



RambleCoach 
Trainer GPS Tool Track Supervisor

User Manual

RambleCoach is an application for mobile phones, and its goal is to help the user to perform his/her displacements, example:

- Hiking tours
- Rally tracks
- The way going somewhere
- ... and many others uses related to tracks ca be considered

Requirements

Software:

This application was programmed using J2ME (Java Micro Edition), so you should check before installing it in your mobile device if this one can support it.

This means that you have to check if your mobile device has a Java Virtual Machine and if does, check for this specifics requirements (at least) in its “Java Technology”:

- CLDC 1.1
- MIDP 2.0
- Mobile Media API (JSR 135)
- Bluetooth/OBEX for J2ME (JSR 82) (only if GPS external)
- Wireless Messaging API 1.1 (JSR 120)

Hardware:

You just need a mobile phone having fulfilled the minimum software requirements and a GPS device (this one can be internal, or external).

Installing

There are two ways that let you install the application in your mobile phone. For both you have to go to the website

<http://www.michelderiaz.com/masters/velasco>

And download a file.

- .jad: there are some mobile phones that strictly need the JAD file before installing the JAR file which really contains the application. If your mobile phone is one of this, you have to download this file in your computer and transfer it to your mobile phone by Bluetooth. After this, your mobile phone should start downloading and installing the JAR file automatically.
- .jar: you have to download this file in your computer and transfer it to your mobile phone by Bluetooth. After this, your mobile phone should start installing the JAR file automatically.

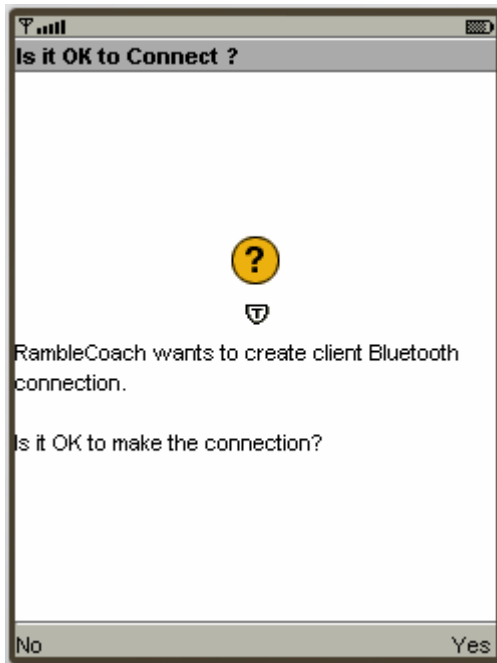
Note: some mobile devices ask for the placement of the application while you are installing it, and others just place it in a default place.

Execution and use

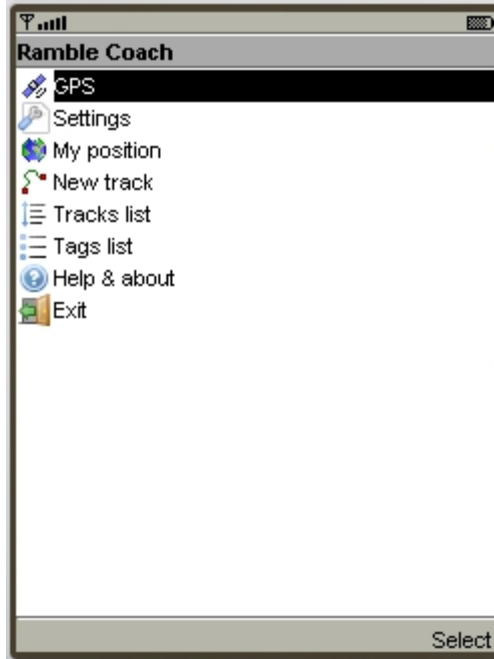
Look for the placement of the application in your mobile phone and select it.



Depending how your mobile device handle the permission you may have an alert screen asking you if you allow this application to establish a Bluetooth connection, this is absolutely needed to connect to the GPS, so press “Yes”. And after this alert the application will be working.

