

The Rocky Mountain Cycling Club provides maps and cue sheets at all the rides, but many of us use a Garmin unit as part of our arsenal. Be it for training, saving rides, uploading to Garmin Connect or Strava, or navigating, they all do a fine job. This will explain how to get the maps from the website to the unit, and then how to implement it.

First, click on the Maps link on the home page of the RMCC. It is below the weekend schedule.

Rocky Mountain Cycling Club
The Club For People Who Love to Ride!

Learn More About Us | About Riding With Us | Membership | Ride Schedule | Our Sponsors | Connect With Us

Our Special Programs | RMCC Challenge Series | Colorado Brevet Series | High Country 1200 | Women's Rides

Other Things to Check Out | Colorado Mountain Climbs | Brevets Blog | Triple Crown Blog | RMCC Blog | Contacts | Club Jersey

Welcome! The RMCC is a premier road bicycling club for Colorado and the Denver/Boulder Front Range, offering a full range of rides for active, enthusiastic cyclists of intermediate and advanced levels and interests. [Sign up](#) for our e-mail list.
Note: Our website is going through a transitional period; apologies for any rough edges!

Rides for the October 11-12 Weekend

Date	Time	Ride	Distance	Starter
Saturday 10/11	9:45	B.P. Boulder Lake, Carter Lake loop	96	Mark Lowe
		E. Masonville, Horseshoe, Post Canyon, Carter Lake and return	82	
Sunday 10/12	9:45	B.P. Hygiene, Lyons, Apple Valley loop	64	Hindi Getrie
		E. Hygiene, Lyons, Apple Valley, Longmont loop	74	
Sunday 10/12	10:00	Louisville	76	John Lee Ellis

Weekdays: Each week we also have the [Tuesday Night Hillclimb](#) starting from [Golden \(Patel Park\)](#) at 6:00 PM, the [Wednesday Evening Ride](#) starting from [South High School](#) at 6:30 PM and the [Thursday Night Ride](#) starting from [Erie](#) at 6:00 PM.

Maps are available for this week's rides. [More details...](#) Questions about our ride schedule? [Contact us](#)

RMCC Triple Crown Results

You can find results for all the 2014 Triple Crown events, complete with photos and commentary, on Mark Lowe's [Triple Crown blog](#)

Ride Schedule Now on Google Calendar

Thanks to some hard work by Rick Melick, you can now see our [ride schedule on Google Calendar](#). You can view the calendar by week, month, or in agenda (list) form, print it out, etc. Let us know how you like it. Thanks, Rick!

[Hide Interactive Calendar](#)

Today: **October 2014** | Print | Week | Month | Agenda

Sun. 1 | Mon. 2 | Tue. 3 | Wed. 4 | Oct 1 | Thu. 2 | Fri. 3 | Sat. 4

Sponsors

- HAMMER Nutrition
- TURIN
- 8Z REAL ESTATE
- MCCORMICK & MURPHY

It will take you to this screen. We will be using the Saturday Long Ride option in this instance. Click on that link.

Rocky Mountain Cycling Club
The Club For People Who Love to Ride!

[Home](#) | [Membership](#) | [Ride Schedule](#) | [Contacts](#) | [Sponsors](#) | [RMCC Challenge Series](#) | [Colorado Brevet Series](#)

Maps for This Weekend's Rides

Maps are provided below to help riders unfamiliar with some of our courses to review them before the Saturday or Sunday club ride. All routes are subject to change due to construction, weather, or safety-related concerns. Please arrive to the ride in time to hear the ride starter review the course and note any changes or corrections to these maps.

As we have rides both Saturday and Sunday year-round, please understand that not all maps will be ready in time to post the week before the ride, and some courses are straightforward enough that looking at the map in advance isn't really necessary. Other routes are more complex and that is why we try to post some maps ahead of time.

If you find any errors as you are doing the ride, please e-mail [John Klever](#) afterward with information about what needs to be corrected.

By downloading and using these maps, you agree to hold the RMCC, its officers, volunteers, and members harmless from all injuries, claims, and losses that may result from riding these courses.

