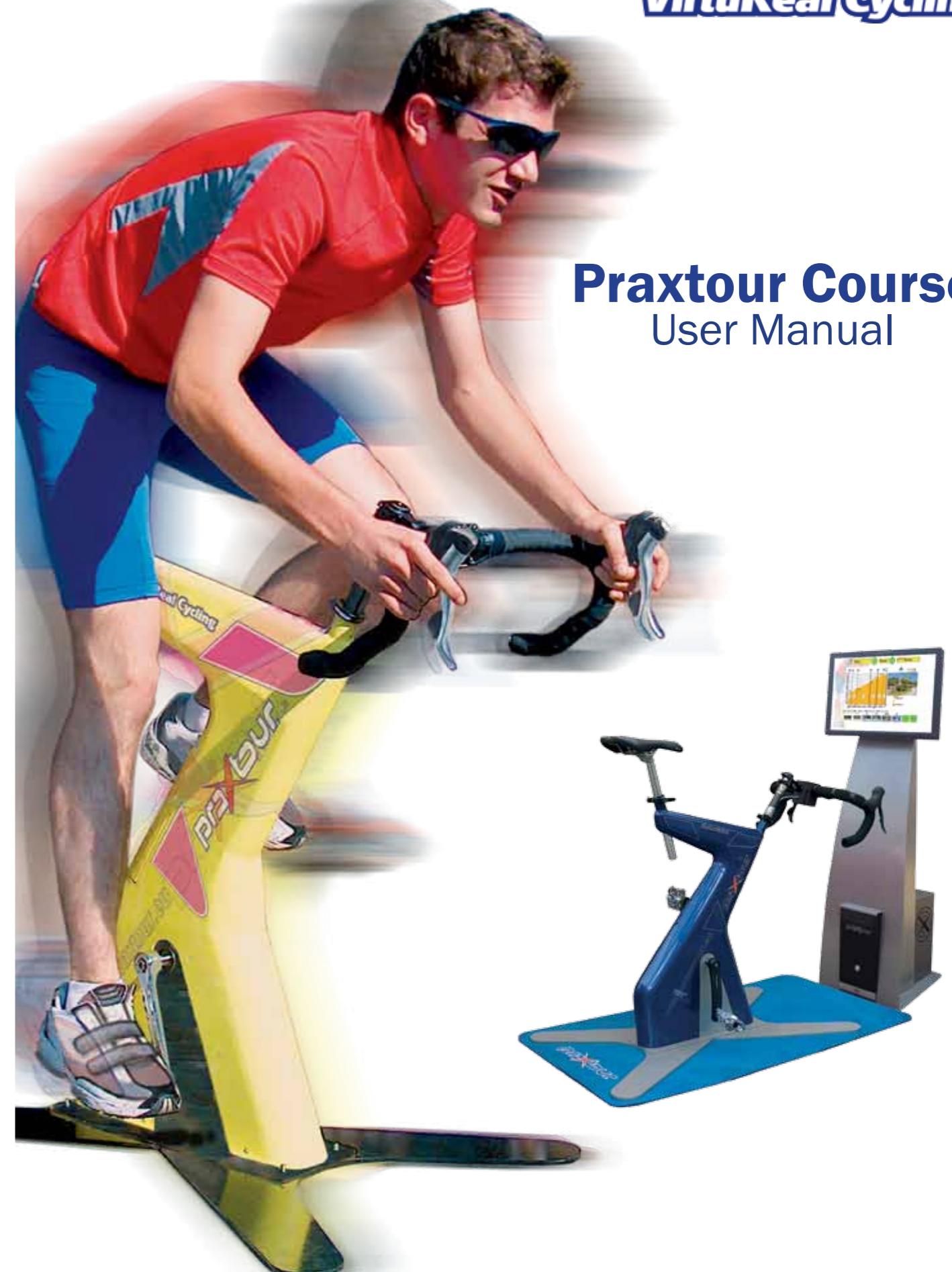
As if you are there for real...

With the Praxtour Course you cycle like on a real racing bike. The monitor shows real movies of routes for your extreme challenge. Alpe d'Huez, Mont Ventoux, Ardeche, Cauberg or Galibier? With Praxtour they are always within range. Saddle up and experience; a ride on Praxtour stands up right to a real cycling trip!

