

# MLEP Intermediate GPS Workshop

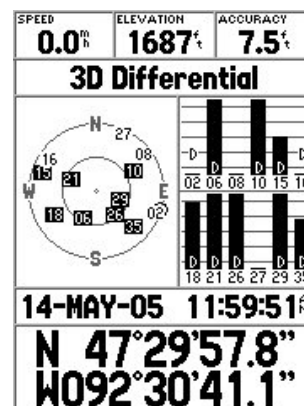
## Exercise Four

### 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.



Mark Waypoint	
001	
14-MAY-05 12:00	
Location	
N 47°29'57.9\"	
W092°30'41.1\"	
Elevation	Depth
1704 ft	----- ft
<input checked="" type="checkbox"/> Show Name on Maps	
Delete	Map
Goto	OK

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.

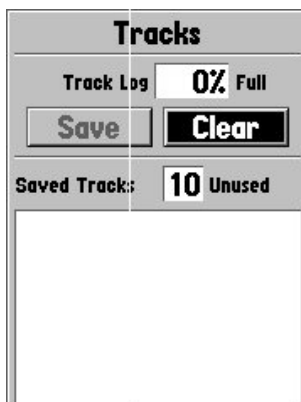
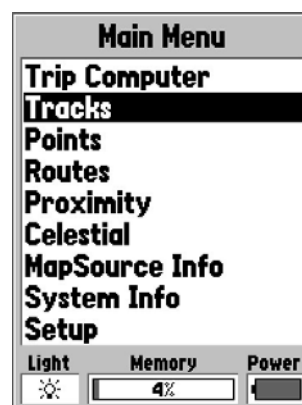
# MLEP Intermediate GPS Workshop

## Exercise Four

### Using Tracks

#### *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.



# MLEP Intermediate GPS Workshop

## Exercise Four

### Using Tracks

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

The screenshot shows the 'Tracks' menu with 'Track Log Setup' selected. Under 'Recording', 'Off' is selected. Under 'Record Method', 'Auto' is selected. A sub-menu is visible with 'Distance', 'Time' (highlighted), and 'Auto' options. An 'OK' button is at the bottom right.

The screenshot shows the 'Tracks' menu with 'Track Log Setup' selected. Under 'Recording', 'Off' is selected. Under 'Record Method', 'Time' is selected. The 'Interval' field shows '00:00:51'. An 'OK' button is at the bottom right.

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.

The screenshot shows the 'Tracks' menu with 'Track Log Setup' selected. Under 'Recording', 'Off' is selected. Under 'Record Method', 'Time' is selected. The 'Interval' field shows '00:00:51'. An 'OK' button is at the bottom right.

The screenshot shows the 'Tracks' menu with 'Track Log Setup' selected. Under 'Recording', 'Off' is selected. Under 'Record Method', 'Time' is selected. The 'Interval' field shows '00:00:03'. An 'OK' button is at the bottom right.

7. This provides plenty of points to depict the track at a normal walking pace.

# MLEP Intermediate GPS Workshop

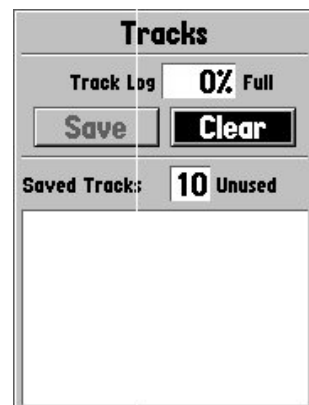
## Exercise Four

### Using Tracks

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.