See you at the ride!

[Maps and cue sheets for Saturday's Club Ride \(.pdf and printable\)](#)
[Ride With GPS map and cue sheet link - long](#)
[Ride With GPS map and cue sheet link - short](#)

[Maps and cue sheets for Sunday's Club Ride \(.pdf and printable\)](#)
[Ride With GPS map and cue sheet link - long](#)
[Ride With GPS map and cue sheet link - short](#)

It will take you to this screen. Click on the EXPORT tab.

EXPORT

Click Here!!

Join Ride with GPS and discover even more new routes and riding buddies. Print turn-by-turn cue sheets so you know where you are heading. And then, log your rides and watch your progress.

SIGNUP NOW

16 MORE

EXIT 255 0852
LOVELAND ROSSUM
GLADE HORSETOOTH
RIST CANYON
HORSETOOTH FORT
COLLINS SHIELDS CO RD
20 125 FRONTAGE ROAD

Created Aug 14, 14

By: Mister Colorado

Started in: Larimer County, CO, US
Distance: 85.2 mi
Elevation: + 6487 / - 6487 ft

[GET ELEVATION PROFILE IMAGE](#)
[GET MAP IMAGE](#)
[PRINT MAP FROM BROWSER](#)
[PRINT CUE SHEET FROM BROWSER](#)

CUESHEET

Turn right onto CO-402 E/14th St SE from the parking lot at the southwest corner of Exit 255 on Interstate 25. 0.0 mi

Turn left onto Interstate 25 Frontage Rd. 0.2 mi

Turn left onto E County Rd 20 E. 1.7 mi

Turn left onto N Boyd Lake Ave > E Co Rd 20C > Corvus Dr. 3.2 mi

Continue straight onto E 1st St/W Co Rd 20. 4.3 mi

Turn right onto Rossum Dr. 9.8 mi

Turn left onto US-34 W/W Eisenhower Blvd. 11.4 mi

Turn right onto Glade Rd/W Co Rd 22B/Wild Ln. 12.5 mi

Regroup at the Sandy's Conoco on the northeast corner of Glade Road and US 34. 12.6 mi

Turn right onto N Glade Rd. 13.8 mi

Continue onto W Co Rd 24H. 14.5 mi

Turn right onto N Glade Rd. 14.9 mi

Turn right onto W Co Rd. 18.9 mi

11.6 GRADE 85.2 mi +6487 ft / -6487 ft

Once there, click on TCX Course.

TCX Course

Click TCX Course

Best format for turn by turn directions on Edge 500, 510. Will provide true turn by turn navigation on Edge 800, 810, 1000 including custom cue entries. Great for training when we release those features. Not currently optimal for Virtual Partner.

GPX Track (.gpx)
Useful for any GPS unit. Contains no cuesheet entries, only track information (breadcrumb trail). Will provide turn by turn directions (true navigation) on the Edge 705/800/810/1000, but will not have any custom cues. Works great for Mio Cycle. **Find GPS specific help in our help system.**

GPX Route (.gpx)
Only the cuesheet entries, not the entire track. Useful for the Garmin Edge 500/510, Edge 800/810, Edge 1000, and Magellan/Mio Cycle 500/505 for turn notifications (turn by turn directions)

Cue-sheet CSV File (.csv)
Only the cue sheet. You can print it from Excel or another spreadsheet program.

Google Earth (.kml)

Instructions for:
Garmin Edge 900
Garmin Edge 510

CUESHEET

Turn right onto CO-402 E/14th St SE from the parking lot at the southwest corner of Exit 255 on Interstate 25. 0.0 mi

Turn left onto Interstate 25 Frontage Rd. 0.2 mi

Turn left onto E County Rd 20 E. 1.7 mi

Turn left onto N Boyd Lake Ave > E Co Rd 20C > Corvus Dr. 3.2 mi

Continue straight onto E 1st St/W Co Rd 20. 4.3 mi

Turn right onto Rossum Dr. 9.8 mi

Turn left onto US-34 W/W Eisenhower Blvd. 11.4 mi

Turn right onto Glade Rd/W Co Rd 22B/Wild Ln. 12.5 mi

Regroup at the Sandy's Conoco on the northeast corner of Glade Road and US 34. 12.6 mi

