# USING GOLDENCHEETAH TO COLLABORATE

## **Install GoldenCheetah (3.5 DEV 1710 or later)**

You will need to be running a version of GoldenCheetah that includes the Kent University collaboration code. This was released at the beginning of October in their 1710 development build.

If you are unsure what version you are running you can check in the About box. Installers are available from the GoldenCheetah website: <http://www.goldencheetah.org/#section-download>

**Remember to install the development build**.

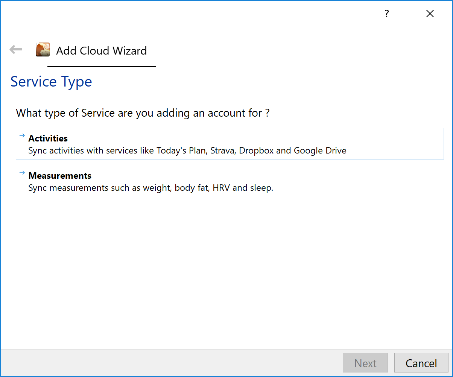
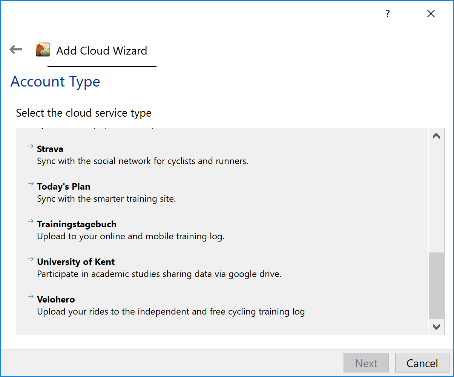
## **Configuring GoldenCheetah to sharing via Google Drive**

Data files will be sent to Kent via your Google Drive. It is therefore essential that you have a Google account.

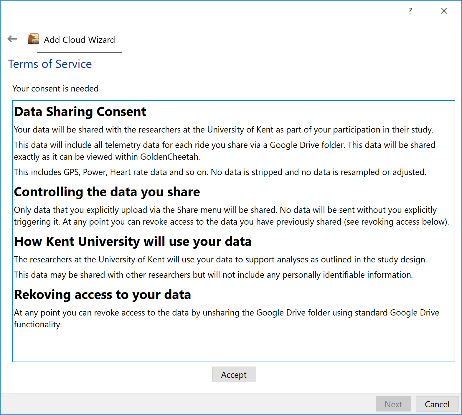
1. From the main menu start the wizard to setup a cloud account, Tools > Add Cloud Account.



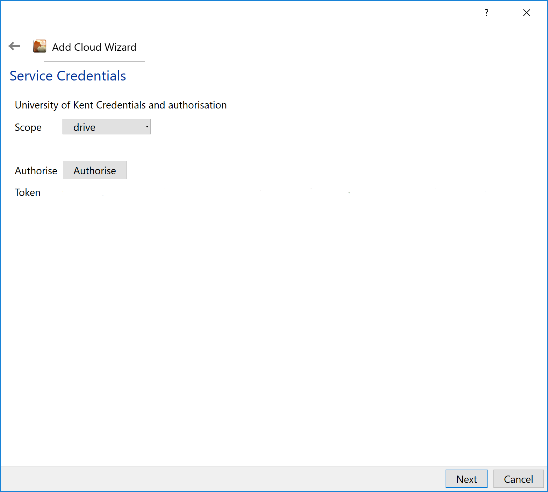
1. You will be sharing Activities with Kent, so from the wizard, select Activities, and from the second page, scroll down to choose the “University of Kent” cloud setup (GoldenCheetah supports many different Cloud services in the newest releases).

1. You will need to read and accept the terms and conditions before continuing. You can revoke access at a later date. Kent will be providing open access to the study data and will not share any personally identifiable data.