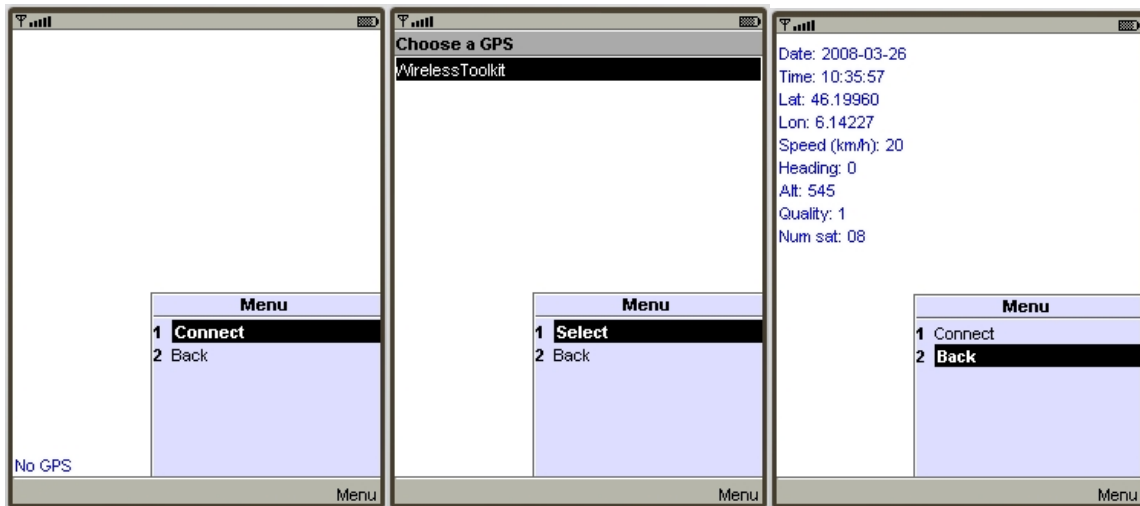


You will be automatically redirected to the *Main Menu*, where you just have a “Select” command to choose what you want to do next.



GPS

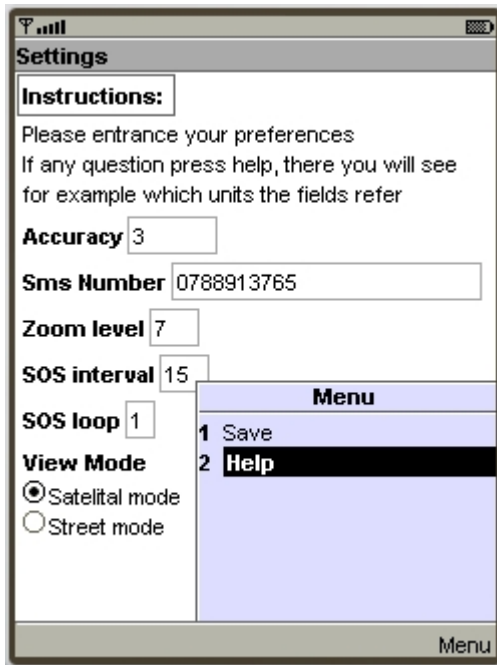
If aren't connected to a GPS yet you have to go there and do it. After being connected you can come here to see the data you are receiving from the GPS



If you see the GPS data it means that you are connected, so now you can press "Back" to return to the *Main menu*.

Settings

There you go to set your preferences. The first time you will use the application you'll have to set them before trying to get access to other services (as "My position" or "New track"), just the first time! But you still can go and change them when you want.



In the settings form there is a "Help" command which you can press every time you need information about the description of one of the fields.

Accuracy

This field represents the interval (how often in seconds) in which your position will be taken while you are moving.

A great number in low speed

A small number in high speed

SMS Number

This field represents the default destination number.

Each time you'll send a SMS you'll have a field to change it if you wish it

Zoom level

Is linked to the "View Mode", they represent your defaults preference about map loading when you use the option "My position".

