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Forerunner 305's courses feature lets you compete against previous workouts: you can compare your pace and heart rate to your past performance over the same run. You also can use Forerunner 305 to train for your next duathlon or triathlon with multi-sport workouts, a feature that lets you seamlessly transition between sports without resetting the unit, so you can use it for running, biking and ...

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Forerunner 305 sports a unique design that wraps the GPS antenna around part of the wrist for a better view of the sky, and its high sensitivity GPS receiver provides improved tracking under trees and near tall buildings. Forerunner 305 also sports a robust ANT+® wireless heart rate monitor with softer, more comfortable chest strap and superior battery life. It eliminates cross-talk with ...

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Enter a minimum and maximum pace/speed for that zone. 4. Repeat step 3 for each zone you want to change. Forerunner 205/305 Owner ' s Manual ® Setting Heart Rate Zones NOTE: Heart rate zones are a feature of the Forerunner 305 only. Page 56 3. Select the Zones fi eld. Then select Custom. 4. In any heart rate zone, select a heart rate value you ...

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During the course of any sporting event, critical cognitive and physical tasks are performed within a dynamic, complex, collaborative system comprising multiple humans and artifacts, under pressurized, complex, and rapidly changing conditions. Highly skilled, well-trained individuals walk a fine line between task success and failure, with only slightly inadequate task execution leading to the latter. Promoting cross-disciplinary interaction between the human factors and sports science disciplines, Human Factors Methods and Sports Science: A Practical Guide provides practical guidance on a range of methods for describing, representing, and evaluating human, team, and system performance in sports domains. Traditionally, the application of human factors and ergonomics methods in sports has focused on the biomechanical, physiological, environmental, and equipment-related aspects of sports performance. However, various human factors methods, applied historically in the complex safety critical domains, are suited to describing and understanding sports performance. This book delineates the similarities in the concepts requiring investigation within sports and the more typical human factors domains. The book ' s focus on cognitive and social human factors methods rather than mainly on the application of physiological ergonomics approaches sets it apart from other books in either field. It covers eight categories of human factor methods: data collection, task analysis, cognitive task analysis, human error identification, situation awareness measurement, workload measurement, team performance assessment, and interface evaluation methods. Constructed so that each chapter can be read non-linearly and independently from one another, the book provides an introduction and overview to each Human Factors topic area, and of each method discussed, along with practical guidance on how to apply them. It also includes detailed descriptions of the different methods, example applications, and theoretical rationale. This allows the concepts to be easily found and digested, and the appropriate method to be easily selected and applied.

The tourism sector \_ already one of the fastest growing industries in the world \_ is currently undergoing extensive change thanks to strong market growth and a transition to more experience-based products. The capacity for firms to innovate and adapt t

Runner's World magazine aims to help runners achieve their personal health, fitness, and performance goals, and to inspire them with vivid, memorable storytelling.

Backpacker brings the outdoors straight to the reader's doorstep, inspiring and enabling them to go more places and enjoy nature more often. The authority on active adventure, Backpacker is the world's first GPS-enabled magazine, and the only magazine whose editors personally test the hiking trails, camping gear, and survival tips they publish. Backpacker's Editors' Choice Awards, an industry honor recognizing design, feature and product innovation, has become the gold standard against which all other outdoor-industry awards are measured.

Need directions? Are you good at getting lost? Then GPS is just the technology you ' ve dreamed of, and GPS For Dummies is what you need to help you make the most of it. If you have a GPS unit or plan to buy one, GPS For Dummies, 2nd Edition helps you compare GPS technologies, units, and uses. You ' ll find out how to create and use digital maps and learn about waypoints, tracks, coordinate systems, and other key point to using GPS technology. Get more from your GPS device by learning to use Web-hosted mapping services and even how to turn your cell phone or PDA into a GPS receiver. You ' ll also discover: Up-to-date information on the capabilities of popular handheld and automotive Global Positioning Systems How to read a map and how to get more from the free maps available online The capabilities and limitations of GPS technology, and how satellites and radio systems make GPS work How to interface your GPS receiver with your computer and what digital mapping software can offer Why a cell phone with GPS capability isn ' t the same as a GPS unit What can affect your GPS reading and how accurate it will be How to use Street Atlas USA, TopoFusion, Google Earth, and other tools Fun things to do with GPS, such as exploring topographical maps, aerial imagery, and the sport of geocaching Most GPS receivers do much more than their owners realize. With GPS For Dummies, 2nd Edition in hand, you ' ll venture forth with confidence!

