



Run x50+

User Guide

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Thank you for purchasing the TIMEX® IRONMAN® Run x50+ watch! Refer to this User Guide to learn more about this exciting product.

IMPORTANT SAFETY INSTRUCTIONS AND WARNINGS

1. To prevent risk of fire, chemical burn, electrolyte leak, and/or injury from the unit's internal Lithium-polymer battery:
 - a. Do not attempt to remove the case-back or exterior shell of the unit, or to remove its non-user-replaceable battery.
 - b. Do not leave the unit exposed to a heat source or in a high-temperature location (such as in the sun or in an unattended vehicle). To prevent damage, store the unit out of direct sunlight.
 - c. Do not puncture or incinerate the unit.
 - d. When storing the unit for an extended time, keep it in the 32 to 77°F (0 to 25°C) temperature range.
 - e. Charge the unit only within the 32 to 113°F (0 to 45°C) temperature range.
 - f. Do not operate the unit outside the -4 to 131°F (-20 to 55°C) temperature range.
 - g. Contact your local waste disposal department to properly recycle or dispose of the unit or its battery.
2. Use only the charging cable supplied with this product.
3. This unit is not a medical device and is not recommended for use by persons with serious heart conditions. Always consult your physician before beginning or modifying an exercise program.
4. Do not attempt to read the unit's display while moving: this is unsafe and distracting, and could result in an accident or collision. Read the display only when you can safely do so. See the instructions for details.

WHAT'S INCLUDED

- Timex® IRONMAN® Run x50+ rechargeable watch
- Charging cable
- Bluetooth® Smart heart rate sensor (select boxed styles)

NOTE: The included Heart Rate Sensor is intended for use when connected to your Smartphone. The watch does not receive the Bluetooth® signal from the heart rate sensor.


GETTING STARTED

For first use, please follow these general steps to get started:

1. Charge your watch.
2. Learn how to navigate the watch and its display.
3. Download the Timex Connected App for your Smartphone.
4. Configure your watch.
5. Record your first workout and review your performance.

CHARGING THE WATCH


Before you use the watch the first time, fully charge the battery using your computer or a wall outlet as a power source.

1. Attach the charging cable clip to the watch so the clip's pins align with the contacts on the back of the watch.
2. Select a power source:
 - **Computer:** Insert the free end of the charging cable into a powered USB port on your computer.
 - **Wall outlet:** Insert the free end of the charging cable into a USB power adapter, and insert the adapter into a wall outlet.
3. Let the battery charge at least three hours until the battery icon  fills.



MAXIMIZING BATTERY LIFE

Use this procedure to maximize the run-time of your watch after each battery recharge:

1. Use your watch *without recharging* until the last battery indicator segment disappears. If the watch display goes blank, you can still proceed with this process as long as the display has been in that state for no more than one or two days.
2. Fully charge the watch battery for at least three hours until the battery icon  fills.
3. Repeat this procedure twice more over the next few days.

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



INTRODUCING THE WATCH



INDIGLO® Night-Light

To illuminate the display, firmly tap the watch screen.

MENU Button

- Opens the main menu.
- Returns to the previous display, or closes the display when **X** or  (Back icon) appears at the top left corner.
- Goes to the Time of Day display when the Home icon () appears at the top left corner.





UP (▲) / DOWN (▼) Buttons

- Rotates through available screen displays.
- Selects from displayed items.
- Scrolls through displayed text.
- Changes a selected setting.
- Controls music volume when the phone's music player is connected.

















LEFT / RIGHT / CENTER Buttons and Button Function Icons

The function of each of these buttons depends on the watch's operating mode, and is shown by the Function Icon nearest the button.

For example, in the watch's Time of Day mode shown above:

- LEFT opens the Time/Date settings () , or music controls when the phone is connected () .
- CENTER opens the Notification Center () .
- RIGHT opens the Calendar listing () .

