

August 14, 2007

High Gear would like to thank Joe Donahue for supplying these great directions!

****Note-**These directions were given for the Garmin 305. The 705 works almost identically.

Here's how to create a course in www.mapmyride.com, import it into the Garmin 305, and navigate with the course on the 305.

Part I – Create a course using mapmyride

1. Create a course on www.mapmyride.com. It is probably best to create an account here with login id and password as you can save your maps and email them, edit them, etc. Make sure you check the “follow roads” box on the left hand side. It will make map creation much faster. You can also easily share your rides by emailing, or making them “public” so that other riders in the area can access them and use them.

After your map is complete and saved within the Mapmyride website, you need to export it to your PC. Basically you need to save the file to your desktop or a folder on your desktop or in your My Documents folder. I save all my routes in one folder for simplicity. See below for some specifics on how to do this.

26 - ALMOST MORRISTOWN - HIGH GEAR

GILLETTE, NEW JERSEY



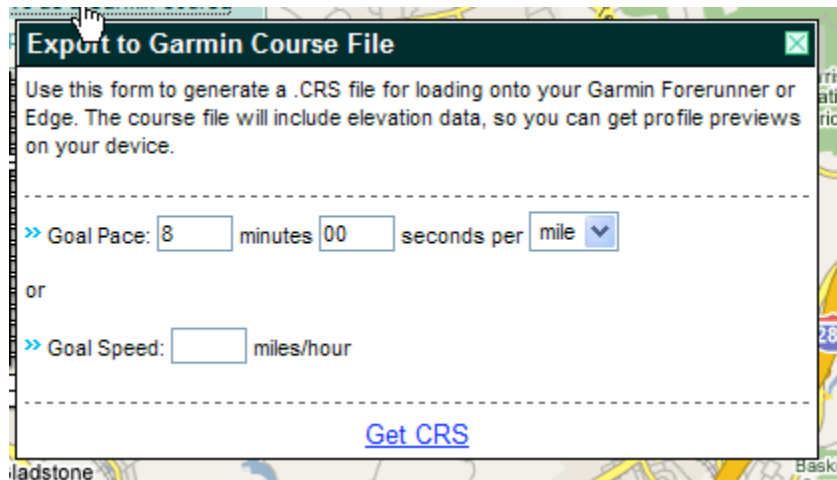
Use this URL to link to this route from your website (or [embed map in your website](#)):
<http://www.mapmyride.com/ride/united-states/nj/gillette/398396500>

[View this Route in 3D \(Google Earth\)](#) ** | [Tell-A-Friend](#) | [Find more Bike Rides](#) or [Map New Bike Ride](#) in Gillette, New Jersey

PRIVATE: Created by [lowrights](#) | [Edit Route](#)

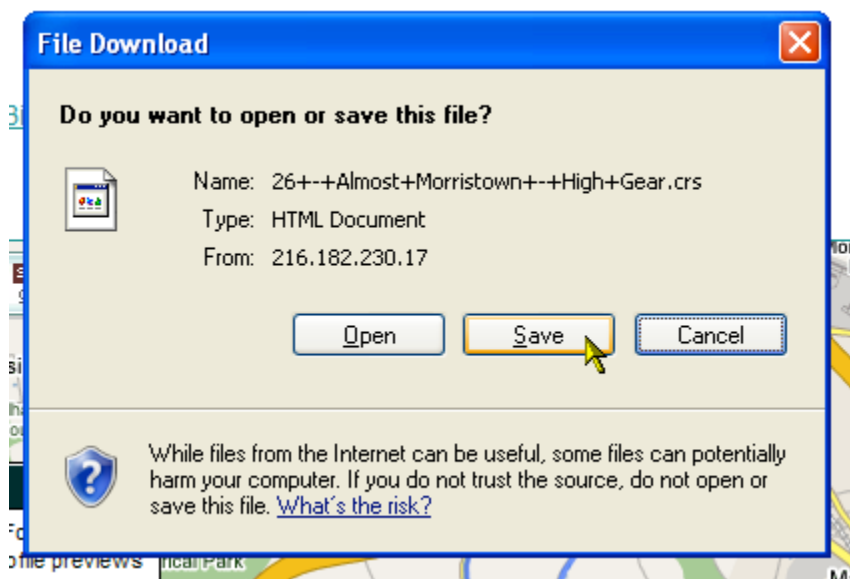
The screenshot displays the Mapmyride interface. On the left, the 'Map Settings' panel is visible, including options for 'Full Screen Mode', 'Show Distance Markers', 'Show Map Markers', 'Auto Recenter Map', and 'Display Elevation'. Below these are settings for 'Select Units' (English (mi)) and 'Map Type' (Street Map). The 'Workout Calculator' section is also partially visible. The main map area shows a blue route starting near Morristown and heading south towards Gillette. Various landmarks and parks are labeled on the map, such as Morristown National Historical Park, Basking Ridge Country Club, and Lord Stirling Park. The map includes standard navigation controls like zoom in/out and a search bar at the top.

