RUN TRAINER™ 2.0

GPS SPEED+ DISTANCE

USER GUIDE

TIMEX IRONMAN

V. 29

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INTRODUCTION

Congratulations on your purchase of the Timex® Ironman® Run Trainer™ 2.0 GPS. For the latest instructions, please refer to the User Guide listing for Run Trainer 2.0™ at http://www.Timex.com/Manuals. For first use, please follow these six easy steps:

1. Charge the watch

2. Load the latest firmware

3. Configure the settings

4. Acquire the GPS signal

5. Record your workout

6. Review your performance

For your convenience, we have posted the TImex® Ironman® Run Trainer™ 2.0 Quick Start guide at:
http://www.Timex.com/Manuals

Detailed instructional videos are posted at:
http://www.YouTube.com/TimexUSA

FEATURES

- Easy to use – Automated first-time setup collects the user data the watch needs to help you train. Intuitive menus simplify navigation and operation.
- Alerts – Audible tones and vibration alerts let you know about important workout events such as automatic splits and out-of-zone warnings.
- GPS – SiRFstarIV™ technology tracks pace, speed, distance, and altitude.
- ANT+™ Radio – Wireless capability enables the watch to connect to a Heart Rate and/or Foot Pod sensor.
- Heart Rate Sensor – When connected to a heart rate sensor, monitor your heart rate to maintain a level of activity that matches your personalized workout requirements.
- Foot Pod Sensor – When connected to a foot pod sensor, track multiple values in your workout including pace, speed, distance, and cadence, or cadence only.
- The INDIGLO® night-light – Illuminates the display with the press of the INDIGLO® button. The Night-Mode® feature illuminates the display with any button press. When Constant On is active, the display remains illuminated until the INDIGLO® button is pressed again.

GETTING STARTED
CHARGING THE RUN TRAINER™ 2.0 GPS

Before you use the watch for the first time, charge the battery for at least 4 hours to insure complete charging. This is confirmed by a flashing battery icon.

In order to maximize the rechargeable battery life:

- Deplete the battery until the last battery indicator segment disappears and the empty indicator begins to flash. If the large battery icon appears on the display, you can still proceed as long as it has been in that state for no more than 1-2 days.
- Fully charge the watch battery for at least 4 hours until all four segments in the battery level indicator are no longer blinking.
- Repeat this discharge/recharge procedure two more times.

NOTE: You should repeat this procedure every two months if the watch is not used or recharged regularly.

⚠	Charge within a temperature range of 32°F - 113°F (0°C - 45°C).

The charging cable has a clip on one end and a standard USB connector on the other end.

1. Attach the clip to the watch so the four pins on the clip align with the four metal contacts on the back of the watch. The clip has two black pins that align the clip into the watch case back.
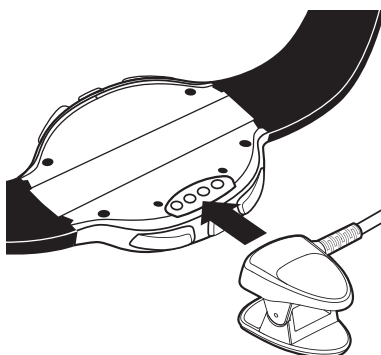
2. Insert the other end of the cable into a powered USB port on your computer. Make sure that full power is being supplied to the USB port by disabling any power-saving features in your computer.

The battery icon ▮▮▮▮ flashes during charging. The four segments in the icon indicate the charge of the battery; more solid segments mean a higher charge.

⚠	In order to safeguard the rechargeable battery, disconnect the USB cable from the computer port <u>before</u> disconnecting the watch from the clip.

BASIC OPERATION
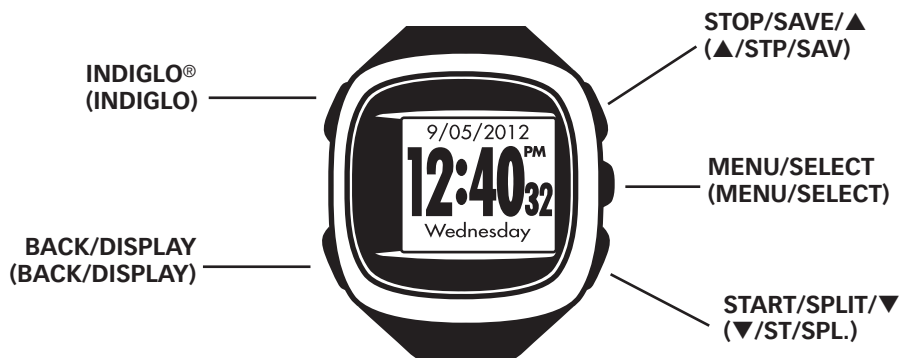
STOP/SAVE/▲
Highlight the previous item in the menu. Stop a workout. Save a stopped workout. Increase the value in a setting screen. Move to the next review screen.

MENU/SELECT
Open the main menu. Open a highlighted menu option. Move to the next field in a setting screen. Move to the next lap when reviewing lap details.

START/SPLIT/▼
Highlight the next item in the menu. Start a workout. Take a lap/split. Decrease the value in a setting screen. Move to the previous review screen.

BACK/DISPLAY
Return to the previous menu. Move to the next display during a workout.

INDIGLO®
Press to use night-light for a few seconds. Hold until the watch beeps once (about four seconds) to turn on Night-Mode®. Hold until the watch beeps twice (about six seconds) to turn on Constant On.

NAVIGATING THE WATCH

You can access all of the watch features using the MENU, ▲, ▼, SELECT, and BACK buttons.

Press MENU to open the main menu. The main menu contains five applications:

- Time – Display the current date and time.
- Chrono – Use the chronograph for elapsed time workouts.
- Int Timer – Use this for custom intervals or a simple countdown timer workout. See Training with Intervals for more information.
- Review – Display the list of saved workouts.
- Settings – Customize the watch and workout settings to your specific needs.

Press ▲ or ▼ to highlight a menu item, then press SELECT to open the item.

Press BACK to return to the previous menu.
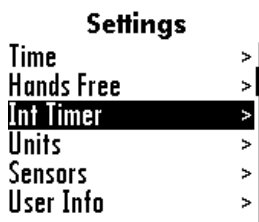
If the menu contains a scrollbar, there are more options in the menu than are currently displayed. Press ▲ or ▼ to see the rest of the options.

In settings screens, press ▲ or ▼ to change values, and press SELECT to move to the next field.

ICON DESCRIPTIONS

These icons can appear in the watch screens.

⟋	GPS status	**Solid:** A GPS fix has been obtained.
		Flashing: Watch is searching for a GPS fix.
♥	Heart rate sensor status	**Solid:** Heart rate sensor is active and transmitting data.
		Flashing: Watch is searching for a heart rate sensor.
👟	Foot pod status	**Solid:** Foot pod is active and transmitting data.
		Flashing: Watch is searching for a foot pod.
📋	Workout summary	In Review screen, indicates a summary entry available for review.
🔍	Workout details	In Review screen, indicates that specific lap or interval data is available for review.
⏱	Chrono	In Review screen, indicates a Chrono workout.
⧗	Interval timer	In Review screen, indicates an Interval workout.
💻	PC connecting	Indicates the watch is connecting to a computer.
💻✕	PC disconnecting	Indicates the watch is disconnecting from the computer.
⏰	Alarm	Indicates the alarm is active and will sound at the programmed time.