ICONS

Watch Status Icons (shown on the top line of the display)		
	Airplane Mode	Watch is in airplane mode (Bluetooth is turned off).
	Alarm	Alarm is active and will sound at the programmed time.
	Battery Status	Battery charge in 25% increments (shown fully charged). Lightning bolt indicates that it is actively charging.
	Bluetooth	Dark: Connected to a phone. Light: Not connected and searching for a phone.
	Do Not Disturb	Watch will receive notifications, but it will not pop-up those messages on the watch screen.
Button Function Icons (shown on the bottom line of the display)		
	Settings	Sets the time, date, and formats for your watch, and for a second (Other Time) optional time zone from Time of Day. Sets the workout details (Intervals, Reps, and Alert) for the Interval Timer
	Music Controls	With the phone connected, displays song/artist information (if available for IOs,  if not), and standard Play/Pause, Skip Forward, and Skip Backward controls.
	Phone Finder	Within range of your smartphone, the watch signals the Timex Connected app to sound an alert on your phone. NOTE: Your phone needs to be powered on, and the Timex Connected app needs to be active on your phone.
	Notifications	Displays up to 20 stored notifications from the watch, such as an incoming phone call, email, SMS, Facebook, Twitter, and virtually any notification available on the phone. Does <u>not</u> include appointments (see “Calendar” below).
	Calendar	Displays up to 10 upcoming appointments from the watch's calendar, in chronological order.
	Workout Pause	Pauses the Chrono or Interval Timer. Select  to complete the workout.
	Complete Workout	Displays the Chrono or Interval Timer workout summary. Select  to save or  to delete the workout data.

WATCH MAIN MENU

From the watch's Time of Day display, press MENU to open the Main Menu:

- **Fitness** – Interacts with a compatible fitness app on your smartphone to display workout data generated by the phone and the fitness app, and to control features in the fitness app. Visit www.Timex.com/rx50 for a list of compatible fitness apps.
- **Chrono** – Use for stopwatch workouts done without your smartphone. Track up to the first 50 laps/splits per workout and upload saved watch data through the Timex Connected app.
- **Interval Timer** – Use for interval workouts done without your smartphone. Program up to 99 repetitions of two intervals, with alerts. You can upload saved data through the Timex Connected app.
- **Review** – View details of your last three Chrono/Interval Timer workouts without your smartphone fitness app.
- **Settings** – Customize watch and workout settings. These settings are also available through the Timex Connected app (see "[Customizing the Watch](#)").
 - Time/Date – Set time/date, source, and format options
 - System – Set display, lighting options and tap force, watch sounds, and software options
 - Notifications – Enable, do not disturb, and configure
 - Alarms – Enable and configure up to three
 - Interval Timer – Configure up to two workout intervals
 - Bluetooth – Turn Airplane mode on/off and control watch pairing
 - Update – Check for firmware updates to the watch

DOWNLOADING THE PHONE APP AND PAIRING THE WATCH

You can pair the Run x50+ watch with iOS and Android smartphones, and other compatible mobile devices that support Bluetooth® 4.0 technology. See www.timex.com/rx50 for a list of the compatible devices and required operating systems.

1. Once your watch is fully charged, press the MENU button and continue to hold it down for 3 seconds, as instructed by the on-screen graphic.
2. The watch displays direction to go to www.timex.com/rx50 ON YOUR PHONE to download the free Timex Connected app. Follow the mobile links on our site to the iTunes App Store or to the Google Play App Store for the Timex Connected app.
3. Open the Timex Connected app and follow the on-screen instructions for pairing your watch and phone. Because the Timex Connected app works with multiple watch models, you need to choose "RUN x50+" to proceed with pairing.

NOTE: If you stop the pairing process, you can get back to it by tapping SETUP on the app menu or home screen.

4. When you press OK (CENTER button) on the watch, it will show that it is sending a Bluetooth signal to your phone.
5. The watch also displays 4-alphanumeric characters after “RUNx50” that identifies your watch for the pairing process.
6. Note the ID number that appears on the watch display, and choose that ID number from the app’s list.
7. Complete the pairing and registration process by following the directions on the phone app.