Teacher digital resource package includes 2 CD-ROMs and 1 user guide. Includes Teacher curriculum guide, PowerPoint chapter presentations, an image gallery of photographs, illustrations, customizable presentations and student materials, Exam Assessment Suite, PuzzleView for creating word puzzles, and LessonView for dynamic lesson planning. Laboratory and activity disc includes the manual in both student and teacher editions and a lab materials list.

Science and technology has been used more and more in the last few decades to gain advantage over competitors. Quite often, however, the actual science involved is not published because a suitable journal cannot be found. The Engineering of Sport brings together work from a very diverse range of subjects including Engineering, Physics, Materials and Biomechanics. The Engineering of Sport represent work which was represented at the 1st International Conference on the Engineering of Sport held in Sheffield, UK in July 1996. Many sports were represented and the material covered split into nine topics covering aerodynamics, biomechanics, design, dynamics, instrumentation, materials, mechanics, modelling, motion analysis, and vibrations. It should be of interest to specialists in all areas of sports research.

This is the origin story of technology super heroes: the creators and founders of ARM, the company that is responsible for the processors found inside 95% of the world's mobile devices today. This is also the evolution story of how three companies - Apple, Samsung, and Qualcomm - put ARM technology in the hands of billions of people through smartphones, tablets, music players, and more. It was anything but a straight line from idea to success for ARM. The story starts with the triumph of BBC Micro engineers Steve Furber and Sophie Wilson, who make the audacious decision to design their own microprocessor - and it works the first time. The question becomes, how to sell it? Part I follows ARM as its founders launch their own company, select a new leader, a new strategy, and find themselves partnered with Apple, TI, Nokia, and other companies just as digital technology starts to unleash mobile devices. ARM grows rapidly, even as other semiconductor firms struggle in the dot com meltdown, and establishes itself as a standard for embedded RISC processors. Apple aficionados will find the opening of Part II of interest the moment Steve Jobs returns and changes the direction toward fulfilling consumer dreams. Samsung devotees will see how that firm evolved from its earliest days in consumer electronics and semiconductors through a philosophical shift to innovation. Qualcomm followers will learn much of their history as it plays out from satellite communications to development of a mobile phone standard and emergence as a leading fabless semiconductor company. If ARM could be summarized in one word, it would be "collaboration." Throughout this story, from Foreword to Epilogue, efforts to develop an ecosystem are highlighted. Familiar names such as Google, Intel, Mediatek, Microsoft, Motorola, TSMC, and others are interwoven throughout. The evolution of ARM's first 25 years as a company wraps up with a shift to its next strategy: the Internet of Things, the ultimate connector for people and devices. Research for this story is extensive, simplifying a complex mobile industry timeline and uncovering critical points where ARM and other companies made fateful and sometimes surprising decisions. Rare photos, summary diagrams and tables, and unique perspectives from insiders add insight to this important telling of technology history.

America's position as the source of much of the world's global innovation has been the foundation of its economic vitality and military power in the post-war. No longer is U.S. pre-eminence assured as a place to turn laboratory discoveries into new commercial products, companies, industries, and high-paying jobs. As the pillars of the U.S. innovation system erode through wavering financial and policy support, the rest of the world is racing to improve its capacity to generate new technologies and products, attract and grow existing industries, and build positions in the high technology industries of tomorrow. Rising to the Challenge: U.S. Innovation Policy for Global Economy emphasizes the importance of sustaining global leadership in the commercialization of innovation which is vital to America's security, its role as a world power, and the welfare of its people. The second decade of the 21st century is witnessing the rise of a global competition that is based on innovative advantage. To this end, both advanced as well as emerging nations are developing and pursuing policies and programs that are in many cases less constrained by ideological limitations on the role of government and the concept of free market economics. The rapid transformation of the global innovation landscape presents tremendous challenges as well as important opportunities for the United States. This report argues that far more vigorous attention be paid to capturing the outputs of innovation - the commercial products, the industries, and particularly high-quality jobs to restore full employment. America's economic and national security future depends on our succeeding in this endeavor.

This is the only comprehensive guide to mapping software that clearly explains how to interface your GPS receiver with your computer to create maps, annotate aerial photos, and even create 3-D maps. It includes where to find free software and maps, how to use aerial photos and satellite imagery, and how to view your favorite backcountry locations in 3-D. It brings sophisticated features once available only to professional cartographers within reach, at low cost or even free, to everyone who loves maps. Readers will discover how to make maps for free, download aerial photos, create and customize their own maps, use hidden tips and tricks, reduce the learning curve and get mapping right away, locate trailheads using a real-time moving map on a laptop or PDA, and how to best transfer information between a GPS, computer, and electronic maps.

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