MLEP Intermediate GPS Workshop
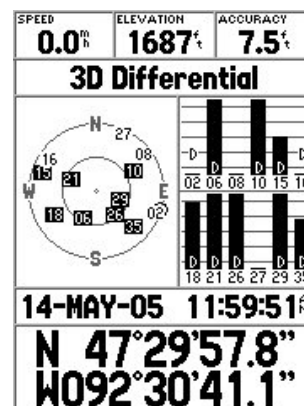## Exercise Four
Using Tracks

During this exercise, you will save your current position, set up track logging, collect a track, mark waypoints, and then retrace your track using the track back function. Your instructor will walk your group through this together.

Part 1: *Mark your current position as a waypoint.*

1. *After you have moved outside and turned on your receiver, ensure that you have a 2d or 3d differential signal. This may take a few minutes.*

2. *As you are standing at your starting point, press and hold the <ENTER> key until the 'Mark Waypoint' screen appears.*

3. *We will not be editing these points so accept all of the default information and press the <ENTER> key to save the information. You will be returned to the screen from which you started. Note that the waypoint name assigned to this point is the next unused sequence number starting at 001.*
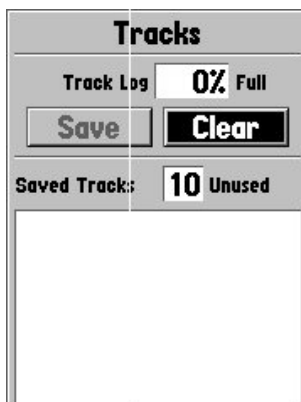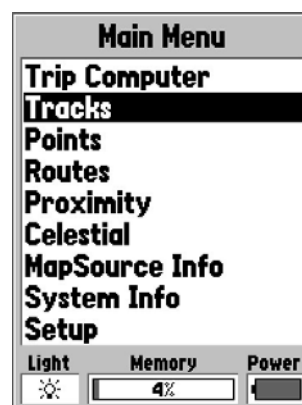
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Part 2: *Set up track logging.*

1. *Now that you have marked your first waypoint, we will set up the receiver to collect a track.*

2. *Press the <MENU> key twice and you will be at the 'Main Menu' screen.*

3. *Use the <ROCKER> key to highlight 'Tracks' and press the <ENTER> key. This will take you to the 'Tracks' list.*

4. *Press the <MENU> key to enter the 'Tracks' menu and highlight 'Setup Track Log'. Press the <ENTER> key which takes you to the 'Track Log Setup' menu.*

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5.   Use the <ROCKER> key to highlight the 'Record Method' and set the option to 'Time'. Press the <ENTER> key to accept.

6.   Next, highlight the 'Interval' field and using the <ENTER> and <ROCKER> keys set the time interval to 00:00:03 or 00:00:04 (3 or 4 seconds) and press the <ENTER> key.

7.   This provides plenty of points to depict the track at a normal walking pace.
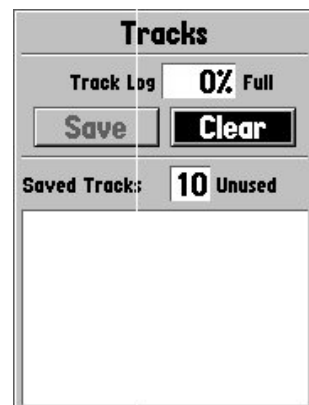
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8. Highlight the 'Recording' field. Set it to 'Stop When Full' and press the <ENTER> key to accept. This option prevents loss of data should you forget to clear enough memory within the receiver.

9. Highlight the 'OK' button and press the <ENTER> key to store your selections and return to the 'Tracks' screen.

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Part 3: *Collect a track log and mark extra waypoints as you walk your track.*

    1.   Before you start walking your track, it is necessary to clear the track log to ensure a usable track.

    2.   Use the <ROCKER> key to highlight the 'Clear' button and press the <ENTER> key. Use the <ROCKER> key to highlight the 'Yes' button and press the <ENTER> key again.
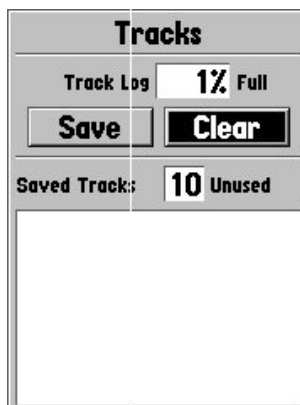
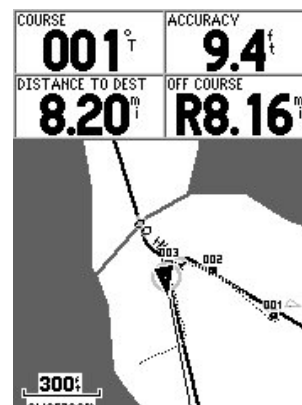   *3.   As you begin to walk your track, press the <PAGE> key until you see the 'Map View' screen.*

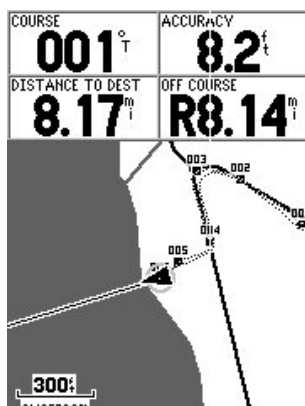# MLEP Intermediate GPS Workshop
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4. *As you walk, you will see your track build on the screen as a series of dots*

5. *As you arrive at major bends in the track, stop long enough to press and hold the <ENTER> key to mark another waypoint. Ensure the 'OK' button is highlighted and press the <ENTER> key and continue to walk.*

6. *Repeat step 5 above at least 5 more times during your stroll.*

7. *When you reach the end of your track, mark the ending waypoint of your track as you did above.*

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8.   Next, we need to turn track logging off so that extra points aren't stored with the current track.

