

NOTIO

FREE
THE
SPEED



QUICK START USER GUIDE

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Welcome

Congratulations on your new NOTIO!

This Quick Start Guide will show you the basics of recording real-time data and analyzing your performance in order to optimize your riding position aerodynamically in actual conditions.

BOX CONTENT



- NOTIO aero sensor
- Bar Fly road bar GARMIN Combo mount
- Bar Fly TT mount
- Micro-USB Charge cable



FEATURES



- 1 Bracket Release Button
- 2 Pitot tube : measure wind speed
- 3 On/Off button (Hold 3 sec.: turn on or off Double press: start and stop record ride)
- 4 Green Status Light :
 - Green light solid : NOTIO is turn On or full charge
 - Green light slow blink : NOTIO is charging
 - Green light fast blink : NOTIO is recording ride
- 5 USB Charging port

QUICK START RECOMMEND PATH

We highly recommend you to follow these steps to be able to use the NOTIO as fast as possible

Step 1

Charge the device + install mount on your bike

Step 2

Configure NOTIO w/ APP and Garmin unit

Step 3

Benchmark ride using NOTIO device + App only

Step 4

Ride using NOTIO device + Garmin unit only

Step 5

See your Data in Golden Cheetah - see Quick Start NOTIO Golden Cheetah *(To be release soon)*

STEP 1 → INSTALLATION

Charging

Charge the battery using the included USB cable.
Green status indicator light will blink until device is fully charged.
(Battery cannot be removed from the NOTIO.)
The NOTIO has 12 hours of recording time once fully charged

NOTIO installation

Install one of the dual mounts provided on your bike's
TT handlebars or road bike handlebars. The TT Mount is dual; the GPS
computer goes on top and NOTIO attaches to the camera mount below.

App download

Download NOTIO App from the App Store

<https://apps.apple.com/gb/app/notio/id1463217936>



STEP 2 → CONFIGURATION

Configure NOTIO w/APP & Garmin unit

1 Complete Setup Assistant **2** Pair NOTIO **3** From the Apple Store, download and install the NOTIO app on your iOS device **4** Sign in or create an NOTIO account **5** Turn on your NOTIO device **6** From the App / Setup Assistant / Pair NOTIO → Select your NOTIO