In this way, you could spend less streaming kilobytes. Goes from 0 to 16 (16 the closest)

SOS interval

This field represents the interval (how often in minutes) an alarm will sound if you haven't changed your position in 7 minutes, and you are not responding to the alerts

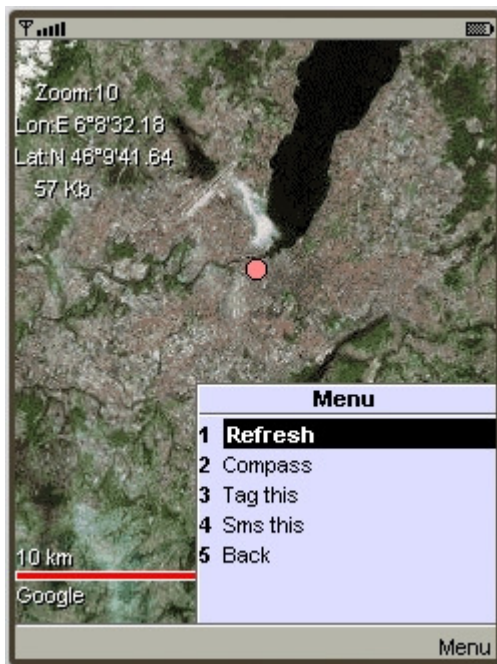
SOS loop

This field represents for how long (minutes) the alarm will sound looping

Important: if you are not connected to a GPS and you have never set your preferences you won't be able to use the *Tracking services* ("My position", "New track" or "Compare" in the Track list), just the *Consulting services* ("Track list" and "Tag list").

My position

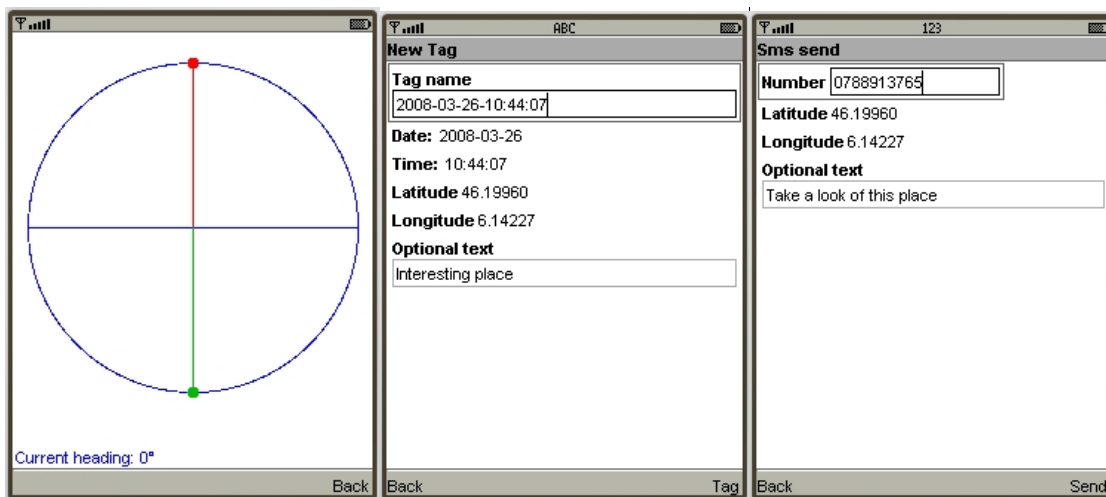
This is a tool that allows the user to show a map pointing his current position, and here are some commands giving access to others very useful services.



Your position is not getting update in real time because this could induce to move the map and so downloading more images from the internet. This could result expensive.

That is why you have a "Refresh" command that you can press every time you want to update your position.

The "Back" command brings you back to the *Main menu*



In these three screens the “Back” command brings you to the map and not to the *Main menu*.

Compass: the red line is signaling the north. You have to be moving so your direction can be determinate.

Tag: this option is able too while you are registering a track. It allows you to write something about a place you have been, and after see it by going to the “Tag list” and selecting it.

