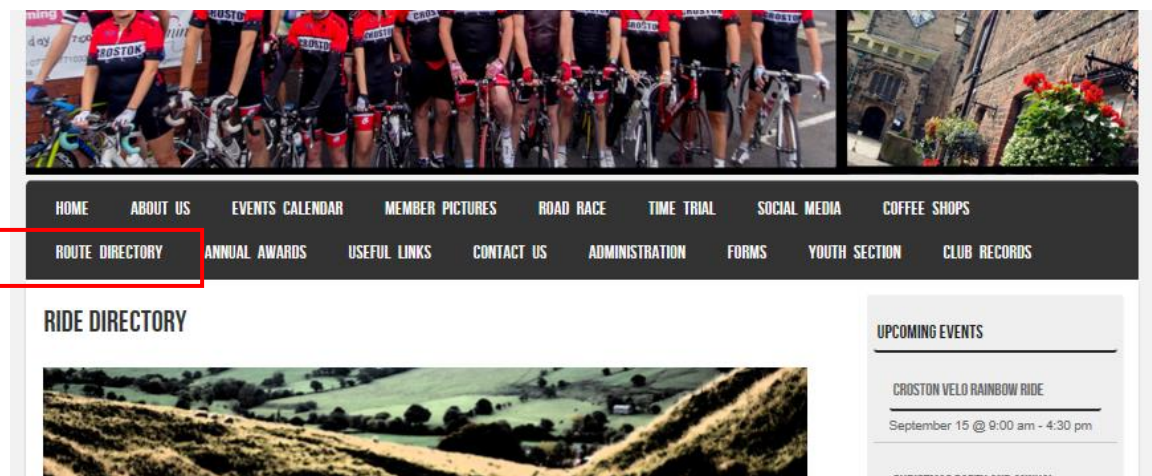


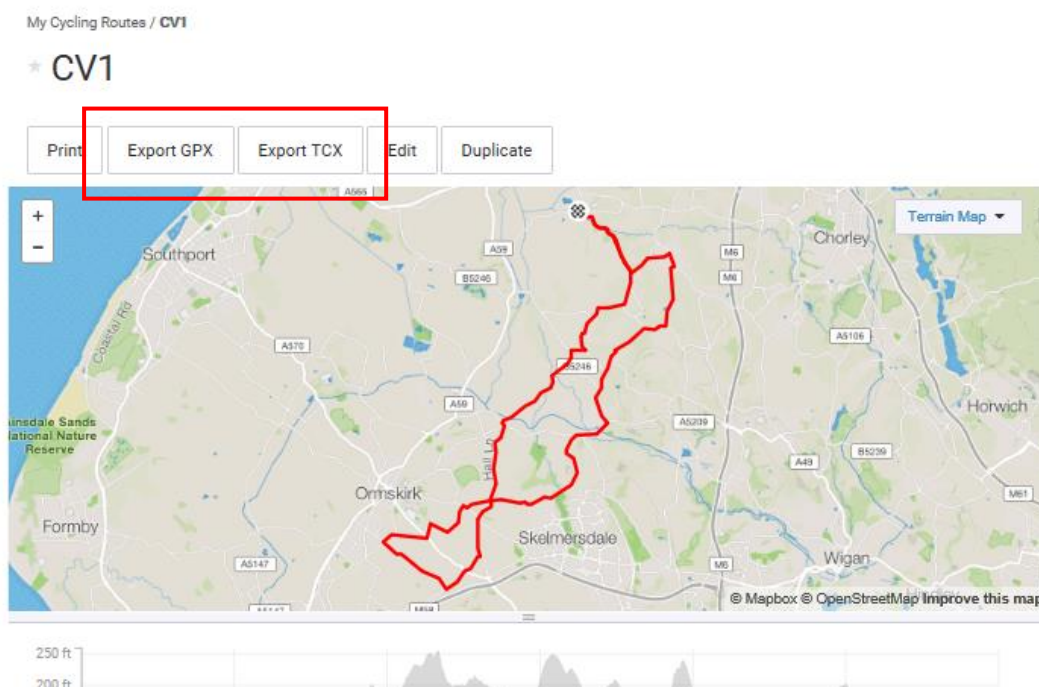
Croston Velo - Guide to downloading routes onto Garmin device

1) All Croston Velo routes for mid-week club rides are available on the 'route directory section of the club website. If you have a cycling GPS device all these routes can be downloaded to your device CV1 to CV12 and will enable you to navigate the route for all club rides which are published the evening before. The more members that download the rides allows for greater flexibility when choosing groups and ride captains and promotes safer riding as people will be aware of upcoming changes in direction.