CUSTOMIZING THE WATCH

Once paired and set up, you can further customize the watch through the Timex Connected app by selecting WATCH CONTROL:

- **TIME OF DAY:** Set the time and date formats for your watch, and for an optional second time zone (Other Time). You can also set whether Other Time synchronizes with your phone, or with a selected time zone.
- **ALARM:** Set up to three repeating alarms, with their times, frequencies, and alert type. Turn any alarm On or Off.
- **INTERVAL TIMER:** Enable and configure up to two workout intervals, with their durations, labels, repetitions, and alert type.
- **NOTIFICATIONS and DND (DO NOT DISTURB):** Set the notification alert type, and schedule the Do Not Disturb mode (when no notifications appear on the watch).

NOTE: The incoming notifications go straight to the Notifications Center in the watch.

- **GENERAL:** Set the display language and text color, display lighting mode and tap force needed to activate, hourly chime, and button beep. Show seconds in the Analog time display.

NOTE: Be sure to select **Save** when you finish making your changes.

NOTE: You can also customize the watch directly, without the Timex Connected app: see [“Main Menu”](#).

ADDITIONAL CONNECTED FEATURES ON YOUR WATCH:

- When paired and set up, the watch can display the following when received from your phone:
 - Notifications from your favorite apps
 - Emails and texts
 - Caller ID from incoming calls
 - Calendar appointments
- The watch also provides full controls for music stored on or streamed through your phone or fitness app.

SETTING UP NOTIFICATIONS FOR IOS

When paired to an iOS device, whatever notifications that appear on your smartphone (in the iOS Notification Center) will automatically appear on your watch.

Apps

- To control which apps appear in the notification center go to Settings → Notifications.
- Select which apps can send notifications and which will show on your lock screen.

NOTE: Changes described below affect which notifications you receive on your phone, and therefore affect what you see on your watch.

Email

- You can individually select which Email accounts provide notifications. Go to Settings → Notifications → Mail and select the email accounts you want to receive notifications.
- You can also designate some of your contacts as “VIPs” or “Favorites” in your phone’s contacts app to limit email notifications by sender.
 - To enable this function first go into your phone’s contacts app and select a contact. At the bottom of the contact entry tap “Add to Favorites”.
 - Repeat this for each contact.
 - Then return to your mail notifications settings (Settings → Notifications → Mail) and disable notifications for all of your email accounts.
 - Then scroll down to the VIP section and enable notifications for VIPs. This will ensure you only receive email notifications from your selected contacts.

Text/SMS

- You can filter your text/SMS messages to show only your contacts.
- Go to Settings → Notifications → Messages, scroll down, and select “Show Alerts from My Contacts”.

Turn Off All Notifications

- You can temporarily turn off notifications for a set amount of time using the DND (DO NOT DISTURB) feature on the Timex Connected app under [WATCH CONTROL](#).
- To disable notifications for a longer period of time you can turn OFF all notifications in the [WATCH CONTROL → NOTIFICATIONS](#) section of the Timex Connected app.

SETTING UP NOTIFICATIONS FOR ANDROID

After pairing your watch to your Android device, use the Timex Connected app to select which apps send notifications to your watch.

- From the Timex Connected App select APP SETTINGS and select NOTIFICATIONS.
- This will show you a list of all the installed apps on your phone that are capable of sending notifications. Most of the popular apps will be listed on the main screen for you to pick from.
- If you find that you are not getting some notifications that you expect to receive, then you can check the advanced “Show all” view.


NOTE: Use caution when selecting from the “Show all” view as this may result in an unexpected number of notifications appearing on your watch.

Turn Off All Notifications

- You can temporarily turn off notifications for a set amount of time using the DND (DO NOT DISTURB) feature on the Timex Connected app under [WATCH CONTROL](#).
- To disable notifications for a longer period of time you can turn OFF all notifications in the [WATCH CONTROL → NOTIFICATIONS](#) section of the Timex Connected app.

USING NOTIFICATIONS

The Run x50+ is capable of receiving notifications from compatible iOS and Android devices. Your watch will alert you in real-time when it is connected to your phone so you never miss an important call, text, or notification.

