

RunByJyqF6X

V3.0



This application (replacing RunByJyq) is mainly intended for runners in order. It displays, on a single screen, all the necessary data because pressing the buttons of the watch while running is not an easy thing. The document below summarizes all of the application's features and settings.

Thank you for your interest in my work and for all your messages and suggestions. Continue to send me your comments from the Garmin Store or at runbyjyqf6x@free.fr

It takes a long time to write and maintain an application and if you want to encourage me, you can make a Paypal donation. Thank you: <https://www.paypal.me/jyq44>

English speakers will forgive me for my rough English (I'am French!).

The essential

This section is for people who already know the **GARMIN** ecosystem and want to get to the basics. For others, I suggest you read the following section first: **Getting started**.



Main fields



F.C. and the 5 zones

The current F.C. is positioned on the circular arc symbolizing the current zone (*the 5 zones are calculated according to your profile saved in the watch*).

The purple circle indicates the **average F.C.** since the start and the red circle the **maximum F.C.** reached.

Central bar

It displays either the **Cadence** (*nb steps / min*), the **Calories consumed** or the **Training Effect** (*refer to the instructions for your watch for more information on the meaning of these values*)

% time in each zone

Graph representing the % of time spent in each of the F.C. zones in order to check the consistency of your training. The % in figures is displayed for watches with a resolution of 260 pixels minimum. For the others only the graph is displayed.

Alternative fields



5 data fields

The content of the 5 fields can be selected in the application settings.

5 alternative values (optional)

You can select additional data for each of the 5 fields. These values will be displayed alternately according to a frequency defined in the parameters. You can also choose the color (*blue in the example*) in order to easily differentiate the alternative data during the activity.

Title fields

In the settings, enter the titles of the 5 main fields and the 5 alternative fields.

Battery: Each bar represents 25 % of the battery life.

GPS: GPS signal strength. 0 bar = no signal. 4 bars = maximum signal.

Tips: If you participate in a race, by setting the distance of the race (km or miles) and a target in time (seconds), you will see your current advance or delay compared to this target.

Note: The size of the characters decreases automatically in order to avoid overlapping of values but, in order to keep a maximum of legibility during the race, avoid choosing on the same line, 2 data displaying large values.

Getting started

The installation

For this step, you need to install one of the following 2 applications :

- **GARMIN EXPRESS** (on the [Garmin website](#)) for a **PC** or **Mac**. Connect your watch to the **USB** port

- **GARMIN CONNECT** on the Appstore of your **Smartphone**. Connect your watch via **bluetooth**

With **GARMIN EXPRESS** or **CONNECT** (or, on **PC** or **MAC**, from the **GARMIN STORE** <https://apps.garmin.com/>), download **RunByJyqF6X** and follow the steps below.

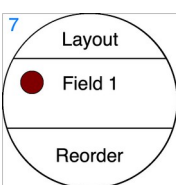
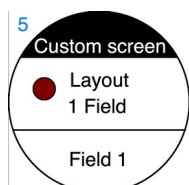
This procedure corresponds to a Fenix watch and there may be differences with other watches (refer to the instructions for your model).



1- Press **[START]**, choose a running activity and validate with **[START]**

2- Hold the **[MENU]** button then choose the **PARAMETERS...** option, confirm with **[START]**

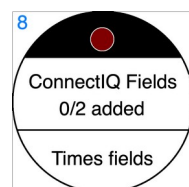
3- Select option **DATA SCREENS** then press **[START]**



4- With **[UP]/[DOWN]** buttons select the screen on which you wish display **RunByJyqF6X** then confirm with **[START]**

5- Choose the **LAYOUT** option, validate with **[START]**

6- With **[UP]/[DOWN]** buttons choose a screen displaying only one field (without line of séparation) and confirm with **[START]**



7- Scroll down to **FIELD 1** with **[DOWN]** button and validate with **[START]**

8- Choose **CONNECTIQ FIELDS** and validate with **[START]**

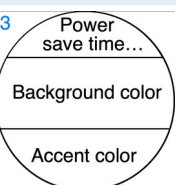
9- Choose **RunByJyqF6X** and validate with **[START]**

10- Go back to the main screen by pressing **[BACK]** button several times.

That's all, when starting the activity, **RunByJyqF6X** will be displayed if you have configured it on the 1st screen, otherwise scroll with **[UP]** / **[DOWN]** to display it.

White or black background ?