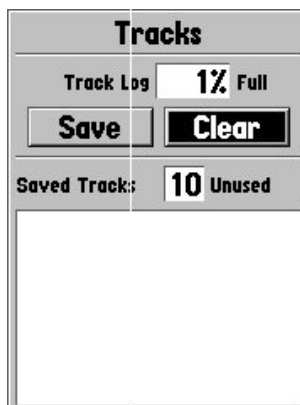
# MLEP Intermediate GPS Workshop

## Exercise Four

### Using Tracks

**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.

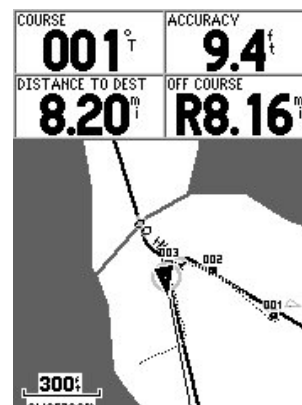


# MLEP Intermediate GPS Workshop

## Exercise Four

### Using Tracks

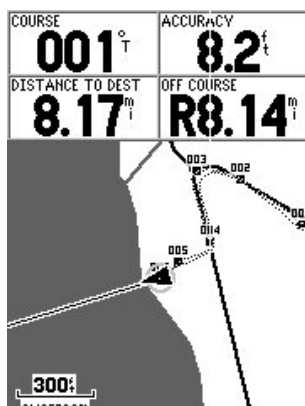
4. *As you walk, you will see your track build on the screen as a series of dots*
5. *As you arrive at major bends in the track, stop long enough to press and hold the <ENTER> key to mark another waypoint. Ensure the 'OK' button is highlighted and press the <ENTER> key and continue to walk.*



Mark Waypoint	
002	
14-MAY-05 17:57	
Location	
N 47°30'32.2"	
W092°20'07.2"	
Elevation	Depth
1373ft	-----ft
<input checked="" type="checkbox"/> Show Name on Maps	
Delete	Map
Goto	OK

Mark Waypoint	
003	
14-MAY-05 13:01	
Location	
N 47°29'59.1"	
W092°30'43.4"	
Elevation	Depth
1684ft	-----ft
<input checked="" type="checkbox"/> Show Name on Maps	
Delete	Map
Goto	OK

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.*



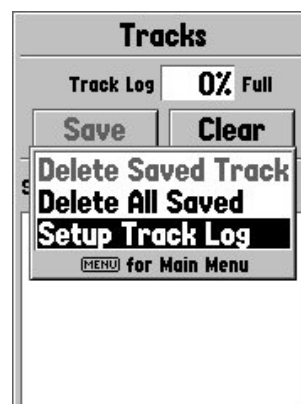
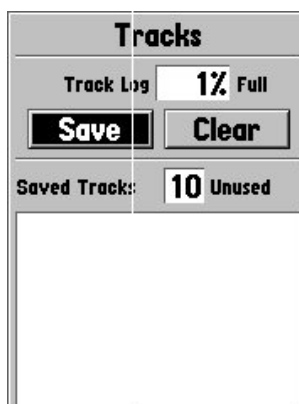
Mark Waypoint	
007	
14-MAY-05 13:04	
Location	
N 47°30'28.4"	
W092°20'11.8"	
Elevation	Depth
1375ft	-----ft
<input checked="" type="checkbox"/> Show Name on Maps	
Delete	Map
Goto	OK

# MLEP Intermediate GPS Workshop

## Exercise Four

### Using Tracks

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.



# MLEP Intermediate GPS Workshop

## Exercise Four

### Using Tracks

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.

Tracks	
Track Log	1% Full
<b>Save</b>	Clear
Saved Tracks:	10 Unused

Tracks	
Track Log	1% Full
Save	Clear
Saved Tracks:	10 Unused
<div style="border: 1px solid black; padding: 2px;"> Save Back Through  03:22 PM  Entire Log </div>	

Track	
Name	
15-MAY-05	
Distance	Points
116.45	10
Area	
0.005238 ac	
<input type="checkbox"/> Show on Map and Highway	
Delete	Map
TracBack	<b>OK</b>

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.