- To view previous notifications, press  (CENTER button) from the Time of Day screen to access the Notification Center.
- Use the UP (▲) and DOWN (▼) buttons to scroll within the current notification, or use the LEFT and RIGHT button to see the previous or next notification.

NOTE: Your watch will store up to 20 notifications.

RESPONDING TO A NOTIFICATION (IOS ONLY)

When paired to a compatible iOS device, your Run x50+ can allow you to respond to some notifications. Not all notifications support responses from the watch. Different notifications may support different responses. This is controlled by the individual phone apps.

- If a notification supports responses from the watch then text or an icon representing the available response will appear on the watch next to one of the watch buttons.
- Pressing that watch button will take the indicated action. For example, for an incoming phone call you can accept the call (✓) or send it to voicemail (X).

NOTE: Accepting the call (✓) will answer the phone, but you will need to speak into the phone or a headset.

ADDITIONAL FEATURES IN THE TIMEX CONNECTED APP

Access these through the Timex Connected app's home page or left-hand navigation bar.

- **WORKOUTS:** Review Chrono and Interval Timer workouts uploaded from your watch
NOTE: This does not include workouts done with a compatible fitness app through Fitness mode.
- **WATCH FINDER:** Signal the watch to sound a tone, vibrate, and light its display.
NOTE: The watch must have Bluetooth “on” and be within approx. 98 ft/30m of the phone.
- **APP SETTINGS:**
 - **GENERAL:**
 - Set a watch nickname for use in the app.
 - Decide whether to share images with your workout uploads.
 - View Bluetooth connection status.
 - Select calendars from your phone to sync with your watch.
 - **WORKOUT DATA & SYNC:**
 - Sort stored workouts from the Chrono and Interval Timer modes.
 - Set maximum storage time for those workouts.
 - Set whether to delete workouts from the watch after syncing with the Timex Connected app.
 - **UPLOAD SITES SETTING:** Set up which apps receive your stored workouts that you performed in Chrono and Interval Timer modes.
 - Select App Settings > Add Site.
 - Select a site and whether to Auto Upload workout data, then select Connect.
 - Follow the on-screen instructions to log in to the site and connect with the app.
NOTE: You will need an account at the website of each of your fitness apps.
 - **PHONE FINDER SETTINGS:** Select the Phone Finder ringtone.
 - **ADVANCED:**
 - Check for watch firmware updates.
 - Remove a paired watch from the app.

FITNESS MODE

Your Run x50+ allows you to connect to and control some of the most popular Fitness Apps available. Check out www.timex.com/rx50 to see an up-to-date list of compatible fitness apps, tips and tricks, and links to How-To videos.

SETTING UP THE FITNESS APP FOR FITNESS MODE

The steps below are general. Refer to the specific steps for your fitness app, as apps may differ slightly.

1. Download and install your fitness app to your phone. If you already have the fitness app on your phone, ensure you have updated to the latest version.
2. Open the fitness app on your phone.
3. From your fitness app select the option to add a new sensor or device. (The location of this may vary for each app).
4. Follow your app's on-screen instructions for adding a new sensor or device.
5. When prompted select your "RUNx50" from the list of available sensors.

NOTE: If you plan to use a Bluetooth heart rate monitor or foot pod for your workouts, you will need to pair those sensors to the fitness app as well.

6. On most apps, you will be able to customize what info you want displayed on your screen and how it is arranged during the set-up process.
7. This procedure will need to be done for each fitness app that you want to use with your watch.

USING FITNESS MODE FOR A WORKOUT

1. Launch the fitness app on your phone, but do NOT start a workout or activity on your phone.
2. On your watch, press MENU and select Fitness mode. Your watch should automatically connect to the fitness app.

NOTE: For most fitness apps, once your watch and fitness app are connected, you should be able safely tuck your phone away because you can Start the workout from the watch.

3. On most apps, you should be able to control the active fitness app (Pause, Resume, Split, and Music).
4. You should also be able to press the UP (▲) / DOWN (▼) buttons on the watch to change your displays and see different metrics.
5. Once you end the workout and save it from the phone, that information will be viewable on the fitness app or its site.

CHRONO MODE

Use this mode when you are working out without your phone or without your smartphone fitness app, and record up to the first 50 lap/split times.