SingleRiding, the ultimate bicycle trip

Ride your own bike. At the bottom of the screen speed, gradient, distance, etc. are displayed. Riding fast will let the film run fast. If you stop pedaling the film will stop as well. A steep gradient? You will feel it with the stronger resistance. But... in a descent you cycle down easily without resistance!

TimeRiding, the time trial function

You can do a time trial against results you have previously saved. In a separate column you see the time and possibly the interim times, which others or yourself have already achieved on this bike on a certain route. A motivation to achieve optimum results! See page TimeRiding for more information.

MultiRiding, the competition function

Minimum two, maximum 4 Praxtours are linked via a network router. In this way you can compete against others. You see each other's time and the distance gap in a separate window on the left of the screen. Meet each other after the competition and compare who is fastest; the results are stored. See page MultiRiding for more information.

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Praxtour BV reserves the right to modify features, materials and software without prior notice.

August 2010

Safety and Health

This device simulates reality and is not a toy! It must be used only for its intended use as described in this user manual. You are responsible for all users being informed of safety precautions and warnings.

Keep children away from the device. However, if children are permitted to use this device they must be instructed with regard to the correct use..

We recommend consulting your general practitioner before using this device. Do not over-estimate yourself: the VirtuReal Cycling may cause excessive strain. Excessive training can be harmful for your health. When feeling chest pain, shortness of breath, irregular heart beat, drowsiness, dizziness or nausea immediately stop cycling.

Check before starting that all connections are executed properly. Especially check all mounting bolts, saddle and handlebar clamps.

Ensure that the device stands level and on stable ground.

Ensure that your Praxtour is always in good condition. Clean the device after each use with a wet cloth and some mild detergent, if necessary. Perspiration damages the device. We recommend expressly attaching the optional Praxcare perspiration protection to protect Praxtour against damages due to perspiration.

Do not use the device when malfunctioning or with damaged components. Use only after the problem has been solved.

Move the device carefully and with a helper. The device is too heavy to be lifted by one person.

- Ensure that never more than one user uses the device.
- Only use components recommended and supplied by Praxtour.
- Praxtour must come to a complete standstill before dismounting.

Preferably wear cycling wear during use, such as trousers with leather bottom. A sweatshirt and headband catch much of your perspiration, bicycle shoes with SPD click system offer stable and firm fit on the click pedals. Cycling gloves ensure that less perspiration gets to the handlebar grips and reduce irritation to the hands (RSI).

Warning:
The Praxtour bike has been tested under extreme conditions and manages very heavy strains. However, during excessive, long-term strain the device can get very warm.
On the outside the heat may be noticeable around and under the pedals.
Overheating can cause damage to the device.
BE CAREFUL WHEN TOUCHING THESE PARTS.

Liability

All information in this user manual has been compiled with the greatest care. Praxtour BV does not accept liability for direct or indirect damages as a result of the use of both equipment and this user manual. Praxtour BV is not responsible for health troubles as a result of incorrect use of the equipment. The use of Praxtour is entirely at own risk.

Technical Specifications

Bike:
1. Saddle height-adjustable
2. Handlebars height-adjustable
3. Stem forward/backwards adjustable (clamp 3a)
4. Brake/shifters Shimano 105, see description on page 4
5. Combi/click pedals for cycling shoes and ordinary sports shoes
6. Mains power supply 220V
7. USB cable to connect to PowerConsole (15)

Monitor:
8. Touch screen

PowerConsole:
Front panel:
9. System ON/OFF button
10. DVD drive

Rear panel:
11. Main switch
12. Connector for supplied mains cable
13. USB ports (4x)
14. Network port

Connections

Feed power cable (6) and USB cable (7) through the slot in the floor mat, so that the cables lie protected under the mat.

Place the PowerConsole at short distance in front of the bike, so that you can touch and operate the screen in cycling position.
Connect the USB cable to one of four USB ports (13) at the back of the PowerConsole. Connect the mains cable to mains power supply.
If more than one bike, connect the network cable to the network port (14) and to the router.

Connect the supplied mains cable to the connector at the rear panel of the PowerConsole (12) and connect to mains power supply.
Turn the main switch (11) at the rear panel of the PowerConsole to 1 (= ON).

