

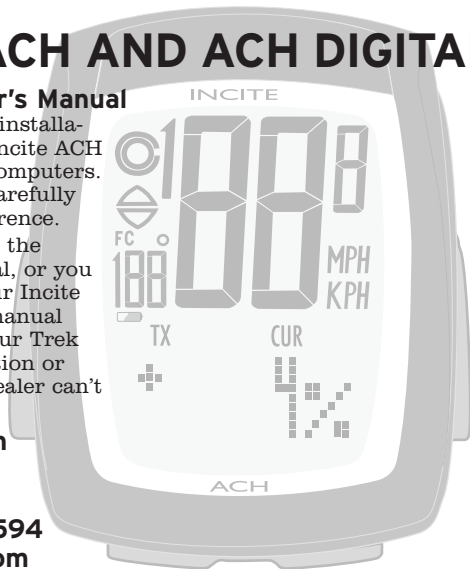
TREK INCITE ACH AND ACH DIGITAL

Bicycle Computer Owner's Manual

This manual explains the installation and use of the Trek Incite ACH and ACH Digital bicycle computers. Please read this manual carefully and save it for future reference.

If you do not understand the information in this manual, or you have a question about your Incite ACH computer that this manual does not cover, consult your Trek dealer. If you have a question or problem that your Trek dealer can't handle, contact us at:

Trek Bicycle Corporation
Attn: Customer Service
801 W. Madison Street
Waterloo, Wisconsin 53594
<http://www.trekbikes.com>
920.478.4670



© Copyright Trek Bicycle Corporation
2006 All rights reserved

TREK

CONTENTS

Safety and general guidelines	1
Functions	2
Installation	5
Placing the computer on the handlebar.....	6
Placing the magnet and sensors.....	8
Positioning of the heart rate strap	11
Easy setup (ReSet).....	12
ReStart- Getting ready to ride.....	17
Additional information.....	18
Troubleshooting.....	19
Replacing the battery	20
Advanced features.....	22
Units	23
Clock	24
Stopwatch	25
Wheel size and setting a second wheel	26
Speed.....	30
Odometer	31
Cadence.....	32
Altitude	33
Grade	35
Heart rate	36
Heart rate zone.....	37
Limited Warranty.....	38

⚠ SAFETY AND GENERAL GUIDELINES

While riding your bicycle, do not stare at the computer for long periods of time (Figure 1). If you do not watch the road, you could hit an obstacle, which may cause you to lose control and fall.

Make sure the computer wire cannot contact the tire or wheel spokes (Figure 2). The wire could be damaged causing the computer to malfunction. Also, the wire could get caught, causing you to lose control and fall.



Figure 1- Watch the road when riding.

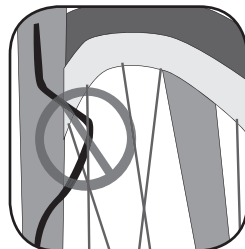









Figure 2- Keep the wire out of the spokes

FUNCTIONS

Table 1- Function abbreviations, names and explanations

Function	Explanation	
ALTITUDE	<p>Height relative to sea level.</p> <p>CUR- Current</p> <p>TRP- Trip (since last Restart)</p> <p>TTL- Total gained since last ReSet</p> <p>MAX- Highest value since last ReSet</p> <p>Effective range:</p> <p>FT -1250 to +30180</p> <p>M -381 to +9200</p>	
CADENCE	<p>Revolutions of the crankset per minute</p> <p>Displays in whole numbers</p> <p>Highest reading: 240.</p> <p>ACH Digital (only)</p> <p>AVG- Average cadence since last Restart</p> <p>MAX- Maximum cadence since last Restart</p>	
CLOCK	<p>Time of day</p> <p>Displays in hours and minutes, or stopwatch showing seconds.</p> <p>12-hour with AM/PM or 24-hour format</p> <p>Highest reading: 23:59 (clock) or 23:59:59 (stopwatch)</p>	

