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

by harryjamespotter


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FAMILY TRAINER: JOGGING RACE FAQ/WALKTHROUGH
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I. Prologue
1.1 About the Author
1.2 Purpose of Guide
1.3 How to Use This Guide
1.4 Version History
II. Gameplay
2.1 Background
2.2 Controls
III. Walkthrough
3.1 Jogging
3.2 Marathon
3.3 Conversion
IV. FAQ
V. Emails and Comments
VI. Special Recognition
VII. Website Hosts/Copyright Information
VIII. Epilogue
IX. Contact Information

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 1.1 About the Author
$\backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash$ 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$\backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash$ 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.
//////////////////////////////////////////////////////////////////////// 1.3 How to Use This Guide
$\backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \$ 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.
//////////////////////////////////////////////////////////////////////// 1.4 Version History
$\backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash$ 1.00 - Started July 20, 2008; finished July 20, 2008

 2.1 Background
$\backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash$ 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. 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.

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***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
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***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:


//////////////////////////////////////////////////////////////////////// 3.1 Jogging $\backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash$
***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,
and on the bottom left corner there is information giving the user the length or time that must be completed followed by the current time, amount of distance run, and the energy that has been burned. Take note that energy is provided in kcal and is the same as the American CAL. $1000 \mathrm{cal}=1 \mathrm{kcal}=1 \mathrm{CAL}$. What a person sees on the back of any food product in the nutrition facts is CAL/kcal. Do not confuse it CAL with cal. Also note that amount of calories burned is dependent on the weight inputted, incorrect weights or no weight inputted at all will give a false reading.

If a player manages to jog really fast in place (aka run in place), the character will also run on the screen. Though there is a limiting factor to how fast the character on screen can move, I have managed to get the character to go 17 seconds for a 100 m and $1: 12$ for a 400 m , which is not too bad for the power pad and attempting to run in place.
 3.2 Marathon
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***Necessary Controls***
1\&2 - jog
1\&2 - run
Start (on NES controller) - pause
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***Overview***

The marathon unlike the jogging seems to be extremely flawed. It took me about half an hour to figure out how to use the controls correctly and even then it seems as though this part of the game was poorly written. Select the second option on the main screen to get this part of the game. You will then see the top 20 scores. After that, you will then go onto the marathon screen on which you will run.

Unlike the jogging though, this course is only 2 kilometers long, which does not seem too bad at all. The real downside though is that there appears to be timing involved in the game and obstacles that must be avoided. The timing part is annoying, but can be learned; however, the avoiding of objects is impossible. There is no way to avoid them and unfortunately if you hit enough of them, you will stop in the race and it will be game over. My suggestion is not even to try the marathon, since it is impossible to even get past halfway.

However if you still wish to know how to do it, simply place the feet on 1 and 2 respectively of the power pad. Then when the race starts, the runner on screen will do these really weird running high five signals. When he signals to the opposite side, time your foot to land on 2 and keep your foot on the 2 until he stops running. Then let him turn his hands to you and then turn back and by the time he turns back, place your right foot again on 2 . Keep repeating this process of stopping and going and that is how the marathon race works.

Unlike the jogging race though, an energy bar also appears on your display. This energy bar decreases whenever you fall down. You can fall down by hitting
a person, running over oil slicks, etc. Unfortunately there are items that can replenish this lost energy, but it is impossible to reach them. So will the marathon is feasible, it is impossible to complete and will just be a waste of your time.

Stick with the jogging option.
 3.3 Conversion
$\backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash \backslash$ This is to provide people who do use the metric system a heads up on what the units mean.
***Length***
cm $=$ centimeter
$\mathrm{m}=$ meter
km = kilometer

Notes:
There are 100 centimeters in a meter and 1000 meters in a kilometer.
-To convert from centimeters to inches, multiply the centimeters by . 3937
-To convert from inches to centimeters, multiply the inches by 2.54
-To convert from meters to feet, multiply the meters by 3.281
-To convert from kilometers to miles, multiply the kilometers by . 6214

To convert your height from inches into centimeters follow this formula:
let $h=y o u r$ height in inches
let $c=y o u r ~ h e i g h t ~ i n ~ c e n t i m e t e r s ~$
$c=h * 2.54$

If you are 72 inches tall... $c=72 * 2.54 ; ~ c=182.88=\sim 183$ (round up)
So input 183 into the cm block for the jogging input section
***Weight***
$\mathrm{kg}=\mathrm{kilogram}$

Notes:
There are 1000 grams in a kilogram.
-To convert from kilograms to pounds, multiply the kilograms by 2.205
-To convert from pounds to kilograms, multiply the pounds by . 4536

To convert from your weight in pounds to kilograms, use the following formula:
let $\mathrm{p}=$ your weight in pounds
let $k=$ your weight in kilograms
$k=p * .4536$

If you weigh 160 pounds... $k=160 * .4536=72.575=\sim 73$ (round up)
So input 73 into the kg block for the jogging input section
***Age ***
The third option is age. It is measured in years and is a standard around the globe. 1 year $=365$ days ( 366 for leap years) and hence no need to worry about conversions for that section.

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

1000 cal $=1 \mathrm{kcal}=1 \mathrm{CAL}$

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.


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 2 km (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
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.


None.


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 uses 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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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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MMMMM MMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMM \#MMMMB1: . 8MMMMMMMMMM MMMMMM .QMMME7i,,..:tWMMMMMMMMMt;:.vWMMMMMM@i MMMMM@ .;, MMMMMMQ, MMMMMM; MMt. iMMMMMMMM MMMMM @MMMMMi MMMMMM. MMME MMMMMM. . MMMMMM M@. , ОMMMMMMMMMMMMMMMMMMb. YMMMMME MM@QQt MMMMMMMMMMMMMMMMMMMM\#; nMMMMM\#c aMMMMMW . QMMMMMW. @MMMMMMMMMMMQ iMMMMMMMM OMMMMM\$. ; MMMMMMMMMMMM\$ ; MMMMMMMM i\#MMMMM@. .EMMMMMMMMMMMM@ . 6MMMMMMMM IMMMMMMMC : MMMMMMMMMMMMM 7МММММММО . MMMMMMMMMMMMM UMMMMMMMM MMMMMMMMMMMMM\# vMMMMMMMMM іMMMMMMM. .MMMMMMMMMMMMMMZ ; MMMMMMMMM

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