FIRST-TIME SETUP

The first-time setup feature walks you through configuration of the settings the watch needs to collect from you in order to report accurate workout data. Press ▲, ▼, and SELECT to enter your choices.

First-time setup begins when you press any button (except INDIGLO®) after you take the watch out of the box. If first-time setup does not begin, reset the watch as described in Resetting the Watch. After the reset is complete, first-time setup will commence when you press any button except INDIGLO®.

IN ADDITION TO FIRST-TIME SETUP, YOU MAY WANT TO CHANGE THE TEXT COLOR OF THE REVERSIBLE, HIGH-RESOLUTION DISPLAY. See Setting Watch Preferences for more information.

SETTINGS CONFIGURED DURING FIRST-TIME SETUP

- Display language Choose the language in which watch menus and messages will display.

- Display units – Choose whether workout data will display in English units (feet, miles, pounds, etc.) or Metric units (meters, kilometers, kilograms, etc.).

- Gender – Choose whether you are male or female.

- Time of day – Set the time at your location in hours, minutes, and seconds.

  NOTE: Press ▲ when you are at 11 am to continue to set afternoon hours.

- Date – Set the current year, month, and day.

- Weight – Set your weight to assist in calculations of calories burned.

- Height – Set your height to assist in calculations of calories burned.

- Birthday – Set your birthday to assist in calculations of calories burned.

- Time format – Choose 12- or 24-hour format.

- Date format – Choose MM-DD-YY or DD.MM.YY format.

CONNECTING TO A COMPUTER

You can connect the watch to a computer to update watch firmware, change watch settings from the computer, and download workout data (see Downloading Workout Data and Reviewing on your Computer) into an online account.

Before you connect to a computer, create a free TrainingPeaks™ account and download the Device Agent software for the watch.

GET THE LATEST FIRMWARE

While you can use the watch right out of the box, the online firmware will have the latest enhancements and improvements. Use the Device Agent to connect the watch to your computer and get the latest updates.

1. Download the Timex Device Agent for USB Devices at:
   http://TimexIronman.com/DeviceAgent

2. Connect the charging clip to the watch, then plug the USB cable into the computer. A picture of a connected computer appears on the watch display.

3. Open the Device Agent on your computer, click File, then click Update Device.

4. Follow the onscreen instructions to download the latest watch firmware. Keep the watch connected to the computer until the update is complete (as indicated by this symbol on the watch display) and the watch resets.

5. When the firmware is finished updating, disconnect the watch from the computer and reconnect it.

   NOTE: The connection can be made at either the cable clip or the USB port.

CONFIGURING SETTINGS FROM YOUR COMPUTER

Make changes to watch settings from the Device Agent, and then download those settings to the device.

1. Connect the charging clip to the watch, then plug the USB cable into the computer. A picture of a connected computer appears on the watch display.

2. Open the Device Agent on your computer.

3. Select the Run Trainer 2.0 from the Device field.

4. Click Settings.

5. Change settings, then click Save.

When the settings transfer is complete, close the Device Agent and unplug the watch from the computer.

SETTING UP THE OPTIONAL HEART RATE SENSOR

WEARING THE SENSOR STRAP

1. Adjust the strap so it fits snug to your chest, just below your sternum.

2. Attach the heart rate sensor to the strap.

3. Wet the heart rate sensor pads on the back of the strap, then put on the strap against your skin.

PAIRING THE HEART RATE SENSOR

Prompt the watch to search for the heart rate sensor and begin receiving data.

1. Make sure you are at least 30 feet away from other heart rate sensors.

2. Wear the heart rate sensor as described above.

3. From the SETTINGS menu, open SENSORS.

4. Make sure HEART RATE is set to YES.

5. Select SEARCH and select HEART RATE.

The watch searches for the sensor. A message displays when the sensor is found and paired to the watch.
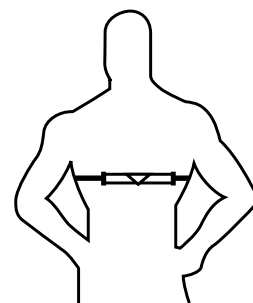
SETTING UP THE OPTIONAL FOOT POD
POSITIONING THE FOOT POD
  • Position the foot pod as described in the instructions that came with the foot pod.

PAIRING THE FOOT POD
1. Make sure you are at least 30 feet away from other foot pods.

2. Turn on the foot pod.

3. From the SETTINGS menu, open SENSORS.

4. Set FOOT POD to YES or CADENCE.

   NOTE: If you set FOOT POD to YES, the foot pod collects all speed, distance, and cadence data. If you set FOOT POD to CADENCE, the foot pod collects cadence data only (the GPS collects speed and distance data).

5. Open SEARCH and select FOOT POD.

   The watch searches for the foot pod. A message displays when the foot pod is found and paired to the watch.

CALIBRATING THE FOOT POD
Calibrate the foot pod before you use it for the most accurate measurements.

There are two ways to calibrate the foot pod. In automatic calibration, you run a known distance and the foot pod tracks the distance. At the end of the run, you input the actual distance, and the watch calculates the calibration factor based on the difference between the two values.

You can also enter the calibration factor manually.

The automatic calibration method is preferred because it is generally more accurate.

1. From the SETTINGS menu, open SENSORS.

2. From the CALIBRATE menu, select FOOT POD.

3. Once the foot pod is connected, run a known distance along a track or over a premeasured route.

   NOTE: You must run at least 300 m for calibration.

4. When you have reached the desired distance, select STOP.

5. Enter the actual distance you ran.

   The calibration factor (the ratio applied to foot pod measurements to ensure accurate calculations) is automatically calculated.

SETTING CALIBRATION FACTOR MANUALLY
You can also set the calibration factor by hand. Only do this if you have previously calibrated this foot pod and know the calibration factor that gives accurate distance measurements.

1. From the SETTINGS menu, open SENSORS.

2. From the CALIBRATE menu, select CAL FACTOR.

3. Enter the calibration factor.

NOTE: The calibration factor is determined by taking the KNOWN distance and dividing it by the distance REPORTED by the foot pod.

TIMING WORKOUTS

Use the chronograph to time workouts, to display real-time data about a workout in progress, and to save workout data for review. Workouts can also be recorded through the interval Timer – see Training with Intervals.

STARTING A WORKOUT

1. Press MENU and open CHRONO.

2. Select YES to connect to all sensors that are indicated – those are marked YES in the SENSORS menu.

3. Press START. The chronograph begins timing.

   NOTE: If the memory is nearly full, a message displays indicating how many workouts can still be saved in memory. If the memory is full, you must delete a workout before you can save a new one. See Deleting Workouts.

CHANGING VIEWS DURING A WORKOUT

The chronograph has three screens to show real-time workout data. Each screen shows two or three fields. Configure what data displays on each screen from the SETTINGS menu.

