#AEROFOREVERYONE

QUICK START USER GUIDE

GOLDEN CHEETAH NOTIO

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V2.10

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.

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INSTALL GOLDEN CHEETAH

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Click HERE 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

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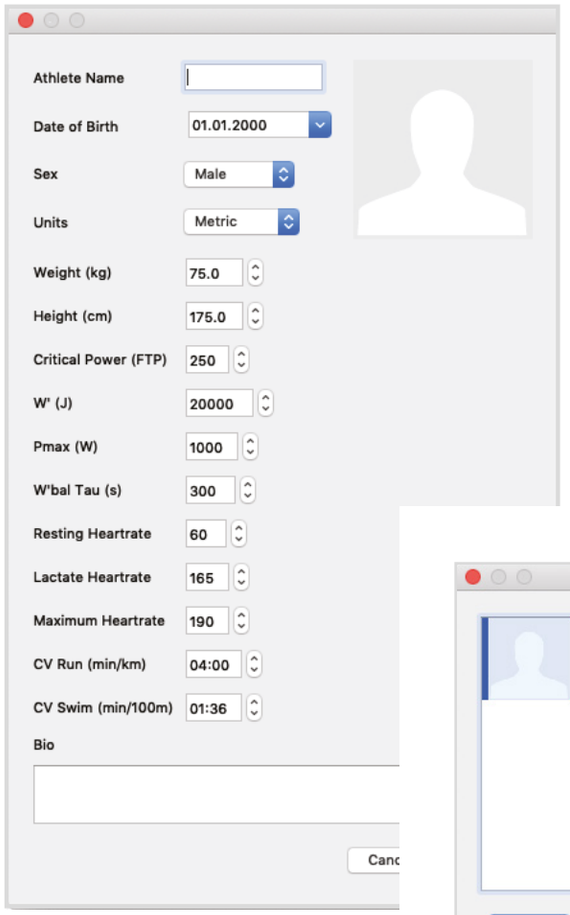
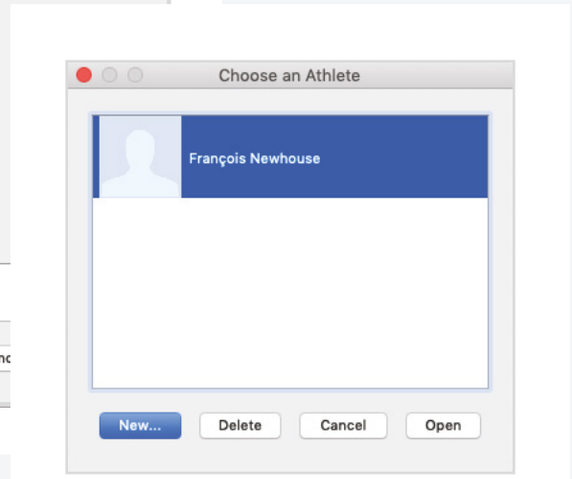
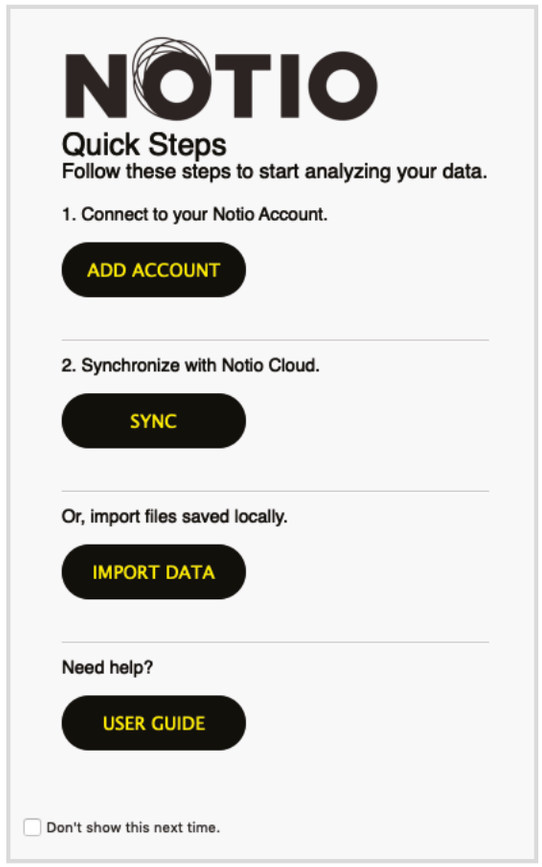
The first thing to do in GC Notio is to create a new athlete profile.