Turn right onto N Glade Rd. 13.8 mi

Continue onto W Co Rd 24H. 14.5 mi

Turn right onto N Glade Rd. 14.9 mi

Turn right onto W Co Rd. 18.9 mi

11.6 GRADE 85.2 mi +6487 ft / -6487 ft

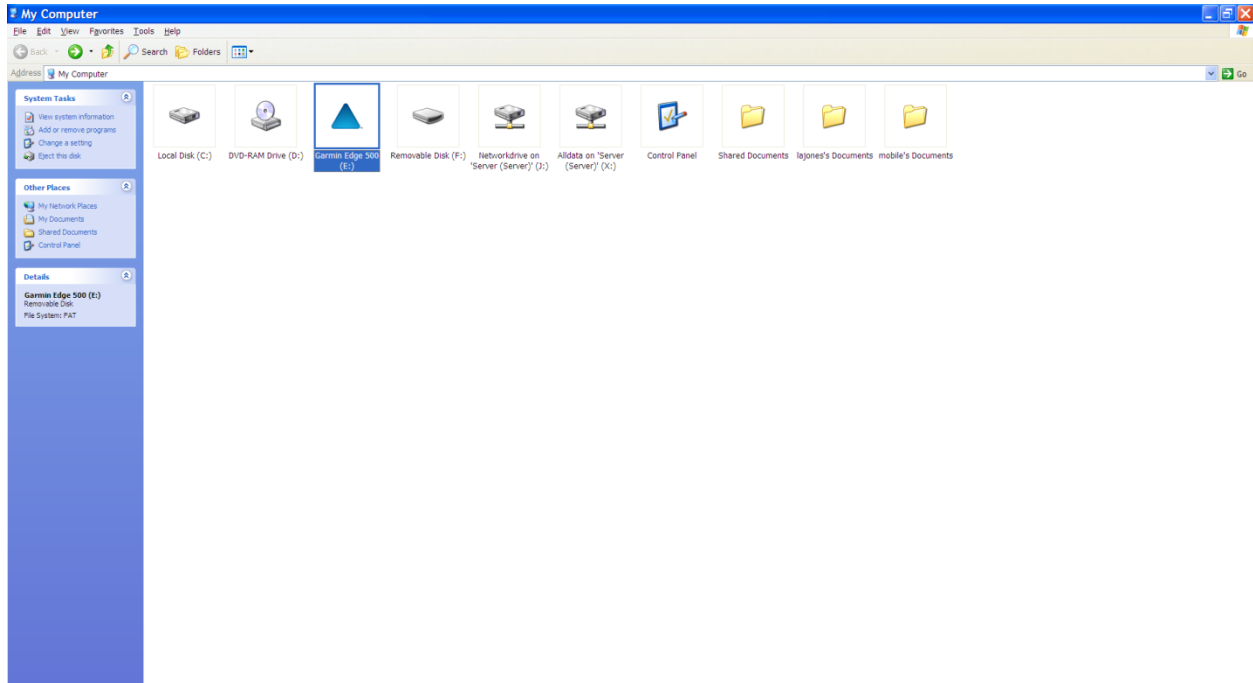
The file will download to your computer.

The screenshot shows the RIDE WITH GPS website interface. On the left, a 'CUE SHEET' lists route instructions such as 'Turn right onto CO-402 E/14th St SE from the parking lot at the southwest corner of Exit 255 on Interstate 25.' The main area displays a map of the Fort Collins, Colorado area with a red route line and a red elevation profile below it. A dialog box titled 'Opening Exit_255_0852_Loveland_Rossum_G...' is centered over the map, asking the user to open a .tcx file from 'http://ridewithgps.com'. On the right side, there are links for 'Garmin Write', 'GPX Course', 'GPX Track', 'GPX Route', 'Cue-sheet CSV File', and 'Instructions for: Garmin Edge 500, Garmin Edge 510'.