- While a workout is running, press DISPLAY to cycle through the screens.

- To return to the main menu, press MENU.

NOTE: When you press DISPLAY, the watch shows the name of the workout data that appears in each field. If lap time is displayed, the lap number is also shown.

NOTE: Each screen is designated with a "•" to mark one of the three available screens, and those numbers correspond to the Chrono screens found under SETTINGS – DISPLAY.

NOTE: Pressing DISPLAY also initiates a search for the Heart Rate and/or Foot Pod if those sensors are selected, but not connected.

These data can display in the chronograph screens:

Data	Description
SPLIT TIME	total elapsed time of the workout
LAP TIME	elapsed time for the current lap
PREV LAP TIME	elapsed time for the previous lap
TOTAL TIME	total elapsed time of the workout plus any stoppage time (when the chronograph was paused)
LAP NUMBER	identifies the current lap/split being run
PACE	current minutes per mile/km
AVG PACE	average minutes per mile/km over the entire workout
LAP PACE	average minutes per mile/km of the current lap
PREV LAP PACE	average minutes per mile/km of the previous lap
SPEED	current speed
AVG SPEED	average speed over the entire workout
LAP SPEED	average speed of the current lap
PREV LAP SPEED	average speed of the previous lap
HEART RATE	current heart rate

Data	Description
AVG HR	average heart rate over the entire workout
LAP HR	average heart rate of the current lap
PREV LAP HR	average heart rate of the previous lap
CADENCE	current footfalls per minute
AVG CADENCE	average footfalls per minute over the entire workout
LAP CADENCE	average footfalls per minute of the current lap
PREV LAP CADENCE	average footfalls per minute of the previous lap
DISTANCE	total distance traveled during the workout
LAP DISTANCE	distance traveled during the current lap
PREV LAP DISTANCE	distance traveled during the previous lap
ALTITUDE	current altitude
TOTAL ASCENT	total altitude increase during entire workout
TOTAL DESCENT	total altitude decrease during entire workout
TIME OF DAY	current time to keep you informed during your workout

NOTE: To explain the type of data being shown, we use a single-letter designation on the left side of each line: A = average, L = lap, P = previous.

SETTING UP THE DISPLAY

1. From the SETTINGS menu, open DISPLAY.

2. Open the CHRONO numbered display to edit.

3. Set LINES for the number of workout data to display.

4. Open a line (TOP, MIDDLE, or BOTTOM).

5. Select the data to display on that line.

6. Repeat steps 4 and 5 for each line.

PAUSING AND SAVING A WORKOUT
PAUSING AND RESTARTING

- Press STOP to pause timing.
- Press START when the chronograph is stopped to resume timing.

SAVING AND RESETTING A WORKOUT

When you have completed your workout, you can save it for future review.

1. With the chronograph stopped, press SAVE.

2. Choose one of the options:

   - Select YES to save the workout and clear the chronograph.
   - Select NO to discard the workout and clear the chronograph.
   - Select CANCEL to go back to CHRONO without saving or clearing the chronograph.

TAKING LAPS/SPLITS
WHAT ARE LAP AND SPLIT TIMES?

Lap time is the length of an individual segment of your workout. Split time is the time elapsed from the beginning of your workout through the current segment.

When you "take a split", you have completed timing one segment (such as one lap) of the workout and are now timing the next segment.

This graph represents the lap and split times for a workout in which 4 laps/splits were taken.

LAP 1	LAP 2	LAP 3	LAP 4
7:11 MIN	7:50 MIN	7:08 MIN	7:30 MIN
7:11 MIN			
SPLIT 1			
	15:01 MIN		
	SPLIT 2		
		22:09 MIN	
		SPLIT 3	
			29:39 MIN
			SPLIT 4

TAKING A LAP/SPLIT

- When the chronograph is running, press SPLIT to record a lap/split.

  The time of the lap you just completed and the split time are displayed, and the watch begins timing a new lap in the background.

Once you stop and save the workout, you can review summary data for the entire workout, as well as data about each individual lap.

CONFIGURING HANDS-FREE SETTINGS

You can set the chronograph to take a lap/split automatically when you reach a certain lap distance or time. You can also set the chronograph to stop or resume timing automatically when you reach a certain speed.

SETTING AUTO SPLIT

Turn on auto split to automatically take a lap/split when you reach a certain lap distance or time.

1. From the SETTINGS menu, open HANDS FREE.

2. Set AUTO SPLIT to DIST to take a lap/split based on distance, or set to TIME to take a lap/split based on lap time.

3. Set the data that triggers auto split:

    • If you set AUTO SPLIT to DIST, set the DIST field to the distance at which you want to take a lap/split.

    • If you set AUTO SPLIT to TIME, set the TIME field to the time at which you want to take a lap/split.

To use auto split once it is set up, open the CHRONO, connect to the sensors, and start timing the workout. Every time you reach the specified distance or time, the chronograph takes a lap/split.

SETTING AUTO STOP AND RESUME

Turn on auto resume and auto stop, and set the threshold (the speed that activates auto resume and auto stop).

1. From the SETTINGS menu, open HANDS FREE.
2. Toggle STOP/RESUME to ON.
3. Select THRESHOLD.
4. Set the speed at which AUTO RESUME and AUTO STOP will activate.

To use auto stop and resume once they are set up, open the CHRONO, connect to the sensors, press START and begin running. When you move slower than the threshold, the chronograph stops timing. If you then start moving faster than the threshold, the chronograph resumes timing the workout.

NOTE: If you press STOP to pause the CHRONO, you will have to press START to continue timing a workout.

USING NUTRITION ALERTS

Staying hydrated and eating right will help your workouts be more successful. If you get dehydrated or hungry, your performance will suffer and you are more susceptible to injury. The nutrition timers remind you when to drink and eat.

SETTING THE DRINK TIMER

1. From the SETTINGS menu, open NUTRITION.

2. Set DRINK ALERT to ON.

3. Set DRINK TIME to the interval at which you want to receive drink alerts.

4. Set VIBRATE to ON to receive vibration alerts when the DRINK TIME is reached.

5. Set ALERT to TONE 1 or TONE 2 to receive an audible alert when the DRINK TIME is reached.

    When you are timing a workout with the chronograph, the vibration and audible alert will sound when you have reached the DRINK TIME, and a popup will display reminding you to drink.

SETTING THE EAT TIMER

1. From the SETTINGS menu, open NUTRITION.

2. Set EAT ALERT to ON.

3. Set EAT TIME to the interval at which you want to receive eat alerts.

4. Set VIBRATE to ON to receive vibration alerts when the EAT TIME is reached.

5. Set ALERT to TONE 1 or TONE 2 to receive an audible alert when the EAT TIME is reached.

    When you are timing a workout with the chronograph, the vibration and audible alert will sound when you have reached the EAT TIME, and a popup will display reminding you to eat.

USING THE RECOVERY TIMER

Heart rate recovery is the difference between your heart rate when working out and your heart rate after a short rest period. A larger difference between your workout heart rate and your heart rate after the rest period indicates quick recovery and therefore better conditioning.