RUNNING A CHRONO WORKOUT

1. On the watch, press MENU and select Chrono.
2. Select START.
3. Use UP (▲) and DOWN (▼) to scroll through display configurations for viewing real-time workout data:
 - Split Time / Lap Time
 - Lap Time / Split Time
 - Split Time
 - Lap Time
 - Split Time / Average Lap Time
 - Lap Time / Previous Lap Time
4. Press SPLIT to mark the lap and split time.

NOTE: Use the LEFT button (🎵) to play music when the phone is connected.

STOPPING AND SAVING A CHRONO WORKOUT

1. Press **II** to pause Chrono mode.
2. Select 🏁 to complete the workout.
3. Select ✓ to save the workout data, or 🗑 to delete the data.

WHAT ARE LAP AND SPLIT TIMES?

Lap time is the length of an individual segment of your workout (usually a repeated segment, such as a lap around a track). *Split time* is the total elapsed time from the beginning of your workout through the current segment.

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

This figure illustrates lap and split times for a typical workout in which four 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

INTERVAL TIMER MODE

Use this mode when you are working out without your phone or without your smartphone fitness app, and record up to 99 repetitions of the interval set.

SETTING UP AN INTERVAL WORKOUT

On the Watch

1. On the watch, press MENU.
2. Select Settings → Interval Timer.
3. Select Interval 1.
4. Use UP (▲) or DOWN (▼) to select On.
5. Use ◀ (LEFT button), ▶ (RIGHT button), ▲, and ▼ to set the interval duration and Label reminder (Run, Walk, Lift, Rest, Swim, Bike, Max, GO, Fast, Slow, Easy, Hard).
6. Select DONE.
7. Repeat for Interval 2.
8. Select Reps, and set up to 99 repetitions of your interval set.
9. Select Alerts and select the alert type.

On the Connected App

1. Select WATCH CONTROL → INTERVAL.
2. Use the INTERVAL TIMER controls to enable each interval, set the time and label for each, and set the number of repetitions (1-99) of the interval set, and choose the alert type.

RUNNING AN INTERVAL WORKOUT

1. On the watch, press MENU and select Interval Timer.
2. Select START.
3. Use UP (▲) and DOWN (▼) to scroll through display configurations for viewing real-time workout data:
 - Interval Time Remaining / Rep # / Interval# / Label
 - Interval Time Remaining / Rep # / Interval# / %-Duration Elapsed
 - Total Workout (Elapsed) Duration / Interval Time Remaining / Rep # / Interval # / Label
 - Interval Time Remaining / Rep # / Interval# / Total Workout (Elapsed) Duration / Label
4. Use the LEFT button (⌂) to play music when the phone is connected.
5. The watch alerts you fifteen (15) seconds before the end of each interval, and again at the end of each interval.
6. When both intervals are complete, the workout repeats and the repetition count increases. The intervals continue repeating until you stop the workout or reach the end.

STOPPING AND SAVING AN INTERVAL WORKOUT

1. Press **II** to pause Interval Timer mode.
2. Select **Y** to complete the workout.
3. Select **✓** to save the workout data, or **III** to delete the data.

TRAINING WITH INTERVALS

Interval workouts are powerful tools for targeting and training to improve running speed, endurance, and conditioning. Periods of heavy activity, such as running, interspersed with recovery periods of lesser activity, such as walking, help you train longer and more intensely. Combining aerobic and anaerobic activity in this way helps you:

- Target workouts for improving speed, cardiovascular and muscular endurance, and other qualities.
- Improve your body's processing of lactic acid.
- Reduce the risk of injury.

REVIEWING WORKOUTS

The watch will store up to three (3) of your most recent workouts. Older workouts are automatically replaced by newer ones. You can review these saved workouts and track your progress, either on the watch or through the Timex Connected app.

On the Watch

1. Press MENU, and select Review.
2. Use UP (▲) and DOWN (▼) to scroll, and select a Chrono (⌚) or Interval Timer (⌚) workout to review.

