



OUICK START USER GUDE GOLDEN CHEETAH NOTIO

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Welcome

More speed, same watts, better data. In this Quick Start guide, learn about Golden Cheetah Notio basics like how to use the software and analyze training data. Notio makes athletes faster through improved aerodynamics. With each training ride, find speed you never knew you had by enhancing your set-up and ultimately, performance.

Aero is now for everyone. Let's get started.

SUMMARY

#AEROFOREVERYONE



INSTALL GOLDEN CHEETAH



Click <u>HERE</u> to get the software for your operating system.

MacOS | Software procedure

INSTALL

Open the installation file.

Drag and drop the GC Notio application to the Applications folder. Close the window and remove the installer.

ALLOW

As GC Notio does not come from the App Store, you must allow it in your MacOS.

Go to the **System Preferences** of your Mac. Click on **Security and Privacy**.

Make sure you are in the General tab. Depending on your Mac version, you may or may not be able to click **Allow GC Notio**. If not, click the lock button to make changes and select **Allow application download from > Anywhere**.

Windows 10 | Software procedure

INSTALL

Execute the installation file.

AUTHORIZE

Software from the Internet may not be recognized.

Click on **More info**. Continue the installation by clicking **Run Anyway**.

CREATING A GC NOTIO PROFILE

The first thing to do in GC Notio is to create a new athlete profile.

For a quick start, fill the Athlete Name only into the new athlete dialog window then click save.





#AEROFOREVERYONE

CREATE YOUR NOTIO ACCOUNT

To create a Notio account, use the Notio App on your iOS device or click <u>here</u> to register online.

CONNECT TO YOUR NOTIO ACCOUNT

Click on the **Add Account** button to start the login process. This can also be done from the top menu: **Share** > **Add Cloud Account**

In the Add Cloud Wizard, select the service type Activities → Notio → Authorise then enter your email and password to login. End the wizard by clicking **Finish** on the last page.

VIDEO | FIRST STEP IN NOTIO GOLDEN CHEETAH Watch our tutorial <u>HERE</u>.

ACTIVITIES

NOTIO Quick Steps Follow these steps to start analyzing your data.	
1. Connect to your Notio Account.	
ADD ACCOUNT	
2. Synchronize with Notio Cloud.	
SYNC	
Or, import files saved locally.	
IMPORT DATA	
Need help?	
USER GUIDE	
Don't show this next time.	

There are two different ways to access your activities. By clicking on the Sync button or Menu > Share > Synchronise Activities > Notio

A pop-up window will appear. This is the synchronization window. Select the desired files from those displayed according to the From / To date filter.

_		D	ownload	Upload	Synchroni	ze		
Se	lect all	Date	Time	Exists	Status	Title	Duration	Distance
	2020_03_16_19_51_35.json	1	19:51:35			Afternoon ride	00:00:08	0.0 km
ŏ	2020_03_05_22_12_23.json	2020-03-05	22:12:23			Afternoon ride	00:00:21	0.0 km
Ō	2020_03_05_21_36_03.json	2020-03-05	21:36:03			Afternoon ride	00:00:59	0,0 km
Ō	2020_02_28_05_00_00.json	2020-02-28	05:00:00				00:05:03	2.3 km
Ō	2020_02_27_14_52_05.json	2020-02-27	14:52:05			Morning ride	02:36:34	0.0 km
	2020_02_20_11_16_19.json	2020-02-20	11:16:19			Morning ride	01:29:47	45.4 km
	2020_01_29_13_37_54.json	2020-01-29	13:37:54			Morning ride	00:00:24	0.0 km
	2019_12_19_19_11_15.json	2019_12_19	19:11:15			Afternoon ride	00:02:36	0.0 km
	2019_11_03_21_25_50.json	2019-11-03	21:25:50	\checkmark			00:05:21	2,3 km
	2019_11_03_21_08_14.json	2019-11-03	21:08:14	\checkmark			00:05:18	2,3 km

OVERWRITE EXISTING FILES

If you need to retrieve the original version of one of your files, it is possible to download it for a second time. To do so, select the ride in the synchronization Notio window, select **Overwrite existing files** and click **Download**.

Note: Overwriting a file means that you will lose the previous changes made to the file.

VIDEO | ANALYSE DATA IN GC NOTIO Watch our tutorial <u>HERE</u>.

ACTIVITIES

ACTIVITY SIDEBAR

It is possible to customize the left sidebar. At the bottom left of the screen, there are 3 buttons to show/hide sections. In order, from left to right, there is the calendar, activities and intervals.

Calendar

Show a calendar indicating days an activity has taken place. Clicking on a day will select the first ride of that day.

🔹 décembre 2019 👂								
Mon	Tue	Wed	Thu	Fri	Sat	Sun		
						1		
2	3	4	5	6	7	8		
9	10	11	12	13	14	15		
16	17	18	19	20	21	22		
23	24	25	26	27	28	29		
30	31							

Activities

Show the activities list

	Ξ
Date	
Jan 23, 2020	
	Date Jan 23, 2020

Intervals

Show the selected activity intervals and their summary details.

Intervals			
USER			
ALL			
Entire Activity			
EFFORTS			
L6 MATCH 01:50 (358w 11 kJ)			
Entire Activity			
Duration	03:56		
		km	
Duration		km kj	
Duration Distance	1.941		
Duration Distance Work	1.941 42	kJ	
Duration Distance Work Average Power	1.941 42 176 69	kJ watts	
Duration Distance Work Average Power Average Cadence	1.941 42 176 69 35.1	kJ watts rpm	

To analyze your CdA, you need to compute your Notio device data. On the summary chart, a **Compute button** will appear if your ride can be calculated and has not yet been processed.