Press button (9) on the front panel of the PowerConsole to turn the system on.

Please note: The Praxtour bike does not work when not connected to the system program VirtuReal Cycling, which is installed on the PowerConsole. The PowerConsole does not work if no Praxtour bike is connected.

Attach the Praxcare perspiration protection with elastic band to the seat post and the Velcro for handlebar protection against the impact of sweat.

Adjust saddle and handlebars to the correct height and fix well with clamps 2, 3a and 4.

The equipment is now ready-for-use.
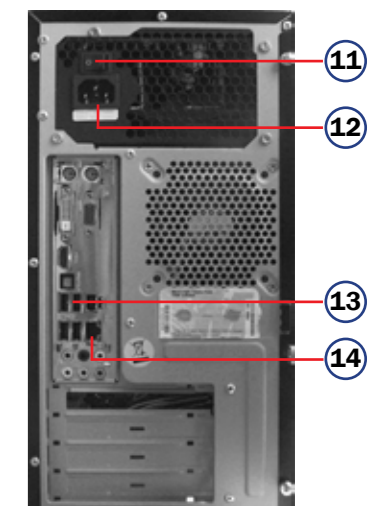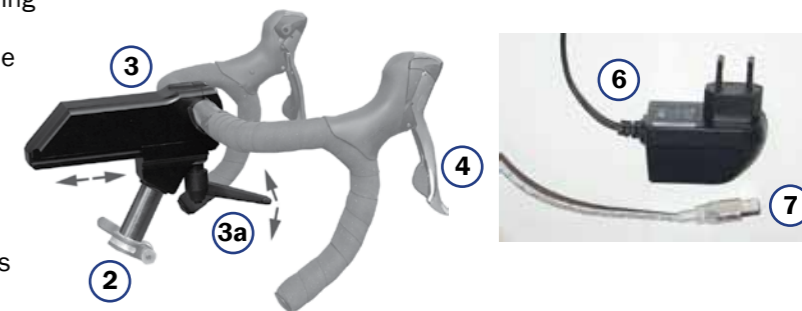
Bike Functions

Gears

The Praxtour Course is equipped with professional Shimano 105 brake levers to change gears just like on a racing bike between 3 front and 10 rear sprockets. The difference compared to a racing bike is that gears are not shifted via cables and sprockets, but electronically. Therefore you cannot engage the wrong gear. In standstill, like at the start, you effortlessly select a different gear. The selected gear is shown in the information bar on the monitor.
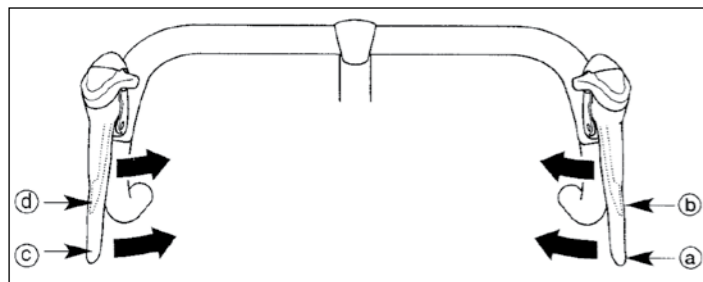

You have two dual-function brake levers. The left levers a and b simulate changing gears with the front derailleur, right c and d levers change the rear cassette. The information bar displays this as shown in the illustration below: The longer lines show the larger sprockets, the shorter lines show the smaller ones. The selected sprocket is marked in red.

Tips:

1. The large levers change gear to a larger sprocket.
2. Easiest gear: both indicators in left position.
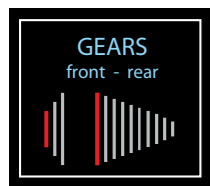
GEARS front - rear   <- Lightest resistance
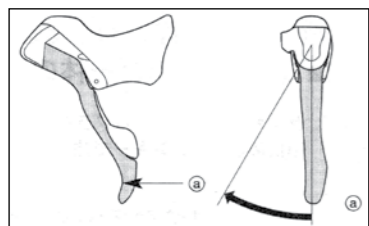Strongest resistance ->   GEARS front - rear
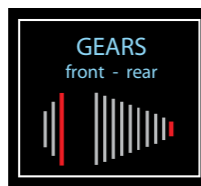
Left levers (simulation front sprockets)

The left hand levers simulate changing gears with the 3 front sprockets.