NOTE: For Chrono workouts, select LAP DETAILS and use ▲ and ▼ to scroll through lap data.

On the Connected App

1. Select Workouts.
2. View your workouts (by your sort criteria) and select a Chrono (⌚) or Interval Timer (⌚) workout to review.
3. Select SUMMARY, SPLITS, and CHARTS to review workout data.
4. Select the workout, and select to UPOAD to your selected apps or DELETE the workout from your phone.

USING THE WATCH FUNCTIONS

DISPLAY AND LANGUAGE SETTING

Select Black or White watch text and select your Text Language for the watch.

ON THE WATCH

1. Press MENU and select Settings → System → Display.
2. Press UP (▲), DOWN (▼) and SELECT (CENTER button) to set Text Color and Language.
3. Press DONE (CENTER button) to record the setting.
4. Press X to exit the setting mode without saving.

ON THE CONNECTED APP

1. Select WATCH CONTROL → GENERAL
2. Select DISPLAY TEXT COLOR - Black, White.
3. Select LANGUAGE - English, Spanish, French, German, Portuguese, Italian, Dutch.

ALARM ACTIVATION AND SETTING

ON THE WATCH

1. Select Settings → Alarms.
2. Use UP (▲) and DOWN (▼) to select an alarm and press ✓ (RIGHT button) to enable that alarm.
3. Use UP (▲) and DOWN (▼) to select an alarm and press EDIT to change its settings.
 - Use ➤ (RIGHT button), ▲, and ▼ to set the alarm time
 - Use ↺ (LEFT button) to set the repeat frequency
4. Scroll to and select Alerts, press EDIT, and select the Alert type for the alarms.

NOTE: When an alarm is enabled, the ⌚ icon appears on the Time of Day screen.

ON THE CONNECTED APP

1. Select WATCH CONTROL → ALARM.
2. Use the ALARMS controls to enable one or more alarms
3. When “ON” is selected, set the Time and Frequency for each, and to set the Alert Type for the alarms.
4. Select Save.

TIME AND DATE SETTING

Set the formats for the “Phone” time that comes to the watch from the Timex Connected app, and set the “Other” time and date that serves as the watch’s second time zone.

ON THE WATCH

1. Select Settings → Time/Date.
 - Select Phone to set the time/date format for the primary watch time that comes from the app.
 - Select Other to set the time, date, and time/date formats for the second time zone.
2. Use ⬅ (LEFT button), ➤ (RIGHT button), UP (▲), DOWN (▼), and DONE (CENTER button) to change the settings.
3. Press X or < to exit the setting mode.

ON THE CONNECTED APP

1. Select WATCH CONTROL → TIME OF DAY.
2. Use the TIME OF DAY controls to set the PHONE TIME (time and date formats), and OTHER TIME (time sync – phone, time zone, manual; time and date formats).
3. Select Save.

TIME FORMAT SELECTION


From the Time of Day display, press UP (▲), DOWN (▼) to view the watch options:

- Large Digital (Phone) Time
- Digital Phone and Other Time
- Analog Time
- Text-Based Time


FINDING THE PHONE

If you have misplaced your paired phone, you can use your watch to locate the phone within 90 ft. /30m.

NOTE: Your phone needs to be powered on, and the Timex Connected app needs to be active.

1. Press MENU to get to the Main Menu on the watch.
2. Press  (LEFT button). The phone then sounds the tone you selected.

NOTE: You can also use your music player to find your phone.

1. From Time of Day screen, press  (LEFT button) to begin playing music from your phone.
2. Press UP (▲) to increase the volume of the music.

SETTING WATCH SOUNDS

You can set the watch to sound a tone every time a button is pressed, and to sound a chime on the hour.

ON THE WATCH

1. Press MENU and select Settings → System → Sounds.
2. Press UP (▲), DOWN (▼) and SELECT (CENTER button) to enable/disable the Hourly Chime and Button Beep.
3. Press < to exit the setting mode.

ON THE CONNECTED APP

1. Select WATCH CONTROL → GENERAL,
2. Turn HOURLY CHIME and BUTTON BEEP “ON” and “OFF”.
3. Select Save.

SETTING DO NOT DISTURB MODE

Use this to conserve battery life or avoid disruptions at night by turning off the Notifications from the Timex Connected app.