Another way to compute your rides;

Menu > Tools > Notio > Compute.



CdA ANALYSIS CHART

The Notio CdA Analysis chart helps with further analysis. If the activity has not been computed and the calculation conditions are met, you will be asked whether or not you wish to process the data.

Once your Notio device data activity is computed, you'll see a graph with wind, altitude and CdA curves of the current selected interval.

SEE GRAPH ON THE NEXT PAGE (8) >

CdA ANALYSIS CHART



VIDEO | HOW TO START WORKING WITH YOUR CDA Watch our tutorial <u>HERE</u>.



BENCHMARK RIDE

The Benchmark Test ride will allows you to find crucial values as the Calibration factor and your reference CdA. It is also possible to get those reference numbers without using the Benchmark Test Ride feature on the App. You can record your ride from your Garmin device, sync it with the App (Notio Activities) and import the file into GC Notio. Then, keep following the steps below (Getting your CdA).

Note to velodrome Notio users

Currently, Notio doesn't have a Benchmark Test ride protocol available on the App.

Estimating the Calibration Factor

Download your first Benchmark test ride from the Notio cloud and click on the Notio CdA analysis chart. Below the screen, in the Parameters box, you'll remark the Calibration factor which should have the default value of 1.39. It is possible to change it manually but we do not recommend doing so - as it is your first steps in GC Notio.

Find intervals

Two intervals are required to calculate the Calibration factor: one outward lap and one return lap. GC offer the possibility to create an interval automatically. Both intervals must cover the same length. Select **Find Intervals** from the side bar of the interval display menu.

It can also be accessed from the sidebar **Activities section** and from the **Activity menu**. There are different methods to find intervals. We'll use the **Peak Speed method**. So far, it gives the best result to find **Out and Back intervals** that match the iOS app process.

		0
Activities	Ξ	00:00
Intervals	Ξ	
USER Peak Speed 2,500km #1 (36kph) Peak Speed 2,500km #2 (36kph) ALL	Sor	d Intervals t User Intervals om out
Entire Activity		



The Benchmark ride on the iOS app relies on 2 intervals of 3 km each Out and Back. Since you need to take a U-turn and accelerate back to a steady speed, we want to search for intervals a little bit less than 3 km in length. Select the option **By distance** and put the distance in km and adjust the precision in meters. Put 2 intervals in the **How many to find** field.

Click the **Find** button.

When your laps are listed in the results box, click on **Add to Activity**.

Use the map to make sure that the GPS coordinates match between the 2 intervals. There is a good chance that they are slightly off. This step is crucial if the route you are taking is not perfectly straight.



Edit the intervals to adjust the start and end of each run. It is possible to verify the intervals in the **Ride chart** to validate their speed consistency. Edit the intervals to adjust the start and end of each run.







To make sure your intervals are similars, click on each one to see their representation on your screen.

Calculate

On the sidebar Intervals section, select both laps. Then, click on Estimate Factor (Calibration Factor) to start the calculation process.

 Eta (η_p)
 1,0000
 ✓ Wind

 Calibration Factor
 1,390
 Estimate Factor

It will give the estimated value. Click **Apply** to recompute the activity considering this new calibration factor.

Benchmark CdA

It is possible to determine your **Benchmark CdA** by selecting both intervals. In the sidebar "**Intervals**" view, there is a summary of the selected laps. You can see your average CdA for your benchmark ride.

Note for indoor velodrome users

You need to select at least 1 interval (An interval should be 3000m long)

Note for advanced users only

Use the CdA Analysis chart parameters to fine tune your CdA.



Intervals		
v USER		
Peak Speed 1,200km #4 (39)kph	
Peak Speed 1,200km #3 (39)kph	
🛙 ALL		
Entire Activity		
# EFFORTS		
L4 89% EFFORT of 08: 39 (2)	61 watts	›
L5 92% EFFORT of 09:31 (2)	65 watts	,
2 selected intervals		
Duration	03:44	
Distance	2.425	km
Work	61	ĸJ
Average Power	273	watts
Average Cadence	99	rpm
Average Speed	39.0	kph
Average Wind Speed	_0.0	kph
Average CdA	0.305	



NOTIO iOS APP

Complete the process by filling the GC values into your Notio App profile.

Calibration factor

Login in your Notio App account

Bike Profile

Calibration factor
 enter the value found in GC.

Benchmark CdA

You can also set the benchmark CdA from the calibration ride profile Aero Profile

00	<u>参 </u>	(+	-)	GARMIÑ.	
				HEAD UNIT	Garmin Notio Data Field
	RESET ALL VALUES TO DEFAULT	ŗ			
Time Wind	ow	60	>		Benchmark CdA Tap to Set
Calibration	Factor	1.39	>	AERO PROFIL	E
Rolling Res	sistance (CRR)	0.004	>		0.004
ADVANCED			› 40		CRR 0.004
Tire Circumference		2105 mm		80.0 kg Wheel Circumference 2105	
Total weigl	ht	80.00 kg	>		Total Weight
GENERAL B	BIKE SPECS			RIDE PROFILE	E
Unit of Measure		Metric	>	45	□ 95%
	profile will allow for the most acc insure, use default values.	curate data		در ها	ID: NOTIO0DC513F9
(-	BIKE PROFILE SETUP				PROFILE
			* _•	12:20 7	🗢 🕅



Consult our knowledge base for more answers → HERE

Have a question or a problem ? Please submit a ticket > HERE

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