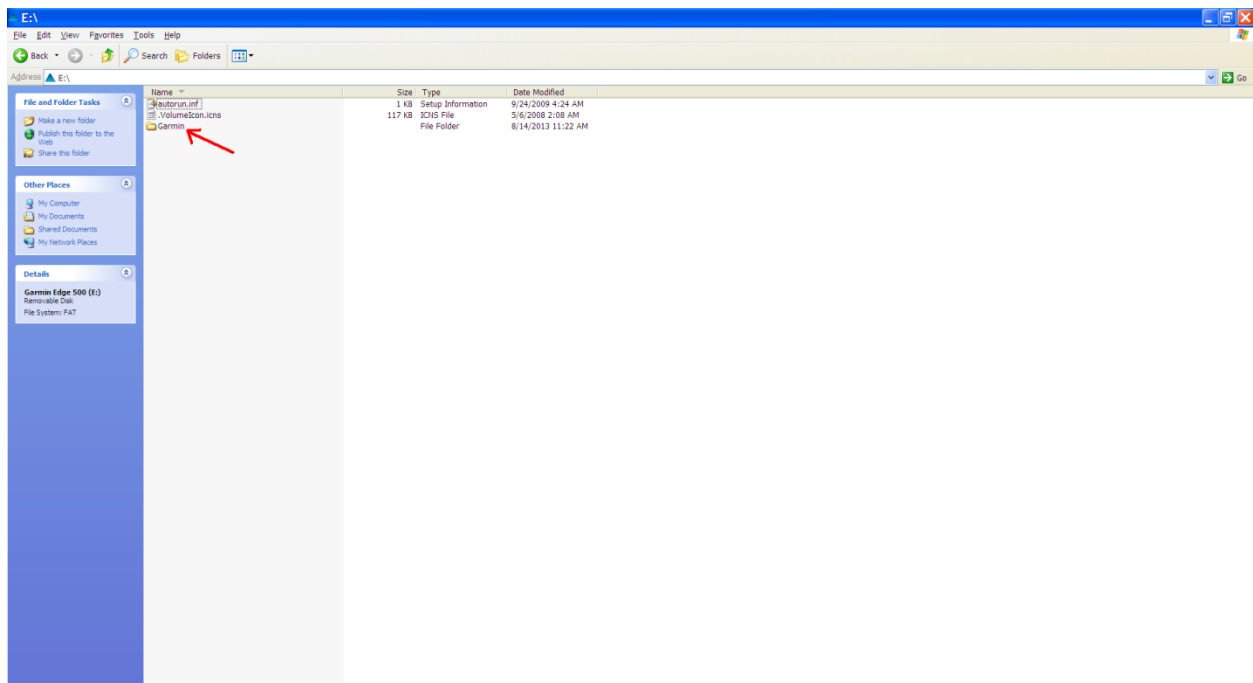
I save them in a folder named "Garmin Rides".

The screenshot shows a Windows file explorer window. The address bar indicates the path 'C:\Documents and Settings\lajones\Desktop\Garmin\Garmin Rides'. The main pane shows a folder named 'Exit_255_0852_Loveland_Rossum...' with a size of 8,754 KB. The left sidebar shows 'Picture Tasks', 'File and Folder Tasks', 'Other Places' (including 'Garmin'), and 'Details' for the 'Garmin Rides' folder, which was modified on 'Today, October 07, 2014, 9:43 AM'.