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







CREATE YOUR NOTIO ACCOUNT

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

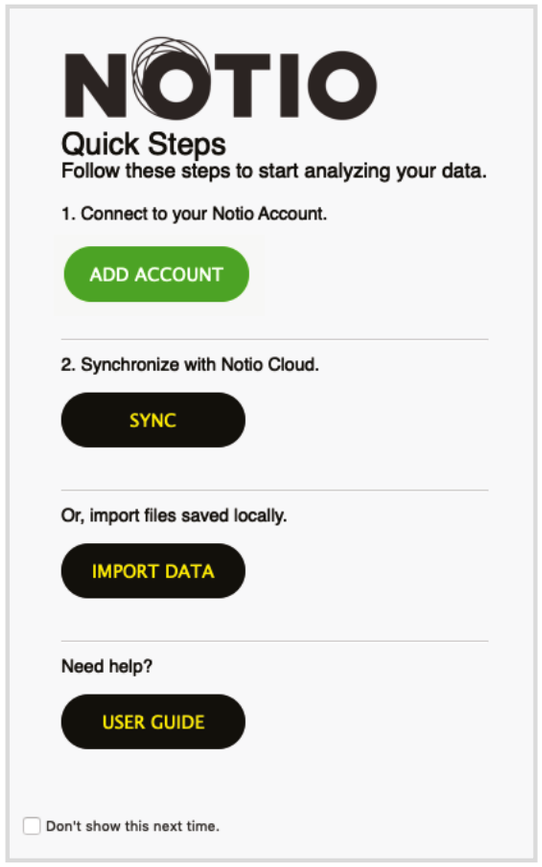
CONNECT TO YOUR NOTIO ACCOUNT

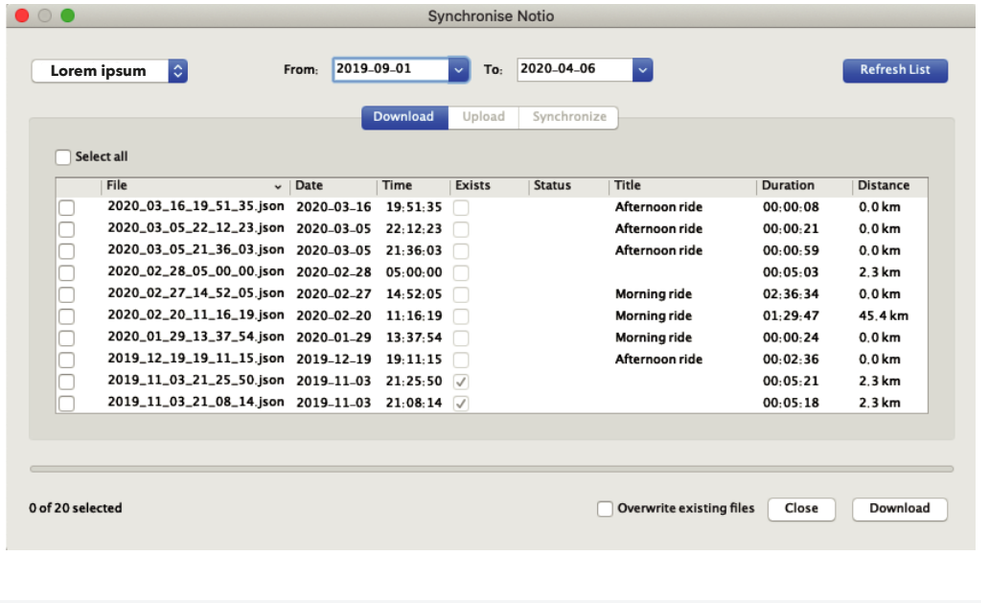
Click on the **Add Account** button to start the login process. This can also be done from the top menu: **Share** ▸ **Add Cloud Account**

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 **HERE**.