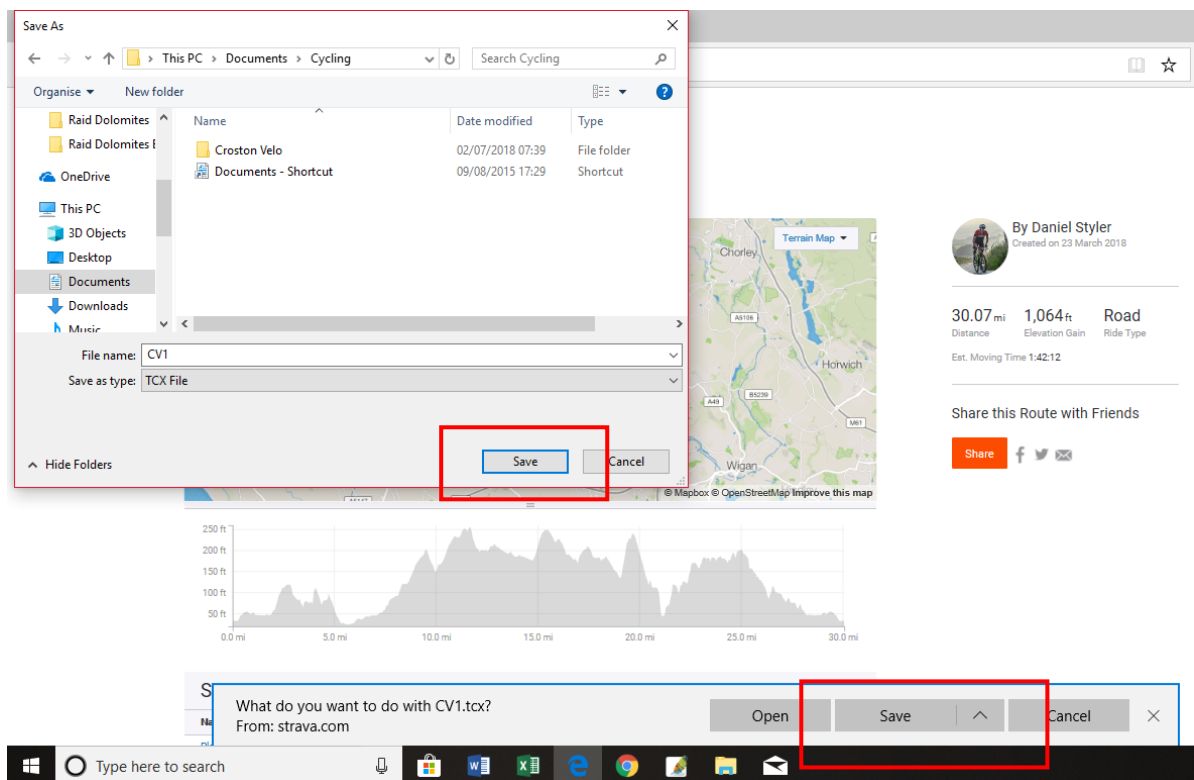
<http://www.crostonvelo.co.uk/ride-directory/>



2) Click on the links on the website where you will be able to view a map and elevation profile of the route. In order to download the route you will need to click on 'export tcx' for Garmin devices and 'export gpx' for all other cycling GPS computers.