The recovery timer measures this difference and reports the result in a popup to help you gauge your cardiovascular health.

When turned on, the recovery timer will activate when you stop or pause the chronograph while the heart rate sensor is collecting data.

SETTING UP THE RECOVERY TIMER

1. From the SETTINGS menu, open RECOVERY.

2. Set the TIME (the length the recovery timer will last) to 30 SECONDS, 1 MINUTE, or 2 MINUTES.

3. Set VIBRATE to ON to receive vibration alerts when the recovery timer begins or ends.

4. Set ALERT to TONE 1 or TONE 2 to receive an audible alert when the recovery timer begins or ends.

READING THE RECOVERY POPUP

Recovery	START HR is your heart rate at the end of the workout.
Start HR: 155 BPM	END HR is your heart rate at the end of the recovery timer.
End HR: 95 BPM	CHANGE is the difference between these values.
Change: 60 BPM	A larger CHANGE value indicates better conditioning.

TRAINING WITH INTERVALS
BENEFITS OF INTERVAL TRAINING

Interval workouts are powerful tools that let you target and train for specific qualities (like speed, endurance, or threshold). Interval mode helps keep track of times or distances for up to six intervals and 99 repetitions.

Intense periods of activity interspersed with recovery periods of lesser activity help you train more intensely and for longer periods. Combining aerobic and anaerobic activity in this way helps you:

- Target workouts for improving speed, cardiovascular and muscular endurance, or other qualities

- Speed up your body's processing of lactic acid

- Reduce the risk of injury

You should set up interval workouts to train for a specific quality. Two examples are described here, but you can create interval workouts to train for virtually any quality using the six intervals and 99 repetitions.

EXAMPLE OF ENDURANCE WORKOUT

To train for endurance, you might set up a classic 1-mile repeat workout: 3 to 6 repetitions of one 1-mile interval at about half-marathon pace, followed by a 1-minute recovery period.

EXAMPLE OF SPEED WORKOUT

To train for speed, you might run sets of 4 x 400m: run one 400m fast interval at slightly more than your race pace, followed by one 2-minute recovery period, and repeat 4 times.

SETTING UP AN INTERVAL WORKOUT

1. From the SETTINGS menu, open INT TIMER.
2. Set up a one-time WARMUP based on Distance or Time that begins your Interval Timer workout.

    NOTE: After the Warmup, your workout progresses and repeats based on your Interval settings.
3. Open SET INTERVALS to configure up to 6 linked segments.
4. Open the interval to configure.
5. Select to end the interval after a specified Distance or a specified Time .

    NOTE: You can mix distance- and time-based intervals in the same workout.
6. Repeat steps 4 and 5 for each interval in the workout.
7. Press BACK to the INT Timer and set a one-time COOLDOWN based on Distance or Time to end your workout.
8. Set Reps to the number of times to repeat the intervals.

    NOTE: The interval workout stops automatically when the number of set repetitions is reached, and your preset Cooldown begins.
9. Set VIBRATE to ON to receive vibration alerts when an interval ends.
10. Set ALERT to TYPE 1 or TYPE 2 to receive an audible alert when an interval ends.

TIP: Set up interval zones to Warmup, Train, and Cooldown for a specific speed, pace, or heart rate for each setting. See Configuring Workout Zones for instructions.

STARTING AN INTERVAL WORKOUT

1. Press MENU and open INT TIMER.

2. Select YES to connect to all sensors that are marked ON in the SENSORS menu.

3. Press START.

    The interval timer begins.

    NOTE: If the memory is nearly full, a message displays indicating how many workouts can still be saved in memory. If the memory is full, you must delete a workout before you can save a new one. See Deleting Workouts.

With 15 seconds remaining for a Timed interval or 0.1 miles (or kilometers) remaining for a Distance interval, you are alerted to the upcoming intervals' setting.

The alert sounds and the screen lights when an interval ends. The summary data from the completed interval appears on the display followed by the current interval's settings — while that interval runs in the background.

START   INT 1   INT 2   (X6)
             (fast 7:45)   (slow 1:00)
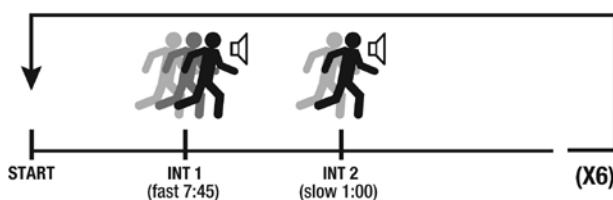
CHANGING VIEWS DURING AN INTERVAL WORKOUT

The interval timer has three screens to show real-time workout data. Each screen shows two or three fields. Configure what data displays on each screen from the SETTINGS menu.

- While the interval timer is running, press DISPLAY to cycle through the screens.

- To return to the main menu, press MENU.

NOTE: When you press DISPLAY, the watch shows the name of the workout data that appears in each field.

NOTE: Each screen is designated with a "•" to mark one of the three available screens, and those numbers correspond to the Int Timer screens found under SETTINGS – DISPLAY.

NOTE: Pressing DISPLAY also initiates a search for the Heart Rate and/or Foot Pod if those sensors are selected, but not connected.

Data	Description
PACE	current minutes per mile/km
AVG PACE	average minutes per mile/km over the entire workout
INT PACE	average minutes per mile/km of the current interval
PREV INT PACE	average minutes per mile/km of the previous interval
SPEED	current speed
AVG SPEED	average speed over the entire workout
INT SPEED	average speed of the current interval
PREV INT SPEED	average speed of the previous interval
HEART RATE	current heart rate
AVG HR	average heart rate over the entire workout
INT HR	average heart rate of the current interval
PREV INT HR	average heart rate of the previous interval
CADENCE	current footfalls per minute
AVG CADENCE	average footfalls per minute over the entire workout

Data	Description
INT CADENCE	average footfalls per minute of the current interval
PREV INT CADENCE	average footfalls per minute of the previous interval
DISTANCE	total distance traveled during the workout
INT DISTANCE	distance traveled during the current interval
PREV INT DISTANCE	distance traveled during the previous interval
ALTITUDE	current altitude
TOTAL ASCENT	total altitude increase during entire workout
TOTAL DESCENT	total altitude decrease during entire workout
TIME OF DAY	current time to keep you informed during your workout
INT TIME/DIST	the time or distance left in the current interval
PREV INT TIME/DIST	length of the previous interval
TOTAL TIME	total elapsed time of the workout plus any stoppage time (when the interval timer was paused)
INT NUMBER	identifies the current interval and rep being run

NOTE: To explain the type of data being shown, we use a single-letter designation on the left side of each line: A = average, I = interval, P = previous.

SETTING UP THE DISPLAY

1. From the SETTINGS menu, open DISPLAY.

2. Open the INTERVAL numbered display to edit.

3. Set LINES for the number of workout data to display.

4. Open a line (TOP, MIDDLE, or BOTTOM).

5. Select the data to display on that line.

6. Repeat steps 4 and 5 for each line.

SKIPPING AN INTERVAL

- To skip an interval, hold SPLIT.