ACTIVITIES





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.

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 **HERE**.

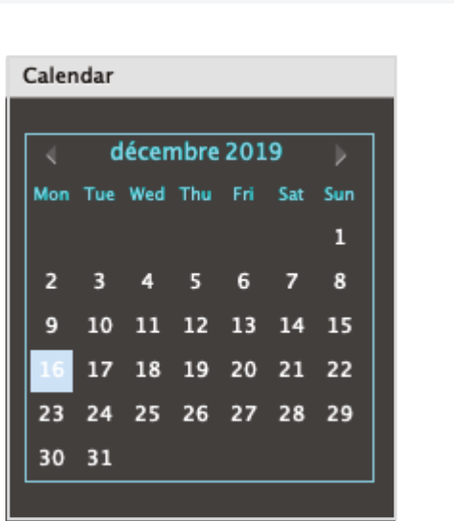
ACTIVITIES

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.

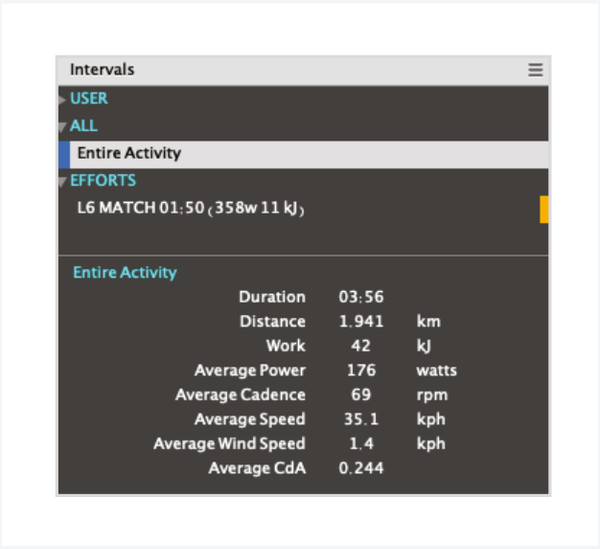
Calendar

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



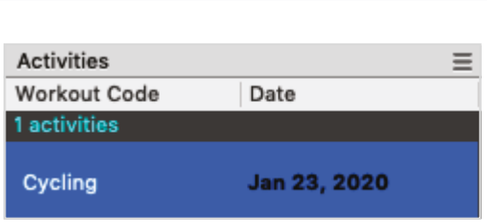
Intervals

Show the selected activity intervals and their summary details.