Pair ANT+ Power meter

From the App / Setup Assistant / Pair ANT+ Power Meter → Calibrate Power Meter

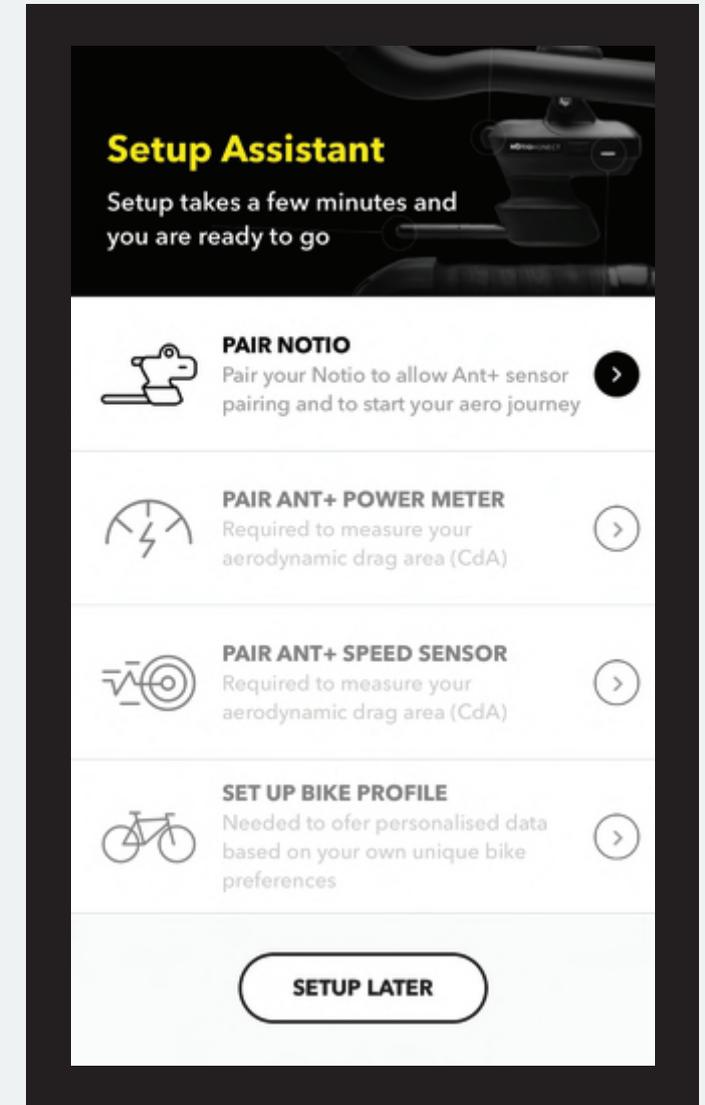
Pair ANT+ Speed sensor

From the App / Setup Assistant → Pair ANT+ Speed sensor

Setup bike profile

From the App / Setup Assistant → Setup bike profile

- General bike specs
- Total weight
- Tire circumference



STEP 2 → GARMIN SET UP

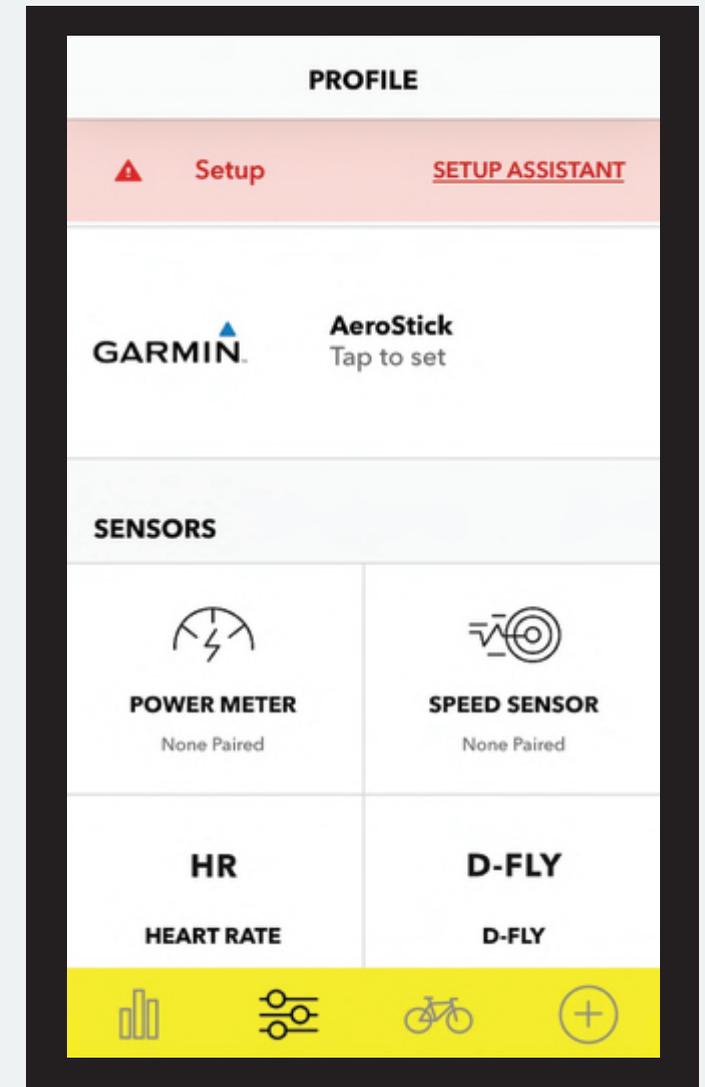
Set Garmin setup

To add the NOTIO Garmin Data Field to your Garmin device, download it using Garmin Express or Garmin Connect iOS app and install to your Garmin device.