9.   Press the <MENU> key twice and highlight 'Tracks'. Press the <ENTER> key to go to the 'Tracks' list. Press the <MENU> key to enter the 'Tracks' menu. Highlight 'Setup Track Log' and press the <ENTER> key.
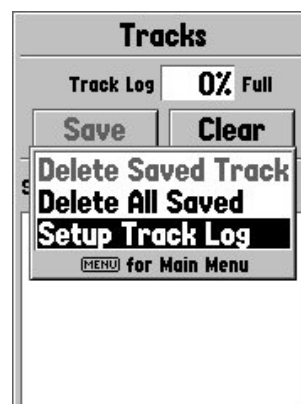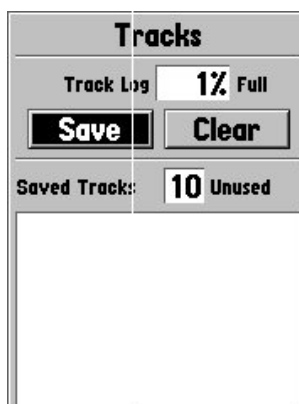
10.   To turn track logging off, highlight the 'Recording' field using the <ROCKER> key and press the <ENTER> key to see the options. Highlight the 'Off' option and press <ENTER>. Highlight the 'OK' button, press the <ENTER> key and return to the 'Tracks' list.

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11. *Save your track by using the <ROCKER> key to highlight the 'Save' button and pressing the <ENTER> key. Highlight the topmost item in the list and press the <ENTER> key again and you will see the 'Track' edit screen.*

12. *While you are in the 'Track' edit screen, change the name of your track then ensure that the 'OK' button is highlighted and press the <ENTER> key to save your track.*

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Part 4: *Retracing your track to return to the beginning from the 'Track' screen using TracBack.*

1. *From the 'Tracks' list, highlight the track you just saved and press the <ENTER> key to see the 'Track' screen where you can view the track information and edit the name of the track if you choose to do so.*

2. *In the lower-left corner of the screen, highlight the 'TracBack' button and press the <ENTER> key.*

3. *Select 'Reverse' and press the <ENTER> key to return to the 'Main Menu'.*

4. *Press the <PAGE> key until you are at the 'Map View' screen.*

5. *You will notice that the TracBack only creates turn points at the major changes of direction in you track.*
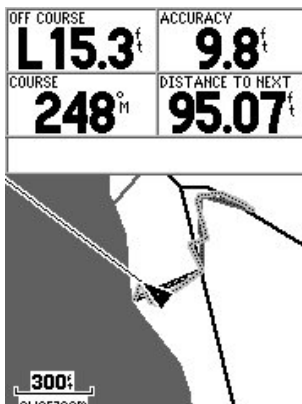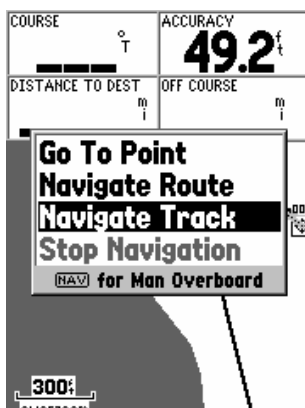
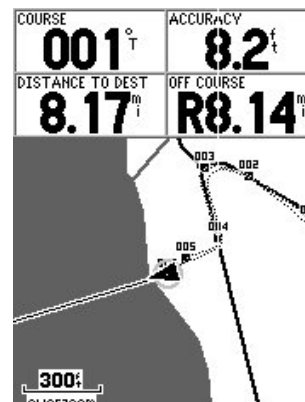# MLEP Intermediate GPS Workshop
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Part 5: *Retracing your track to return to the beginning using the <NAV> key.*

1. *You can also retrace your track to the beginning point using the <NAV> key. Press and quickly release the <NAV> key.*
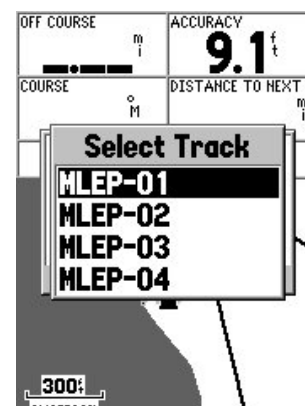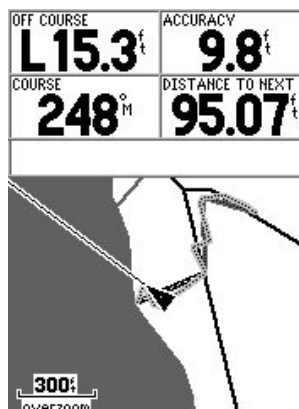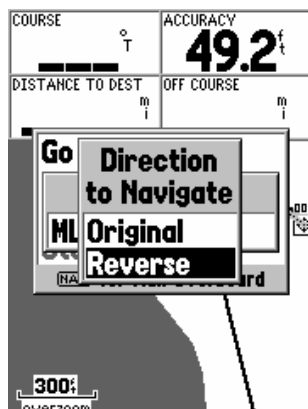

2. *Highlight 'Navigate Track' and press the <ENTER> key.*

3. *Highlight the track you wish to follow and press the <ENTER> key.*

4. *Highlight the direction of travel (Original or Reverse) and press the <ENTER> key.*

5. *Now, walk the courses until you reach the start. As you walk and pass each leg end-point, the new course and distance will appear.*

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6.   *When you have completed navigating the track press the <NAV> key to bring up the 'Navigation Menu' screen.*

7.   *Using the <ROCKER> key, highlight 'Stop Navigation' and press the <ENTER> key.*