

Montebello Software announces Ascent: a new GPS-based training program

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Ascent is a new application designed to help cyclists, runners, and hikers organize and present activity data downloaded from GPS devices.

FOR IMMEDIATE RELEASE

Montebello Software has released version 1 of Ascent - a new application for the Macintosh designed to help cyclists, runners, and hikers train better by organizing activity data and presenting it in useful ways. Using Ascent, you can download activity data directly from your GPS into the program, and immediately begin analyzing the data as it is presented to you in various graphical and textual formats. The "Animation" feature lets you re-play the activity so you can review in detail your performance during any segment of the activity.

Ascent can import .tcx and .hst files exported from the Garmin Training Center application. It can also import and export files encoded in the standard GPS Exchange Format (.gpx).

Ascent follows the multiple document architecture of MacOSX. Each document contains groups of activities that are organized by weeks. Activities can be cut, copied, and pasted between documents. A customizable browser display allows any data gathered by Ascent to be displayed in columns ordered and sized by the user as desired. Browser settings are stored persistently within the document. The browser includes search features that allow activities to be instantly found by typing a few characters of their title or user-entered keywords.

The animation features of Ascent are unique among products of this class. Activities can be played back in real-time (or faster than real-time, playback speed is adjustable). Heads-up displays show instantaneous data values (speed, gradient, heart rate, cadence) as the animation proceeds. Multiple windows showing paths overlaid on maps, or data graphs against altitude, can be animated simultaneously and Ascent's core animation engine synchronizes the display.

Data managed by Ascent includes GPS location, speed, altitude, gradient, heart rate, cadence, pace, time in heart rate zones, activity type, equipment, effort, disposition, and weather. Data for each activity can be displayed in the Detailed Activity Window, or in a Summary Window that graphically displays the data using weekly and monthly totals.

Montebello Software:
<http://www.montebellosoftware.com>

Ascent Download:
<http://www.montebellosoftware.com/downloads/Ascent.dmg>

Montebello Software creates applications and utilities optimized for the Macintosh platform. It was created in January 2007 with the release of its first product: Ascent.

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