

# Family Trainer: Jogging Race (Import) FAQ/Walkthrough

by harryjamespotter

Updated to v1.00 on Jul 21, 2008

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FAMILY TRAINER: JOGGING RACE FAQ/WALKTHROUGH
Gamefaqs Username: harryjamespotter
Universal Account Name: Yoh_of_Izumo
AIM: xLord Protectorx
Email: xXmasterofalltradesXx@gmail.com
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(                                I. PROLOGUE                                )
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1.1 About the Author

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Evan T. Delaney - a user of the Gamefaqs boards who is currently attending college with planned majors in classics, philosophy, and physics.

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1.2 About the Guide

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This game is very intuitive whether or not a person knows Japanese. For those uses who want extra clarification, this guide can give them such. This guide will also inform a user on the various controls necessary in using the power pad and the NES controller in conjunction with this game.

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1.3 How to Use This Guide

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This FAQ/Walkthrough is simply a reference guide. There is no story to this game or anything of that nature. Just as the game give a player the ability to choose whatever he or she wishes, so is this guide structured the same.

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1.4 Version History

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1.00 - Started July 20, 2008; finished July 20, 2008

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(                                II. GAMEPLAY                                )
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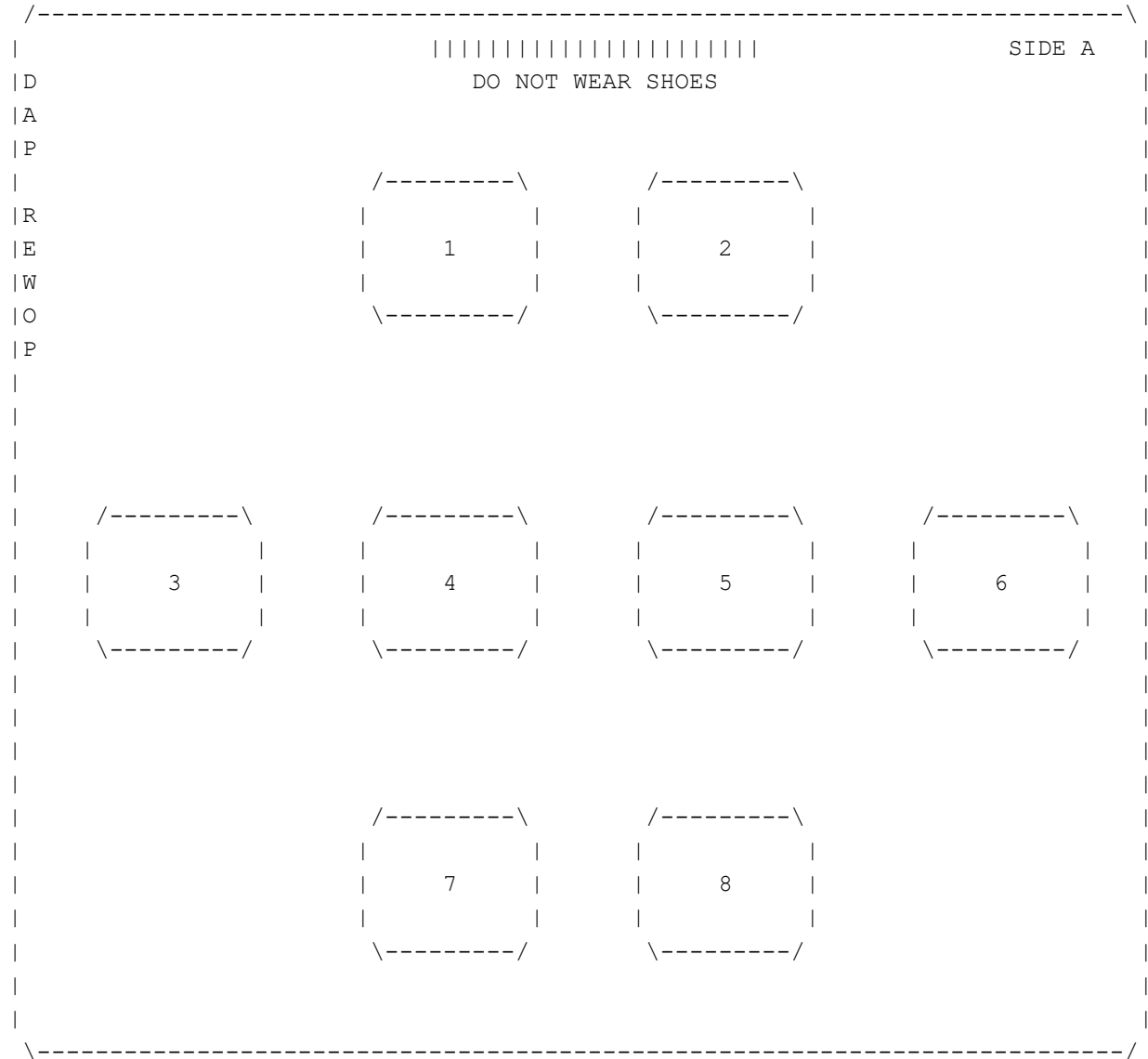
2.1 Background