GRADE	<p>Ratio of elevation gain to distance expressed as percent-age.</p> <p>CUR- Current +/- indicates uphill (+) or downhill (-) TRP AVG- Average grade since last Restart TRP MAX- Maximum grade since last Restart</p>	
HEART RATE	<p>Rate of heart in beats per minute</p> <p>CUR- Current</p> <p>ACH Digital (only)</p> <p>AVG- Average heart rate since last ReSet MAX- Maximum heart rate since last Restart ZONE- Arrows indicate whether your heart rate is within a set zone, above, or below</p>	
ODOMETER	<p>Distance ridden</p> <p>Displays in miles or kilometers.</p> <p>TRP- Trip (since last Restart) TTL- Total since last ReSet Highest reading: 99,999</p>	
PACER	<p>Always displays</p> <p>Indicates whether current speed is above or below average speed</p> <p>Displayed by arrow pointing up (above) or down (below).</p>	

SPEED	<p>Always displays Current speed of the bicycle in miles per hour (MPH) or kilometers per hour (KPH) AVG- Average speed since last Restart, displayed to tenths. MAX- Highest value since last Restart Highest readings: 80.5 mph or 129.6 kph</p>	
TEMPERATURE	<p>Always displays Current temperature Displayed in Fahrenheit or Celsius in whole numbers. Lowest reading: -2° F +/-2°, -19° C +/-1° Highest reading: 140° F +/-2°, 60° C +/-1°</p>	
WHEEL SELECTION	<p>Always displays The computer can calculate from two programmed wheel sizes, and this indicates which wheel setting is currently in use by computer, Wheel 1 or Wheel 2</p>	
BACKLIGHT	<p>ACH Digital (only) Provides backlight to display for 5 seconds. To activate, Push Set.</p>	<p>Note: Backlight requires power; excessive use will reduce battery life.</p>

INSTALLATION

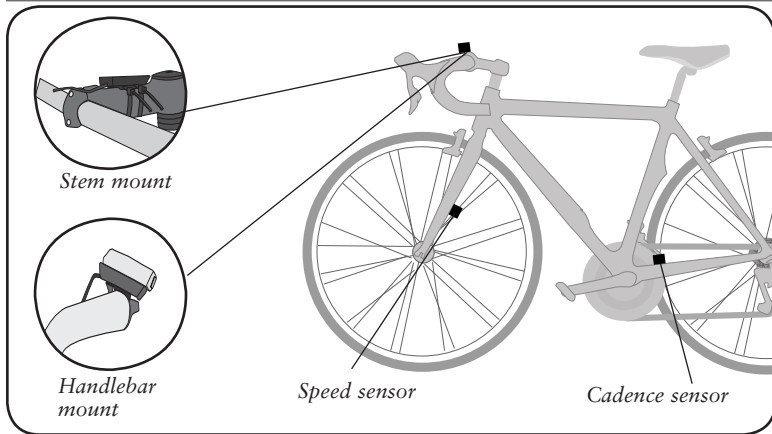


Figure 3- Location on bicycle of sensors and computer

Tools needed:

- Electrical tape
- Slot-type screwdriver
- Phillips-type screwdriver
- Scissors

Placing the computer on the handlebar



Figure 4- Clamp and friction pad in computer base

The Trek Incite ACH computer can be mounted on the handlebar or on the stem (Figure 3).

To install the computer on handlebar

1. Select the bar clamp that fits your bike.
31.8mm bars: large clamp
25.4mm and 26.0mm: small clamp
22.2mm bar: small clamp with rubber shim
2. Insert the handlebar clamp into the back of the computer base (Figure 4) and slide it towards the front of the base.
3. Insert the rubber friction pad into the computer base, aligned across the computer base.
4. With the wire pointing toward the front of the bike, wrap the bar clamp around the handlebar.
5. Insert the screw through the washer and into the computer base.
6. Tighten the screw until the computer base cannot rotate on the handlebar.
7. Slide the computer into the computer base until the front of the computer and computer base line up.

Check that the computer base cannot be rotated around the handlebar, and that the computer cannot slide backwards on the computer base (Figure 5).

To install the computer on the stem

1. Insert the rubber friction pad into the computer base, aligned along the computer base.
2. Insert two nylon ties through the computer base (Figure 6).
3. Place the base on the stem and tighten the nylon tie.
4. Slide the computer into the computer base until the front of the computer and computer base line up.
5. Check that the computer base cannot be rotated around the stem and the computer cannot slide backwards on the computer base.
6. Tighten the nylon ties and trim the excess length.

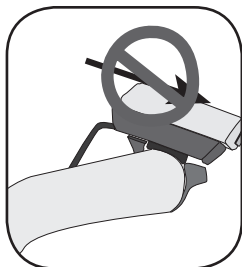


Figure 5- Make sure the computer cannot be bounced off.