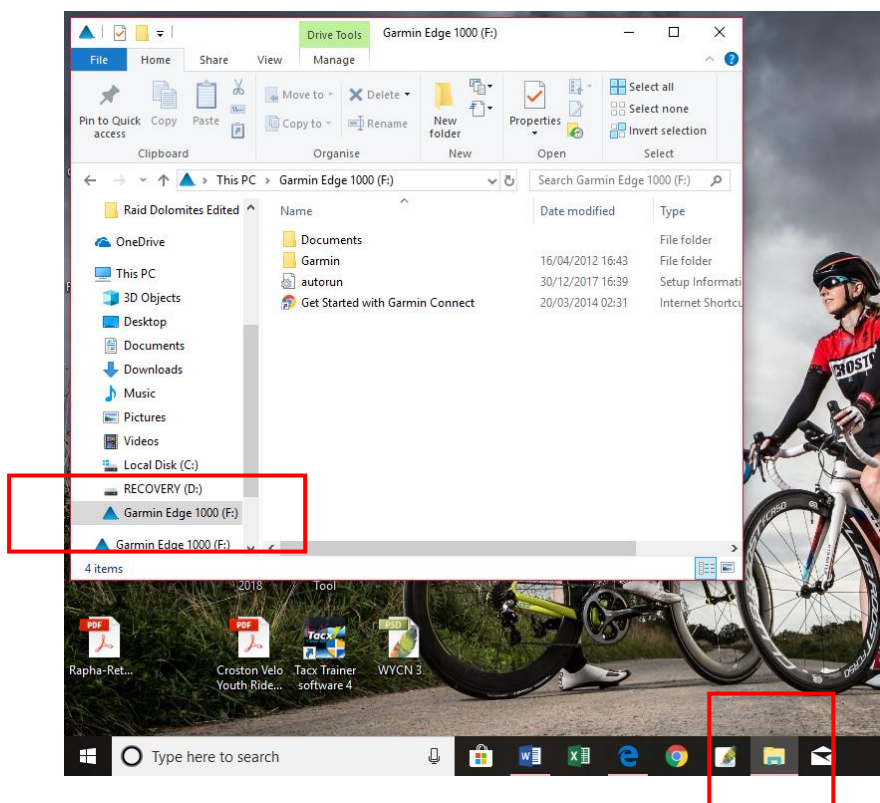


3) Save each of the routes to a suitable location on your computer

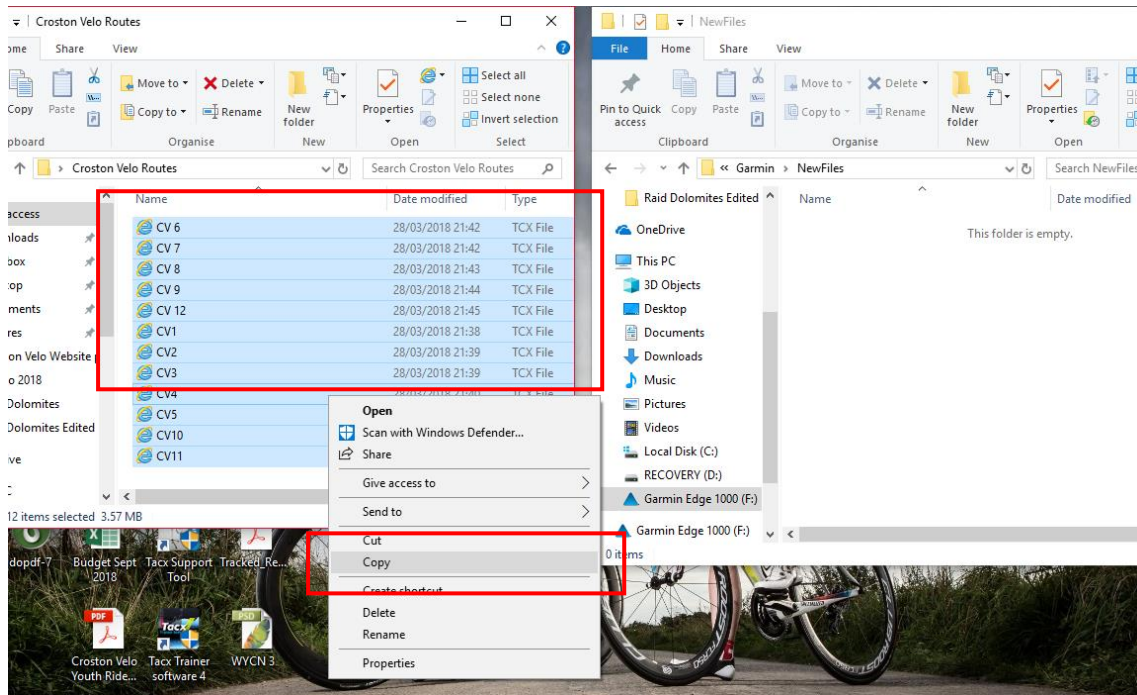


4) Plug in your Garmin device using the USB lead to your computer

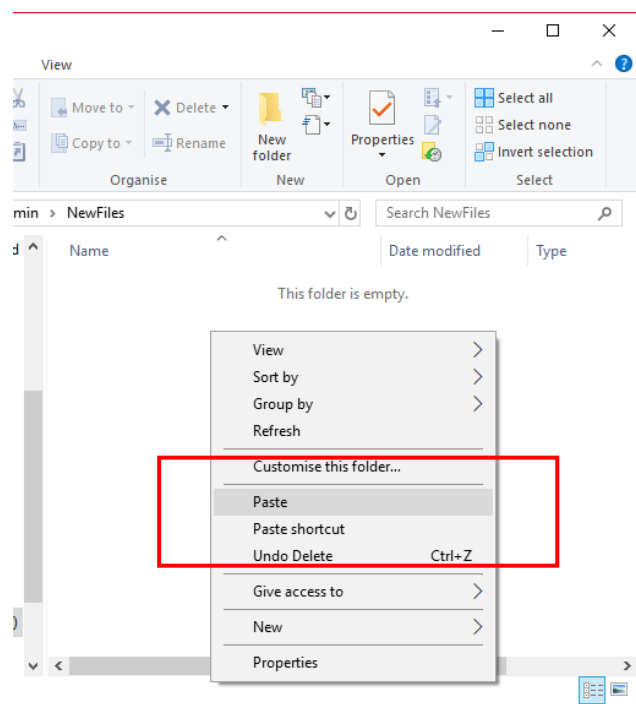
5) You should now be able to locate your Garmin device in the 'file explorer' programme on your computer.



- 6) Double click in the 'Garmin' folder
- 7) Double click on the 'NewFiles' Folder
