



iClimber-DCX

Instruction Manual





THERMO PEER
Instruction Manual



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FCC ID: 04GDCX-A	72

Remark:

The Model Name of "iClimber-DCx and "Thermo Peer" is equivalent to "Alti-Compass DCX" and "T-Pod" respectively.

Brief instruction DATA LOG

seperate sheet

Version 1.06022009

1. INTRODUCTION

Thank you for choosing the iClimber-DCX by IROX. You are now the owner of a high quality watch which is the result of Italian design, Swiss engineering, Canadian and Swiss technology, and is manufactured in the greater Hong Kong area.

The iClimber-DCX offers true novelties in the watch market. Among other things the VERTIC-LOG® function, which was developed in cooperation with Swiss mountain guides. Besides the operating steps described in chapter 4 you will also find an explanation of how to use this function in chapter 9 and why mountain guides requested this function.

The DCX offers additional functions that can be used with periphery devices ('peers') that have a 2.4GHz signal:

- Thermo Peer with THERMO-LOG®
- Heart Peer (chest belt to measure pulse)
- Foot Peer (running sensor for the shoe)
- PC Peer (USB stick with PC software for data analysis)

All these peers are options and can be purchased separately.

The Thermo Peer with the THERMO-LOG function is an IROX innovation. This function makes the DCX the first wristwatch that can measure the real ambient temperature and also display it on the watch.

Peer functions are described in these instructions too. If you do not need to use the respective peer, you can simply skip the corresponding sections. A peer can be put into operation without restrictions at a later date.

Please read the instructions carefully. You will find useful and interesting information beyond the operation explanations.

About IROX

IROX, as a brand, was founded in the year 2002 in Switzerland. IROX has established itself as specialist for measuring devices for weather, environment, and sports and is internationally present. Besides closely collaborating with the best manufacturers in the electronics branch worldwide, IROX has also developed, and made market ready, real innovations some of which have totally revolutionised the market. The weather stations with the Meteotime System are only one example.

The i-Climber DCX with the Vertic-Log and the THERMO-LOG is also an absolute global innovation.

2. PUTTING INTO OPERATION

1. The iClimber is delivered with inserted battery and the watch in a battery conserving sleep-mode. In this state the display is switched off, "blank".
2. The watch is activated by pressing any key for at least 3-5 seconds.
3. The watch can now be operated as described in chapter 4.



! Important information

The iClimber is a high quality measuring device with several functions that you can influence and also some that can not be influenced because they run in the background (e.g. pressure measurement). Please be aware that active use of each additional function requires energy and therewith battery. Often activating the backlight, using the Key-Tone, the compass for bearings or the peers also draws power from the battery and this has a direct influence on the battery life.

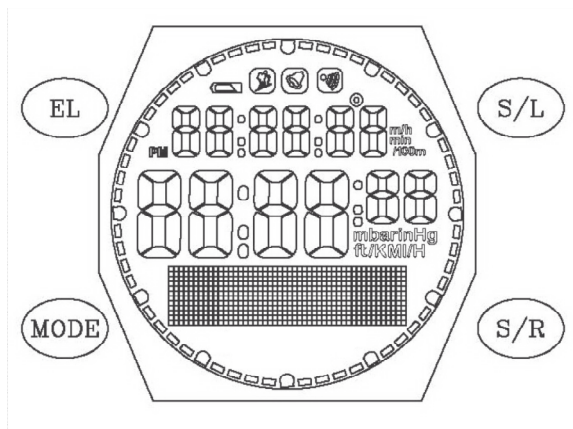
If you are going on an expedition during which you will be intensely using the watch and exposing yourself and your equipment to very cold temperatures we strongly recommend taking along replacement batteries (Type CR2032).

The watch battery, if the watch is simply used as a wristwatch, has a lifetime of up to one year. The repeated use of several functions can reduce the battery lifetime by a few months!

3. OPERATION ELEMENTS

3.1 LCD DISPLAY AND BUTTONS

All functions are shown in 5 lines on a liquid crystal display (LCD) and can be operated with the 4 buttons on the sides.




Complete segment with the four button labels


If displays with data are used in this manual, the data herein will vary from the data

on your watch. These printed displays are only for better understanding.

3.2 OPERATION LOGIC OF BUTTONS

The button functions are described in detail in chapter 4. Where button symbols are used, please remember the following logic:

 → Press button

 → Press and hold button for 2 seconds



! Good to know

Important: When operating the buttons with your fingers please avoid covering the opening on the right side of the case. The pressure sensor for the altimeter/ barometer is located directly behind the opening and such manual operations may influence the measuring.



