

HELP WITH ENHANCED MEDIA

TAO OF SKIING Version 1.0, Dated 15 July 1999, Version 3.0 Dated 01.10.01 and the HIGH VELOCITY enhanced DVD version 1.0 dated 01.10.01

HIGH VELOCITY DVD ON PLAYER

NON COMPLIANT DVD PLAYERS Please understand that DVD is a new and evolving technology. There are rare occasions (1/1000) where home players may give a disk error for the High Velocity DVD. The likely cause of this error is due to either the encoding rate of the DVD or the player's compliance with the standard. There is no known technical work around. Please consult original manufacture of the Player. To date, errors of this type most often have been experienced on first or second generation players <\$200. Notwithstanding, the DVD should play in all computer DVD drives. If you find that this DVD does not play in a home player, then we will ship product to you in VHS/CD-ROM formats at no additional cost.

NOTE: Only the DVD version includes the "Fundamentals of XC skiing Technique" and "Tao of Skiing" amongst its special and enhanced features.

ENHANCED FEATURES ON *HIGH VELOCITY DVD-ROM ON COMPUTER*

The enhanced features of the High Velocity DVD will only work on a computer capable of playing or reading DVD-ROM disks.

HELP WITH ENHANCED FEATURES: You need a computer with a DVD drive to access the DVD-ROM enhanced features. Install DVD@access provided on the DVD to access the content directly from your DVD player window. If this does not work for your system, you can easily access the content by browsing/exploring the DVD as you would any drive and (double clicking) selecting START.HTM for "Tao of Skiing" or any of the Adobe .pdf files in the same way. Additional HELP is available from our web site www.xczone.com

SYSTEM REQUIREMENTS

IBM compatible PC 486, 500MHz or faster Pentium III, or Apple Powermac G3/G4

10 MB space available on hard drive (20MB recommended)

32 MB RAM

Windows 95/98 or NT or MacOS 8+

Web Browser either Microsoft Internet Explorer 3.0 or Netscape Navigator 4.0 or better

DVD Drive with DVD player software

DVD@access software installed

Quicktime 5.0+

Quicktime version 5

Adobe Acrobat Reader 4.0

12 bit Sound and 24 bit Video Card or better with drivers and software to display Quicktime movie files (.mov) and play stereo sound (.wav).

INSTRUCTIONS

Switch Computer on.

Wait for operating system to boot.

Insert *High Velocity* DVD into the DVD Drive.

The DVD player should start up automatically. Navigate through the menu structure of the

DVD as you would any DVD. In the Enhanced features section of the DVD choose:

- a. Tao of Skiing;
- b. Detailed Scenes;
- c. Script for Technique Video; or
- d. XCZONE Web site.

If the enhanced features of the DVD did not automatically run then:

Open the DVD@ccess folder on the DVD as you would any file on a drive. Choose either MAC or PC folders and from there execute the DVD@access installation. Follow the directions on the screen

Reboot the computer and try again.

If you can still not access the enhanced features directly from the movie menu, do not worry. Some PCs and DVD player software may not comply strictly with the standards. You can still access the material through your web browser.

Open your web browser.

From the FILE drop down menu at the top left Browser choose OPEN and browse the DVD-ROM drive.

Select or Double-click on the file START.HTM if you want to see TAO OF SKIING

Navigate through Tao of Skiing as you would any web page.

The Detailed Scene descriptions are HV.PDF.

The Technique Script is TECHVID.PDF

There are also several other .PDF (Adobe Acrobat) files that you can take a look at. Most of this information is also available from our web site www.xczone.com

WEB BROWSER SETUP

Tao of Skiing has been written using HTML code so that the information can be conveyed interactively using multimedia (text, animation, sound and video) on your normal Web Browser. It works best with Microsoft Internet Explorer 5

The latest versions of these Web Browsers can be down loaded for free from the Internet.

www.netscape.com
www.microsoft.com

Quicktime can be downloaded for free from:

www.apple.com

Adobe Acrobat Reader can be obtained from:

www.adobe.com

Every Web Browser comes with a variety of options [please consult the Browser's help feature]. Some of these options must be enabled to permit Tao of Skiing to run effectively.