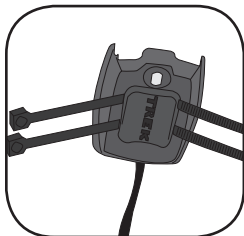


Figure 6- Nylon tie threaded through computer base

Placing the magnet and sensors

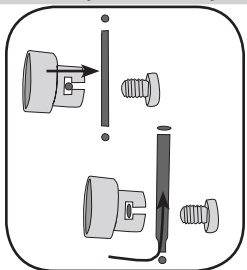


Figure 7- Installing magnet on round or oval spokes

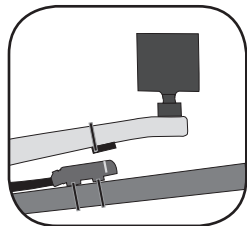


Figure 8- Magnet placed on crankarm, aligned with sensor on chainstay

The wheel magnet must be aligned so that it passes across the sensor. As the magnet passes the sensor, it must be no further from the sensor than 1 to 3mm (1/32 to 1/8 inch).

The wheel magnet has a "T" shaped slot with two configurations: round spokes and flat or bladed spokes (Figure 7).

The cadence sensor, with the wire, mounts near the crankset. It must be aligned so that the magnet passes within 1-3mm, and in line with the small line on the sensor (Figure 8).

To install the wheel magnet

1. Remove the screw from the magnet.
2. Slide the slot in the back of the magnet over the spoke.

For a flat or bladed spoke, start the spoke near the end where the spoke is round, and align the top of the "T" with the spoke as you slide the magnet up the blade (Figure 7).

3. Thread the screw into the magnet until it is snug against the spoke.

To install the sensor

These instructions are written for the cadence sensor, which goes on the frame's left chainstay. The instructions apply equally to installing the ACH Digital cadence sensor or the wheel sensor on the fork- where there is no wire on the sensor.

1. Align the sensor with the magnet.

The magnet must pass across the line on the sensor (Figure 9).

2. Orient the sensor so that the clearance between the sensor and the magnet is between 1 to 3mm.

The sensor can be rotated around the crank about 45 degrees.

If needed, the sensor and magnet can be moved up or down the crank and bike frame to change the amount of clearance.

3. For a wireless sensor, install the rubber "foot" in the sensor (Figure 10).

The ACH Digital has an integrated rubber foot.

4. Attach the sensor with nylon ties, but do not fully tighten.

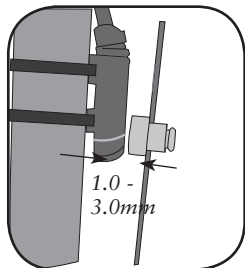


Figure 9- Magnet alignment and clearance

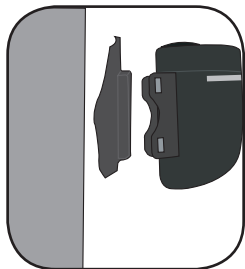


Figure 10- Wireless sensor, foot, and fork blade

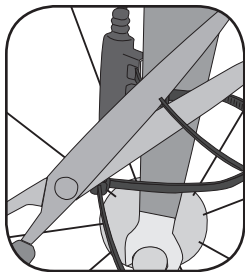


Figure 11- Trim excess nylon tie length

5. With the computer in the computer base, check the alignment of the sensor and magnet by spinning the wheel and noting if the computer is displaying cadence (or for the wheel sensor, speed).

If the computer shows cadence (RPM) or current speed, the sensor is reading the magnet. If the computer is not displaying a value, realign the sensor and magnet until one is displayed.

6. Tighten the nylon ties and trim the excess length (Figure 11).

POSITIONING OF THE HEART RATE STRAP

To monitor your pulse, or heart rate, you must be wearing the heart rate strap. The strap senses each contraction, or beat, of your heart. The beat is sensed electrically, so proper location of the strap is important to attain the strongest signal.

To be near to your heart, wear the heart rate strap around your lower rib cage, just under the breasts (Figure 12).

For best results, the contact between the sensor and your skin should be moist. Wet the ribbed section of the sensor before putting it on. Once you start riding, this area will stay moist from perspiration.