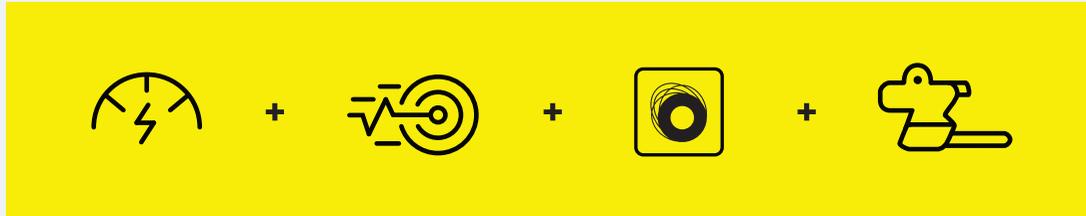
To add the NOTIO Garmin Data Field to your screen, follow the instructions for your particular Garmin model.

For example, from the Edge 520 manual these instructions are as follows:

- Connect your Garmin device to your computer
- Create your account on Garmin IQ
- Click on IQ App and download the NOTIO app : <http://bit.ly/NotioGarminIQ>
- Sync your Garmin device
- On your Garmin device select : menu / settings / activity profiles / profile / data screens / screen / select field / Select a category → Connect IQ
- Return to Main screen
- Press Next page
- Select Activity profile
- 5-digit will blink under NOTIO Pairing ID
- Pair this 5-digit ID in the NOTIO app : Open the NOTIO App. Select Profile / Head unit section / Tap to set / Enter the 5-digit in Garmin ID field
- Press DONE



STEP 3 → AERO BENCHMARK RIDE



Benchmark ride using NOTIO device + App only (iOS device)

You don't need your Garmin unit for this Step.

We highly recommend to start using your Notio by doing the *aero benchmark test first*.

Click on Bike icon / Benchmark CdA not Set → click on Learn more / Aero Benchmark Test.

Aero Benchmark Ride

Establish your own CdA Benchmark on the road.

GO

Testing Protocol Overview

Your efforts to get faster and stronger are in great part hampered by air resistance. For better performance, you have to improve your aerodynamics, start by establishing your CdA. Here's how to calculate it, step-by-step.

After 3km of riding turn and return to your starting point, maintaining the same positioning and speed.

3

Once you have stopped the Notio APP will give you your CdA benchmark number. This result is unique and personal, and applies only to you and your bicycle. It relies on an analysis of various parameters such as your shape, your position and your equipment.

[MORE ON AERO BENCHMARKING HERE](#)

STEP 4 → RIDE WITH NOTIO + GARMIN



Ride using NOTIO device + Garmin unit only

Once you've paired the 5-digit ID in the NOTIO app, it is possible to ride without your iOS device and the App.

You need to proceed as follows :

- Turn On the NOTIO device and turn On the Garmin device.
- Select the Activity profile in which Garmin ID is already pair.

Once you are ready to ride, press Start ON THE GARMIN so the NOTIO will automatically start. At the end of your ride, press Stop ON THE GARMIN.

You must SAVE or DISCARD ride to STOP the NOTIO

Two files will have been created: one on the NOTIO, one on the Garmin.

The file on the Garmin is not required for the rest of the process. You can use it for other purposes which are compatibles with Garmin app as Garmin Connect.

To analyse your data, you must sync the ride from the NOTIO in the Cloud and download it in Golden Cheetah NOTIO.

NOTIO SPECIFICATIONS

Physical dimensions (with clip): 136mm x 88mm x 29mm

Weight: 80g

Water rating: water resistant – but we do not recommend riding under rain

Operating temperature range: -5 to 60 °C

Storage temperature range: 10 to 45 °C

Charging temperature range: 0 to 40 °C

Battery life (when recording): 11 hours

Battery warning: Do not open the device. Do not remove the battery or attempt to disassemble, modify, remanufacture, puncture or damage the device. Don't expose the device to fire, explosion or other hazard. To recharge de battery, use a certified USB power supply. Do not leave the device in direct sunlight in a unattended vehicle.

ANT+ CAPABILITY



DISPOSAL

Dispose of this device according to local and federal regulations, treating it as electronic and battery waste. You may return this device to NOTIO Technologies headquarters for proper disposal.



DISCLAIMER

FCC compliance

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions:
1 This device may not cause harmful interference, and **2** this device must accept any interference received, including interference that may cause undesired operation.



NOTIO