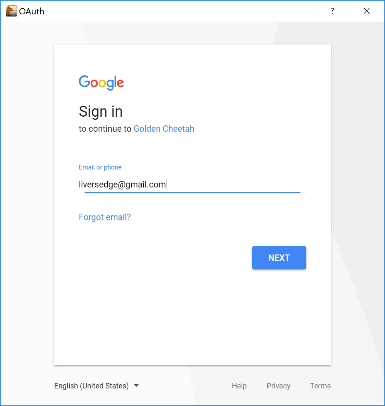
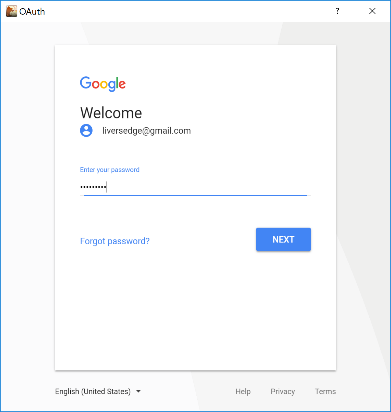


1. Next we are going to request and approve authorisation for GoldenCheetah to read and write to your Google Drive, and additionally we will be creating a Folder to share data with Kent.

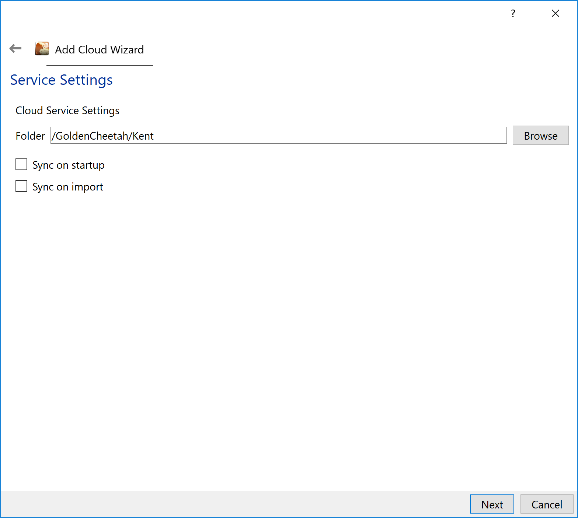
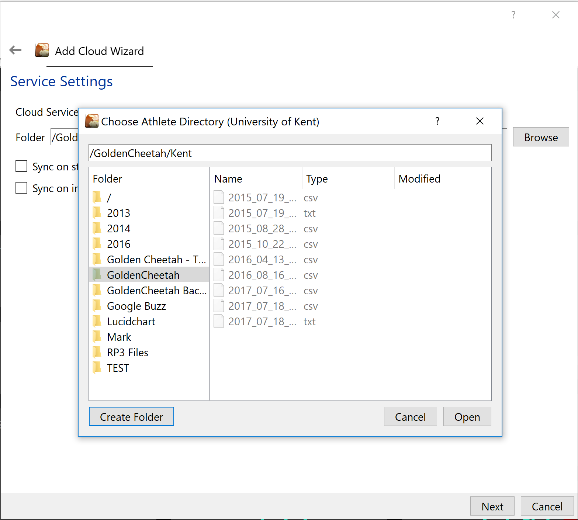


There are a number of types of access you can use but we recommend ‘drive’ since this will allow you to create folders and work within those folders. You will need to click on the ‘Authorise’ folder which will then show a window where you can login to Google and authorise access.