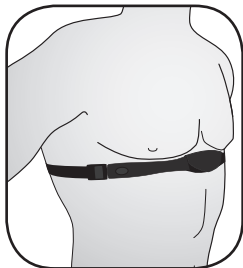


Figure 12- Position of the heart rate strap

EASY SETUP (RESET)

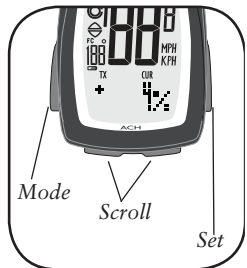


Figure 13- Buttons on the Incite ACH computer

The computer must be set, or “programmed,” so that it gives its readout in the units you prefer, and so that it calculates with the correct wheel size.

Using the buttons

When setting the computer, there are three ways to use the buttons:

Push- touch once

Cycle- push repeatedly as needed

HOLD- push and hold in for two or three seconds

To set the ACH, you must use the four buttons (Figure 13) in a specific sequence:

Set (button on the right)

Mode (button on the left)

Scroll (two bottom buttons, push either one- the computer will scroll in a different direction)

Choose a method to ReSet the computer:

- Push any button to wake the computer from shipping mode
- Push the ReSet button (AC) on the back of the computer
- Install a new battery

The Wheel select icon appears with a tire size: 700-23 (Figure 14).

To set the wheel size

1. Cycle **Scroll** to your preferred wheel size (options are shown on Table 2).
2. Push **Set** to select.

The computer displays KMH. Continue “To set Units and Time” on the next page.

To set a custom value, or set the second wheel size, see pages 26-29.



Figure 14- Tire size screen

Table 2- Wheel size selections

(last setting)	650-23
700-20	26-1.50
700-23	26-1.90
700-25	26-1.95
700-28	26-2.0
700-32	26-2.1
700-35	26-2.2
700-38	2075 (custom)



To set Units and Time

This setting tells the computer which conversion to use: metric or SAE (“English”), which clock style to use (12-hour or 24-hour) and sets the time.

1. Cycle **Scroll** to your preferred setting:
 - MPH for miles
 - KPH for kilometers
2. Push **Set** to choose your setting.
“F” (Figure 15) appears.
3. Cycle **Scroll** to your preferred temperature setting:
 - F for Fahrenheit
 - C for Celsius
4. Push **Set** to choose your setting.
“12” flashes.
5. Cycle **Scroll** to your preferred clock setting:
 - 12 for 12-hour clock
 - 24 for 24-hour clock
6. Push **Set** to choose your setting.
The hour flashes:
 - “12” (12-hour)
 - “0” (24-hour)



Figure 15- Set Units screen items (which show up one at a time during set-up)



9. Cycle **Scroll** to the hour:
 - 1, 2, 3, etc. from 1A through 12P (for 12-hour clock)
 - 1, 2, 3, etc. through 24 (for 24-hour clock)
10. Push **Set** to choose your setting.
“00” flashes.
11. Cycle **Scroll** to the minute:
 - 00, 01, 02, 03, etc. through 59
12. Push **Set** to choose your setting.
The screen will show one of two things:
 - *SPD - you are ready to ride. However, your computer has many other features; see the Advanced Features section on pages 22-37.*
 - *PAIR? - see next section.*

Pairing (ACH Digital only)

The ACH Digital computer uses a wireless system where the computer reads radio signals from the speed, cadence, or heart rate sensors. For the computer to differentiate the signals, the computer must be paired to the correct sensor.

To PAIR the computer

Only activate one sensor at a time. Until Pairing for a given mode (Speed, Cadence, Heart Rate) is completed, the computer cannot tell one signal from another.



1. Cycle **Mode** to SPEED.
The PAIR? signal appears.
2. Make the wheel sensor send a signal (spin the bicycle wheel).
3. Place the computer within 3 feet (1 meter) of the sensor and **HOLD** the **Set** button.
The screen changes to PAIR....
4. Release the **Set** button.
The computer works for a moment, then returns to the SPEED screen.

If the ERROR screen appears, there may be a problem:

- There is interference (proximity to another signal)
Move away from other computers, cell phones, etc.
- The battery in the sensor is weak
Replace the battery in the sensor- see page 20.
- There is too much distance between the computer and sensor.
Move the computer closer to the sensor.

5. Repeat steps 1-4 in CAD mode (Cadence) while spinning the crankset.
6. Repeat steps 1-4 in HR mode (Heart Rate) while wearing the heart rate strap.