Please ensure the following settings are ENABLED on your browser:

Multimedia Settings
Show Pictures
Play Sounds
Animated gifs

Enable to use Tao of Skiing document fonts and colours

The web browser should be able to support frames.

The Web Browser should be setup to automatically play audio video clips. You can check this using pull down menus VIEWERS then FILE TYPES the ensure that the .avi and .mov file extension is associated with a video viewer.

Temporary Internet File setting should permit at least 2% of the hard drive to be used for caching files. Tao of Skiing uses many images. A healthy sized cache will speed up usage but at the expense of space on the hard drive.

Clicking with the left mouse button usually initiates whatever you are pointing act, whereas clicking with the right mouse button presents some options (like save image etc).

Bookmark this the START.HTM page for quick reference.

NAVIGATING TAO OF SKIING

Now, navigating Tao of Skiing is made easy by using your web browser and you can use the Browser BACK and FORWARD buttons to move around as you would on a regular web page. The Web Browser Help and Search features can come in handy to.

As mentioned before, Tao of Skiing makes full use of multimedia to convey the message. After the introduction, the screen is partitioned into two windows. The left window will display quick index links. The right window is used to display the contents.

Hyperlinks can be associated with anything you see on the screen. (Usually these look like buttons but can be pictures and text too). Move the mouse curser over the link and the arrow will change to a hand and alternate text box, to indicate a hyperlink choice. Click once to go there.

Various pictures or images have hyperlinks associated with them. Images (pictures) are encoded using .jpg or .gif formats but this should be transparent to you given that all web browsers can handle these. We have also used animated images .gif files which should run automatically.

Buttons (in different colours and variations) buttons do the obvious things when pressed.

Movies (on CD-ROM) are encoded using the .mov format in CD quality stereo sound and 15-30fps. Clicking on this and other movie icons will have the Web Browser open the default movie player with the file. Usually the movie begins right away. If it does not, click on the image (left mouse button) to start the show, or click on the play button icon on the player. It is possible to set the video player to start playing automatically, but you will have to consult its help feature.

Help is available from your operating system and applications. *Tao of Skiing* is not a program, and cannot cause anything bad to happen to your system. It is written in a text based language. It makes use of the Windows operating system and your default Web Browser. We have kept it simple so most modern browsers should handle it.

TROUBLE SHOOTING

Sound which is jumpy may indicate that it is time to upgrade your sound card. Turn off continuous virus checking of CD-ROM.

Ensure that you have upgraded to Quicktime 5.0+

TAO OF SKIING CD-ROM

SYSTEM REQUIREMENTS

IBM compatible PC 486, 100MHz or faster Pentium II, or Apple iMac - Powermac G3/G4

16x CD-ROM Drive

5 MB space available on hard drive (20MB recommended)

16 MB RAM

Windows 95/98 or NT or MacOS 8+

Web Browser either Microsoft Internet Explorer 3.0 or Netscape Navigator 4.0 or better

Quicktime version 5

12 bit Sound and 24 bit Video Card with drivers and software to display Quicktime movie files (.mov) and play stereo sound (.wav).

INSTRUCTIONS

Switch Computer on

Wait for operating system to boot

Insert *Tao of Skiing* CD-ROM into CD-ROM Drive

The Windows operating system should start up your default Web Browser with the starting page to Tao of Skiing.

Wait for this to occur. Do not push any keys during this process.

If *Tao of Skiing* did not automatically run then:

Open your web browser.

From the FILE drop down menu at the top left Browser choose OPEN and browse the CD-ROM drive for START.HTM

Select or Double-click on the file START.HTM

Navigate through Tao of Skiing as you would any web page.

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TROUBLE SHOOTING

A "Warning Message for a windows NT file not found", may sometimes appear during autorun. This occurs on early unpatched versions of Windows 95 machines. Ignore the warning. Do not interrupt the loading process. If necessary push the ENTER button once to acknowledge the warning and make the warning message go away.

If the CD-ROM autorun is problematic, load START.HTM manually into your web browser.

Video plays irregularly (audio and video affected) - The CD-ROM drive must be at least 16x to provide interrupt free video. 40x drives are available for \$60 in stores. Also if the computer has been operating for some time, the CD-ROM drive may overheat and affect performance.

Sound which is jumpy may indicate that it is time to upgrade your sound card. Turn off continuous virus checking of CD-ROM.

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