SMS: this option is able too while you are registering a track. It allows you to send by SMS (text messaging) your current position. The message will contain the latitude, the longitude and an optional text. Note that the phone number is the same you had set in your preferences (the “Settings” form) by default. But you can still change it before sending the message. Depending how your mobile device handle the permission you may have an alert screen asking you if you allow this application send the message, so up to you.

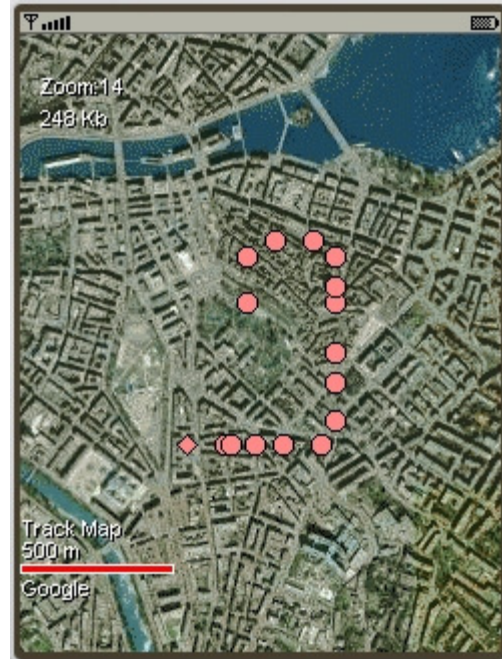


New track

This is the service which gives the sense to the application. Immediately after selecting it, the application starts to save your position in an interval of time specified by you in the “Accuracy” field in the “Settings” form.

A screen is showed with all the details of your track, getting updated in real time.

As in “My position” you have some tools, but you will note that there is no a compass this time, this is because this time you have the “Map” option which will show you the way points that have been saved and in this way you can see the shape of your track, and deduce the directions being north the top of your screen.

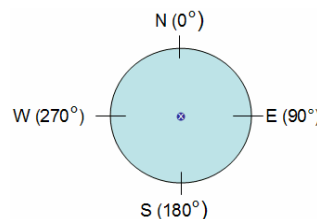


Note that in the map all the way points are represented by circles except the first one (where you started the track) which is represented by a diamond.

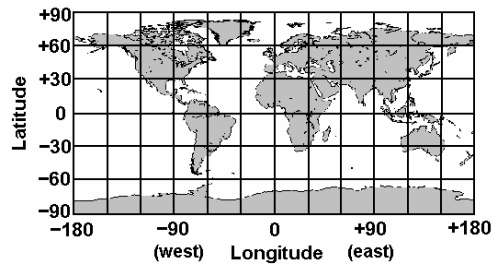
About the details:

- GPS status: if your GPS is receiving enough information from the satellites to calculate your position this will say “Fix”, and if not “No fix”
- Total time: the time elapsed since you started recording the new track
- Stationary: the time that you haven’t move (taking a rest maybe ☺)
- Moving: the time you have been changing of position since you started the track
- No fix: the amount of time you have lost the satellites signal (because a tunnel or many trees maybe), at least 3 satellites are needed to have complete information. My personal suggestion is not to save a track that has a great number of this; because that means that the values gotten are not a good representation of the reality
- Distance: the distance (in meters) that you have traveled
- Speed: your current speed (in kilometers per hour)
- Altitude: your current elevation from the sea level (this value isn’t dependable, the GPS needs the information of at least 4 satellites to calculate a trusted value)

- Heading: it represents your direction, goes from 0 to 360.



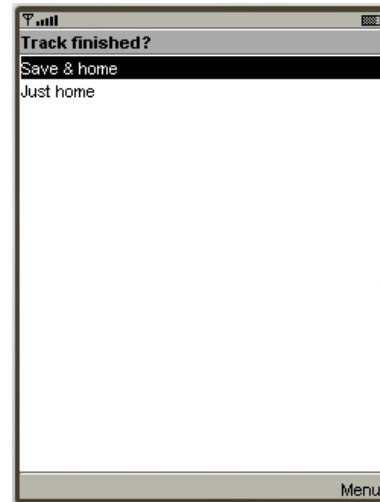
- Latitude: your current latitude
- Longitude: your current longitude



- Records: the number of way points (positions) that have been saved

When you press the “Stop” command a screen will appear asking you if you want to save the current track, and in this way be able to found it in the track list; or if you want to go to the Main menu without saving the track.