Pushing lever a at your left to the inside changes to a more difficult gear (on a racing bike: larger front sprocket). When hearing or feeling a click, the bike changes gears. Lever b goes along automatically; you do not have to push it.
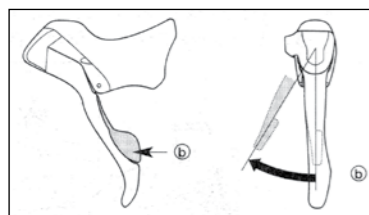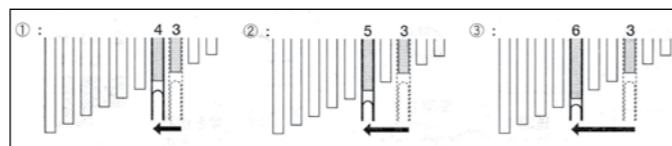

By pushing only lever b inside and not lever a, you change to an easier gear (on a racing bike: smaller front sprocket).

## Right levers (simulation rear sprockets)

The right hand levers simulate changing gears with rear cassette (10 gears).
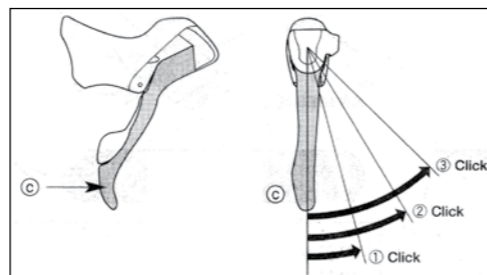
Pushing lever c to the inside changes to an easier acceleration (on a racing bike: larger rear sprocket). Lever d goes along automatically; you do not have to push it.

Pushing the levers further you can skip two or three gears and so select more rapidly a much lower or higher gear. You hear and feel a double-click. You cannot change gears beyond the available gears.
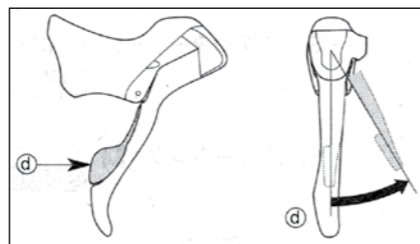
By pushing only lever d inside and not lever c, you change to a more difficult gear (on a racing bike this is a smaller rear sprocket).
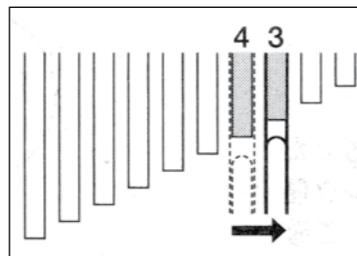
You can change gears during the entire ride at will. The selected gear is displayed in the information bar at the bottom of the screen. The active gear is marked in red.

Brakes

Due to the very realistic route movie it can happen that you come to a slope and have to slow down (for example in a hairpin turn). Pull the brakes, just like on a racing bike to reduce the speed and to stop. However, you cannot get carried out or a curve, this is not provided for in the system.

(Shifter illustrations: Shimano)

Route Selection and Input of Personal Data

Start

Press POWER on the PowerConsole front panel to start the system. The program VirtuReal Cycling is pre-installed and starts automatically. The following window is displayed:

The touch screen monitor responds to finger contact. In this window you can select a different language, find information about Praxtour and you can exit the system. Touch the START button on the screen to display the route selection window:


Route selection

This window displays all information regarding the routes.

The small block shows in which country and where exactly the selected route is located. The yellow area shows the activated route. Use the green arrows to select a different route. The larger image window displays the different route.

The second yellow area offers the alternative to select a route from DVD and not from HDD. Insert the desired Praxtour route DVD in the DVD drive in the front panel of the console. Only Praxtour route DVDs work with this system.
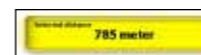
The right yellow block displays the total length of the route. The larger image shows details of the route, such as the altitude profile, distance, route location and 5 intermediate time measurement points, which divide each route into six sections.