Activities

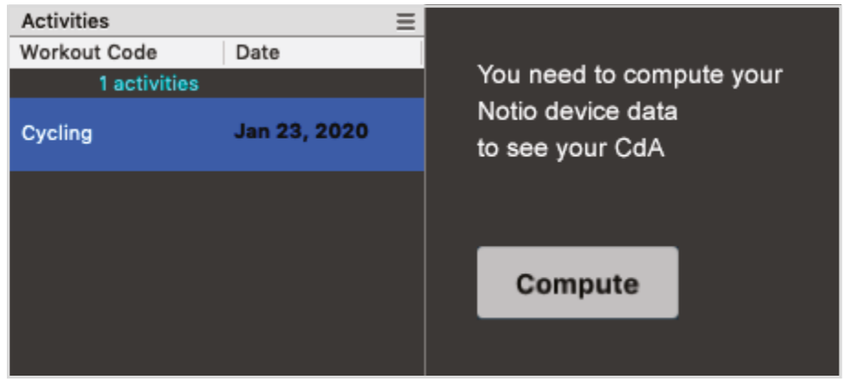
Show the activities list



GETTING YOUR CdA

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

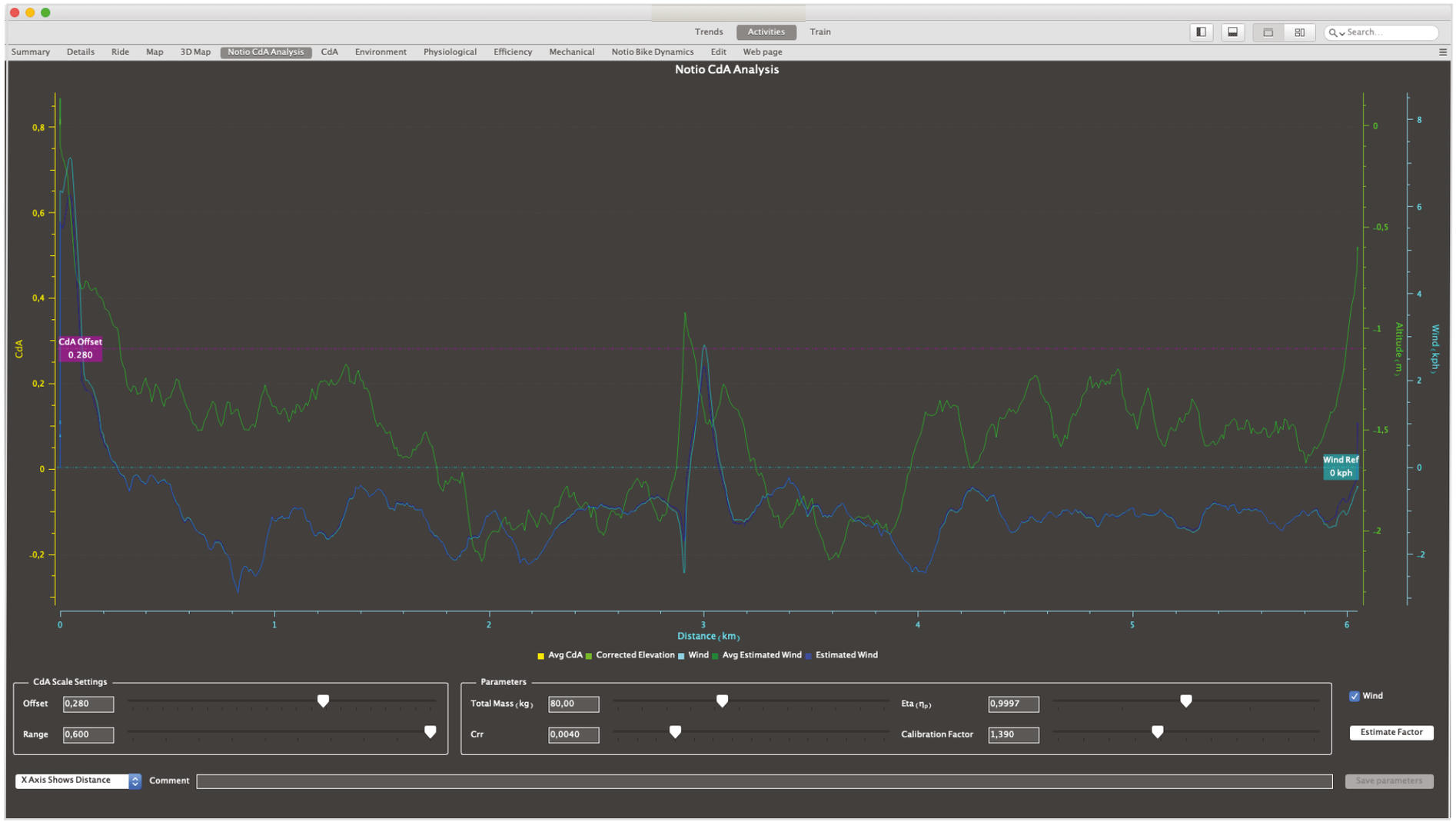
The Notio CdA Analysis chart helps with further analysis. If the activity has not been computed and the calculation conditions are met, you will be asked whether or not you wish to process the data.

