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Computrainer 3D RAAM 2006 Courses:

The "Program Compu3Dv3 Courses 2006" folders contain Computrainer 3D courses for the entire RAAM 2006 route. The 57 time station to time station sections are coded into 57 separate computrainer courses. The computrainer courses were generated using DeLorme Topo USA Racermate edition (v1.0.0-F2.1 R1.006.0963.0.0) and Topo Course Creator (v1.3)-based on DeLorme Topo USA 4.0-compatible route files of the preliminary RAAM 2006 route. Topo USA Racermate edition course calculations were done with the "racermate" setting: Course Creator elevation smoothing was set to 10. The computrainer courses have been spot-checked and appear to work properly on the current versions of Computrainer 3D hardware and software.

A summary of the courses appears below. The data included for each course are: 1) the course name, 2) its length in miles, 3) its approximate feet of climbing, 4) the most appropriate background scenery, and 5) a suggested wind setting. Three backgrounds are offered. "Trees" and "desert" are fairly obvious: "plains" is used where the terrain doesn't quite fit into either category-so you're on your own for choosing a preferred background.

The course files are included in the two compressed "Program Compu3Dv3 Courses 2006" folders: the first half of the courses are in the "1-28.zip" folder while the second half of the courses are in the "29-57.zip" folder. Unzip these folders to a convenient location-say, the desktop. Next, move/copy the .3dc files into the Computrainer 3D course folder. Most likely this folder is located at C:\Program Files\Computrainer 3D V3\Courses. If that folder doesn't exist on your system, try looking for the folder that includes "1km.3dc", a course that is supplied with the Computrainer 3D software. Also note: make sure you move the contents of "Program Compu3Dv3 Courses 2006" folders into the C:\...\Courses folder-and not the "program compu3dv3 courses 2006" folders themselves.

Once the .3dc files are installed, run your Computrainer 3D software as normal. "Load" the desired course: all course names start with "TS", so they should be relatively easy to find. Select "Smooth". Select the appropriate background scenery, if desired. Then have fun!

The Computrainer courses simulate the actual road fairly closely, with a few exceptions. Straight "real" roads aren't converted quite as straight as one might expect. The accuracy of the courses is only as good as the 1) contour data and 2) road placement in the DeLorme database. Where the terrain is particularly steep, these inaccuracies introduce some extra "hilliness" to the simulated course: selecting "Smooth" minimizes this to a limited extent.

TS #	Course finish (TS location)	course distance (miles)	course climbing (feet)	setup scenery
TS 01	Lake Henshaw, CA	54.6	4,700	trees
TS 02	Salton City, CA	58.6	2,220	desert
TS 03	Chiriaco Summit, CA	49.3	2,020	desert
TS 04	Blythe, CA	68.1	200	desert
TS 05	Hope, AZ	52.2	2,230	desert
TS 06	Congress, AZ	60.0	1,780	desert
TS 07	Prescott, AZ	47.4	4,720	trees
TS 08	Williams, AZ	62.2	3,180	trees
TS 09	Flagstaff, AZ	42.5	1,570	trees
TS 10	Tuba City, AZ	70.6	1,810	desert
TS 11	Kayenta, AZ	71.7	2,540	desert
TS 12	Mexican Hat, UT	45.3	1,090	desert
TS 13	Montezuma Crk, UT	39.3	2,500	desert
TS 14	Cortez, CO	50.1	2,100	desert
TS 15	Durango, CO	44.0	3,120	trees
TS 16	Pagosa Spgs, CO	72.6	3,710	trees
TS 17	South Fork, CO	43.7	4,100	trees
TS 18	Alamosa, CO	48.0	110	desert
TS 19	La Veta, CO	58.4	2,090	trees
TS 20	Trinidad, CO	64.8	4,000	trees
TS 21	Kim, CO	70.5	1,840	plains
TS 22	Walsh, CO	68.3	300	plains
TS 23	Ulysses, KS	53.6	110	plains
TS 24	Montezuma, KS	51.0	220	plains
TS 25	Mullinville, KS	55.5	200	plains
TS 26	Pratt, KS	42.1	150	plains
TS 27	Mount Vernon, KS	53.2	360	plains
TS 28	El Dorado, KS	57.5	660	plains
TS 29	Yates Center, KS	64.3	1,080	plains
TS 30	Fort Scott, KS	59.0	820	plains
TS 31	Collins, MO	61.8	2,220	trees
TS 32	Camdenton, MO	53.5	2,760	trees
TS 33	Jefferson City, MO	58.1	2,490	trees
TS 34	Marthasville, MO	76.4	2,100	trees
TS 35	Orchard Farm, MO	51.4	1,250	trees
TS 36	Greenville, IL	64.2	840	plains
TS 37	Effingham, IL	50.7	590	plains
TS 38	Marshall, IL	50.1	600	plains
TS 39	Putnamville, IN	49.5	1,270	plains
TS 40	Indianapolis, IN	46.0	830	plains
TS 41	Cambridge City, IN	56.1	910	plains
TS 42	Troy, OH	63.2	1,100	plains
TS 43	London, OH	52.3	1,240	plains
TS 44	Laurelville, OH	50.2	460	plains
TS 45	Athens, OH	40.6	1,690	trees
TS 46	Parkersburg, WV	40.3	1,270	trees

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99 - Days until the
start of RAAM 2006

Race begins in new
location, Oceanside,
CA.

Solos start **Sunday
June 11, 2006.**

2-Person, 4-Person
and 8-Person teams
start **Tuesday June
13, 2006.**

TS 47	Smithburg, WV	48.3	3,320	trees
TS 48	Grafton, WV	46.1	3,630	trees
TS 49	Gormanias, WV	44.3	4,540	trees
TS 50	La Vale, MD	45.8	3,050	trees
TS 51	Hancock, MD	43.7	4,350	trees
TS 52	Rouzeruille, PA	48.6	3,330	trees
TS 53	Hanover, PA	35.4	2,130	trees
TS 54	Georgetown, PA	68.1	5,060	trees
TS 55	Del Mem Bridge, NJ	45.1	1,300	trees
TS 56	McKee City, NJ	50.5	520	plains
TS 57	Atlantic City, NJ	14.4	120	plains

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