PAUSING AND SAVING AN INTERVAL WORKOUT

- Press STOP to pause timing.

- Press START when the interval timer is paused to resume timing.

SAVING AND RESETTING AN INTERVAL WORKOUT

When you have completed your workout, you can save it for future review.

1. With the interval timer stopped, press SAVE.

   NOTE: The interval workout stops automatically when the number of set repetitions is reached.

2. Choose one of the options:

   - Select YES to save the workout and clear the timer.

   - Select NO to discard the workout and clear the timer.

   - Select CANCEL to go back to INTERVAL without saving or clearing the timer.

REVIEWING WORKOUTS

When you reset the chronograph or interval timer, the workout data is saved. You can view it from the REVIEW screens. Compare these saved workouts against one another to track your progress.

REVIEWING THE WORKOUT SUMMARY

The workout summary contains data about the workout as a whole.

OPENING THE WORKOUT

1. Press MENU and open REVIEW.

   The most recent workout is at the top of the list and the oldest workout is at the bottom.

   Workouts saved from CHRONO are indicated by ○.

   Workouts saved from INTERVAL are indicated by ⧗.

2. Open the workout to review.

3. Select ⬚ SUMMARY.

4. Press ▲ and ▼ (as indicated in the watch display) to scroll through the available data for the workout.

DATA DISPLAYED IN SUMMARY

Data	Description
SPLIT TIME	total elapsed time of the Chrono workout
WORKOUT TIME	total elapsed time of the Interval workout
DISTANCE	distance run during the workout
AVG PACE	average minutes per mile/km
BEST PACE	least minutes per mile/km
AVG SPEED	average speed of the workout
MAX SPEED	fastest speed achieved during the workout
ZONE TIME – PACE	amount of time you spent in your pace zone
ZONE TIME – SPD	amount of time you spent in your speed zone
AVG HR	average heart rate for the workout

Data	Description
MAX HR	peak heart rate reached during the workout
ZONE TIME – HR	amount of time you spent in your heart rate zone
RECOVERY	difference between your ending HR and recovery HR
AVG CADENCE	average number of footfalls per minute
MAX CADENCE	maximum number of footfalls per minute
ZONE TIME – CAD	amount of time you spent in your cadence zone
TTL ASCENT	total ft/m increase in altitude
TTL DESCENT	total ft/m decrease in altitude
CALORIES	total calories burned

NOTE: If a heart rate sensor is not connected, no heart rate data displays. If a foot pod is not connected, no cadence data displays.

REVIEWING INDIVIDUAL LAPS OR INTERVALS
You can view data specific to each lap or interval to compare segments of your workout to each other.

VIEWING LAP/INTERVAL DETAILS
1. Press MENU and open REVIEW.

2. Open the workout to review.

3. Select 🔍 LAP DETAIL for a Chrono workout or INT DETAIL for an Interval workout.

   For CHRONO workouts, the first screen shows the average lap time and the best lap time, and the total workout time appears in the upper-right.

   For INTERVAL workouts, the interval number and repetition number appear in the upper-right.

4. Press ▲ and ▼ to scroll through the data collected for the lap or interval, or press SELECT to quickly cycle through laps or intervals.

DATA DISPLAYED IN DETAILS SCREENS

Data	Description
AVG LAP	average time of all laps in the workout (Chrono only)
BEST	the number and time of the fastest lap (Chrono only)
LAP	duration of the lap (Chrono only)
INT	the duration of the interval (Interval only)
AVG HR	average heart rate for the workout
MAX HR	peak heart rate reached during the lap/interval
DISTANCE	distance covered during the lap/interval
AVG PACE	average minutes per mile/km for the lap/interval
BEST PACE	least minutes per mile/km for the lap/interval
AVG SPD	average speed of the lap/interval

Data	Description
MAX SPD	highest speed achieved during the lap/interval
ZONE TIME – PACE	amount of time you spent in your pace zone during the lap/interval
ZONE TIME – SPD	amount of time you spent in your speed zone during the lap/interval
AVG CADENCE	average number of footfalls per minute during the lap/interval
MAX CADENCE	maximum number of footfalls per minute during the lap/interval
ZONE TIME – HR	amount of time you spent in your heart rate zone during the lap/interval
ZONE TIME – CAD	amount of time you spent in your cadence zone during the lap/interval
TTL ASCENT	total ft/m increase in altitude during the lap/interval
TTL DESCENT	total ft/m decrease in altitude during the lap/interval
CALORIES	total calories burned during the lap/interval

NOTE: If a heart rate sensor is not connected, no heart rate data displays. If a foot pod is not connected, no cadence data displays.

DELETING WORKOUTS
You can store a maximum of 15 workouts. If you don't need a workout for review anymore, you can delete it from memory to free up space. You can also delete all of your workouts at once.

DELETING ONE WORKOUT
1. Press MENU and open REVIEW.
2. Open a workout.
3. Select DELETE WORKOUT.
4. Select YES.

DELETING ALL WORKOUTS
1. Press MENU and open REVIEW.
2. Select DELETE ALL.
3. Select YES.

CONFIGURING SETTINGS
Make changes to the watch settings to enhance your workouts and customize your experience.

SETTING THE TIME AND DATE
The time and date are set during first-time setup, but you can reset it later.

SETTING THE TIME AND TIME FORMAT
1. From the SETTINGS menu, open TIME.

2. Select SET TIME, and set the new time.

    NOTE: Press ▲ when you are at 11 am to continue to set afternoon hours.

3. Toggle the TIME field between 12-hour and 24-hour format.

SETTING THE DATE AND DATE FORMAT

1. Select SET DATE, and set the new date.

2. Toggle the DATE field between MM-DD-YY and DD.MM.YY format.

GPS TIME

- Turn GPS TIME ON to allow the GPS to automatically update the time during GPS sync. The watch will maintain any offsets to hours and minutes you made in the SET TIME menu.

SETTING UNITS

During first-time setup, you selected the system of measurement in which your data displays. You can change this later, or choose specific data to display in different units.

- From the SETTINGS menu, open UNITS.

GENERAL

Select the units for User height and weight.

- ENGLISH: Units appear in feet, inches, and pounds.

- METRIC: Units appear in centimeters and kilograms.

DISTANCE

Distance data can be measured in MI (miles) or KM (kilometers).

PACE

Pace can be measured in MIN/MI (minutes per mile) or MIN/KM (minutes per kilometer).

SPEED

Speed can be measured in MPH (miles per hour) or KPH (kilometers per hour).

HEART RATE

Heart rate can be measured in BPM (beats per minute) or % OF MAX (percentage of your maximum heart rate).

ALTITUDE

Altitude can be measured in FEET or METERS.

SELECTING SENSORS

After you have paired a heart rate sensor and paired and calibrated a foot pod sensor, use this setting to select the active sensors for your workouts — GPS, Heart Rate, and/or Foot Pod.

SETTING USER INFO

Your personal data is configured during first-time setup, but you can change it later.