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) ▸

GETTING YOUR CdA

CdA ANALYSIS CHART



VIDEO | HOW TO START WORKING WITH YOUR CDA

Watch our tutorial **HERE**.

GETTING YOUR CdA

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.

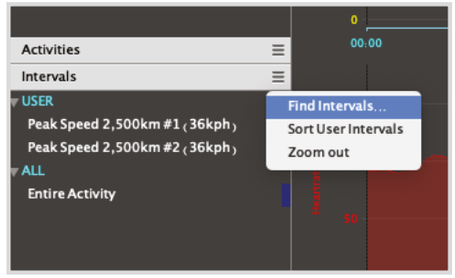
Estimating the Calibration Factor

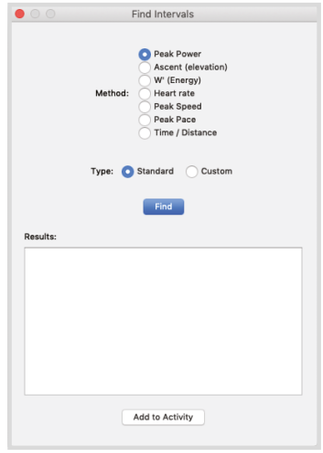
Download your first Benchmark test ride from the Notio cloud and click on the Notio CdA analysis chart. Below the screen, in the Parameters box, you'll remark the Calibration factor which should have the default value of 1.39. It is possible to change it manually but we do not recommend doing so - as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





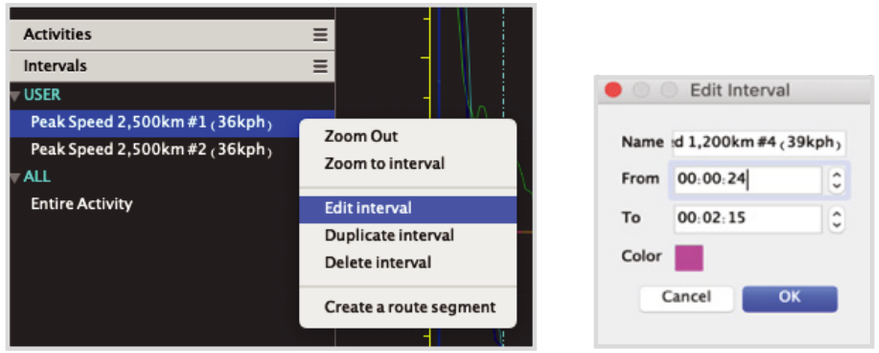
GETTING YOUR CdA

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.

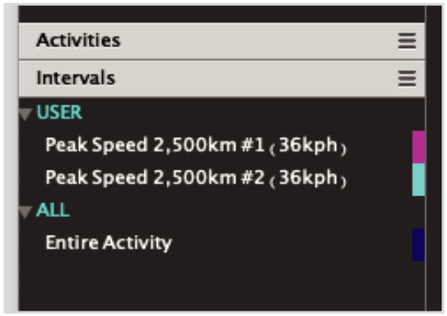
Click the **Find** button.