The track will be saved with a default name composed by the date and the time, but in the track list you have the option to rename it.



☰ Track list

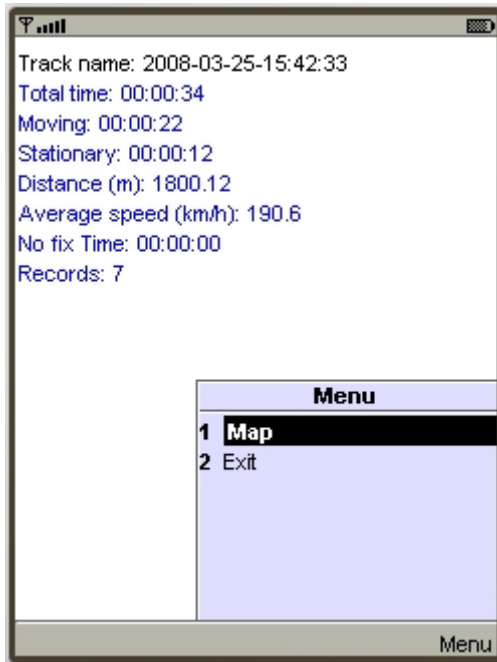
Here you will find a list containing all the tracks you have saved. And some commands that you can use to manipulate these.



Note that if you don't have any track saved, an alert screen will be shown, from which you will be redirected to the *Main menu*



- **Open:** shows you a screen with some total and average values of the track. And you'll a Map command that can show you the final shape of your track.



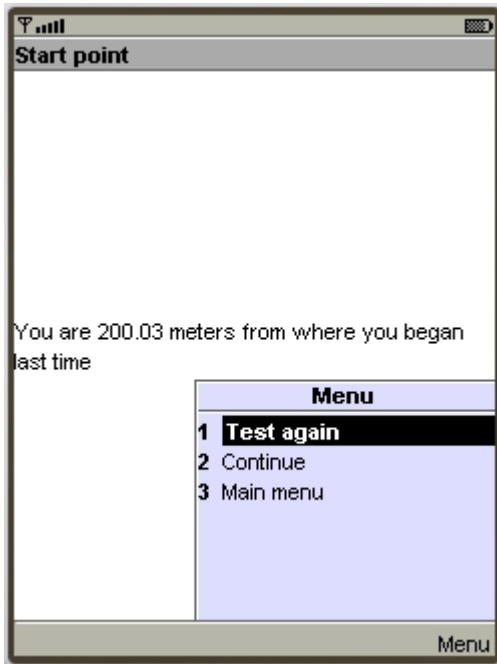
- **Compare: !!! The most important of the application !!!**

This is why the application is called Ramble (for the track) Coach (for this done here) Note that before using this option you should be connected to a GPS and have set your preferences, because it actually starts a new track.