- 8) You will need open both the 'NewFiles' folder and the file where you saved all the club routes.
- 9) Highlight all the routes by left clicking and dragging the cursor over all of the files.
- 10) Right click on the highlighted files and left click 'copy'

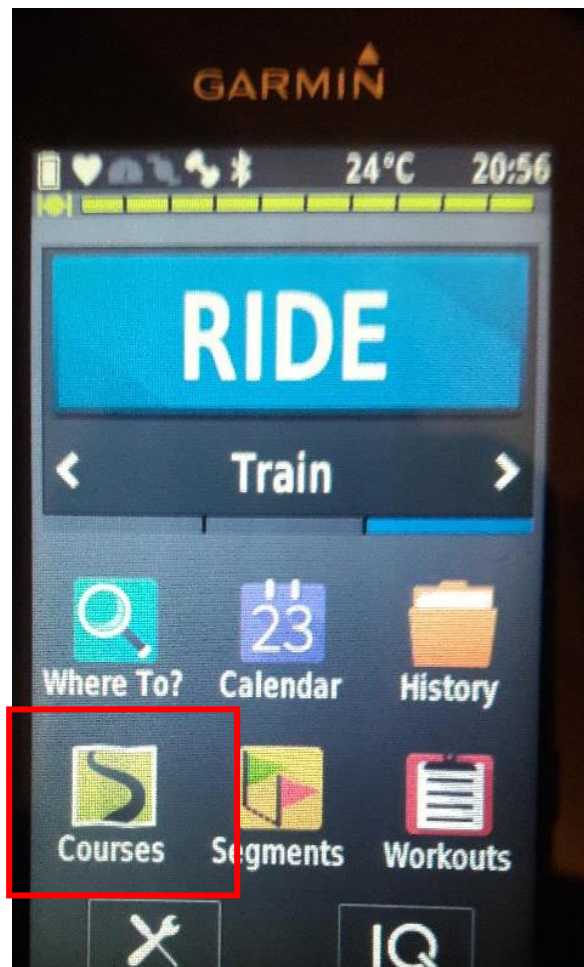


- 11) In the 'new files' folder right click and click paste



- 12) The routes will now all be downloaded to your Garmin device.

13) To use a route click on the 'courses' file on your device and select the course from the list.