Track	
Name	
15-MAY-05_____	
Distance	Points
116.45	10
Area	
0.005238 ac	
<input type="checkbox"/> Show on Map and Highway	
Delete	Map
TracBack	<b>OK</b>

Track	
Name	
MLEP-01	
Distance	Points
116.45	10
Area	
0.005238 ac	
<input type="checkbox"/> Show on Map and Highway	
Delete	Map
TracBack	<b>OK</b>

Track	
Name	
MLEP-01	
Distance	Points
116.45	10
Area	
0.005238 ac	
<input type="checkbox"/> Show on Map and Highway	
Delete	Map
TracBack	<b>OK</b>

Tracks	
Track Log	1% Full
Save	Clear
Saved Tracks:	9 Unused
MLEP-01	



# MLEP Intermediate GPS Workshop

## Exercise Four

### Using Tracks

**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.

**Tracks**

Track Log **15%** Full

**Save** **Clear**

Saved Tracks **8** Unused

**13-APR-05**

**MLEP-01**

**Track**

Name **MLEP-01**

Distance **0.19<sup>m</sup>** Points **15**

Area **0.181426 ac**

☐ Show on Map and Highway

**Delete** **Map**

**TracBack** **OK**

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'.

**Track**

Name **MLEP-01**

Distance **0.19<sup>m</sup>**

Area **0.1**

☐ Show on Map and Highway

**Delete** **Map**

**TracBack** **OK**

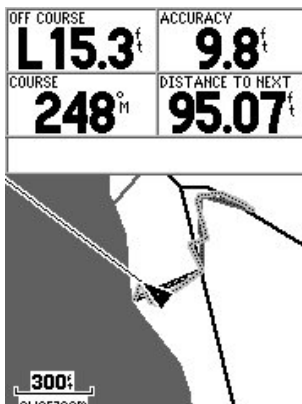
**Direction to Navigate**

**Original**

**Reverse**

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 your track.



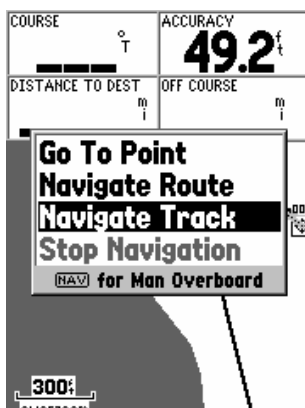
# MLEP Intermediate GPS Workshop

## Exercise Four

### Using Tracks

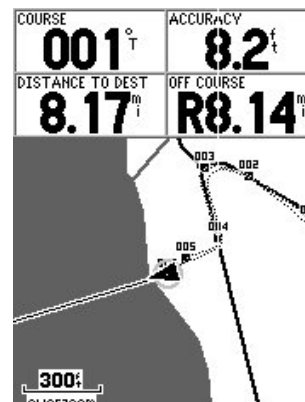
**Part 5: Retracing your track to return to the beginning using the <NAV> key.**

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

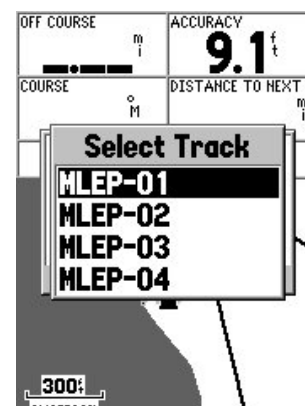
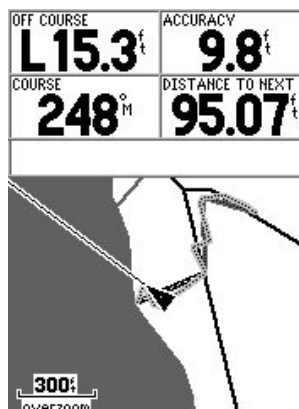
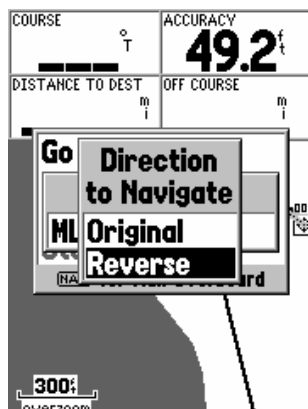


2. Highlight 'Navigate Track' and press the <ENTER> key.

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.

# **MLEP Intermediate GPS Workshop**

## **Exercise Four**

### **Using Tracks**

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.*