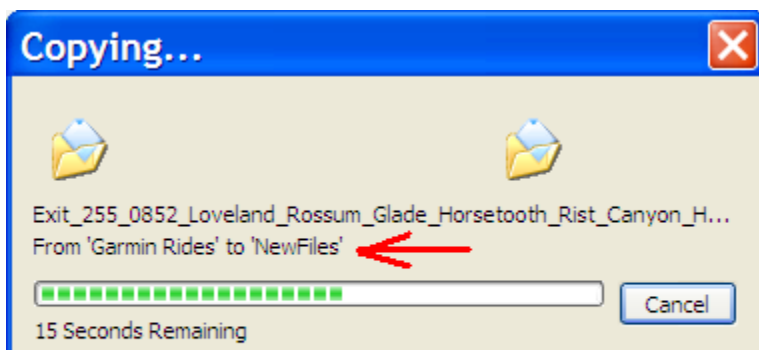
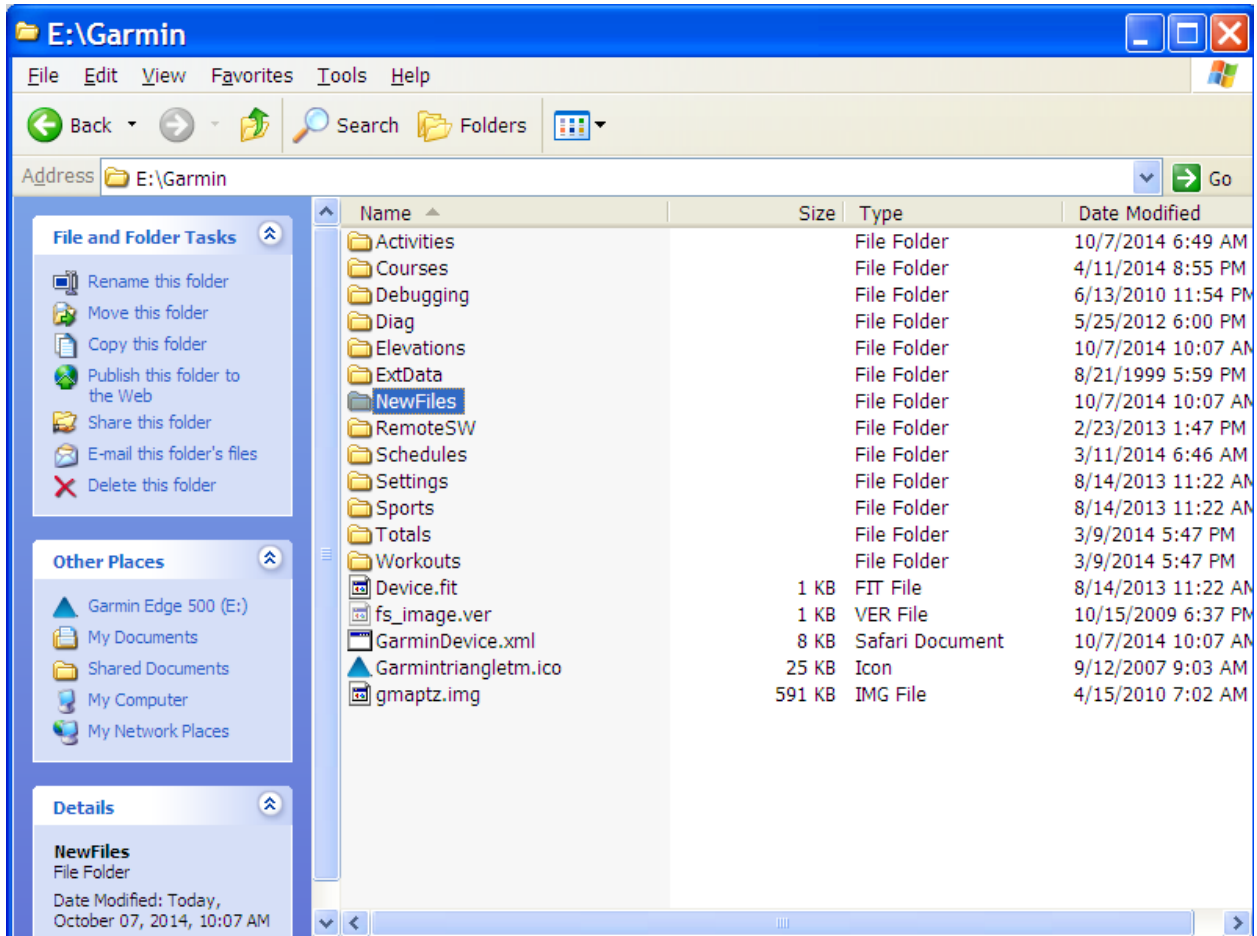
Hook your Garmin unit to the PC, and navigate to the Garmin icon.