ON THE WATCH

1. Press MENU and select Settings → Notifications.
2. Press UP (▲), DOWN (▼) and SELECT (CENTER button) to enable/disable Do Not Disturb.
3. Press < to exit the setting mode.

NOTE: This mode will stay active until you manually turn it off, or until the next Do Not Disturb scheduled End Time (whichever comes first).

ON THE CONNECTED APP

1. Select WATCH CONTROL → DND (DO NOT DISTURB)
2. When “ON” is selected, set the FROM and TO times for the Do Not Disturb scheduled (daily) period.
3. Select Save.

INDIGLO® NIGHT-LIGHT

The Run X50+ watch uses Tap Screen™ Technology to activate the night-light. The Run x50+ has a light sensor that prevents accidental illuminations when there is enough ambient light. Firmly TAP the watch screen to illuminate.

ON THE WATCH

1. Press MENU and select Settings → System → Light.
2. Press UP (▲), DOWN (▼) and SELECT (CENTER button) to set Activation – TAP, Night Mode, Constant On.

NOTE: Night Mode illuminates the screen with any button press when the light sensor allows.

NOTE: Constant On illuminates the screen full-time and ignores the ambient light sensor feedback.

3. Press X to record the setting.
4. Press UP (▲), DOWN (▼) and SELECT (CENTER button) to set Tap Force – Low, Medium, High.
5. Press DONE (CENTER button) to record the setting.
6. Press X to exit the setting mode without saving.

ON THE CONNECTED APP

1. Select WATCH CONTROL → GENERAL
2. Select LIGHT MODE – TAP, Night Mode, Constant On
3. Select TAP FORCE – Light, Medium, Hard.

FIRMWARE UPDATE

The Run x50+ watch firmware can be downloaded wirelessly from the Timex Connected app. The phone app will notify you of a new firmware download and update the watch while performing its normal connected functions.

You can also use your recharging cable to update the watch firmware with your computer. See www.Timex.com/rx50 for the instructions and tools to perform that update.

TROUBLESHOOTING

For detailed guidance, visit www.Timex.com/rx50 for App and Product FAQ's.

FURTHER INSTRUCTIONS

For instructional videos, visit www.Timex.com/rx50 or www.YouTube.com/TimexUSA.

WATER RESISTANCE

The watch is water-resistant to 50 m (164 ft). You can swim with the watch, but the Bluetooth functions will not work while swimming or underwater.

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

* Pounds per square inch absolute

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

1. The watch is water-resistant only while its lens, push buttons, and case remain intact.
2. Do not use the watch for diving.
3. Rinse the watch with fresh water after every exposure to perspiration or salt water.

OTHER SAFETY AND PRECAUTION NOTICES

Bluetooth Wireless Technology

Bluetooth devices communicate without wires, using built-in radio transceivers that operate on a globally available radio frequency to ensure worldwide compatibility. The device can communicate with other Bluetooth devices (e.g. BT headsets) within a range of approximately 10 meters (33 feet).

Recycle

Always return your used electronic products, batteries, and packaging materials to dedicated collection points.

Battery and charger info

Your device has an internal, non-removable, rechargeable battery. Do not attempt to open the back cover or remove the battery, as you may damage the device. To replace the battery, take the device to the nearest authorized service facility.

Aircraft, Hospitals

CAUTION: The device must be placed in Airplane Mode in airplanes, hospitals or other public locations where handheld wireless and other electronic devices are prohibited.

Driving Precautions

Responsible, safe driving is your responsibility when operating a vehicle. Using a mobile device or accessory for messaging while driving may cause distraction and could result in death or injury to you or others. Using a mobile device or accessory may be prohibited or restricted in certain areas; always obey the laws and regulations on the use of these products.

While driving, NEVER:

- Read messages
- Review on-screen data.
- Perform any other functions that divert your attention from driving.