By default the entire route is activated but by touching the photo buttons 1 to 6 at the bottom you can deactivate parts of the route. These buttons also show the location of the intermediate time measurement points. In this way you reduce the total length of the route. However, the selected parts are always joined into one movie. Only the warm-up does not have this alternative. Touch the deactivated button again to change your selection.

Touch NEXT to navigate to the personal data window. This takes the system a few seconds.

Personal data

Enter your personal details, so that the system can calculate the real values and your results are correctly stored.

Name: Touch the screen beside NAME to display a virtual keyboard to enter your name. Touch CAPS to write in capital letters. After entering your name touch OK to continue with the input window. Your name and personal details are saved in the memory and can be recalled later with the arrow buttons next to the NAME window.

Gender: Select M or F for male or female.

Age: Enter your age with the + and - arrows. Please note: This is important to calculate the maximum heartbeat (220 minus age).

Heartbeat: Adjust the heartbeat up or down depending on your condition. By default the heartbeat is linked to the age.

Weight: Enter your weight with the + and - arrows. Please note: This is important to calculate the realistic resistance.

Level: In LEVEL you can adjust the difficulty of the route with the green arrows. There are 4 levels available: REAL, SPORT, MEDIUM and LIGHT. REAL corresponds with reality. LIGHT is very easy. The lighter the selected resistance, the easier is the cycling. Please note: You select the resistance for the entire ride by selecting the value. This value cannot be modified during the ride, not even in PAUSE mode.

All data are displayed in the information bar during the biking tour. Your name and personal details are stored in the memory as soon as the results are known and can later be recalled by touching the arrow buttons next to the NAME window.

Results: The window RESULTS shows your top 10 results and the results of other users of this device, including intermediate measuring points.

SHUT DOWN

Touch STOP PROGRAM to exit the program. You return to the first start window. Touch SHUT DOWN to exit the system. You can also turn off the system by pressing down the POWER button on the console front panel.

Information Display

The information bar below at the bottom of the screen displays the following information:
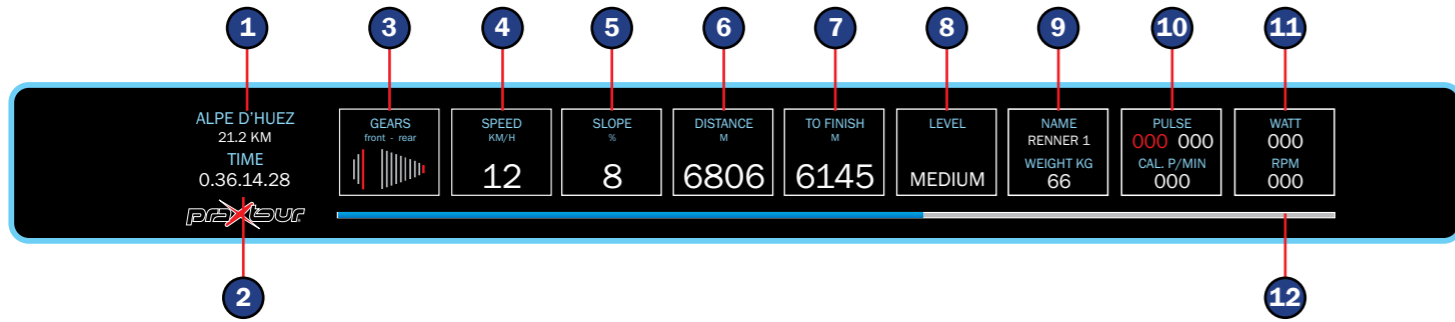
1. Name and distance of the activated route
The name of the selected route is displayed.

2. Time measurement
During the first meters movie and time run automatically. If you do not ride the entire route the data of the passed intermediate measurement points are displayed in the result window, while no end time is shown.
Touch OK after reaching the finish. This automatically displays the result list, so that you can directly compare your own data with your previous results or those of others.

3. Selected gears
The length of the lines relates to the smaller/larger sprockets: 3 front and 10 rear sprockets. The active gears are marked in red. Good to know: The red lines the furthest to the left are the easiest gears.

4. Speed
Your current bicycle speed in kilometers per hour.

5. Gradient/slope in percent
The real resistance that you feel is displayed in percent. In accordance with the gradient the resistance gets greater or less. On a downward slope you feel no resistance. However, you must continue cycling to move the film.