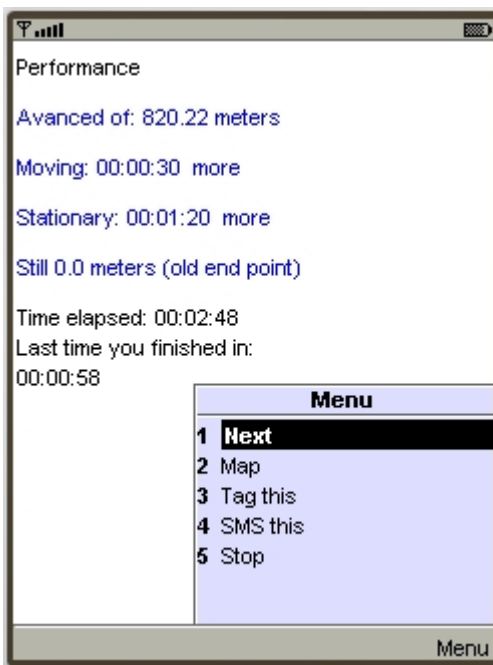
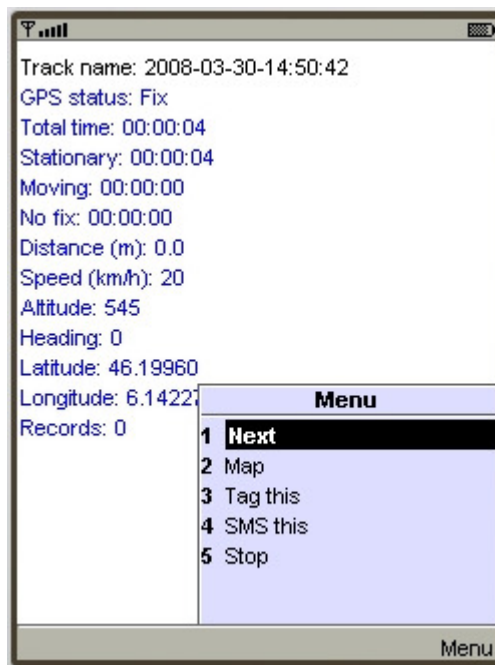
All the data from the track you selected to compare will be charged, and a new track will start. The idea is to compare the values from the selected track with those being created in the new track, and in this way give you some information about your performance.

So for example, if go to a mountain that you already hiked and that you kept the track of that ramble, instead of pressing this time in "New track" select from the "Track list" the track you have of the same place and press "Compare". A new track will start to being saved as if you pressed in "New track", but this time you will have a "Next" command that enables the switching from the screen containing the details of the new track, and the screen containing the results of the comparison.

It is very important that you start the new track at the same place or close from where you started the last time (the application let you continue even if you are 1km far away, but is ill advised). Just after pressing over "Compare" a screen is shown telling you how far you are from the start point of the old track (in meters), it includes a menu that allows you to:



- Test again: if you are far from the old start point is advised to try to move the closest possible to it (it's very difficult to be at the exactly same place, so don't worry if you are not 0.0 meters from the old point), and press "Test again" and your position will be updated.
- Continue: When you are ok with the distance that separate you from the old start point press "Continue" and the new track will start to be recorded, comparing results with those from the last time.
- Main Menu: go to the *Main menu*



Remember the "Next" command which allow you to switch between the screen with the details from the current track, and the screen whit the results from the comparing operations.

The results from the comparison give you a clear idea about your performance about touring a place.

- “Advanced of” or “Delayed of”

This gives you the difference between the *distance* from the old track and the current at that exactly time (Time elapsed: ...).

Example: if the last time at 30 minutes of starting the track you traveled 900 meters, and that this time at exactly 30 minutes you have traveled 500 meters, the application will show that you are Delayed of 400 meters

- “Moving: --:--:-- less/more”

This gives you the difference between the *moving time* value from the old track and the current at that exactly time (Time elapsed: ...).

- “Stationary: --:--:-- less/more”

This gives you the difference between the *stationary time* value from the old track and the current at that exactly time (Time elapsed: ...).

- “Still”

The distance that separate you from where you are and the position of the end point from the old track at a precisely moment

- The “Time elapsed” represent the time that have passed since you start the track.