1. From the SETTINGS menu, open USER INFO.

2. Set the values as precisely as possible to enjoy accurate workout data calculations.

    MAX HR is automatically calculated from your age by the watch, but you can set it manually to a different value.

CONFIGURING WORKOUT ZONES

You can set up zones for heart rate, speed, pace, and cadence. To do this, input upper and lower limits for these workout data, and the watch will sound an alert when you are outside of this range to prompt you to change your workout behavior to get back in zone.

Zones help you train at a specific intensity, which can help you target your workouts for a particular physical quality.

You can set up one set of heart rate, speed, pace, and cadence zones for the chronograph, for the Interval warmup, the interval cooldown, and one set of zones for each of the six intervals. By combining multiple zone settings with the interval timer, you can design workouts to help you get precisely the results you want.

THE BENEFITS OF KNOWING YOUR PACE

Pace is the number of minutes it takes you to run one mile or kilometer.

It is important to know your pace both when you are training and during a race. While training, you can set a pace slightly higher than your race pace to build speed. When you are racing, you can adjust your pace to make up for slow miles or avoid burnout resulting from starting out too fast.

This chart shows the pace to set to achieve your desired race time.

Target Pace		Event Finish Time						
MIN/MI	MIN/KM	5K	10K	20K	Half Marathon	25K	30K	Marathon
5:00	3:06	0:15:32	0:31:04	1:02:08	1:05:33	1:17:40	1:33:12	2:11:05
5:30	3:25	0:17:05	0:34:10	1:08:20	1:12:06	1:25:25	1:42:30	2:24:11
6:00	3:43	0:18:38	0:37:17	1:14:32	1:18:39	1:33:10	1:51:48	2:37:17
6:30	4:02	0:20:11	0:40:24	1:20:44	1:25:12	1:40:55	2:01:06	2:50:23
7:00	4:20	0:21:44	0:43:30	1:26:56	1:31:45	1:48:40	2:10:24	3:03:29
7:30	4:39	0:23:17	0:46:36	1:33:08	1:38:18	1:56:25	2:19:42	3:16:35
8:00	4:58	0:24:50	0:49:42	1:39:20	1:44:51	2:04:10	2:29:00	3:29:41
8:30	5:16	0:26:23	0:52:48	1:45:32	1:51:24	2:11:55	2:38:18	3:42:47
9:00	5:35	0:27:56	0:55:54	1:51:44	1:57:57	2:19:40	2:47:36	3:55:53
9:30	5:54	0:29:29	0:59:00	1:57:56	2:04:30	2:27:25	2:56:54	4:08:59
10:00	6:12	0:31:02	1:02:06	2:04:08	2:11:03	2:35:10	3:06:12	4:22:05
10:30	6:31	0:32:35	1:05:12	2:10:20	2:17:36	2:42:55	3:15:30	4:35:11
11:00	6:50	0:34:08	1:08:18	2:16:32	2:24:09	2:50:40	3:24:48	4:48:17
11:30	7:08	0:35:41	1:11:24	2:22:44	2:30:42	2:58:25	3:34:06	5:01:23
12:00	7:27	0:37:14	1:14:30	2:28:56	2:37:15	3:06:10	3:43:24	5:14:29
12:30	7:46	0:38:47	1:17:36	2:35:08	2:43:48	3:13:55	3:52:42	5:27:35
13:00	8:04	0:40:20	1:20:42	2:41:20	2:50:21	3:21:40	4:02:00	5:40:41
13:30	8:23	0:41:53	1:23:48	2:47:32	2:56:54	3:29:25	4:11:18	5:53:47
14:00	8:41	0:43:26	1:26:54	2:53:44	3:03:27	3:37:10	4:20:36	6:06:53

WHAT IS YOUR OPTIMAL HEART RATE ZONE?

Your fitness goals determine what your optimal heart rate zone should be; the heart rate zone you want to target for burning fat is different from the zone you should target for endurance training.

Use the charts below to estimate your optimal heart rate zone based on your gender, age, and goals. Working out at the Aerobic Base level of intensity (in the middle of the charts) will help you burn fat and build aerobic endurance. However, you can also use the watch to tailor your target heart rate zone for more specific values appropriate to your current fitness level and your fitness goals.

NOTE: Values on these charts are based on a percentage of your maximum heart rate (MHR). Consult your doctor before beginning an exercise program and to confirm the heart rate zone that is right for you.

MEN

Age	Light Exercise Maintain a healthy heart and get fit 50-60% MHR		Weight Management Lose weight and burn fat 60-70% MHR		Aerobic Base Increase stamina and aerobic endurance 70-80% MHR		Optimal Conditioning Sustain excellent fitness condition 80-90% MHR		Elite Athletic Training Achieve superb athletic condition 90-100% MHR	
15	103	123	123	144	144	164	164	185	185	205
20	100	120	120	140	140	160	160	180	180	200
25	98	117	117	137	137	156	156	176	176	195
30	95	114	114	133	133	152	152	171	171	190
35	93	111	111	130	130	148	148	167	167	185
40	90	108	108	126	126	144	144	162	162	180
45	88	105	105	123	123	140	140	158	158	175
50	85	102	102	119	119	136	136	153	153	170
55	83	99	99	116	116	132	132	149	149	165
60	80	96	96	112	112	128	128	144	144	160
65	78	93	93	109	109	124	124	140	140	155
70	75	90	90	105	105	120	120	135	135	150
75	73	87	87	102	102	116	116	131	131	145
80	70	84	84	98	98	112	112	126	126	140

NOTE: MHR is calculated as (220 – Age), in Beats per Minute (BPM), for men.

WOMEN

Age	Light Exercise Maintain a healthy heart and get fit 50-60% MHR		Weight Management Lose weight and burn fat 60-70% MHR		Aerobic Base Increase stamina and aerobic endurance 70-80% MHR		Optimal Conditioning Sustain excellent fitness condition 80-90% MHR		Elite Athletic Training Achieve superb athletic condition 90-100% MHR	
15	106	127	127	148	148	169	169	190	190	211
20	103	124	124	144	144	165	165	185	185	206
25	101	121	121	141	141	161	161	181	181	201
30	98	118	118	137	137	157	157	176	176	196
35	96	115	115	134	134	153	153	172	172	191
40	93	112	112	130	130	149	149	167	167	186
45	91	109	109	127	127	145	145	163	163	181
50	88	106	106	123	123	141	141	158	158	176
55	86	103	103	120	120	137	137	154	154	171
60	83	100	100	116	116	133	133	149	149	166
65	81	97	97	113	113	129	129	145	145	161
70	78	94	94	109	109	125	125	140	140	156
75	76	91	91	106	106	121	121	136	136	151
80	73	88	88	102	102	117	117	131	131	146

NOTE: MHR is calculated as (226 – Age), in Beats per Minute (BPM), for women.

THE BENEFITS OF KNOWING YOUR CADENCE

Cadence is the number of revolutions your legs make in one minute. Another way to think of cadence is to divide the number of steps you take in one minute in half.

A faster cadence is preferred over a slower one because it improves speed, uses less energy to cover a given distance, and helps prevent injury, all because your feet spend less time in contact with the road.