6. Covered distance
Distance from the start.

7. Distance still to be covered
Distance to the finishing line. The intermediate measurement points are not displayed. Find this information on the rear of the DVD cover.

8. Resistance
This level has been selected in the input window; displays your selected level of difficulty for the route.

9. Personal data
These values have been entered in the input window.

10. Heartbeat and calorie consumption
Praxtour is set for automatic reception of heartbeat and calorie signals. Each sensor transmitter on 5 MHz is suitable to be displayed in the information bar.
The Polar T31C chest band is available in our web shop.
Your current heartbeat is displayed in white. For comparison the maximum heartbeat (from the input window) is displayed in red. Below the calorie consumption per minute is displayed.

11. Wattage and RPM
These values help you training systematically.
Please note: Only in the REAL resistance the wattage can be measured accurately. In levels SPORT, MEDIUM and LIGHT the resistance does not correspond to reality. For this reason the wattage measuring is not realistic.

12. Progress bar
At a single glance you can see how far you have progressed.

Start - SingleRiding

After selecting a route and filling in the personal details correctly follows the selection between SINGLERIDING, TIMERIDING and MULTIRIDING. TimeRiding and MultiRiding are covered further down in this user manual. Ensure that SINGLERIDING is activated (= green) and touch NEXT to start.

The following warning is displayed:
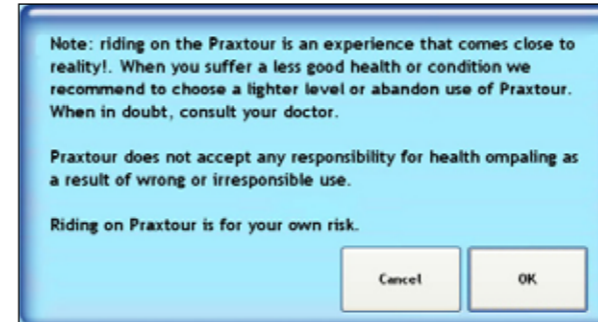
PLEASE NOTE: Do not immediately select a difficult resistance if you are not certain or not well trained. This device is no child's play; it gets close to the reality! Develop your performance slowly. Return to the personal data input window and change the data accordingly.

CANCEL: Return to the start window.

OK: The starting position of the route is displayed:

When pedaling the film moves ahead according to reality. If you pedal slowly in a low gear the film moves slowly. You pedal harder if you select a high gear and this moves the film more rapidly. You can see the current gear of the Praxtour in the information bar at the bottom of the screen. With your gear shifters you change your gears, just like on a modern racing bike. Your selected gear and the number of revolutions of your pedals determine the speed with which you cover the route.

Pause
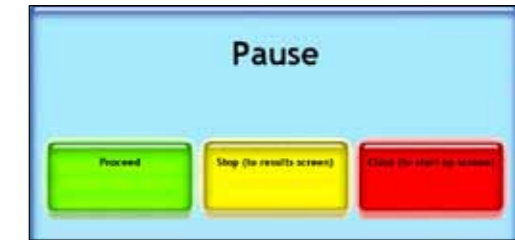
If you ride slower than 4 km/h the program goes into PAUSE mode. When you stop pedaling to pause, a pause window is displayed, in which you have to select between:
• NEXT: Carry on cycling (you do not have to touch the button, just starting to pedal again is sufficient). If the film is interrupted or stops just carry on pedaling to make it move forward;
• STOP: Navigate to the result list;
• EXIT: Stop program, turn off Praxtour.
The program stops the ride automatically if the route is not continued within 30 minutes.

Finish
Touch OK after reaching the FINISH to display the RESULT window.

Result
The result window can be accessed if you are not cycling. A result list of the most recent and ten fastest rides is displayed. Every route has its own result list. It is only accessible for the selected route or selected part thereof.

• Erase: The own selected result is deleted.
• Erase all: All own results are deleted.
• Save USB: Connect your USB stick to the console, touch "Save USB" and save the data to (E:\).
• Load USB: Connect your USB stick to the console, touch "Load USB" and obtains the data from (E:\).