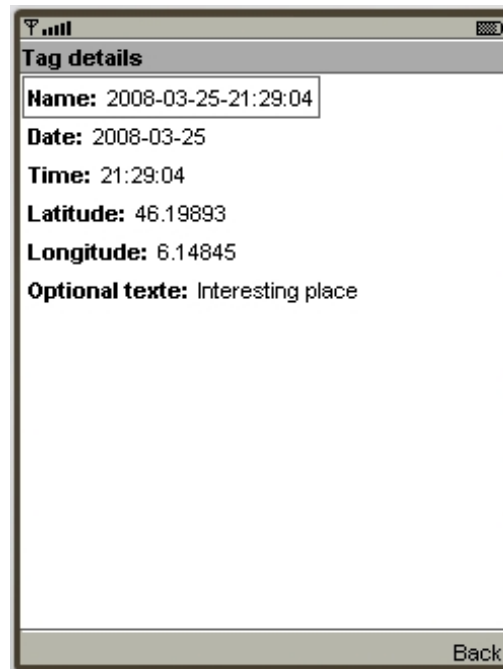
Continuing with the track list commands

- **Rename**: by default the track names are built joining the date and the time in which you made the track, but this command gives you the option of rename the track by something you are more familiarized with (as the place name).
- **Delete**: If you want to erase a track. A confirmation alert will be shown in which you should press “Yes” to erase it, or “No” to cancel and go back to the track list.
- **Back**: Brings you to the *Main menu*.

Tags list

Here you will find a list containing all the tags you have saved; no matter if you saved them in the “My position” or “New track” tool, all tags are placed here.

This list is very similar to the “Track list”, you have some commands to treat and see the tags, and if you haven’t saved any tag you’ll receive an alert telling you.



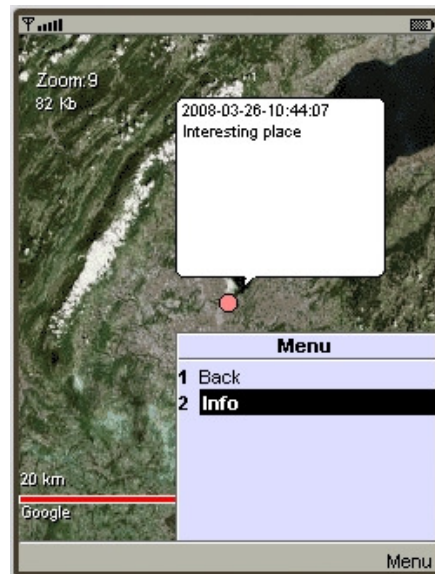
- **Details**: shows a screen with all the information concerning this tag.

- **Go to**: brings you to a map screen pointing the tag and showing some of its information.

- **Edith**: brings you to a form identical as if you were doing a new tag, in which you can rename or change the optional text.

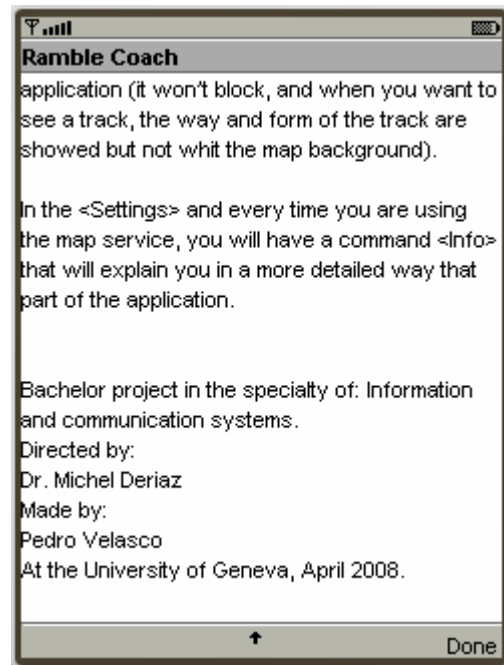
- **Erase**: to erase the selected tag.