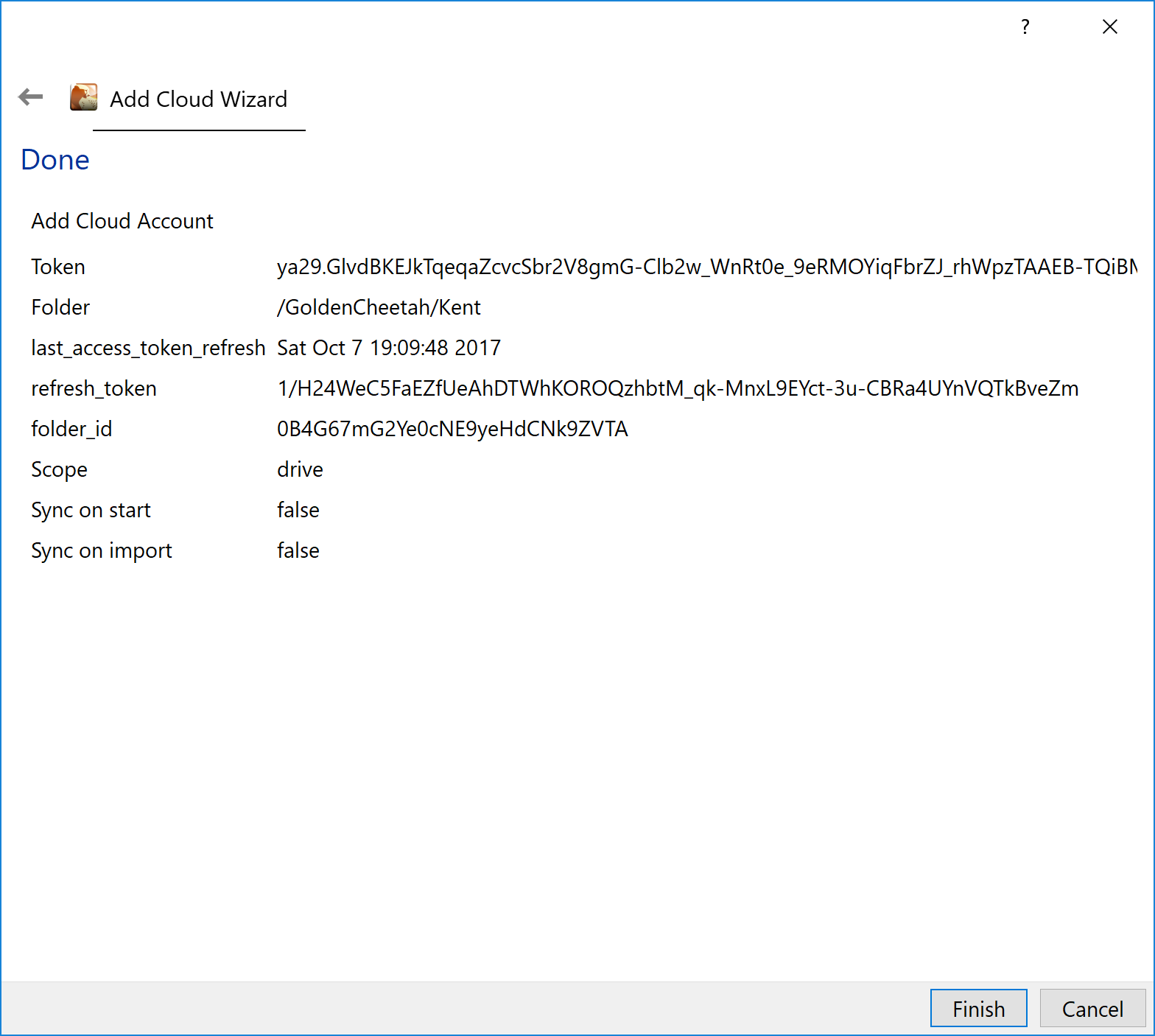
1. The dialog that opens is in fact a web browser and will follow the Google authentication process, you will need to Login and Authorise Access for GoldenCheetah via the 3 steps shown below.

1. Once you have authorised Google access, you will need to select the Folder to use on the Google Drive. You will need to browse and optionally create the Folder you want to use

1. Finally you will see a summary of the settings and the account will be created once you click on Finish.



You will see different values for the tokens, these are private to you and are not shared. We display them at this point so you can confirm the authentication and setup steps completed successfully.