Many of you ask the question. So here's how to change the background color



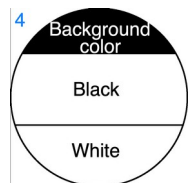
1- Press **[START]**, choose a running activity and validate with **[START]**

2- Hold **[MENU]** button then choose **PARAMETERS...** option and validate with **[START]**

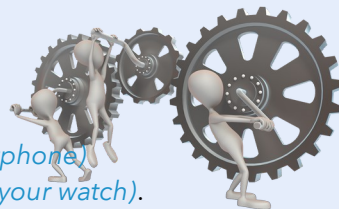
3- Scroll down with **[UP]/[DOWN]**, go to **BACKGROUND COLOR** option the validate with **[START]**

4- Choose the color with **[UP]/[DOWN]** the validate with **[START]**

5- Go back to the main screen by pressing **[BACK]** button several times.



Configure the RunByJyqF6X screen



You want to configure the data displayed according to your needs ? Follow the guide.

For this, you must install **GARMIN EXPRESS** (on **PC, Mac**) or **GARMIN CONNECT** (smartphone) then connect your watch to the **USB** socket or via **bluetooth** (refer to the instructions for your watch).

The screen has 5 numeric values that can display 5 main data and 5 alternative data. You choose to display either the main value, the alternative value or both according to an alternation duration that you set.

Field top center content

Heart rate

Alternate content top center field (Optional)

None

For the field from the top to the middle, choose a data from the list as well as a possible alternative data. Due to lack of space, this field has no title.

(see the data available in the **Available Data** section)

(the alternation duration is set at the bottom of the settings screen)

Field title top left

km/h

Field top left content

Speed

Field title alternative top left

Alternate content top left field (Optional)

None

Repeat the operation for the other 4 fields. These fields are associated with a title for the main value and another for the alternative value.

(limit yourself to 6 or 8 characters, depending on the watch, to avoid overlapping text)

Tips: Choose the data according to the length of the displayed values. For example, favor the display of duration on the bottom line and associate it with a short field on the same line so that the characters are not too small and illegible when running.

Average pace last x seconds

30

If you choose to display the **Pace x seconds** data in one of the fields, configure the frequency of averaging computing (between 6 and 60 seconds).

Tips: The higher the value, the more precise the average will be.

Alternating of fields (every x seconds)

5

Alternating fields color

Blue

The frequency of alternating display of main and alternative fields is set in seconds.

Tips: Choose a fairly short frequency (about 5 seconds) so as not to wait too long between two views.

In order to easily differentiate the main values from the alternative values, choose a color for the alternative display.

Goal distance of run meters/feets (optional)

42195

Goal time seconds (optional)

9000

If you participate in a race, knowing its position in relation to its objective is essential. To do this, enter the distance of your run (in km or miles depending on the settings of your watch) and your goal in seconds. You will then have to choose the data **Comparison objective ±** in one of the 5 main or alternative fields.

So, during the race, you will know how long you are ahead or behind.

Content of the central bar

Cadence (steps/sec)

The last parameter concerns the content of the central bar which lets you choose between 3 data: **Cadence, Calories, Training Effect**.

There, you know everything!

I wish you good training and good races.

Jean-Yves runbyjyqf6x@free.fr



Available data

You will find below the list of available data. It is updated according to developments provided by **GARMIN** and, where possible, with improvements you will tell me about.



	Heart rate	Your current heart rate
	Speed	Current speed (<i>km / h or miles / h depending on the settings of your watch</i>)
	Elapsed distance	Elapsed distance in km or miles since departure
	Current pace	Time to travel a km or mile (<i>depending on your watch settings</i>) at the current speed.
	Average pace (x seconds)	Time to travel a km or mile (<i>depending on your watch settings</i>) but at the average speed of the last x seconds
	Average pace (depuis départ)	Time to cover a km or mile (<i>depending on the settings of your watch</i>) but at the average speed from the start
	Current cadence	Current number of steps per minute. Beginners runners have a slower cadence than fast runners. (<i>refer to the your notice for more information</i>)
	Average cadence	Average number of steps per minute since departure
	Maximum cadence	Maximum number of steps per minute from the start
	Altitude	Current altitude (<i>meters or feet depending on the settings of your watch</i>)
	Total ascent	Positive elevation since the start (<i>meters or feet depending on the settings of your watch</i>)
	Total descent	Negative elevation since the start (<i>meters or feet depending on the settings of your watch</i>)
	Current time	Current time (<i>HH:MM</i>)
	Duration	Time since departure
	Goal (Comparison +/-)	Know its advance or delay compared to its objective in time for a race distance. (<i>everything is explained in the previous section Configuring the RunByJyq F6X screen</i>)
	Average heart rate	Average heart rate since the start of the workout
	Max heart rate	Maximum heart rate reached since the start of the workout
	Percent heart rate	Percentage of the current heart rate compared to the maximum F.C. of your profile recorded in the watch
	Steps	Total steps for the day (<i>since midnight</i>)