

**Purpose:**

Virtual runner is an exciting new interactive video software solution that will change the way you look at treadmill running. This quick guide will assist you to get started with the software!

**Warning: Always consult a physician before you begin or modify any exercise program.**

**Installation Instructions:**

**Please close all other applications before running Virtual Runner.**

1. Extract all of the files from the Virtual Runner Software zip file to a folder on your hard drive.
2. Use Windows Explorer and open the folder containing the Virtual Runner files. Run the file setup.exe with administrator privileges.  
Note: Required pre-requisites will be automatically checked for. If they are not found on the system, these pre-requisites will get installed.
3. An installation wizard will guide you through the installation process.
4. You will need to agree to the User license agreement. You can print that by clicking on the "Print" button. The "Next" button will be disabled until you accept the terms in the license agreement, so be sure to select the "I accept..." and click on the "Next" button.
5. That's it! Virtual Runner is now installed on your computer. Activate your software and get started.

**Activation Instructions:**

1. This is a one time, mandatory process.
2. Run the Virtual Runner application using the Windows Start menu. Alternately, you can also double click the Virtual Runner shortcut that has been created on your desktop.
3. Once the application launches, you will be prompted for activation. Click on the "Yes" button to activate Virtual Runner.

**Note: An internet connection is required for activation. This is the only time you will need to be connected to the internet.**

On the activation screen, provide your name, email and activation key which you received in your email. If you do not have an activation key, you can contact Outside Interactive to purchase one. Note that the activation key is case sensitive.

4. Click on the "Activate" button. After successful activation, you should get the message "Virtual Runner activated successfully." If there are any issues, contact the support team at [softwaresupport@outsideinteractive.com](mailto:softwaresupport@outsideinteractive.com).

**Note: The Activate Later option will allow you to use Virtual Runner in Demo mode. Demo mode lets you use the software for 30 days. Videos will only play for 5 minutes in Demo Mode.**

**Required Components:**

1. ANT+™ Compatible Foot Pod (Garmin, etc.).
2. ANT+ USB Stick.
3. Virtual Runner Videos.

**Optional Components :**

1. ANT+ Compatible Heart Rate Monitor.

**Login process:**

After successful activation, on the welcome screen of the Virtual Runner application, there are three options displayed:

1. **Primary User Login:** This is the administrator (admin) login screen for the application.
2. **User Login:** This is for regular users who do not have administrator privileges for the application.
3. **Create New User:** A new user can be created using this option.

The default Admin login access details are:

**Username:** admin

**Admin home:**

After successful login, the Virtual Runner administrator home screen will be displayed. The following options will be available:

1. **Users:** Allows the admin to manage all the users in the system.
2. **Start Your Workout:** Displays a list of videos that you can select to start the workout.
3. **Settings:** Allow the admin to set the video repository location for the application, and select miles or kilometers for the distance display.
4. **My Records:** Displays a table with all of the personal records for the admin user for each course video.
5. **Help:** Displays a dialog containing information about Virtual Runner.
6. **Calibration:** Allows you to calibrate the video speed with the treadmill speed for greater accuracy.

**Settings:**

- In this section, the video repository location for the Virtual Runner application can be set.
- All users can also toggle the display of the overlay console which displays elapsed time, heart rate, distance, pace, and cadence. All users can toggle the distance units to miles or kilometers. Setting is global for all users.
- The video repository location is the folder on the computer's file system in which all of the course videos reside. Only the videos in this location will be available during the workout.
  - o **Note: The Virtual Runner software allows playing MOV / MP4 video formats.**
  - o **Note: The videos are very large. It is recommended that you choose a video repository location on a hard drive with sufficient free disk space.**
- To change the video repository location, click on the "Browse" button. This will open a folder browser. The desired folder location that contains the video courses can be selected.
- Ensure that you press the save button to reflect the new repository location.