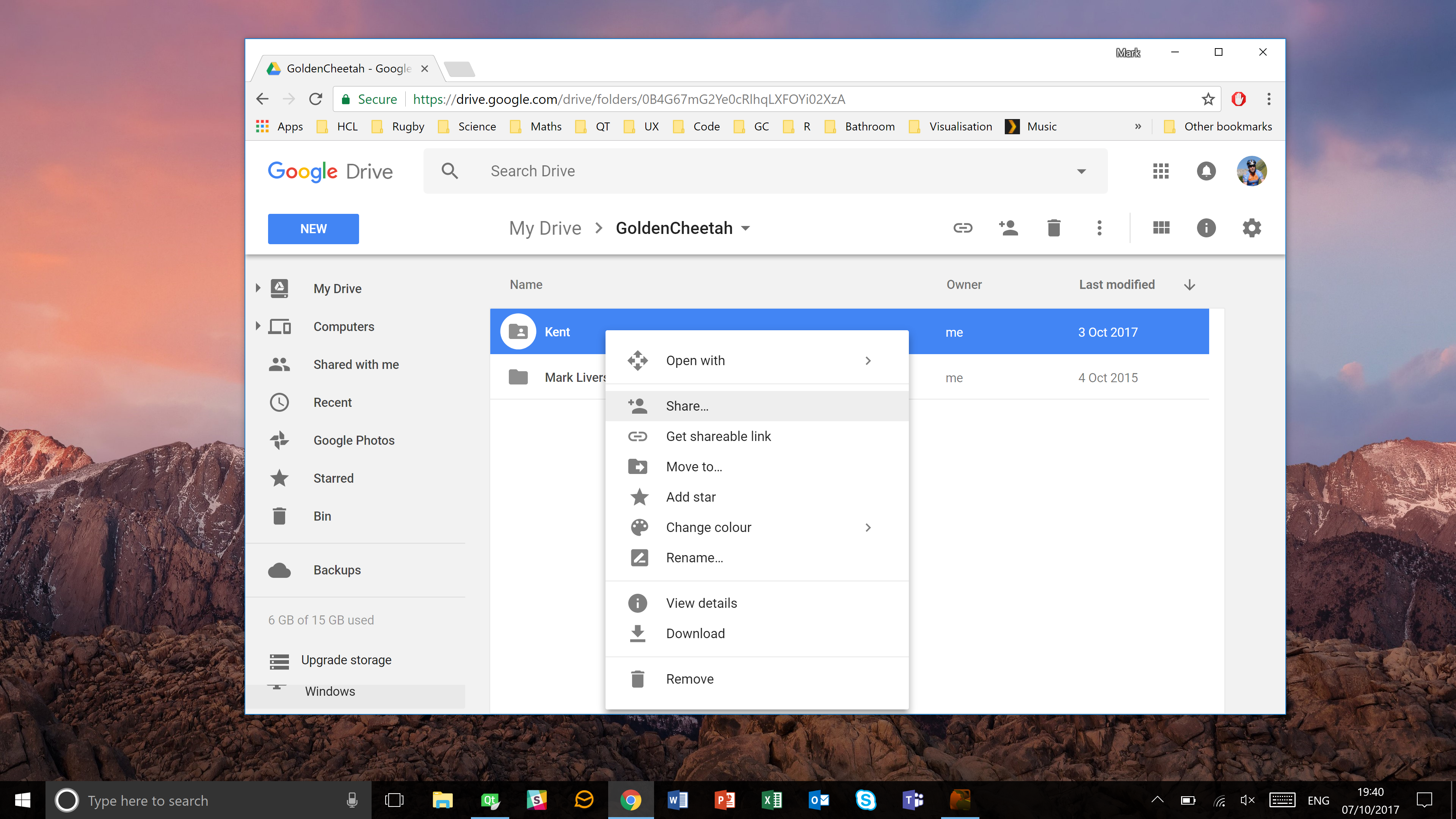
**Please do not use Sync On Start and Sync On Import – it is important that you upload each activity on the day it takes place – this is to ensure you provide feedback that is timely (you will not be able to remember the RPE and ROF values for a workout once a day or so has passed).**

## **Share your Google Drive Folder With Kent University**

In the section above you configured GoldenCheetah to upload data to a folder on Google Drive. You will also need to use Google Drive tools to share that folder with the named collaborator at Kent University.