Champion runners have an average cadence of 90-94 (180-188 steps per minute). To help to achieve this, you can take shorter steps, wear lighter running shoes, and make sure that with each step you are landing with your foot underneath your knee instead of out in front of it.

SETTING UP ZONES

1. From the CHRONO ZONES, WARMUP ZONES, INT # ZONES, or COOLDOWN ZONES menu, open ALERT.

2. Open CHRONO to set up zones for the chronograph, or INTERVAL to set up zones for the interval timer.

3. If you selected INT TIMER, open an interval.

4. Open the zone to set (HR, PACE, SPEED, or CADENCE) and toggle the ACTIVE field to YES.

5. Open SET and set the LOW (bottom limit) and HIGH (upper limit) of the selected zone.

SETTING UP ZONE ALERT

1. From the CHRONO ZONES, WARMUP ZONES, INT # ZONES, or COOLDOWN ZONES menu, open ALERT.
2. Select the zone that will trigger the alert in the TYPE field.
3. Turn VIBRATE ON or OFF.
4. Select the audible ALERT to sound when you are out of zone.

NOTE: While setting the active zone and its alerts controls audible and/or vibrating notification of an out-of-zone condition, you will receive visual notification for ALL displayed data that has a set zone (HR, PACE, SPEED or CADENCE) in Chrono and Int Timer modes. The watch will display ↑ for when that data is above your zone and ↓ for when you are below your zone.

SETTING THE ALARM

Set the alarm to receive an alert (audible and/or vibration) at a specific time as often as you designate.

1. From the SETTINGS menu, open ALARM.
2. Open TIME and set the time the alarm will sound.
3. Set ARMED to YES.
4. Set the FREQUENCY. You can set the alarm to sound just once, every day, on a specific day of the week, only on weekdays, or only on weekends.
5. Set the VIBRATE to ON or OFF.
6. Set the audible ALERT to one of two sounds or NONE.

   When the alarm is on, the ⏰ icon displays on the TIME screen, and the alarm will sound at the specified time and frequency.

SETTING WATCH PREFERENCES

Watch preferences are general behaviors of the watch, including chimes, beeps, and text color.

1. From the SETTINGS menu, open WATCH.
2. Turn HOURLY CHIME ON to hear a beep at the top of each hour.
3. Turn BUTTON BEEP ON to hear a beep every time you press a button.
4. Set TEXT COLOR to WHITE or BLACK to change the color of the background and onscreen text.

CHANGING DISPLAY LANGUAGE

The display language is set during first-time setup, but you can change it later.

1. From the SETTINGS menu, open LANGUAGE.
2. Change the SETTING field to the language in which you want watch screens to display.

INDIGLO® NIGHT-LIGHT

- Press the INDIGLO® button to activate the night-light for a few seconds.

- Hold the INDIGLO® button until the watch beeps once (about four seconds) to activate Night-Mode™ for about eight hours. While Night-Mode™ is active, press any button to activate the night-light for a few seconds.

- Hold the INDIGLO® button until the watch beeps twice (about six seconds) to activate Constant On. The night-light stays on for seven to eight hours. Press INDIGLO® again to turn off the night-light.

RESETTING THE WATCH

If your watch buttons become inoperable, you can reset the watch back to working order while maintaining almost all of your settings and workout data.

- Simultaneously press all four "corner" buttons (▲, ▼, BACK, and INDIGLO) for three seconds until the TIMEX name appears. The watch will reset, and the Time and Date will need to be set.

NOTE: All of the watch's stored data and remaining settings will remain unaffected.

SETTINGS/ABOUT MENU

You can reset the watch back to the default state. The watch settings will all revert back to the default settings for the firmware version indicated on your watch. All saved workouts are deleted.

1. From the SETTINGS menu, open ABOUT.

2. Select FACTORY RESET.

3. Select YES.

The next time you press a button after resetting the watch, first-time setup will begin.

DOWNLOADING WORKOUT DATA AND REVIEWING ON YOUR COMPUTER

Download workout data to the free online log powered by TrainingPeaks™ to help you analyze and plan your training regimen.

1. Create a TrainingPeaks™ account at:
   http://TimexIronman.com/DeviceAgent
2. Connect the charging clip to the watch, then plug the USB cable into the computer.
3. Open the Device Agent on your computer.
4. Select the Run Trainer™ 2.0 from the **Device** field, and make sure your account is selected in the **Username** field.

   NOTE: Add your new account to the Device Agent by clicking **File**, then **Edit Login Accounts**. Click on the "+" in the **Manage User Accounts** window to add your new account information.
5. Click Open Files to display the workouts in the Activities List.
6. Hold the SHIFT key and click to highlight the files you want from your watch. Click OK.
7. Leave the boxes checked for those workouts you want sent to your online account and click Save.
8. When the workout transfer is complete, click **Login** to enter the online log, or close the Device Agent and unplug the watch from the computer.

TROUBLESHOOTING
PROBLEMS CONNECTING TO THE GPS
If you can't get a GPS fix, try these steps:

- Make sure that you are outside. It can be very difficult to acquire a fix indoors.

- Move away from buildings and tall trees. Large structures can block the satellite signals.

- Stand still. Movement can increase the time it takes for the GPS to acquire a satellite signal.

NOTE: While the first GPS fix can take some time to acquire, obtaining subsequent fixes is usually faster as the GPS searches for recently acquired satellites first.

PROBLEMS CONNECTING TO THE HEART RATE SENSOR
If you can't get heart rate data from the sensor, try these steps:

- Make sure heart rate sensor is on and is fitted correctly. Poor placement can keep the heart rate sensor from obtaining a reading. See Setting up the Optional Heart Rate Sensor.

- Use the SENSORS menu to search for the heart rate sensor. There may have been a problem with the previous pairing operation. See Setting up the Optional Heart Rate Sensor.

- Install a fresh battery in the heart rate sensor. A low battery can make the heart rate sensor signal weak or nonexistent.

PROBLEMS CONNECTING TO THE FOOT POD
- Use the SENSORS menu to search for the foot pod. There may have been a problem with the previous pairing operation. See Setting up the Optional Foot Pod.

- Install a fresh battery in the foot pod. A low battery can make the foot pod signal weak or nonexistent.

PROBLEMS CONNECTING TO A COMPUTER
- Make sure the metal teeth on the charging clip line up with the metal discs on the back of the watch, and that the charging cable is plugged in to the USB port on the computer. Firm connections are essential to communication between the watch and the computer.

- Make sure the Device Agent is open in the computer. All communication between the watch and the computer is managed by the Device Agent.

- Make sure you have selected the Run Trainer™ 2.0 in the Device Agent. The Device Agent must be set to establish a connection with a specific device type.

- If all of these conditions are met, but the Device Agent does not show the watch as connected, leave the charging clip attached to the watch and unplug the USB end of the charging cable from the computer. Then, reconnect the charging cable to the USB port on the computer.

WATER RESISTANCE
The Run Trainer™ 2.0 GPS is water resistant to 50 meters.