GARMIN

Create New

CV 12

28.7 mi

1:32:22

CV 2018 - 34

55.6 mi

3:06:35

CV 6

35.4 mi

1:51:51

CV 7

26.1 mi

1:21:37

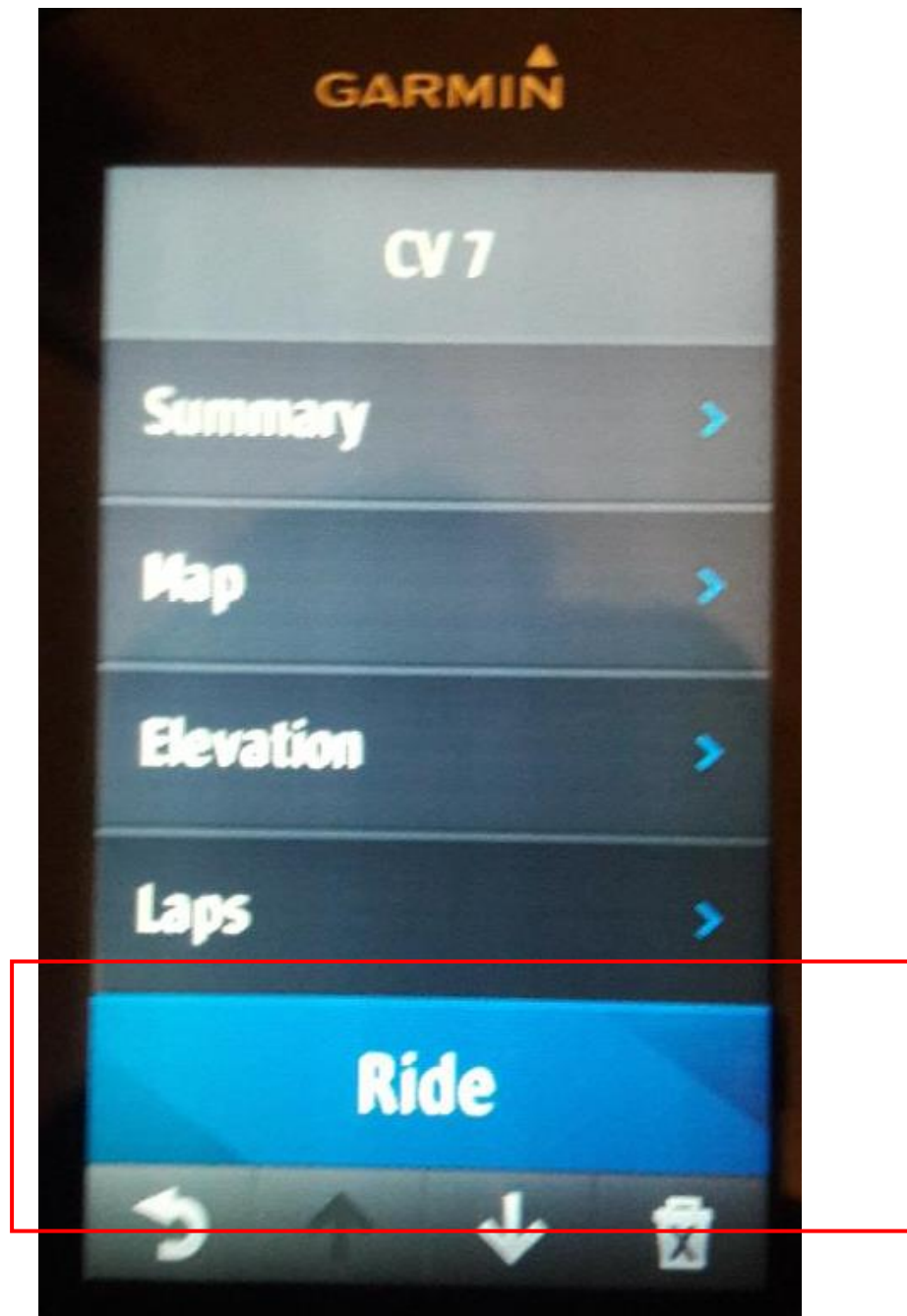
CV 8

31.7 mi

1:40:04



14) The course will load and you need to click 'ride' or 'start'.



15) The route should now be shown on the map screen on your device and if set up the device will offer turn by turn guidance.