Then to the Garmin file.



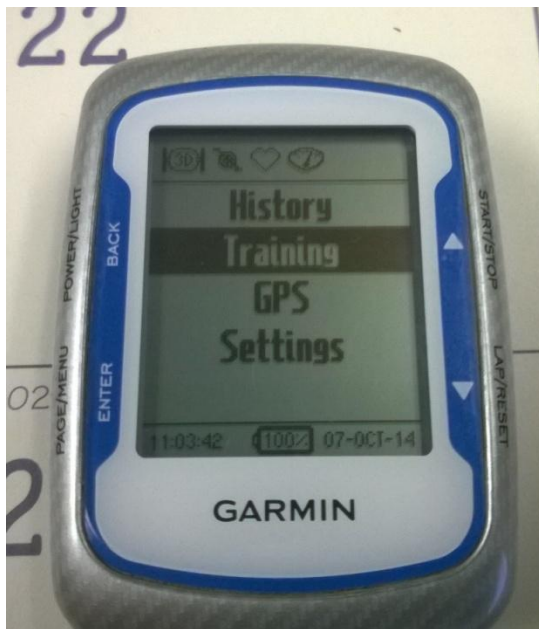
Move/Copy the .tcx file to the "New Files" folder in your Garmin.



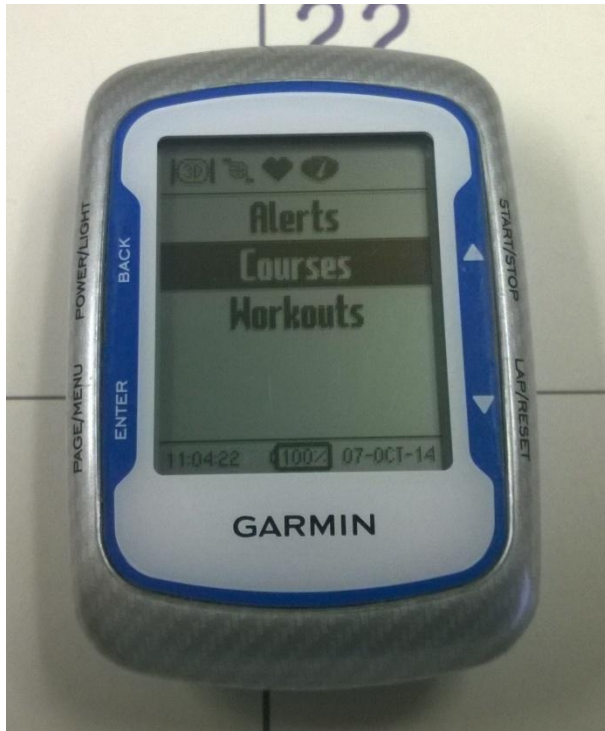
Safely eject the Garmin, and then turn it on in the normal way. You will get this screen, but don't fret, as it sometimes takes two to three minutes to get to your normal start screen. Leave it alone, and let it do its thing. This can be done the night before, or whenever convenient, as all this process is doing is moving to the Courses folder, which will be covered next.