Mode **RPH RE** Set
Scroll

RESTART- GETTING READY TO RIDE

Your computer stores data for two intervals- since last ReSet and since last ReStart. ReSet sets ALL data to zero. ReStart sets only the Trip data to zero.

To ReStart (set the Trip data to zero)

The trip data includes five modes for seven total sets:

- ODOMETER TRP
- SPEED AVG, MAX
- ALTITUDE TRP, MAX
- GRADE AVG
- CLOCK (Stopwatch)



Figure 16- Stopwatch mode showing time with seconds

1. Cycle **Mode** to CLOCK.
2. Cycle **Scroll** to Stopwatch (Figure 16).
3. **HOLD Set** and then at the same time, **HOLD Mode**.

Stopwatch setting reads '00:00.00' indicating trip mode is set to zero.

To start the trip modes

Any input of distance or cadence will start the stopwatch and other trip modes.



ADDITIONAL INFORMATION

Changing mode

Once the computer is programmed and installed, it is very easy to use. To change to different modes (functions), simply *Cycle* the **Mode** button on the left of the computer until the desired function appears, shown by the spelled name of the function. To move within that function, *Cycle* the **Scroll** buttons.

Removing the computer from the computer base

The computer is held on its base by a flexible snap. To remove the computer, press firmly on the computer (not on the base) in a rearward direction.

Using the computer in wet weather

Bicycle computers function on electricity. If the electrical contacts between the computer and its base become saturated, the electrical signals may become irregular or interrupted entirely.

TROUBLESHOOTING

The Incite ACH computer is designed to be easy to install and maintain. However, computers occasionally have problems. Table 3 shows some possible problems, causes, and solutions:

Table 3- Common problems and solutions

Blank screen	Computer is in shipping mode. Push a button.
	Battery is dead, or installed incorrectly. Reinstall good battery.
Erratic data	Magnet misaligned or too far away. Re-adjust magnet and sensor placement.
	Battery power is low. Replace battery.
No current speed	Magnet misaligned or too far away. Re-adjust magnet and sensor placement.
Speed is incorrect.	Wheel size is incorrect. ReSet computer.
	Sensor is not reading magnet properly. Readjust magnet and sensor alignment.
No cadence	Magnet is not reading sensor properly. Readjust magnet and sensor alignment.
	Contacts between computer and base are not touching because computer is not on base. Reinstall.
No heart rate	Heart rate strap battery power is low. Replace battery.
	Heart rate strap is not contacting skin. Moisten and reposition.

REPLACING THE BATTERY

If the computer is giving erratic information, a computer or sensor battery may be running low on power (normally accompanied by the low battery icon, Figure 17). Replace the batteries whenever the computer malfunctions, or every 6 months. Take an old battery to the store with you, but this is the generic description for the proper battery:

ACH computer and heart rate strap

- CR2032, lithium cell, 3 volts

ACH wheel sensor

- 23 AE 12v

ACH Digital- computer, sensors, heart rate strap

- CR2032, lithium cell, 3 volts

When the battery is removed, the computer automatically resets function totals to Zero. After installing a new battery, you can manually set your totals, but you must note those values before removing the battery. With the ACH Digital, you will have to again perform the Pairing procedure.

Replacing the battery in the speed sensor, cadence sensor, or heart rate strap follows the same basic procedure.

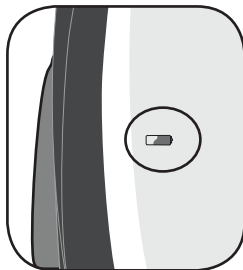


Figure 17- Low battery icon

To replace the computer battery

1. Remove the computer from its base.
2. Identify the battery cover, with its deep slot (a similar battery cover is found on the back, or skin-side, or the heart rate strap).
3. Insert a large coin into the slot and rotate in a counter-clockwise direction about one-quarter turn (Figure 18).
4. Lift the battery cover, exposing the battery.
Be careful to avoid losing the rubber O-ring seal.
5. Remove the old battery.
It may be possible to shake the battery out. Otherwise, carefully pry the battery up with a thin tool or knife blade.
6. Insert the new battery with the 'cross' and identifying label pointing up (Figure 19).
7. Replace the battery cover (and O-ring seal) and turn one-quarter turn clockwise.