The photo above shows how this is done – choose the “save as a garmin course” option. This is actually a High Gear Route that I remapped in mapmyride.



You can pretty much ignore this screen – it only applies if you use the “virtual training partner” option on the 305. This is where it sets the pace of the training partner. If you want to ignore it just click on “get CRS” and give the file a name and save it to your pc.

After you click “Get CRS” you will see the window below – choose “save”

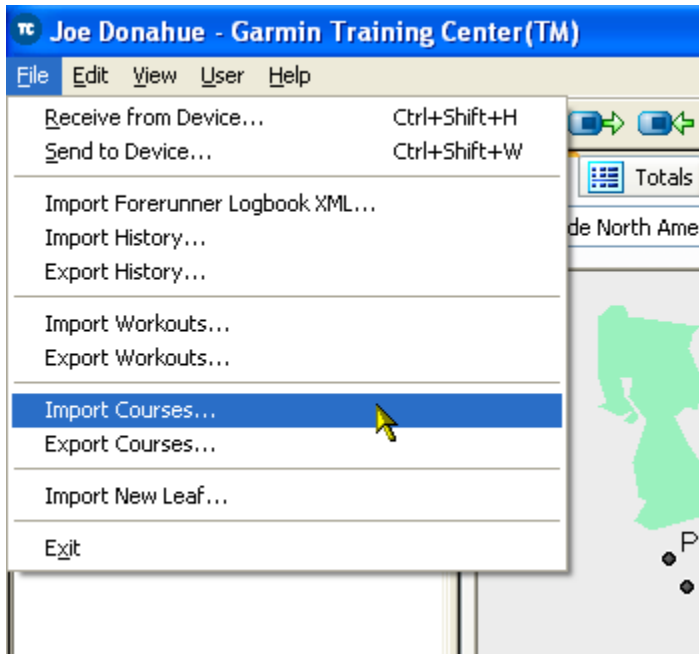


You are finished with the map creation. Now it is time to import it into the 305. This is very simple.

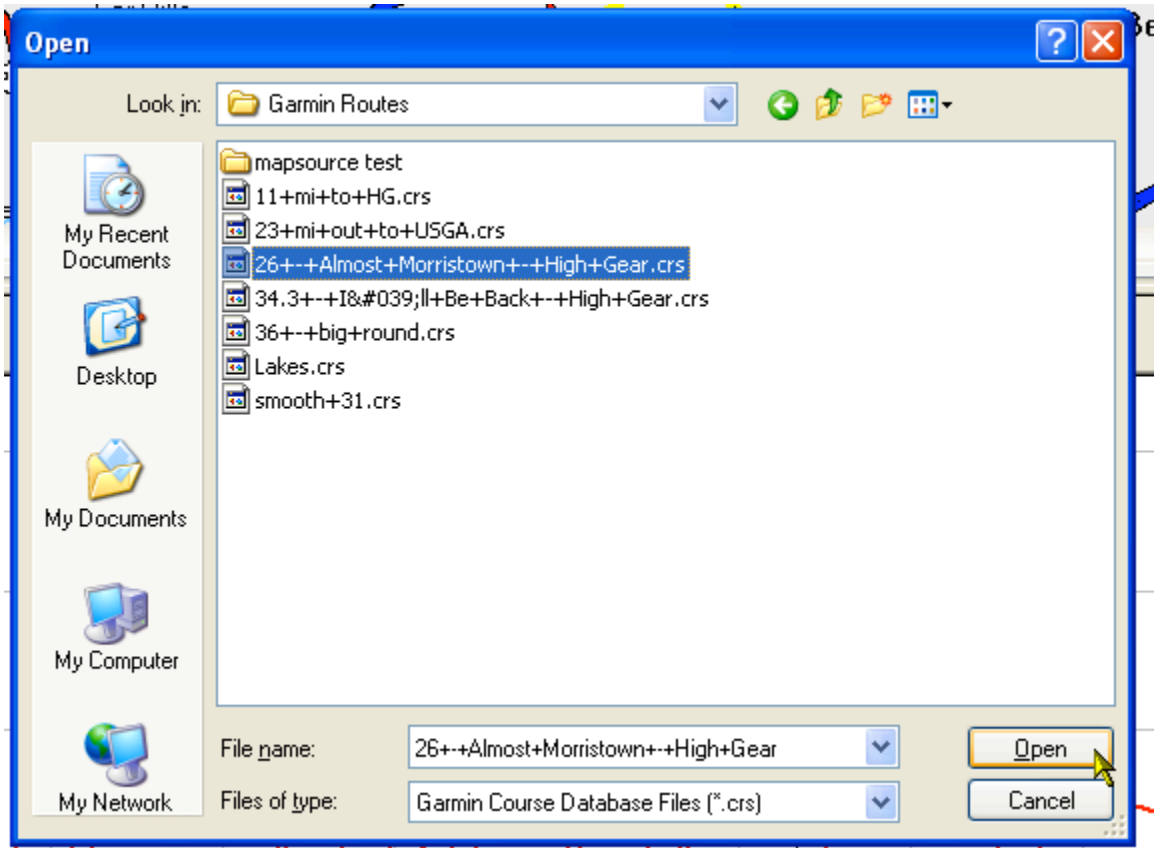
Part II – Import the map into the Garmin 305