Medical Devices

Operation of radio transmitting equipment, including wireless phones, may interfere with inadequately shielded medical devices' function. Consult a physician or the medical device's manufacturer to determine if it is adequately shielded from external radio energy.

Implanted Medical Devices

To avoid potential interference, manufacturers of implanted medical devices recommend a minimum separation of 6 inches (15.3 centimeters) between a wireless device and the medical device. Persons who have such devices should:

- Always keep the wireless device more than 6 inches (15.3 centimeters) from the medical device.
- Not carry the wireless device in a breast pocket.

- Turn the wireless device off if there is any reason to suspect that interference is taking place.
- Follow the manufacturer directions for the implanted medical device.

If you have any questions about using your wireless device with an implanted medical device, consult your health care provider.

TIMEX INTERNATIONAL WARRANTY

U.S. – LIMITED WARRANTY

Your TIMEX® device is warranted against manufacturing defects by Timex Group USA, Inc. for a period of ONE YEAR from the original purchase date. Timex 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 WATCH:

- 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, watch 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 watch to Timex, one of its affiliates or the Timex retailer where the watch was purchased, together with a completed original Watch Repair Coupon or, in the U.S. and Canada only, the completed original Watch Repair Coupon or a -written statement identifying your name, address, telephone number and date and place of purchase. Please include the following with your watch 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\$12.00 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 A SPECIAL WATCHBAND OR ANY OTHER 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 +11 2664 1001. 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 44 020 8687 9620. For France, call 33 3 81 63 42 51. For Germany/Austria: +43 662 889 2130. For other areas, please contact your local Timex retailer or Timex distributor for warranty information.

If your Timex 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 or custserv@timex.com

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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.

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® IRONMAN® Run x50 & Timex®
Bluetooth Smart HRM

Model Numbers: M054 & M077

conforms to the following specifications:

R&TTE: 1999/05/EC

Standards: CENELEC EN 55024 Issue: 2010/11/01 (M054)
CENELEC EN 55022 Issue:2010/12/01 (M054)
ETSI EN 301 489-1 Issued:2008/04/01 V1.8.1 (M054)
ETSI EN 301 489-17 Issue:2009/05/12 (M054-M077)
CENELEC EN 62479 Issue:2010/09/01 (M054)
ETSI EN 300 328 Issued:2007/01/09 V1.7.1 (M054)
EN 301 489-1 V1.9.2 (2011) (M077)
EN 301 489-17 V2.1.1 (2009) (M077)
EN 300 440-2 V1.2.1(2008-05) (M077)
EN 61000-4-2: 2008/2009 (M077)
EN 61000-4-3: 2010/2006 (M077)
EN55011 (2009) (M077)

LVD: 2006/95/EC

Standards: IEC 60950-1; Issue:2005/12/08 Ed:2 (M054)
CSA C22.2 #60950-1 Issued:2007/03/01 Ed:2 (M054)
CENELEC EN 60950-1; Issued:2006/04/01 Ed:2 (M054)
EN 60601-1: 2006 (M077)

Digital Device Emissions

Standards: FCC 47CFR 15C Part 15 Subpart C 15.247 (Bluetooth) (M054)
FCC 47CFR 15B c1A Part 15 Subpart B Unintentional Radiators (M054)
FCC 47CFR 15B c1A Part 15 Subpart C 15.247 (Bluetooth) (M054)
IC RSS 21 Issued:2007/06/01 Issue:7 (M054)
IC RSS-GEN Issue 1 (September 2005) (M054)
ICES 003 Issue:2004/01/01 Issue No.4 (M054)
SAI AS/NZS 4268 Issue:2008/09/26 (M054)
FCC 47CFR Part 15, Subpart C (M077)
FCC 47CFR Part 15, Subpart B (15.249) (M077)
FCC 47CFR Part 18 (15.249) (M077)
IC RSS 210 Issued:2007/06/01 Issue:7 (M077)
ICES 003 Issue:2004/01/01 Issue No.4 (M077)
AS/NZS 4268 (2012) (M077)

Agent: 

Sam Everett
Quality Regulatory Engineer
Date: 10 June, 2014, Middlebury, Connecticut, U.S.A.