A Beginner's Guide to Handling Video from your Eagle360

Rev. 1.1

Video files are BIG and can take a while to process. BE PATIENT. Watch the applications as they tell you how they are progressing through your files, and remember smaller is better when it comes to working with video.

1) Take the microSDHC (Hero3) or SDHC (Hero2) card out of the GoPro and insert it into your card reader (if a microSDHC card, first put it in the adapter you received when you bought the card, then the assembly into your laptop or other card reader).

2) Drill down to the DCIM directory, then to the GOPRO100 folder. The only files that matter are the .MP4 files (if there are others they are just little thumbnails or low res videos). Copy those to a folder on your computer. You might name the folder by the date, or by the subject matter, or combine both ("Montana Flight April 12")

3) You can double click on any of the .MP4 files and it will play, to remind you of the contents of the clip. If there are clips you know you do not want, put them in a subfolder called "rejects" or something similar. When you are certain you do not need them, delete those files.

4) The first thing you want to do is "clip" the sections you want from the .MP4 files": odds are there is extra stuff before and after that you do not care about. The smaller the files you work on, the better, so we are going to look at the video, and grab out the parts you care about. Launch the free GoPro Cineform program:

http://gopro.com/support/cineform-studio-software-support
and click on the Import button. Set it up by clicking on the "Advanced Settings" button at the bottom center. For file format, select MOV. Also select Quality to HIGH and make sure the REMEMBER SETTINGS item is checked. Finally, further to the right at the bottom click on "Change Directory" and select some folder where you will know to find the resulting files. Now you have set up Cineform for future use!

5) Let's put it to work: on the left click the "Import New Files +" button. In the dialog box locate all your new video files in your new folder, and they will appear in the column on the left side. Double click on the top one and it will start to appear in the center panel of Cineform. Click on the Play button (>) and the video will start playing. When you get to the part you care about click on the "IN" link just to the left of the play control, where it says "SELECT TRIM POINTS", or

just hit the "i" key on the keyboard. When you get to the end of the part you care about, select the OUT link or hit the "o" key. There you go: you have just selected a clip, a part of the entire video file you care about. Give it a name in the FILE NAME box (like "Sunset behind mountain"), then click on the right where it says "ADD CLIP TO CONVERSION LIST" and it will appear in the column on the right side of the user interface. You can select more clips from this video, or move on to clip your other videos. When you are done going thru all your video files, hit the CONVERT ALL button, and your computer will, one at a time, create the smaller clips and put them where you selected. NOTE: be patient, this can take a while! By the way, the software NEVER changes your original video file. It just creates the clip files, but your original files remain pristine.

6) Once all the clips are marked "COMPLETED" hit the "PROCEED TO STEP 2" button. Here you can change the white balance of the clip, or adjust its exposure, contrast, saturation and sharpness. Don't worry if some of the things you can do sound strange, like "view left eye" and "3d convergence": Cineform was originally written to help edit 3D movies, just ignore these things. When you are done hit the EXPORT MP4 button. Even if you make no changes the MP4 file is much smaller and more universally useful than other file formats.

DO NOT USE ANOTHER APPLICATION on your computer while these MP4's are being made. Let Cineform finish making them first.

7) At this point you have clips in MP4 format of the parts of your video that you care about. You can now do two things:

a) Assemble these clips into a movie, with transitions and titles if you would like, and you can save it in the best format for your use (for example, to put it on an iPad you would save it as an .M4v file). You can do this using any basic Movie editor (like the free Windows Live Movie Maker or Mac's iMovie, or a full featured video program like Final Cut Pro, Adobe Premiere, Sony Vegas, etc)

or

b) you can grab a still from any frame of these clips. To do this, launch the free MPEG Streamclip:

http://www.squared5.com/

Open the clip you are interested in, and move the cursor to the individual frame you want to extract. Click on FILE then EXPORT FRAME. Then review the settings, maybe raise the quality, and hit SAVE. It immediately saves the file, and then comes back to you in case you want to do another save, so the second time just hit CLOSE. The exported frame is surprisingly sharp!