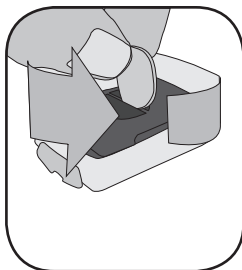


Figure 18- Removing battery cover

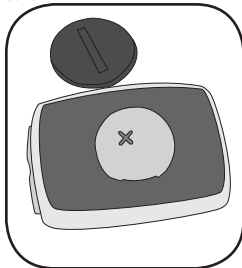


Figure 19- The 'cross' on the battery points up

ADVANCED FEATURES

The ACH computer has many advanced functions and features. These include:

Units	23
Clock	24
Stopwatch	25
Wheel size and setting a second wheel	26
Speed.....	30
Odometer	31
Cadence.....	32
Altitude	33
Grade	35
Heart rate	36
Heart rate zone.....	37

Units

This setting tells the computer which conversion to use: metric or SAE (“English”).

To set Units

1. **Cycle** **Mode** to ODOMETER.
2. **Cycle** **Scroll** to TRP.
3. **HOLD** **Set**.
“KMH” appears.
4. **Cycle** **Scroll** to your preferred setting:
 - MPH for miles
 - KPH for kilometers
5. Push **Set** to choose your setting.
“F” appears.
6. **Cycle** **Scroll** to your preferred temperature setting:
 - F for Fahrenheit
 - C for Celsius
7. Push **Set** to select.
The screen returns to TRP.

Clock

To set Clock

1. **Cycle** **Mode** to CLOCK
2. **HOLD** **Set**
"12" (Figure 14) flashes.
3. **Cycle** **Scroll** to your preferred clock setting:
 - 12 for 12-hour clock
 - 24 for 24-hour clock
4. Push **Set** to choose your setting.
The hour flashes:
"12" (12-hour) or "0" (24-hour)
5. **Cycle** **Scroll** to the hour:
 - 1, 2, 3, etc. from 1A through 12P (for 12-hour clock)
 - 1, 2, 3, etc. through 24 (for 24-hour clock)
6. Push **Set** to choose your setting.
"00" flashes.
7. **Cycle** **Scroll** to the minute:
 - 1, 2, 3, etc. through 60
8. Push **Set** to choose your setting.
The screen returns to Time.

Mode  Set
Scroll 

Stopwatch

In addition to the clock function, your computer also works like a stopwatch, keeping track of hundredths of seconds for up to 24 hours. At 24 hours, the stopwatch restarts at 0.

To start the stopwatch

1. Cycle **Mode** to CLOCK.
2. Cycle **Scroll**.
"00:00.00" appears (instead of Zero, Figure 20 shows a time).
3. Spin the front wheel, either by hand or by riding the bike.

The stopwatch starts automatically when the wheel turns. It also turns off automatically if the wheel quits turning for 3 seconds.



Figure 20- Stopwatch mode showing time with seconds

Wheel size

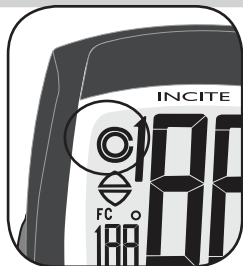


Figure 21- Wheel selection icons

Table 4- Wheel size selections and corresponding numerical value

700-20	2086	650-23	
700-23	2096	26-1.50	2010
700-25	2105	26-1.90	2045
700-28	2136	26-1.95	2050
700-32	2155	26-2.0	2055
700-35	2168	26-2.1	2068
700-38	2180	26-2.2	2075

Your computer can read two different sizes of wheels on two different bikes, such as your road bike and mountain bike. Each wheel size can be custom set for greater accuracy. The totals for each wheel are cumulative (ODOMETER TTL).

To set the second wheel size

1. Cycle **Mode** to SPEED.
2. HOLD **Set**.

*The wheel selection icon appears (Figure 21).
If PAIR? appears, see page 16.*

3. Cycle **Set** to a wheel:
 - Wheel 1 is a circle
 - Wheel 2 is a circle inside a semi-circle

4. Push **Scroll** to select.
A number representing wheel size appears.

5. Cycle **Scroll** to your preferred wheel size (options are shown on Table 4).

6. Push **Mode** to select.
The computer returns to SPD.



To set a custom wheel size

1. **Cycle** **Mode** to SPEED.
2. **HOLD** **Set**.
The wheel selection icon appears.
3. **Cycle** **Set** to a wheel:
 - Wheel 1 is a circle
 - Wheel 2 is a circle inside a semi-circle
4. Push **Scroll** to select.
A number representing tire size appears.
5. **Cycle** **Scroll** to the 4-digit number (e.g. “2155”).
6. Push **Set**.
The first digit flashes.
7. **Cycle** **Scroll** to your preferred setting:
 - 0, 1, or 2
8. Push **Set** to choose your setting.
The second digit flashes.
9. Repeat until you have selected your preferred 4-digit number.
10. Push **Mode** to return to the SPEED screen.
The computer returns to SPD.