- **Back**: go to the *Main menu*



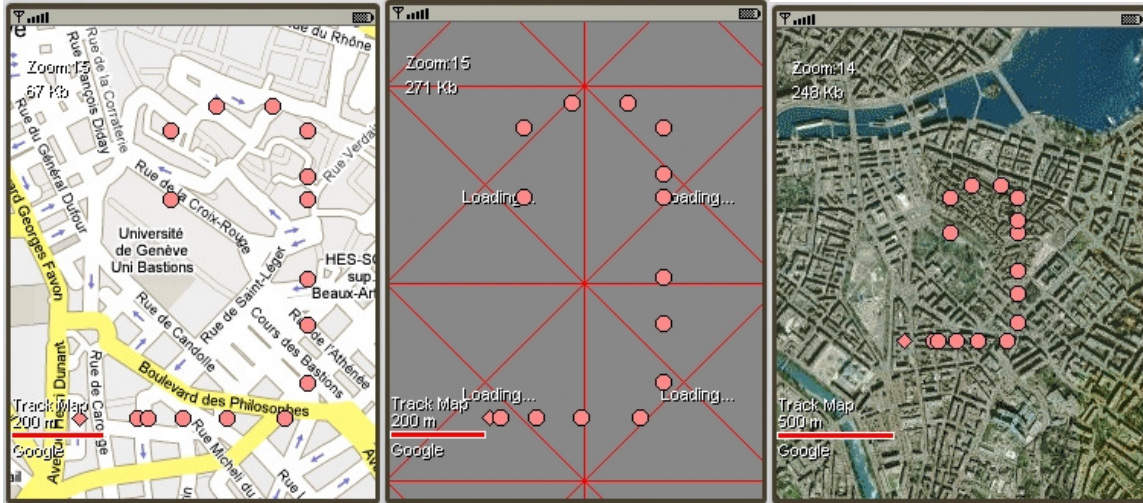
Help & about

Here you will find a text containing some important quotes about the application, this should help you with some doubts you may have using the application. And there are instructions about where to find more helping information in some parts of the applications, for example, every time you are in a map screen there is an “Info” command which if you pressed show you how to use the map (zooming, etc). And at the end after all instructions there is some credits information.



Look to some of these (and others) quotes deeper.

- After the first time having used the application, at the time you launch it you may have an alert asking you if you authorize a Bluetooth connection. This is because the applications automatically looks and try to connect to the GPS you used the last time.
- The first time the application attempts to load a map screen, you are asked about allowing a connection to the internet with the goal of download the images of your position. But the data streaming services still a bit expensive, or it may be that you are somewhere without signal; so it's ok if you answer “No”, the application will keep running and even without the images the map screen could still be useful.



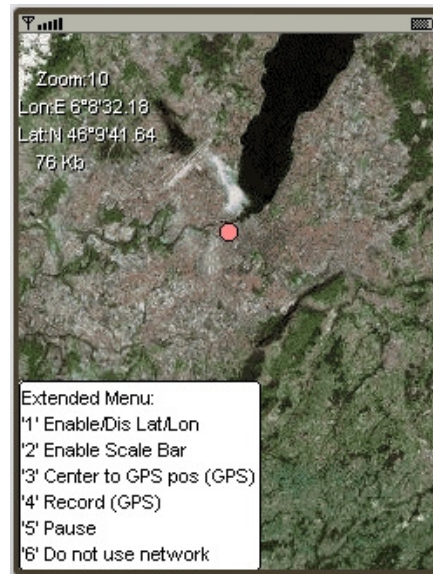
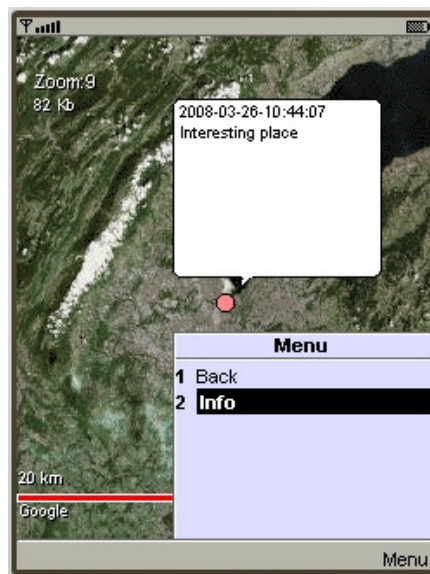
As you see, even if you don't have the satellite or roads images, you still being able to see the shape of a track.

You noticed that there are different kinds of images for the background in the map screen; this is because you are able to modify your map.

For example, with:

- 1, you can zoom out
- 3, you can zoom in
- 5, you can change between satellite and road mode
- 0, you can change your map provider (Google, Yahoo, Microsoft, etc)

All the details and tips about the map screen are explained in the application, just press "Info"



Press * to open the "Extended Menu"



Exit

Exit the application.

Enjoy it!!!

If you have any question, observation or comment you can send it to me by ramblecoach@gmail.com