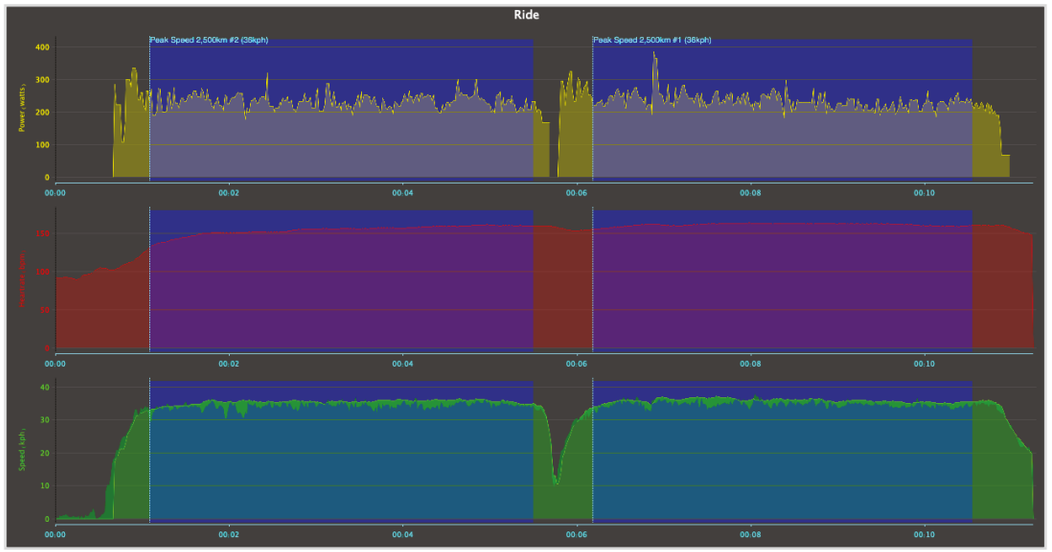
When your laps are listed in the results box, click on **Add to Activity**.

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.



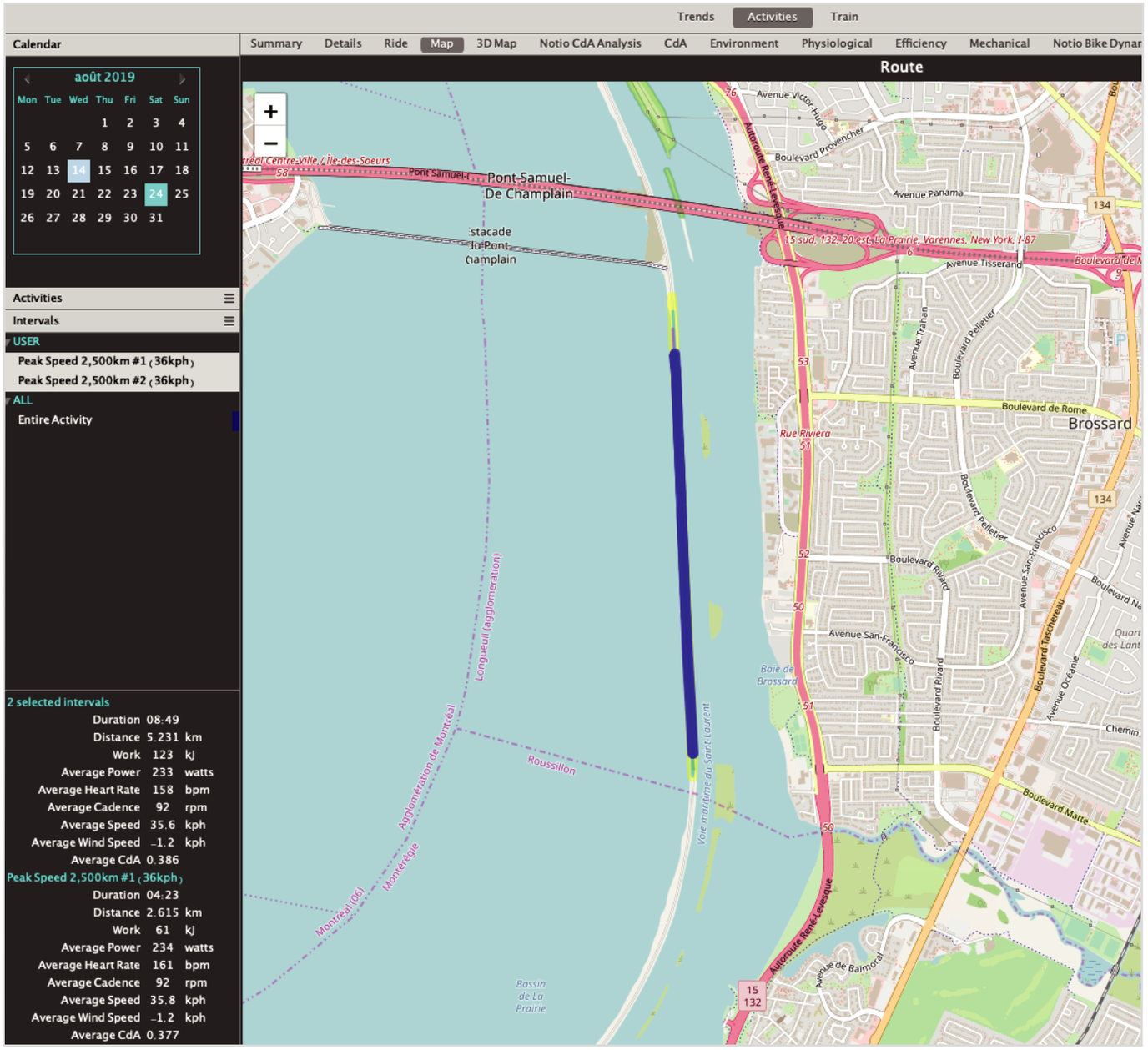
Edit the intervals to adjust the start and end of each run. It is possible to verify the intervals in the **Ride chart** to validate their speed consistency. Edit the intervals to adjust the start and end of each run.