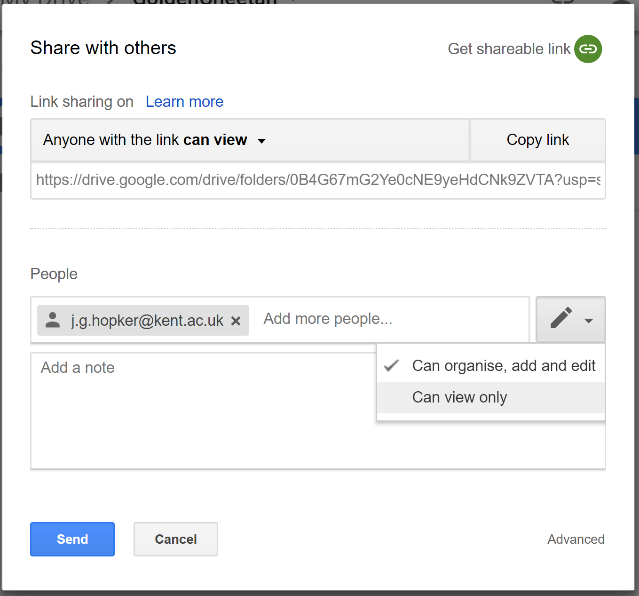
For this study you will need to share your folder with **j.g.hopker@kent.ac.uk**

1. Login to your google drive via a web browser: <https://drive.google.com/drive>
2. Navigate to the folder you selected for sharing with Kent in the section above.
3. Right-Click on the folder and select the ‘Share’ menu option:



1. You will now need to configure the share settings, you will need to provide the email address to share with, this MUST be set to: [j.g.hopker@kent.ac.uk](mailto:j.g.hopker@kent.ac.uk)

In addition, you can optionally restrict the access that you are providing to view only. We will not write or update the folder, but setting it to view only is another level of control that you can apply.

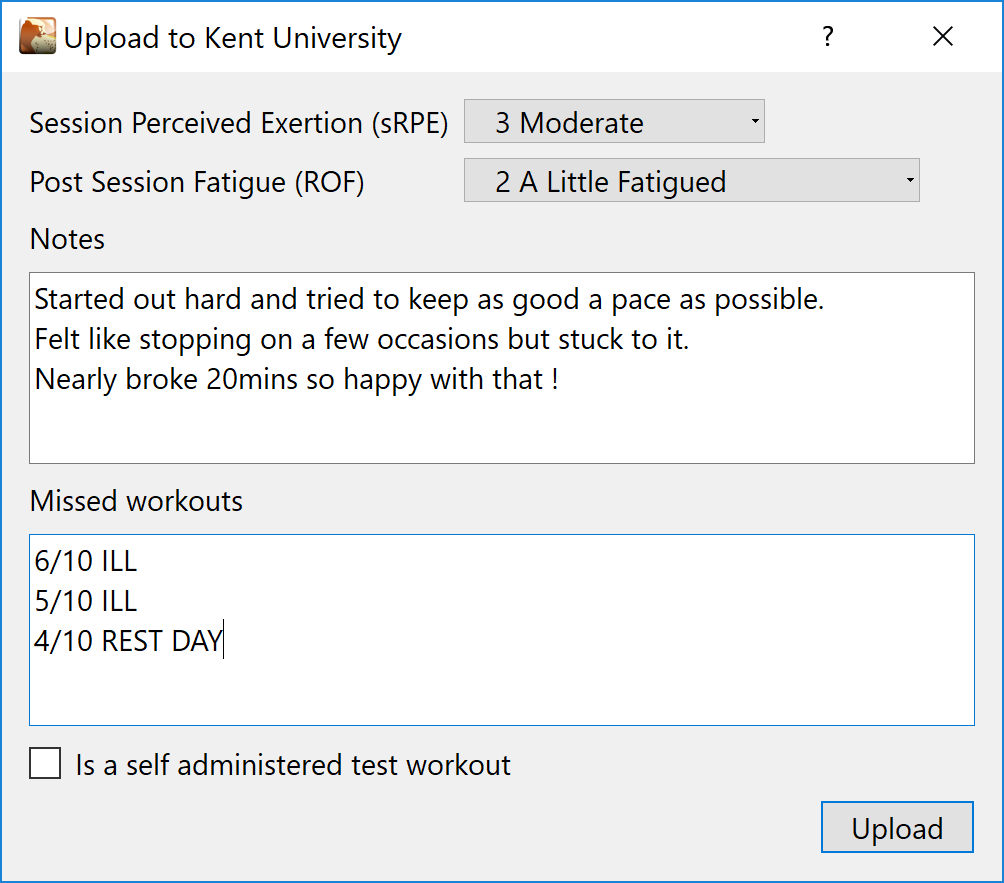


1. Once you are satisfied with the settings you can click ‘Send’ which will notify Kent that your folder has been shared. At this point you have authorised them to read and view files in the specific folder.