Water-Resistance Depth	p.s.i.a. *Water Pressure Below Surface
50m/164ft	**86**

*pounds per square inch absolute

WARNING: To maintain water resistance, do not press any buttons under water.

- Watch is water-resistant only as long as lens, push buttons, and case remain intact.

- Watch is not a dive watch and should not be used for diving.

- Rinse watch with fresh water after exposure to salt water.

WARRANTY AND SERVICE
Timex International Warranty (U.S. Limited Warranty)
Your Timex® Device is warranted against manufacturing defects by Timex for a period of ONE YEAR from the original purchase date. Timex Group USA, Inc. and its worldwide affiliates will honor this International Warranty.

Please note that Timex may, at its option, repair your Device by installing new or thoroughly reconditioned and inspected components or replace it with an identical or similar model.

IMPORTANT: PLEASE NOTE THAT THIS WARRANTY DOES NOT COVER DEFECTS OR DAMAGES TO YOUR DEVICE:

1. after the warranty period expires;
2. if the Device was not originally purchased from an authorized Timex retailer;
3. from repair services not performed by Timex;
4. from accidents, tampering or abuse; and
5. lens or crystal, strap or band, Device case, attachments or battery. Timex may charge you for replacing any of these parts.

THIS WARRANTY AND THE REMEDIES CONTAINED HEREIN ARE EXCLUSIVE AND IN LIEU OF ALL OTHER WARRANTIES, EXPRESS OR IMPLIED, INCLUDING ANY IMPLIED WARRANTY OF MERCHANTABILITY OR FITNESS FOR PARTICULAR PURPOSE.

TIMEX IS NOT LIABLE FOR ANY SPECIAL, INCIDENTAL OR CONSEQUENTIAL DAMAGES. Some countries and states do not allow limitations on implied warranties and do not allow exclusions or limitations on damages, so these limitations may not apply to you. This warranty gives you specific legal rights and you may also have other rights which vary from country to country and state to state.

To obtain warranty service, please return your Device to Timex, one of its affiliates or the Timex retailer where the Device was purchased, together with a completed original Repair Coupon or, in the U.S. and Canada only, the completed original Repair Coupon or a written statement identifying your name, address, telephone number and date and place of purchase. Please include the following with your Device to cover postage and handling (this is not a repair charge): a US$ 8.00 check or money order in the U.S.; a CAN$7.00 cheque or money order in Canada; and a UK£3.50 cheque or money order in the U.K. In other countries, Timex will charge you for postage and handling. NEVER INCLUDE ANY ARTICLE OF PERSONAL VALUE IN YOUR SHIPMENT.

For the U.S., please call 1-800-328-2677 for additional warranty information. For Canada, call 1-800-263-0981. For Brazil, call +55 (11) 5572 9733. For Mexico, call 01-800-01-060-00. For Central America, the Caribbean, Bermuda and the Bahamas, call (501) 370-5775 (U.S.). For Asia, call 852-2815-0091. For the U.K., call 44 208 687 9620. For Portugal, call 351 212 946 017. For France, call 03 81 63 42 51 (10 am – 12 Noon). For Germany/Austria: call +43 662 88921 30. For the Middle East and Africa, call 971-4-310850. For other areas, please contact your local Timex retailer or Timex distributor for warranty information. In Canada, the U.S. and in certain other locations, participating Timex retailers can provide you with a postage-paid, pre-addressed Repair Mailer for your convenience in obtaining factory service.

SERVICE
If your Timex® Device should ever need servicing, send it to Timex as set forth in the Timex International Warranty or addressed to:

TG SERVICE CENTER, P.O. BOX 2740, LITTLE ROCK, AR 72203

FOR SERVICE QUESTIONS, CALL 1-800-328-2677

For your convenience in obtaining factory service, participating Timex retailers can provide you with a pre-addressed Mailer.

See the Timex International Warranty for specific instructions on the care and service of your Timex® Device:

Should you need a replacement strap or band, call 1-800-328-2677.

THIS IS YOUR REPAIR COUPON. KEEP IT IN A SAFE PLACE.

TIMEX INTERNATIONAL WARRANTY REPAIR COUPON

Original Purchase Date:_____

(attach a copy of sales receipt, if available)

Purchased by:_____

(name, address, telephone number)

Place of Purchase:_____

(name and address)

Reason for Return:_____

_____

FCC NOTICE (U.S.) / IC NOTICE (CANADA):
This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Warning: Changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

– Reorient or relocate the receiving antenna.
– Increase the separation between the equipment and receiver.
– Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
– Consult the dealer or an experienced radio TV technician for help.

This Class [B] digital apparatus complies with Canadian ICES-003. Cet appareil numérique de la classe [B] est conforme à la norme NMB-003 du Canada.

This device complies with Industry Canada license-exempt RSS standard(s). Operation is subject to the following two conditions:

(1) This device may not cause interference, and

(2) This device must accept any interference, including interference that may cause undesired operation of the device.

DECLARATION OF CONFORMITY

Manufacturers Name: Timex Group USA, Inc.

Manufacturers Address: 555 Christian Road
Middlebury, CT 06762
United States of America

declares that the product:

Product Name: Timex® Run Trainer™ 2.0

Model Number: M503/M255/M012

conforms to the following specifications:

R&TTE: 1999/05/EC

Standards:

> CENELEC EN 55024: Issue:2010/11/01 (M255)
> CENELEC EN 55022: Issue:2010/12/01 (M255)
> ETSI EN 301 489-1: Issued:2008/04/01 V1.8.1 (M012/M503)
> ETSI EN 301 489-3: Issued:2002/08/01 V1.4.1 (M012/M503)
> ETSI EN 301 489-17 (M255)
> EN 61000-3-2: 2009 (M012)
> EN 61000-3-3: 2008 (M012)
> EN 61000-4-2: 2008 (M012)
> EN 61000-4-3: 2010 (M012)
> EN 61000-4-4: 2010 (M012)
> EN 61000-4-5: 2005 (M012)
> EN 61000-4-6: 2008 (M012)
> EN 61000-4-8: 2009 (M012)
> EN 61000-4-11: 2004 (M012)
> ETSI EN 300 440-1 - V1.4.1 :2008 (M503)
> ETSI EN 300 440-2 - V1.2.1:2008 /V1.4.1 :2002 (M012/M503)
> ETSI EN 300 328 (M255)

LVD: 2006/95/EC

Standards:

> EN 60601-1-2: 2007 (EN 55011/A2: 2007) (M012)
> IEC/EN 60950-1: Issue:2005/12/08 Ed:2 (M255/M503)

Digital Device Emissions

Standards:

> FCC 47CFR 15C: Issued:2007/10/01 (M012/M255/M503)
> IC RSS 210: Issued:2010/12/01 Issue:8 (M012/M255/M503)
> SAI AS/NZS 4268: Issue: 2008/09/26 (M012/M503)
> SAI AS/NZS Cispr 22:2009 (M012/M255)
> IC ICES-003 Issued:2020/08/01 Issue:5 (M255)

Agent: _Sam Everett_

Sam Everett
Quality Regulatory Engineer
Date: 18 October, 2012, Middlebury, Connecticut, U.S.A.