To measure rollout for wheel size

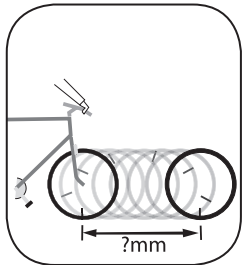


Figure 22- Measuring rollout for wheel size

Table 1 approximates the circumference of each tire size. Instead of using an approximation, you can measure the actual circumference of your wheel. You need a helper, your bike, and a smooth floor with enough room to roll the bike about 7 feet (245 cm) in a straight line.

1. With the valve stem of the front wheel directly over the floor (Figure 22), sit on the bike.
2. Have your helper mark the floor at the valve stem.
3. While you sit on the bike, have the helper roll the bike forward one revolution of the wheel, so that the valve stem is again directly over the floor.
4. Mark the new location of the valve stem.
5. Measure the distance between the marks, in millimeters.
If you can only measure in inches, convert to millimeters by multiplying by 25.4.
6. Use the result to program your computer, following the instructions on page 25.

To select the wheel size

1. Cycle **Mode** to ODOMETER.
2. Cycle **Scroll** to TRP.
3. **HOLD** both left and right **Scroll** buttons to change to your preferred setting (Figure 23):
 - Wheel 1
 - Wheel 2

The computer returns to the TRP screen.



Figure 23- Wheel icons

Speed



Figure 24- SPEED screen

In addition to the current speed which is always displayed, there are other SPEED features which you can access, shown below.

To view speed data

1. Cycle **Mode** until SPEED appears (Figure 24).
 If the PAIR? screen appears, see page 16.
2. Cycle **Scroll** until the desired datum appears:
 - AVG - average speed
 - MAX- maximum speed
 - Pacer indicates if current speed is above or below AVG (Figure 24).

Odometer

By default, the odometer on a new or ReSet computer always starts at '0'. However, the odometer can be manually set so you don't have to start at zero.

To set Odometer total (TTL)

1. Cycle **Mode** to ODOMETER (Figure 25).
2. Cycle **Scroll** to TTL.
3. **HOLD Set**.
The first digit flashes.
4. Cycle **Scroll** to your preferred value.
5. Press **Set** to select.
The next digit flashes.
5. Repeat steps 4 and 5 until all digits have been selected.
*After the last digit is selected, the computer returns to the SPEED screen.
If the PAIR screen appears, see page 16.*



Figure 25- ODOMETER screen

Cadence



Figure 26- CADENCE screen

Cadence is the number of complete pedal revolutions per minute, or RPM. In addition to Current RPM, the ACH also displays your average cadence (AVG) and fastest cadence (MAX).

To view cadence data

1. Cycle **Mode** until CAD appears (Figure 26).
If the PAIR screen appears, see page 16.
2. Cycle **Scroll** until the desired datum appears:
 - CUR- current cadence
 - AVG - average cadence
 - MAX- maximum cadence

Altitude



Figure 27- ALTITUDE screen

The ACH altimeter allows you to view your climbing total for a trip, and also calculates your total, like total distance. The display units correspond with the distance units set for the odometer: FT or M (Figure 27).

When you restart the computer, your total will return to 0. You can manually set the total (TTL).

To view altitude data

1. Cycle **Mode** until ALTITUDE appears.
2. Cycle **Scroll** until the desired datum appears
 - TTL- total altitude gain since ReSet
 - CUR- current altitude
 - TRP- altitude gain since last ReStart
 - MAX- maximum altitude

To set current altitude (CUR)

1. Cycle **Mode** to ALTITUDE.
2. Cycle **Scroll** to CUR.



3. **HOLD Set**.
The current elevation appears, and the + or - (above or below sea level) is flashing.
4. **Cycle Scroll** to your preferred value.
5. Push **Set** to select.
The first digit flashes.
6. Repeat steps 4 and 5 until all digits have been set.
The computer returns to the Altitude CUR screen.