**Videos:**

- Videos are purchased and downloaded from the Virtual Runner store:
  - o <http://www.outsideinteractive.net/mm5/merchant.mvc>
- Download the video zip file to your computer.
- Extract the 3 files from the video zip file and copy the 3 files to the video repository on the computer hard drive.
- Note that the default video repository folder is in the "Videos" subfolder. So if you installed to the c drive, the folder would be: C:\Program Files\Outside Interactive Visual Software Solutions, LLC\Virtual Runner\Videos. On a 64 bit PC, this would be C:\Program Files (x86)\Outside Interactive Visual Software Solutions, LLC\Virtual Runner\Videos
- Note that the Virtual Runner videos are 3.5 GB each and marathon videos are 15GB. For your Video Repository, Please choose a hard drive with sufficient free space to fit your videos.

**Quick Calibration:**

1. With No Calibration set, run a steady pace workout on the treadmill with any video using the Virtual Runner Play Video Menu Option.
2. Using the Overlay display, make note of your virtual runner pace. Also make note of your treadmill pace.
3. When you go to use the calibration steps below, instead of running the track calibration video, press the escape key after the video begins, and then enter the virtual runner pace in the first data entry box, and enter the treadmill pace in the second data entry box.

**Calibration:**

1. This will allow each user to calibrate the speed of the running videos with the speed of your treadmill. Cadence calibration is optional and can improve the accuracy of your treadmill with the videos. One mile on the treadmill will be very close to one mile on the video. Calibration is different for each treadmill.

2. For the best accuracy, make sure your treadmill is already running at 6 mph (10:00 per mile pace) BEFORE stepping onto your treadmill. For faster runners, you should use a pace that you do most of your running at since your stride can vary at different speeds. For example, if you always run at 8:00 pace, run 7.5 mph (8:00 per mile) and your expected time would be 8:00.
3. When you are ready to run, press the underlined "here" on the last bullet on this screen. This will display the video and a 10 second countdown will begin.
4. Start jogging before the countdown completes.
5. Once screen says "Start" turn on your stopwatch. You will use your stopwatch to determine accuracy, NOT your treadmill's display.
6. Run one mile (4 laps on this quarter mile track) at 6mph (10:00 pace per mile). Faster runners should use the pace that you do most of your running at.
7. Once you reach one mile, stop your watch.
8. Enter the expected time for the system to play the video. Note, if you ran one mile at 10:00 pace, the expected time is 10:00.
9. Enter the actual time it took you to complete the distance ACCORDING TO YOUR STOPWATCH.
10. Press Save. Your videos will now be calibrated with your treadmill for improved accuracy.
11. Footpod accuracy: uncalibrated 95%, calibrated 98% (10 seconds/mile at 8:00 pace).

#### Running a workout with Virtual Runner:

1. Attach the Footpod to your running shoe
2. Insert the USB ANT Stick into the USB port of your computer.
3. Run the Virtual Runner Software & login
4. Select "Start Your Workout"
5. Select a video and click the Play Video Icon. Video will begin with a 10 second count down.
6. Start your treadmill and begin running.

#### Troubleshooting:

##### Problem:

I selected a video in the play video list and clicked on the play icon. I get the error: "Sorry! You cannot play this video. ANT+ receiver stick is not connected. Please connect and try again".

##### Solution:

1. Is the USB ANT Stick connected to the computer USB port?
2. You may have a background fitness device application running on your computer (i.e., Garmin ANT Agent™). You must disable this while using Virtual Runner. In the system tray on the bottom right of the Windows status bar, right click on the fitness device icon and choose "exit". Note that you can enable this application upon completion of your use of Virtual Runner to upload your data.

##### Problem:

I selected a video in the play video list and clicked on the play icon. The video does not play.

##### Solution:

1. Are all files for the video copied to the hard drive, and the video repository is set to a folder on the hard drive? Virtual Runner does not play videos directly from the DVD.
2. Is the video open in a different video player like Windows Media Player? Close the video in the other video player.
3. Contact Virtual Runner if you get a blank screen.