The entered names stay saved in the memory after cycling. When cycling again you only need to touch your name. Your personal details are automatically displayed, together with your last selected difficulty level. These data can be adjusted at any time.

Exit
Touch RETURN to exit the program. Turn off the entire system by touching SHUT DOWN. You can also turn off the system by pressing down the POWER button on the console front panel. During longer periods of non-use set the main switch at the rear of the PowerConsole to (0).

TimeRiding

With the function TIMERIDING you cycle like in a time trial against yourself or against other cyclists. Only competitors who have cycled your selected route (section) are select. Enter TIMERIDING in the personal input window (the button changes from yellow to green).

Touch NEXT to display the TIMERIDING window:

Select up to 3 competitors and their different results from the result list. This can be your own performances, but also the performance of others who have used this device. You can also select competitors who have not reached the finishing line, but registered their intermediate times.

Touch SELECT COMPETITOR to select your competitor. Then select his/her results in SELECT TIMES.

Alternatively return to SELECT COMPETITOR to select another person for the second time selection. Now select the time of that other person in the second SELECT TIME block. For the third competitor the same applies. For TIMERIDING it is not necessary to select more than one competitor.

Touch NEXT to start the route.

After touching NEXT the corresponding route with the information bar at the bottom of the screen and a window on the left with the name(s) of the selected competitor(s) with his/her intermediate and finishing time(s) is displayed. Compare your own intermediate times with these results and motivate yourself for even better performances.

If the finishing time of a competitor corresponds with his interim times (see in this example cyclist 4), then the route has not been completely cycled. The last passed intermediate measuring point is displayed as the finishing time.

M1/T1:
1296m

eigen tijd:
0.06.55.36
real

- naam 2 -
medium
M 1:
0.07.39.53
finish:
0.40.11.04

- naam 3 -
pro
M 1:
0.06.42.31
finish:
0.38.44.12

- naam 4 -
light
M 1:
0.08.08.33
finish:
0.08.08.33

In the first 2 fields in the bar is displayed that at measuring point 1 (M1) the first time check (T1) takes place. In this example this is done 1295 m after the start.
Your own time for the respective intermediate measuring point is displayed here.

The data of the cyclist with the fastest time is displayed in YELLOW. If you were the fastest cyclist for this ride, then your own time is displayed in red.

De gegevens van de renner met de snelste tijd worden in GEEL weergegeven. Wanneer je tijdens deze rit zelf de snelste bent wordt je eigen tijd in rood weergegeven.

If the finishing time of a competitor matches one of his intermediate times (see in this example cyclist 4), then the route was not finished. The last passed intermediate measuring point is then displayed as his finishing time.

MultiRiding

With MultiRiding 2 to 4 Praxtours can compete against each other. You see the differences in time and the distance gap to your competitor(s) in a separate column on the left of the screen. Compare the covered distance and the time difference with your competitors. Your own data are displayed in yellow, your competitor(s) in white. Your own time and distance are displayed with 0 values. There is no difference between that time and the time in the information bar at the bottom of the screen. The fastest competitor is displayed on top of the column, the slowest at the bottom. Motivation to catch up with your competitors: stand at the top! The competitors do not come on screen.

Required are at least 2 Praxtours Course de Luxe and one N+ or NT network router. The Praxtours must be linked with the network router via RJ45 cable at the rear of the console. For connection specifications and functions see the user manual of the router.

1. Route selection (all users):
Select the route or part thereof to be cycled.
Touch NEXT.

2. Personal details (all users):
Navigate to the input window of the VirtuReal Cycling program and fill in the data. For an honest competition every cyclist selects the same resistance/level of difficulty.
Please note: Do not use two exactly same names.

3. Select function (all users):
Select the option MultiRiding. This block changes from yellow to green. Touch NEXT.
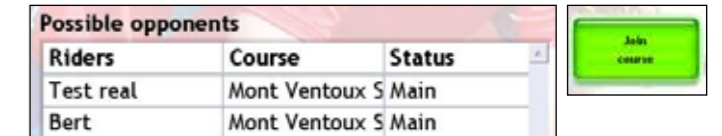

4. User 1 (after selection) selects "Create Competition". He becomes the "host". User 1 now waits until the other users have registered.

