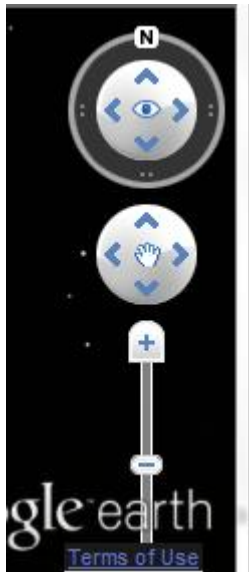


CVT Desktop Standard Operation Procedures
Downloading an Internet Route

- 1) Click on the “Internet routes” tab



- 2) Google Earth will load up. You can either search with the zoom in/out feature or through the route search filter.



OR



*Note: Each red dot is a downloadable route

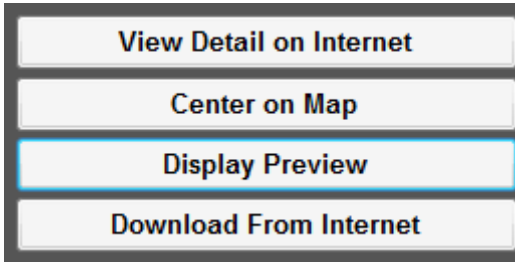


- 3) From the Route Search function you can filter from route name, country, route length or climbing, photo, sound, indoor trainer, video or rating. Once you have completed your filter, click search. All relevant routes will appear.
- 4) Click on the route or the red dot you would like to download

		Alpe d'Huez (Improved)	13.73 km	1103 m	<input type="checkbox"/>	<input type="checkbox"/>	★ ★ ★ ★ 1
		Alpes d'Huez	13.71 km	1140 m	<input type="checkbox"/>	<input type="checkbox"/>	★ ★ ★ ★
		Alsasko Grand Ballon 1	26.72 km	290 m	<input type="checkbox"/>	<input type="checkbox"/>	★ ★ ★ ★ 1

- 5) You will be able to see how large the route file is, if there is video, length, and climbing. Note: routes with video may take multiple hours to download depending on your internet connection speed.

- 6) If you would like to download the route, click “Download from Internet” and your download will begin. This route file will save directly to your computer.



- 7) Once your download has finished, the ride can be viewed under the local routes tab.



- 8) Your chosen downloaded route will now be available to ride at any time.