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This game was made by Bandai and published by Nintendo for the use on the Nintendo Entertainment System in 1987. The original release of this game in Japan was May 28, 1987. It was never released in the United States. It is one of many games in the Family Trainer series of Bandai and is one of the few games ever on the NES to utilize the power pad. Unlike most games, this game is not focused on the NES controller, but a pad on the ground - much like a DDR pad. It monitors input and based on the way a game is set up, determines whether to treat it as running, jumping, etc. By the title of this game, one knows that is to do with jogging. However a player can also run in this game if the pad notices a rather fast jog pace. The racing aspect of the game comes from the second option in the game that allows for a marathon-timed race. Unfortunately this aspect of the game is poorly designed and is best skipped. This game provides a nice concept, but as with most games that try to have an exercise genre, fails to truly help a person lose weight and is not recommended for those who wish to get fit, stay in shape, or lose weight.

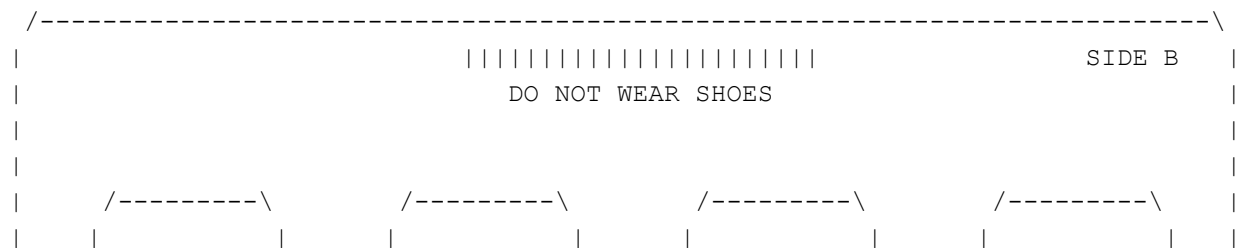
2.2 Controls

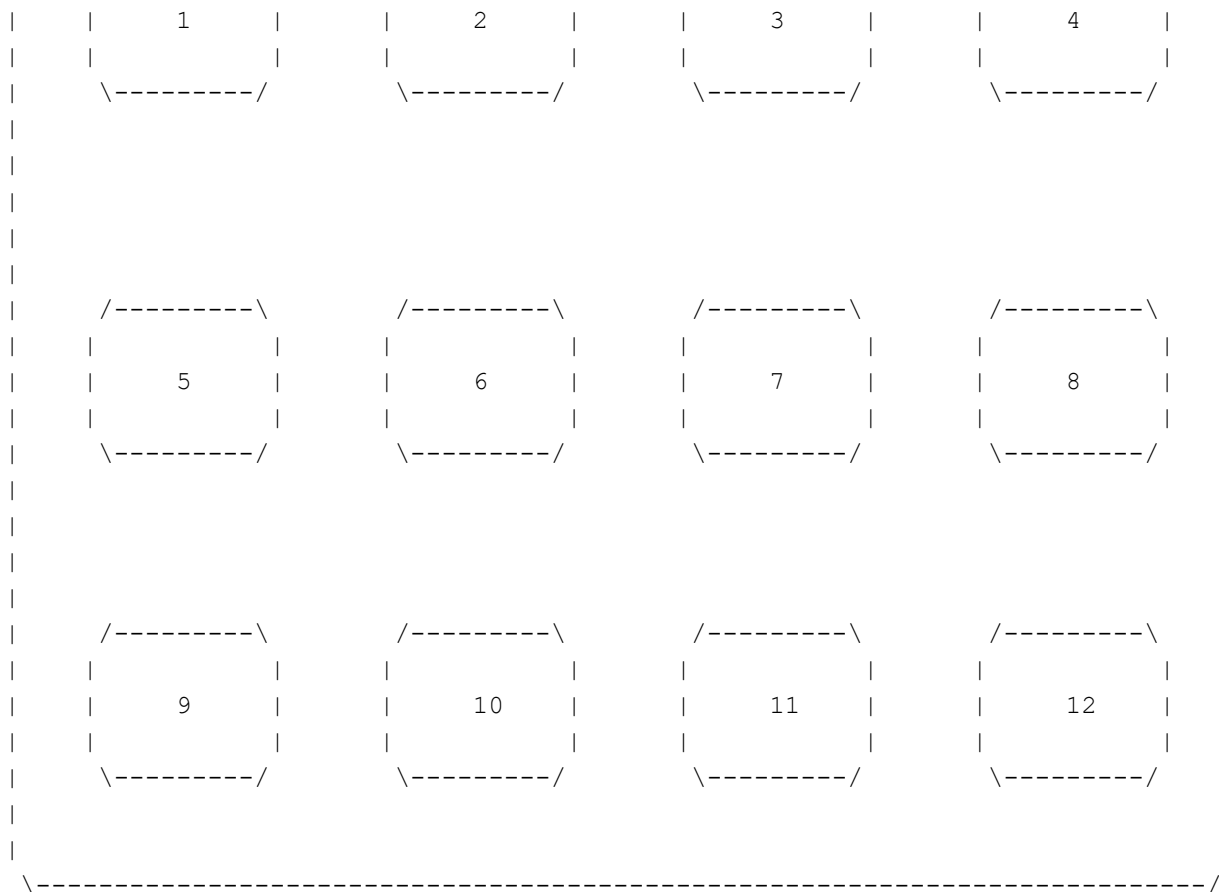
For the controls, the NES controller is only necessary for selecting options and inputting date such as weight. For the power pad, only side A is necessary to play this game however side B may also be utilized. For the control setup for side A of the power pad, please refer below:



\*\*\*Power Pad - Side A Controls\*\*\*  
Feet are to be placed on 1 and 2 and the rest of the pad has no purpose. To run/jog, simply do so in place. The faster a person runs/jogs in place, the faster the character runs on screen. There is questionability to the controls in the marathon aspect of the game though.

Side B schematics below:





\*\*\*Power Pad - Side B Controls\*\*\*

Feet are to be placed on 2 and 3 and the rest of the pad has no purpose. To run/jog, simply do so in place. The faster a person runs/jogs in place, the faster the character runs on screen. There is questionability to the controls in the marathon aspect of the game though.

\*\*\*NES Controls\*\*\*

On the home screen:

Select - moves arrow down

Start - selects the option to which arrow points

Jogging input screen (for height, weight, and age):

A - moves cursor right

B - moves cursor left

Left - moves arrow pointing to number left

Right - moves arrow pointing to number right

Select - selects the number to which arrow points

Start - goes to next screen regardless of whether data is inputted or not

Jogging selection screen:

A - moves arrow down

B - moves arrow up

Start - selects the option to which points

During jogging:

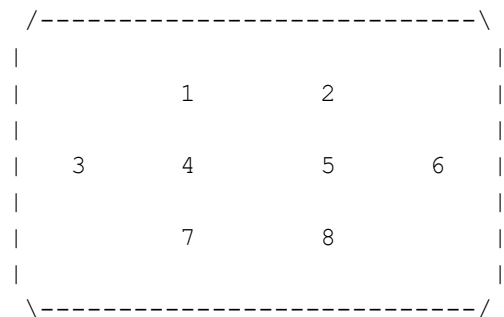
Start - pause

Marathon:

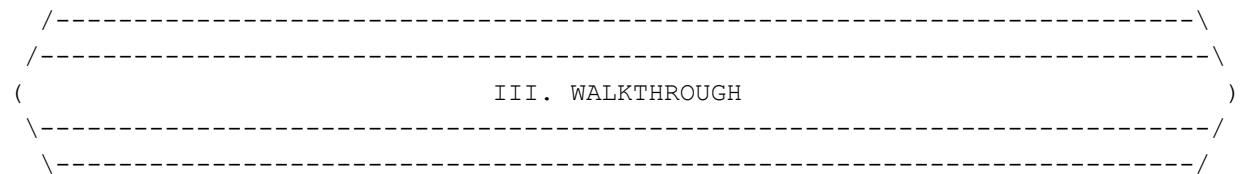
none

\*\*\*Other Notes\*\*\*

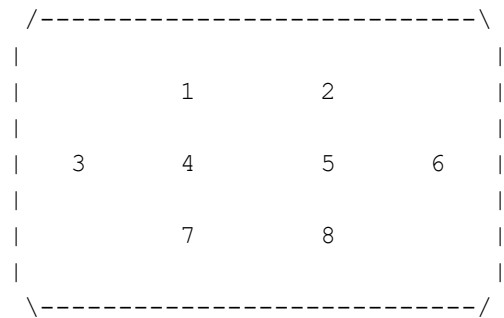
Here below is a simplified drawing of the power pad for easier reference that I will use in each section of the various obstacles:



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3.1 Jogging  
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\*\*\*Necessary Controls\*\*\*

- 1&2 - jog
- 1&2 - run
- Start (on NES controller) - pause

\*\*\*Overview\*\*\*

To select the jogging option, on the main screen select the top option. You will then be asked to input height (in cm), weight (in kg), and age (in years). If you need assistance in converting from the Imperial system to the Metric system, please see the "conversion" section (section 3.3). After inputting the necessary data (see section 2.2 for controls if needed), you will then be given two options. The first option allows a player to choose how long he or she wishes to jog (in minutes). If the player selects the lower option, the player can choose how long (in meters) he or she wishes to jog. If no data is inputted, the default time is 10 minutes and the default length is 1000 meters.

After inputting everything, a player gets onto the jogging screen. Simply jog in place to get the character to move. The faster a person jogs, the faster the character will move.

The layout consists of a side shot of the character and surrounding area, a box in the right bottom corner indicating current position on the tracked course,





Calories are another standard, but some people may confuse different terminology.

1000 cal = 1kcal = 1CAL

When people mention calories, they refer to CAL/kcal and not cal. To make things simpler, when you see kcal on the screen, just know it's the exact same thing as a US caloric unit. Common sense should tell you that when it says 100 kcal that it does not mean you burned 100000 calories...since of course you would have been dead from starvation and energy burn out long before that and also that to burn past 1000 calories in a hour is a hard thing to do.

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 (                IV. FAQ                )
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1. Q: What is this game?

A: This is an interactive game that allows a user to exercise in front of the television. It uses a device called the power pad, which senses a users impact with the ground and keeps track of the rhythmic pattern to the game to drive the character forward. Hence the name jogging race, this game is about jogging, but not so much to do with the racing component. There is a marathon race of 2km (instead of the 26.2 miles), but it is extremely bad.

2. Q: With is this power pad?

A: Power Pad is an invention created by Bandai to allow uses to interact with characters in a game. These games involved exercise and instead of a user just move thumbs, this pad allows for more body movement and little more caloric burn. For more information, refer to this link:  
[http://en.wikipedia.org/wiki/Power\\_Pad](http://en.wikipedia.org/wiki/Power_Pad)

3. Q: Will this make me lose weight?

A: No. A person would much rather spend time running on a treadmill watching the television or listening to music instead of doing this. It is a nice concept, but just as these types of games on the Wii claim movement activity, they still provide hardly any physical activity compared to true running, swimming, etc.

4. Q: Should I get this game?

A: No. Only if someone gave this game to you for free, but even then, I might say that someone should have to pay you play this game...it is just that bad. Graphics are not so bad, but wow, the gameplay is poorly meshed. Also, do not expect to get into any type of shape using this game: go to a gym instead.

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None.

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( VII. SPECIAL RECOGNITION )  
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Nintendo - for making the Nintendo Entertainment System and starting the mainstream console gaming market.

Bandai - I'm not sure whether to recognize you or not, but I will thank you for making the power pad concept which would later reappear two decades later for the Nintendo Wii. However, I must say that this game was quite a disappointment.

Gamefaqs - for making a great gaming website where millions of users post messages, guides, and where users can be assisted. I also enjoy the simplicity of the website.

Fellow Readers - for even looking at this guide.

If I forgot anyone or anything, just email me or AIM me.

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( VIII. WEBSITE HOSTS/COPYRIGHT INFORMATION )  
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Allowed Website Hosters:

- www.gamefaqs.com
- www.gamespot.com
- www.supercheats.com

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(                IX. EPILOGUE                )
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Not much to say here. I played the game, wrote the guide, and doubt I'll ever play it again. I'll probably write a review someday on the game as well, but for all you reading this (which I'm not sure why you would), do not ever consider this game...which should not be too hard seeing that it is in Japanese and released over 20 years ago and probably impossible to find.

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AIM: xLord Protectorx  
Email: xXmasterofalltradesXx@gmail.com  
Gamefaqs' Username: harryjamespotter  
Universal Account Name: Yoh\_of\_Izumo

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