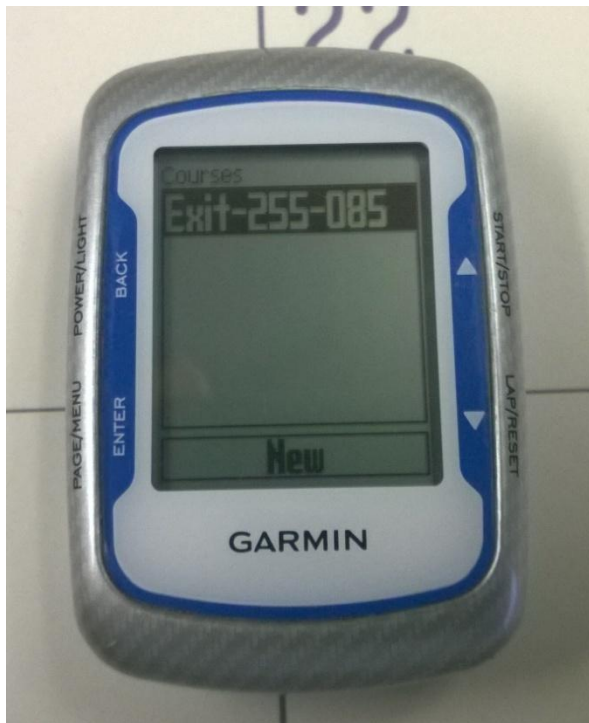
Press and hold the lower left button, which is the ENTER Page/Menu button. You will then get to this screen. Using the up/down arrow on the right side, navigate to Training, and press enter.



Navigate to Courses, and press Enter.



Navigate to the ride name, and press Enter.



Navigate to Do Course, and press Enter.



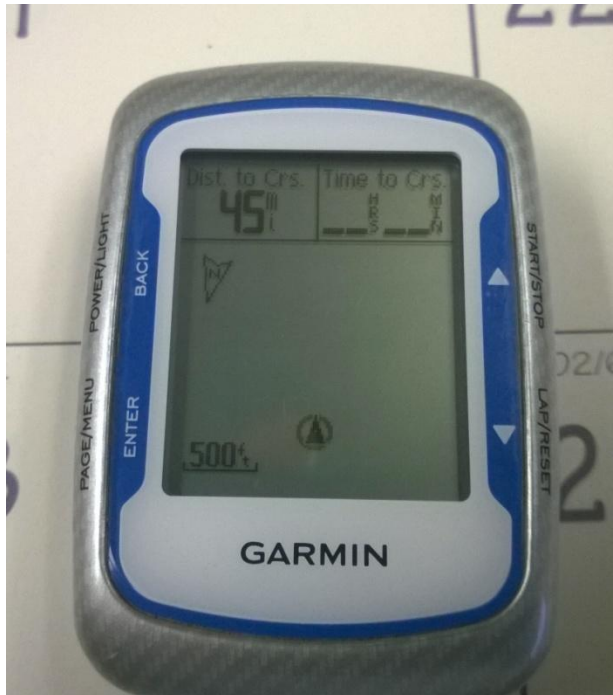
More thinking. This may also take a while.



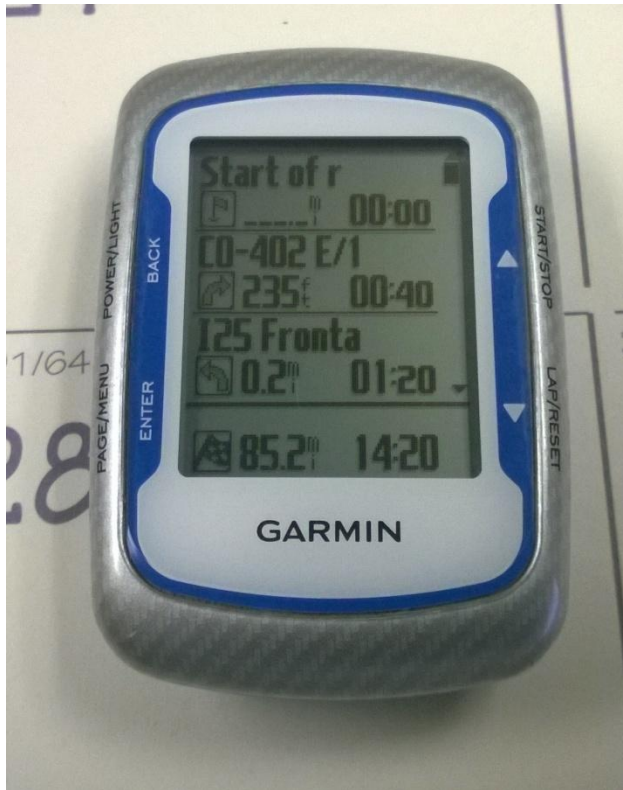
Once done processing, you will get three new screens on your Garmin. The first is Course Profile, and as you get closer to an uphill grade, it will show the rise on the screen.