SEE MAP EXAMPLE ON THE NEXT PAGE (11) ▸

GETTING YOUR CdA

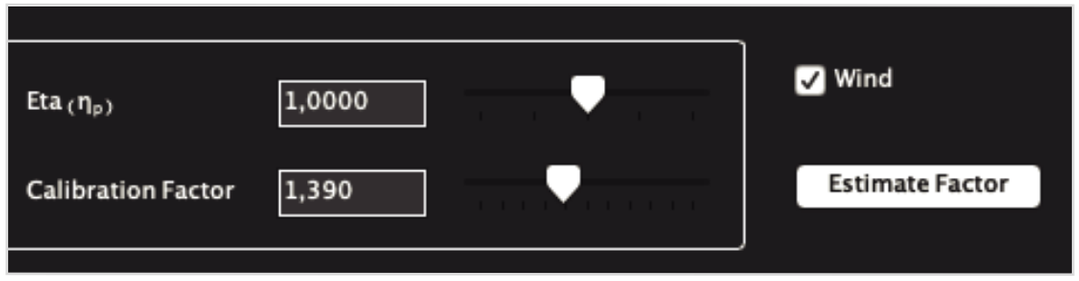


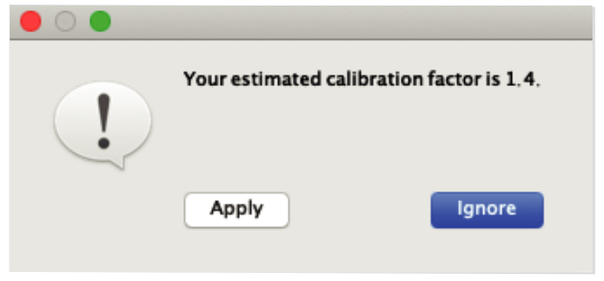
To make sure your intervals are similars, click on each one to see their representation on your screen.