To manually set Altitude total (TTL)

1. **Cycle Mode** to Altitude.
2. **Cycle Scroll** to TTL.
3. **HOLD Set**.
The total elevation gain appears, and the first digit is flashing.
4. **Cycle Scroll** until the first digit shows your preferred value.
5. Push **Set** to select.
The next digit flashes.
6. Repeat steps 4 and 5 until all digits have been set.
The computer returns to the Altitude TTL screen.

Grade



Figure 28- GRADE screen

Grade describes the steepness of an incline. It is a function of altitude gain divided by the distance travelled, expressed as a percentage (Figure 28). For example, if you gain 6 feet of elevation in 100 feet traveled (183cm / 47.2m), you would be on a 6% grade.

To view grade data

1. *Cycle* **Mode** until GRADE appears.
2. *Cycle* **Scroll** until the desired datum appears:
 - CUR- current grade
 - TRP AVG- average grade since ReStart
 - TRP MAX- steepest grade since ReStart

Grade data is only stored during a single trip.

Heart rate



Figure 29- Heart rate and heart rate icon

The ACH computer also functions as a wireless heart rate monitor, and can display advanced heart rate data when the heart rate icon is displayed (Figure 29). These data are all erased when the Trip Data is erased.

For the ACH Digital (only): In this wireless system, the computer must recognize a radio signal sent by the heart rate strap. To receive the correct signal, the computer must be “paired” to the heart rate strap. See page 16.

To view heart rate data

1. *Cycle* **Mode** until HEART RATE appears.
If the PAIR screen appears, see page 16.
2. *Cycle* **Scroll** until the desired datum appears:
 - CUR- current heart rate

For ACH Digital (only)

- AVG - average heart rate
- MAX - maximum heart rate
- ZONE (see next page)

Heart rate zone

The heart rate zone can be set to give you an easy-to-read visual indicator of where your heart rate is. The Up and Down arrows indicate if your heart rate is above or below the zone (Figure 30).

To set heart rate zones

1. Cycle **Mode** until HEART RATE appears.
2. Cycle **Scroll** until ZONE appears.
3. **HOLD Set**.
SET ZONE appears.
Then the Up arrow appears and the first digit flashes.
4. Cycle **Scroll** to change the first digit.
5. Push **Set** to select
The next digit flashes.
6. Repeat until the high value is selected.
The Down arrow appears, and the first digit flashes.
7. Repeat steps 4-6 to set the lower limit value.
The screen returns to ZONE.

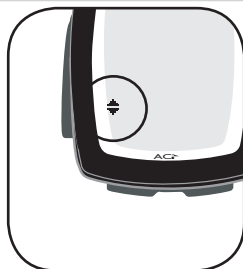


Figure 30- Heart rate zone

LIMITED WARRANTY

Trek Bicycle Corporation warrants each new Incite computer against defects in workmanship and materials.

This warranty covers

Trek Incite computer models 6i, 8i, 9i, 11i, ACH, and ACH Digital for a period of two years from the date of sale.

This warranty does not cover

- Normal wear and tear, including the length of battery life
- Improper assembly
- Installation of parts or accessories not originally intended for, or compatible with the component as sold
- Damage or failure due to accident, misuse, abuse, or neglect

This warranty is void in its entirety by any modification of the component or its parts.

This warranty is expressly limited to the repair or replacement of a defective item and is the sole remedy of the warranty. This warranty extends from the date of purchase, applies only to the original owner, and is not transferable. Trek is not responsible for incidental or consequential damages. Some states do not allow the exclusion of incidental or consequential damages, so the above exclusion may not apply to you.

Claims under this warranty must be made through an authorized dealer. Proof of purchase is required.

This warranty gives the consumer specific legal rights, and those rights may vary from place to place. This warranty does not affect the statutory rights of the consumer.

Free Manuals Download Website

<http://myh66.com>

<http://usermanuals.us>

<http://www.somanuals.com>

<http://www.4manuals.cc>

<http://www.manual-lib.com>

<http://www.404manual.com>

<http://www.luxmanual.com>

<http://aubethermostatmanual.com>

Golf course search by state

<http://golfingnear.com>

Email search by domain

<http://emailbydomain.com>

Auto manuals search

<http://auto.somanuals.com>

TV manuals search

<http://tv.somanuals.com>