QUICK START GUIDE OVAL CHAINRING ON YOUR TRUEBIKE

1. Get Started

Why oval chainrings?
The idea of oval chainrings is simple; due to the shape of the oval chainring, the time spent in the less powerful parts (top and bottom) becomes shorter and the time spent in the more powerful parts (middle) becomes longer. This results in a higher power output and a reduction in heart rate. Conclusively, it makes you cycle faster.

Information you should know before you proceed.
1. You need to log out and then log back into your account on the TrueBike.
2. We highly recommend connecting the charger to your TrueBike for optimal performance when using virtual oval chainrings.
3. The effect of oval chainrings starts at a cadence higher than 30 RPM.
4. The virtual oval chainrings are not turned on instantaneously. After you start pedaling, there is a short delay of 1-2 seconds before the chainring becomes virtually oval.
5. The virtual oval chainrings are only available for the TrueBike. It is **not** available for the TrueBike-base and all TrueTrainers.

You can choose between 3 different types of oval chainrings (see figure):
1. Osymetric
2. Q-ring fixed
3. Q-ring adjustable (advanced option)

What type of chainring you want to use is based on personal preference. For more information, please read the section 'advanced options'.

Our recommendation: If you have never cycled with oval chainrings before, start riding with fixed Q-rings. This is the most satisfactory way to start cycling with (virtual) oval chainrings.

Osymetric fixed   **Q-ring fixed**   **Q-ring adjustable**
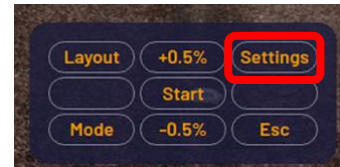
2. How do you turn on oval chainrings on your TrueBike?

Step 1: Start your training via the usual steps. Proceed until you enter the following screen:
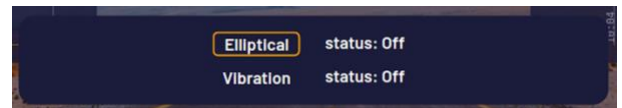
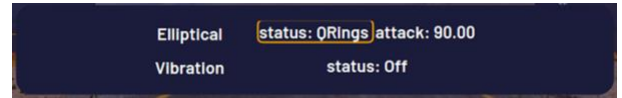**Step 2:** On your TrueBike training display go to settings (top right top button).

Step 3: In the following screen, press enter to select elliptical.

Step 4: Here you can choose between 'Off', 'Q-rings', and 'Osymetric' by pressing the up and down buttons. Press enter to select the right chainring.

Step 5: This step can be skipped for Osymetric and fixed Q-rings. This is a more advanced option. For Q-rings, the angle of attack can be adjusted. Move right and select the angle of 'attack', by pressing up or down, accordingly. (For more info see 'Advanced Options').
Step 6: Press 'Esc' to go back to the training screen.
Step 7: Now you are cycling with oval chainrings, the settings are saved for all trainings.
Step 8: If you want to disable oval chainrings, start at step 1 and select 'Off' in step 4. Press 'Esc' to go back to the training screen.

3. Advanced options

Angle of attack
The angle of attack describes the relative position of the chainring to the pedal arm. Rotor Q-rings refers to optimum chainring position (OCP), but both mean the same. Depending on the type of oval chainrings you (want to) use, this angle can be adjusted or not.

Caution: If you have never ridden using oval chainrings, start with (fixed) Q-rings and keep the angle of attack on 90 degrees (this is set by default).

Osymetric
Osymetric's shape is more 'aggressive' compared to Q-ring. The effect of ovality will be more noticeable. If you want to use Osymetric chainrings, it is **not** possible to change the angle of attack. This number is fixed.

Q-rings
Q-rings' shape is compared to O-symmetric is less aggressive. As a result, the effect of ovality will be more subtle. There are two types of Q-rings. A fixed Q-ring and an adjustable Q-ring. A fixed Q-ring does not allow changing the angle of attack and is fixed in 90 degrees (OCP 3), this is set by default. For an adjustable Q-ring, the angle of attack can be adjusted to the following five positions:

Optimum Chainring Position (OCP)	Angle of attack
OCP 1	77 degrees
OCP 2	83,5 degrees
OCP 3	90 degrees
OCP 4	96,5 degrees
OCP 5	103 degrees

Q-ring recommends an angle of attack of 90 degrees (OCP 3) for road bikes, and an angle of attack of 96,5 degrees (OCP 4) for deeper positioned bikes (e.g., triathlon and time trial bikes).

Caution: Both types are selected as 'Q-ring' (Step 4). The angle of attack for a fixed Q-ring must be left at 90 degrees (set by default).

4. FAQs:

1. I do not see the option 'elliptical' in settings, what should I do?

Make sure your TrueBike is connected to Wi-Fi. Then restart your TrueBike and log-out and then log back in to your account. If this was not helpful, reach out to customer support.

2. Below elliptical there is an option for vibration. What does this mean?

Vibration is another feature we are working on, but this has not been launched yet. We will reach out to you when this feature is ready for testing.

3. Cycling with oval chainrings feels strange. Has something gone wrong?

Most likely not. Cycling with oval chainrings requires adaptations that take time. After having cycled for a longer period, the strange feeling should disappear.

4. I do not see any differences in my power output between the different ovality configurations. What could be wrong?

Cycling using an oval chainring might feel strange in the beginning. It requires (muscular) adaptations which take time. Moreover, switching quickly between different ovalities and (potential) angle of attacks might delay these adaptations.

5. What ovality is best suitable for me?

We recommend starting with the fixed Q-ring. Osymetric's shape is a bit more 'aggressive' than Q-ring and could be more uncomfortable in the beginning. What is best suitable depends on your personal preference. The ability to virtually switch between ovality's allows easy experimenting.

6. Which, in the TrueKinetix app, configured bikes can be used with virtual oval chainrings?

All bikes that are configured in the TrueKinetix app can be used with oval chainrings. You do **not** have to make changes in the TrueKinetix app to start cycling with oval chainrings.

7. Are both small and large chainrings affected?

Yes, all front chainrings that are selected on your, in the TrueKinetix app configured, bike are affected. The cassette is not affected.

8. What is the main difference between the virtual fixed and adjustable Q-ring?

Both represent the same ovality and are selected as 'Q-Rings' (step 4). An adjustable Q-ring allows changing the angle of attack, while a fixed Q-ring does not. The setting for a fixed Q-ring and adjustable Q-ring in OCP 3 are identical.

9. I am currently cycling with an adjustable Q-ring on my (outdoor) road bike, but I do not know my OCP number I am currently cycling with. What should I do?

There are 5 marked positions on your chainring, this could be numbers or dents. The alignment of 1 of these 5 positions with your crank arm illustrates your current OCP. For further information on the OCP numbers, please refer to the Rotor Q-ring manual.

10. Are oval chainrings also available for the TrueBike-base and TrueTrainers?

No, virtual oval chainrings are only available for the TrueBike.

11. Can I select the virtual oval chainrings via the gear shop in the TrueKinetix app?

No, the virtual oval chainrings can only be selected via the screen of the TrueBike. You do not have to use the TrueKinetix app.