Go ahead and open up TrainingCenter and connect the 305.

Choose File/Import Courses as shown below:

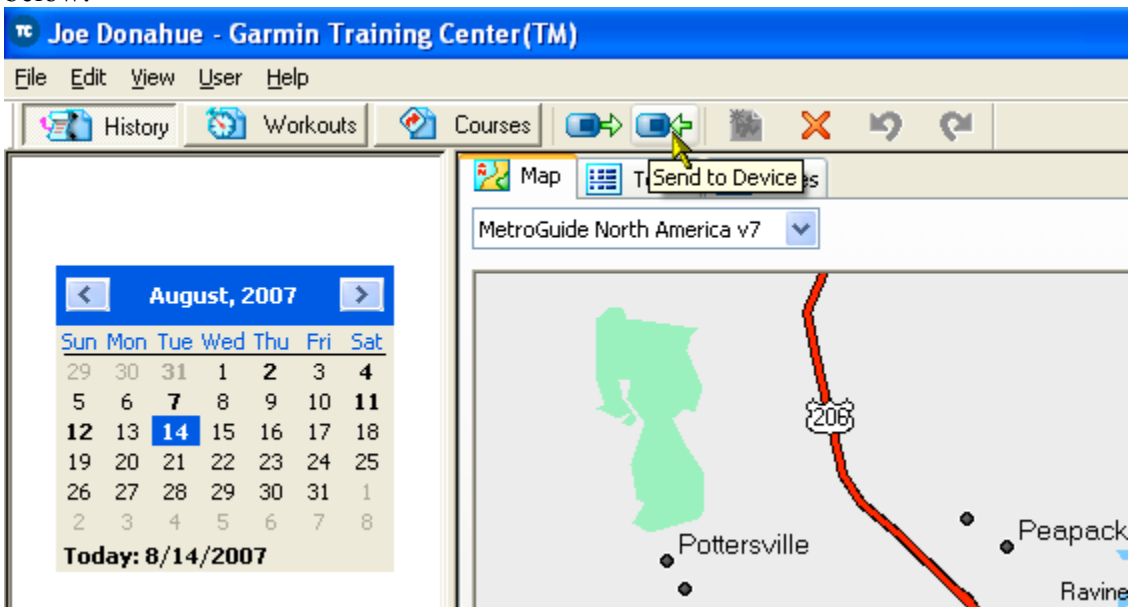


Now choose the .crs file that you just created and downloaded from mapmyride – see the example below. Click on the course and then click “open”.



The course is now imported into TrainingCenter.

Next step is to send the course to the 305. You do this by clicking on “Send to device” as below:



In a few seconds the course is on the 305. You can now disconnect the 305 and get ready to do some riding.

Part III – Using the course on the 305.

Ok first you want to reset the device by pressing and holding the left button which is marked “reset” for about 3 seconds – it will count down and tell you when it is reset.

Secondly you need to bring up the course. It is important to understand that the course you downloaded is NOT under “Navigation” on the main menu on the 305. It is actually under “Training”.

So from the main menu on the 305 go to “Training”, press “enter” on the right side of the unit, and then choose “Courses” by pressing ‘enter’ again.

If all has gone well up to this point you should see the name of the course(s) you created in a list format. Press “enter” to choose the course. Press “enter” again to “do course”. There are some other choices you can try as well that are self-evident. It is a good idea to use relatively short names (10-15 characters) as the field is limited to just a few characters.

One last important thing – you DO need to hit the start button as usual when you begin your ride – the 305 does not automatically start when you start the course. Of course press “stop” when you are completed the course.

At this point you can toggle between 3 or 4 screens to see the map view or a data view. The idea here is that your position is represented by a little triangle and your job is to keep that triangle on the black line. That’s all there is too it. If the black line goes left it is time to make a left turn. You can change the scale of the map by using the up and down arrows on the right side of the 305. The scale is shown in very small type in the lower left of the 305 screen. Try making the scale bigger and smaller to get a sense of what is possible.

Joe Donahue