## 4. **Uploading Activities post-Workout**

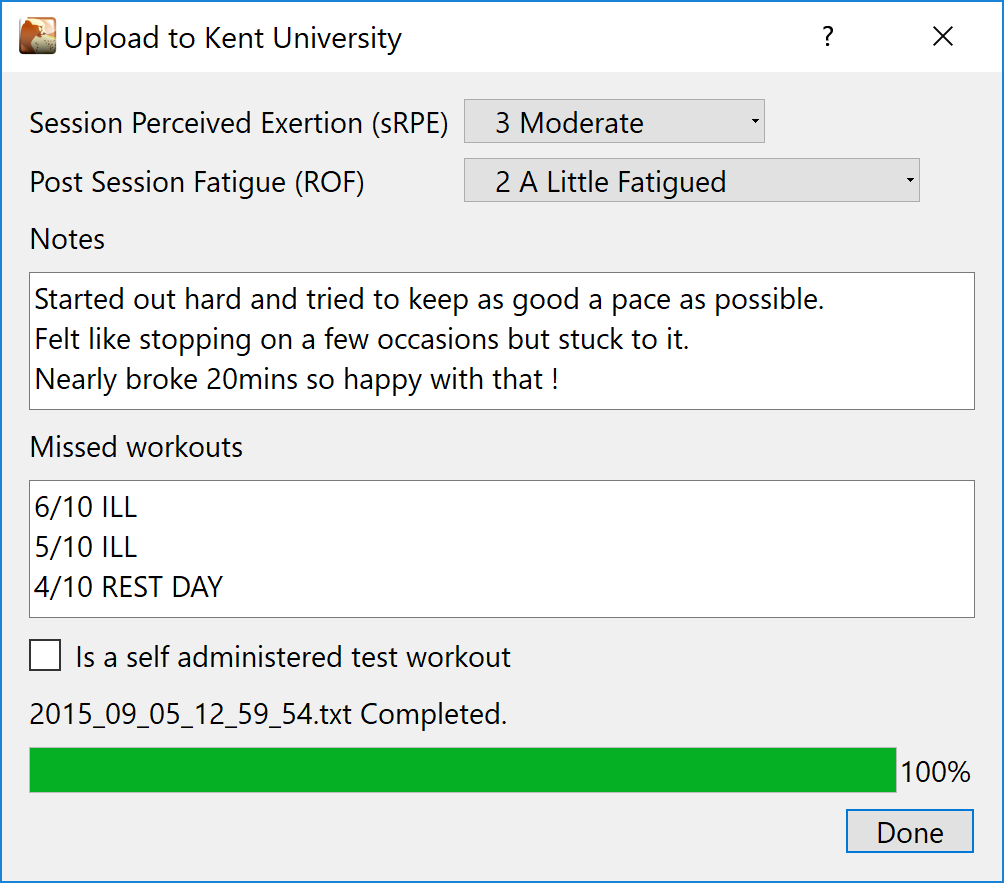
Once you have imported or downloaded a ride into GoldenCheetah you will need to upload it to Kent and add some basic information.

1. Start the Upload function via Share > Upload Activity > University of Kent
2. Add information to the activity regarding the Session RPE, ROF, Notes etc



Note that self administered test workouts are for activities that are uploaded after the test workout for 3, 7 and 12 minute power.

1. Click ‘Upload’ to upload the data to your Google Drive.



Note that two files are written, a CSV file that contains the raw data samples, and a TXT file that contain the metadata (RPE, ROF etc) related to the activity.