##### Problem:

No Videos are listed in the "Play Video List"

**Solution:**

1. Did you copy the Virtual Runner videos from the zip file to the computer hard drive? Make sure you copy all of the files from each zip file to the hard drive folder that you are using for the Video Repository. The video repository folder must be a sub-folder on the hard drive. For example: C:\Program Files\Outside Interactive Visual Software Solutions, LLC\Virtual Runner\Videos.
2. Log in as "Primary User (admin)" and display the settings screen. Confirm that the video repository folder is the correct location that you copied the videos to.
3. If you copied videos to the computer hard drive while logged into Virtual Runner, you will need to log out of Virtual Runner and log back in, in order for Virtual Runner to pick up the new changes.

**Problem:**

I clicked on the play icon to play a video. The video plays for 2 seconds and then pauses.

**Solution:**

1. Make sure that the footpod that you are using is ANT compatible. Visit <http://www.thisisant.com/directory> for a list of compatible products.
2. Are you wearing the footpod device on your running shoe? It needs to be fastened securely to the shoe laces. The arrow on the footpod must point to your toes.
3. Are you running on the treadmill? The video only plays while you are running. Note that it may take 5 steps before the footpod begins transmitting data to your computer.
4. Are you running within range of the computer? The range for the footpod device is 3 meters (approximately 9 feet). Try moving the computer closer or using a USB hub.
5. Is the ANT Stick properly inserted into the computer USB port?
6. Replace the battery in the footpod.
7. Make sure that you do not have 2 footpod devices within range of the computer.

**Problem:**

I am wearing a heart rate monitor but I do not see my heart rate displayed.

**Solution:**

1. Make sure that the heart rate monitor that you are using is ANT compatible. Visit <http://www.thisisant.com/directory> for a list of compatible products.
2. Make sure that the heart rate monitor is worn directly on your skin, just below the breast plate.
3. Wet both electrodes on the back of the heart rate monitor to create a good connection.
4. Are you within range of the computer? The range for the heart rate monitor is 3 meters (approximately 9 feet). Try moving the computer closer or using a USB hub.
5. Are you playing the video in full screen mode? The heart rate is only displayed in the video when playing in full screen mode and "Show Video Overlay" is checked in the settings screen. It is displayed in the top left of the video.
6. Wear cotton shirts. Synthetic shirts create static electricity that interferes with the heart rate signal.
7. Do not run too close to the TV. Electro-magnetic fields like those from TV's can cause interference.

**Problem:**

The video plays, but I see stuttering and freezing, or my screen goes blank after 30 minutes.

**Solution:**

1. Disable all screen savers and laptop power saving features while using Virtual Runner.
2. Close all other programs, including e-mail. Do not schedule Windows Update or Virus scans while using Virtual Runner.

**Problem:**

I get the message "Distance readings will not be available during the workout".

**Solution:**

Contact [softwaresupport@outsideinteractive.com](mailto:softwaresupport@outsideinteractive.com) for the latest video XML files. Or, use Notepad to edit the video's associated .XML file. The file is in the video repository folder location as shown in the Admin user settings screen.

For The Cadence Calibration Video.XML add the following line above <MileMarkers>:  
<TotalDistance>2</TotalDistance>

For Beach to Beacon 10K Race Course.XML add the following line above <MileMarkers>:  
<TotalDistance>6.2</TotalDistance>

For Central Park 10K - Summertime Run.XML add the following line above <MileMarkers>:  
<TotalDistance>6.2</TotalDistance>

For Charles River - Early Summer Run.XML add the following line above <MileMarkers>:  
<TotalDistance>7.15</TotalDistance>

For Falmouth Road Race Course.XML add the following line above <MileMarkers>:  
<TotalDistance>7</TotalDistance>

For Hopkinton to Boston 26.2 Mile.XML add the following line above <MileMarkers>:  
<TotalDistance>26.2</TotalDistance>

**Updates:**

Check <http://www.outsideinteractive.com/discussion> for updates and additional information. Updated versions can be downloaded from the web site and when run they will automatically upgrade your Virtual Runner to the new version.