GETTING YOUR CdA

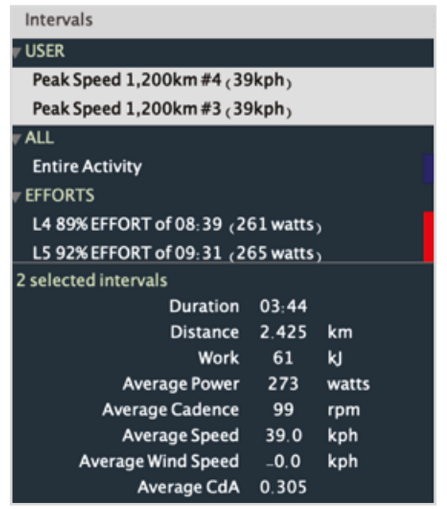
Calculate

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





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.

NOTIO iOS APP

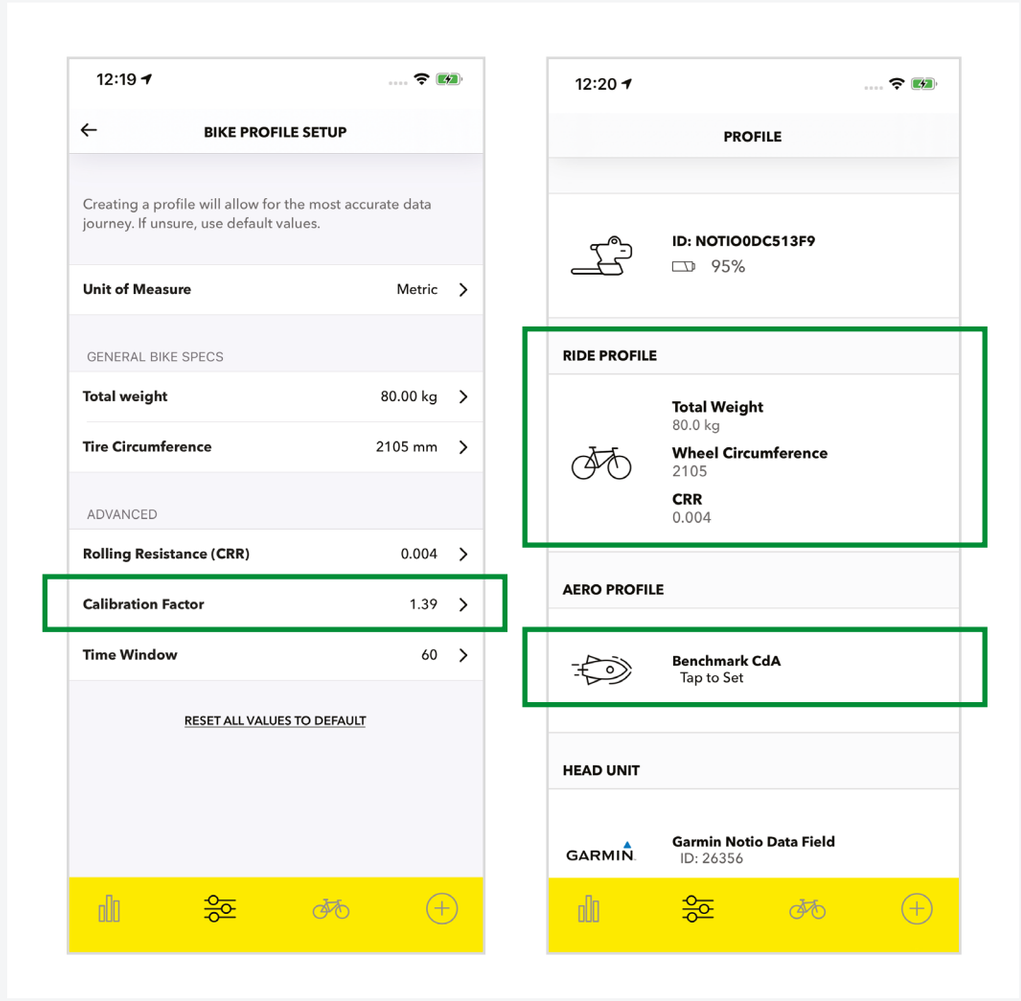
Complete the process by filling the GC values into your Notio App profile.

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



Consult our knowledge base for more answers ▸ HERE

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

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