

Runner's Log

For Palm OS

User's Manual

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Introduction

Thank you for trying Runner's Log. Runner's Log is an application developed exclusively for the Palm operating system for runners and joggers. Use Runner's Log to track your training progress, or simply to keep a journal of your running activity. Some of the features of the program are:

- A comprehensive entry system that allows you to quickly enter the date, location, distance, duration (elapsed time), and weather conditions of your run.
- Make entries in either miles or km. Also, display entries in either unit system regardless of how they were entered.
- Mark entries as a "Race Event" to track your competitive progress.
- A comment field associated with each entry where you can add other notes.
- Memorized run locations. The program automatically remembers the four most recent locations you have run, so re-entering workouts at these locations is as simple as two taps!
- Three ways to view your log, including a customizable log list, a detailed list, and a summary. With Runner's Log, YOU decide what information to view. The program remembers how you use it!
- Automatic computation of running speed (minutes/mile).
- Keep track of your other workouts simply by selecting "not a run" on the New Entry dialog box.
- Display accumulated run data for the current week, month, and year.

Getting Started

Getting started using Runner's Log is easy:

1. Begin by installing the program file, RunLog.prc on your Palm device. Follow the normal installation procedures to transfer the program via HotSync® to your handheld.
2. Before adding entries to your running log, create a category in which to store your entries. For example, your first name. The use of categories allows multiple people to use the same running log. To change the present category, or to create a new category, simply tap on the category selector located in the upper righthand corner of the screen.
3. To add new entries to your running log, simply tap the "New" button on either the Log or Summary pages.
4. Enjoy your running and your running log!

The Program

The main screen you look at in Runner's Log is the Log screen:

Activity Log			▼ Bob
▼ Date	Details		
1/27/00	6.50 miles	Towpath Trail	
Thursday	01:00:00	Clear, Cold	
	First run in new trail shoes		
2/6/00	5 km	Carriage Trail	
Sunday	28:45	Snowy, Cold	
	Saw 12 deer and a rabbit.		
2/8/00	4 miles	Metropark	
Tuesday	38:30	Cloudy, Cool	
	Felt very good today!		

Summary New ☰ ▲

At the top right of the log screen you can select the current category being viewed. You may also edit the category list to add, rename, or remove categories from the Runner's Log database.

The leftmost column of the log view lists the date of each entry. You may select a different format for the date column by tapping the Date selector and choosing an option from the popup list.

At the bottom of the log screen you may select the Summary form (see below), create a new log entry (also accessible through the menu), or choose either the one line or three line log format. In either log screen, you may edit an entry by tapping the first line (containing the date) of the entry. This will activate the Log Entry screen.

Log Entry	
Date:	2/6/00
Location:	Carriage Trail ▼
Activity:	▼ Run
Distance:	5 miles km
Duration:	0 h 28 m 45 s
Conditions:	▼ Snowy ▼ Cold
Comments:	<input type="checkbox"/> Race Event
	Saw 12 deer and a rabbit.
Assign to category:	▼ Bob
OK	Cancel Delete

The Log Entry screen (shown left) lists each field for the entry in the Runner's Log database.

Date: The calendar date that the event took place.

Location: A string (up to 20 characters) describing the location or course. When you enter a new location, RunLog memorizes it and places it in a drop-down list which can be selected the next time you add a log entry. To activate the memorized locations list, simply tap the small arrow to the right of the location field. Up to four locations are memorized by the program.

Activity: The type of activity defaults to Run, but you can override this and select one of the other activity types listed by tapping on the activity type selector. The activity type can be used in the Summary screen to filter out events by type.

Distance: The distance of the run (or whatever type of entry you are creating) can be entered in either miles or km. Simply tap on the distance field, enter the distance, then tap either the miles or km label to the right of the distance field. RunLog will record the units as you entered them and can display the entry in the log screen using either the units as you entered them or converted to miles/km (see the Preferences section later).

Duration: Enter the time (duration) of the event. Tap each field to move between hours (h), minutes (m), and seconds (s).

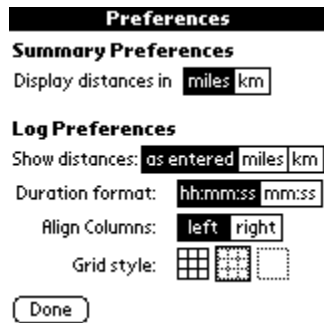
Conditions: The two conditions selectors are provided to allow a quick method of recording what the atmospheric/course conditions were. Simply tap each selector and choose the term that most describes the conditions. The program will remember what conditions you chose on your previous log entry, so re-selecting the conditions is not usually necessary.

Race Event: Check this box if the entry you are recording was a race.

Comments: You can use this area to enter anything you want (how'd you feel? What did you see? Who did you run with?). Up to 30 characters may be entered.

Assign to category: The previously selected category is automatically selected, if you want to assign the log entry to another category, simply tap the category selector and choose from the popup list.

After you're done, tap OK to record the log entry.



The preferences screen (shown to the left) lets you customize several features of the program.

At the top of the preferences are the Summary Preferences. Select either miles or km to be used to display distances on this screen.

The Log Preferences include how to display distances, how to display time (duration), how to align text in the columns of the overview log list, and the style of lines to use when drawing the grid on the log screen.



	Count	Distance
This week:	3	11.60 miles
This month:	3	11.60 miles
This Year:	5	24.10 miles
Total:	5	24.10 miles

The Summary screen (shown to the left) tabulates your running (or other event type) data and displays the totals each for the current week, the current month, the current year, and the total in the running log.

You can select what activity type you want to display the summary for by selecting the activity filter at the top of the screen.

Above each column of the summary table, you can select what parameter from the running log you would like to see. The program will remember what items you have selected and will return to those each time you visit the Summary screen.

Beneath the summary table the program displays a description of the most recent entry in your running log.

To return to the Log screen, simply tap the Log button at the bottom of the screen. To add a new entry to the running log, tap the New button.

How To Purchase

If you like Runner's Log and you would like to continue to use it past the 30 day demo, you may purchase it at www.palmgear.com. You may also download updates (free to registered users) from the same site. When you register the software, you will receive a registration code by email. Simply enter the code into the registration screen in the program.

How To Get Help

If you have suggestions for future versions of Runner's Log or you need assistance, please send your email to: martyrice@pobox.com