The next screen will be a Bread Crumb trail. As you get closer to a turn, it will count down in miles, then feet when to turn. In this picture, it shows I'm 45 miles away from the start of the ride.



The last screen is turn-by-turn.



Of course, the device shown is a Garmin Edge 500, but I believe this will work for all the Edge units, to include the 510, 800, 810 and the 1000.

Or, we could just read the instructions on the website.

The screenshot shows the RIDE WITH GPS website interface. On the left, there is a list of route instructions with distances in miles. The main area is a map showing a red route through a city area. On the right, there are several informational boxes: 'Overview Metrics Export', 'GPX Track (.gpx)', 'GPX Route (.gpx)', 'Cue sheet CSV File (.csv)', 'Google Earth (.kml)', and 'Instructions for:'. A red arrow points to the 'Instructions for:' section, which lists compatible Garmin devices: Edge 810, Edge 500, Edge 510, Edge 1000, Mio-Cyclo 505, Edge 205 and 305, and Edge 605 and 705.

The screenshot shows the 'GARMIN EDGE 500 TIPS AND TRICKS' page. The sidebar on the left contains 'Latest Articles' (e.g., 'Ride with GPS and Windows Phones?', 'Record your first ride with our mobile apps') and 'Need More Help?' (e.g., 'Check out our Community Support Forums'). The main content area features an image of the Garmin Edge 500 device and the following text:

GARMIN EDGE 500 TIPS AND TRICKS

The Edge 500 is a cyclist favorite, when a slim and simple design is more important than having every possible feature. While the Edge 500 may miss some of the mapping functionality provided by its more expensive sibling, the Edge 500, it provides more than enough features to satisfy even the most demanding athlete. Benefits of the Edge 500 include:

1. Light weight design
2. Multiple bike and rider profiles
3. Tania BC-1000 ANT+ wireless scale support
4. Virtual partner/racer support. Create your own workout and get alerts while riding!
5. Power capable, including upcoming new left/right pedal based power meters

TURN BY TURN DIRECTIONS USING A TCX COURSE

An Edge 500 can use a TCX course file, exported from any mapped or previously ridden ride. If the TCX course file comes from a route which has a cuesheet, you will get turn by turn directions while riding the course. If the file is exported from an existing ride, the virtual partner will follow the existing ride's times. If it comes from a route drawn with our [bike route planner](#) the virtual partner times will be off. Unfortunately, you cannot turn off the Virtual Partner on the Edge 500.

OK, SO HOW DO I GET THE FILE ON MY GPS?

A Premium membership makes it even easier to get cue sheets on your Garmin. Not a Premium User? Find out more about our [Premium Plan](#). Otherwise, follow these directions to manually load a route onto your Edge 500.

The directions are easy enough depending on your level of comfort on your computer. I am assuming you can plug in the Edge, open up a folder to view its contents, and drag a file to a folder.

1. Plug in your Garmin
2. On the website, navigate to your route or ride
3. If you are a premium user, use the Garmin Write feature of the site
4. Otherwise, click the **Export** tab then click on **TCX Course**
5. If your computer prompts you to save the file to a specific location, place it somewhere memorable like the desktop, usually labeled **Garmin**
6. Using the **Finder, My Computer** or other tool on your computer, open up the drive associated with the Garmin,
7. Open the **Garmin** folder located inside the Garmin drive
8. Click/drag the exported file from your desktop to the **NewFiles** folder.
9. **Safely remove** the Garmin (Eject on an Apple machine) and unplug it from the computer
10. After powering it on click the **Courses** icon and locate your route