Please note: If there are more than 2 users, another user can also create a new competition. The other users can now select between the two hosts.

5. 5. Other users: In the window with active competitions the name of the route selected by the host is displayed on the right. Select by touching. Now select "Register Competition".

Possible opponents		
Riders	**Course**	**Status**
Test real	Mont Ventoux S	Main
Bert	Mont Ventoux S	Main

6. User 1 is prompted to accept the other cyclists. Touch "Accept". This is repeated with each registration.

7. User 1 touches "Give Start Signal". Do not start pedaling yet until an internal signal in the computer activates the competition. Wait until the other users are ready.
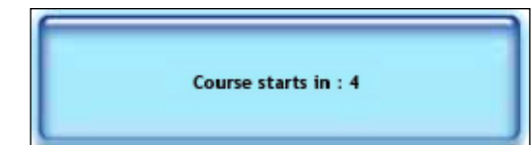

8. The other users touch "Touch START when you are ready". This indicates that you are ready for the start.

9. User 1 touches the green starting bar and gives the final starting signal.

10. The time is reset to 0. START.

11. In the window on the left side of the screen your own data are displayed in yellow and the data of your competitor in white. This column is interactive: The data of the fastest are displayed on top (on all connected systems), the slowest are displayed at the bottom. The order of the table changes as the positions change. Differences in time and distance are measured against your own time, which remains in this column in 0 values.

The results of each competitor are only stored in the own system.

- naam 3 -
pro
tijd:/sec
- 20,4
afstand/m:
- 56

- naam 1 -
real
tijd/sec:
0
afstand/m:
0

- naam 2 -
medium
tijd/sec:
38,5
afstand/m:
126

- naam 4 -
light
tijd/sec:
212,1
afstand/m:
666

Maintenance

Controls

Check regularly if all connections are in order. Pay special attention to the mounting bolts. These must be tightened, if necessary. Especially check the crank bolts.

Cleaning

Clean the Praxtour and the console, except the touch screen, after every use with a wet cloth and some mild detergent, if necessary. Clean the touch screen at the beginning of the day with a dry cloth, or breathe on it, if necessary.

Change handlebar grips

In the course of time the handlebar grips will have to be replaced. This is very simple. You can order the handlebar band from Praxtour. Follow these steps to change the handlebar grips.

- Remove the old handlebar grips. Do not remove them too fast: check how they are fastened.

- Clean the handlebars well with benzene. The cleaner, the longer the handlebar grips will last.

- Make sure the wiring runs properly - not bent - through the hole in the steering tube.

- Move the rubbers of the brake levers up.

- Place a piece of handlebar band (approx. 7cm) over the mounting clamps of the brake levers.

- After that you place the handlebar tape. Remove the adhesive strip and start at the lower end of the steering tube. Wrap the ribbon completely around the tube once, wrap it at the upper side to the outside. Let the ribbon extend over the edge a few millimeters.

- Now slowly wrap the band around the handlebars. Hold the handlebar band tight while wrapping. Remove the rubberized part while attaching the band.

- Cross the band at the brake levers, so that the handlebar is entirely covered. Then replace the rubbers of the brake levers.

- WWrap the ribbon until the steering block and cut diagonally to suit the block. Seal it by wrapping the sticker over the ribbon around the steering tube along the steering block.

- Finally attach the sealing stoppers, in this way you fix the band in place.

Warranty

Software detection

Your device has been carefully tested and checked for malfunctions. The software detects possible malfunctions and repairs most of them immediately. Simply restarting already sufficiently solves most problems.

Debugging

Ask your distributor for help in case more serious problems arise.

Warranty

The Praxtour Course including provided components, (touch screen) monitor, computer and labor costs is warranted for 1 year.
Excluded from this warranty:
- Normal wear and tear (for example chains and sprockets);
- Damage caused by unauthorized modifications;
- Damage due to improper use, for example by external mechanical load of moving parts.
The warranty also expires if you try to repair the Praxtour yourself.

Service

We recommend for professional use a 2-year service contract directly with the purchase. This contract includes:
- Software updates;
- Annual supply of 1 box with 6 new route films;
- Helpdesk support - > by phone and e-mail;
- Service within max. 72 hours;
- Labor costs;
- Traveling expenses.

Notes