3.3 LOCKING THE BUTTONS (“KEY-LOCK”)

You can deactivate the buttons to avoid undesired operation of the buttons:

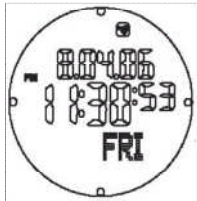
- Operation elements



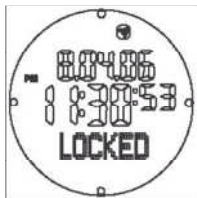
Activate “Key-Lock”:

Press the M and S/L buttons simultaneously for at least 2 seconds.

Display for activated “Key-Lock”:



If the buttons are deactivated 4 dots will appear on the border of the display.



If you press any button in this state, the information “LOCKED” will appear at the bottom of the display.

Deactivate “Key-Lock”:



Press the M and S/L buttons simultaneously. The four dots will disappear and the buttons can be operated again.

3.4 MEANING OF THE LCD ICONS



→ VERTIC-LOG is active



→ Alarm is active



→ Key tone is active



→ Battery weak (see chapter 2, 3.6 and 5)



→ FOOT-PEER present and active



→ HEART-PEER present and active



→ THERMO-PEER present and active

3.5 BEZEL

The bezel serves for position finding with the compass. Operating was arranged in such a manner that the ring can be turned, but does not move easily when only slightly brushed.

3.6 BATTERY COMPARTMENT

1x 3V battery type CR2032

You can replace the battery yourself.

Proceed as follows:

- Place the watch face down, on a soft cloth, on a table
- Take a fitting coin (e.g. a 2 Euro or SFR 2 coin) and open the screw cap on the back of the watch by turning counter clockwise
- Use tweezers to remove the batteries
- Reversing the procedure insert a new battery into the watch (please pay attention to the correct polarity)
- Make sure that the gasket is still in place. If possible put some silicone grease on the sealing ring.
- Screw the lid clockwise onto the watch again. Make sure that at least one complete turn, clockwise, can be conducted without resistance. If this is not possible the lid is not lying correctly in the thread and too much force would destroy the thread.

Illustrated instructions can be found at www.irox.com.

4. FUNCTIONS AND OPERATION

The iClimber has 7 function windows. They are:

TIME	Your time (T+), another time zone (T2) and the alarm time (AL)
TIMER	Timer 1 und Timer 2
SPORT	Stopwatch, VERTIC-LOG, peer (search, settings, data display)
DATA LOG	Retrieval of stored stopwatch data (tour data, lap times, VERTIC-LOG evaluation, peer data analysis, PC link)
ALTIMETER	Altimeter, current temperature (of the watch and the Thermo Peer)
BARO	Air pressure data, weather forecast and setting of the measuring units, THERMO-LOG
COMPASS	Compass and its calibration



➔ Move from function to function with the **MODE** button.

Two additional functions of the watch have a “superior” function available in all modes: the backlight and the key tone.

a) Backlight

In addition there is the option of switching on a backlight of the display.



To do this, press the EL and S/L buttons simultaneously. The LCD lighting will be activated for 4 seconds.



! Good to know

If you press other buttons within these 4 seconds, the light will stay on for 4 seconds longer each time you press. This makes it easier to set the alarm or read-out the DATA-LOG during the night!

b) Key tone:

You can switch a button sound (“Key tone”) on or off.



move to the time display (with the day displayed under the time!) and press S/R2

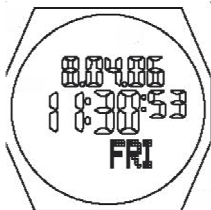


will appear in the upper part of the display and the key tone is active.

To switch off, proceed accordingly in reverse sequence.

4.1 TIME (TIME AND ALARM)

In the time window you can see the time, the date, and the weekday. A second time zone can also be displayed, and an alarm with a 1-minute alarm sound can be activated.



➔ Press until TIME appears in the display
You can, at any time, use the same button to move to the next function, unless you are conducting a setting.



➔ Select the display in the following sequence:
– your local time (T1)
– other time zone (T2)
– alarm (AL)

Different entries can be made according to the display.

4.1.1 Local time (T1)



→ Press until the day (3 letters, below the minutes) appears on the display.



→ To switch the key tone on/off



→ This brings you to the time set mode.
The element to be set will start to blink and a text will appear, in English, informing you of what needs to be set.
If during setting for longer than one minute no button is pressed, the watch will automatically leave the set mode. The settings made up to this point will be stored.

The commands for setting the time are as follows:



→ With these buttons you change the setting value



→ Skip to the next setting value (until you leave the set mode)



→ Leave the set mode. The settings made up to this point will be stored.

4.1.2 Time zone (T2)

In the time set mode, following the instructions in 4.2.1, you can also set a “T2 Off-Set”. For this the “OFF Set” setting for time zone T2 is either added or subtracted from the local time (T1). The Off Set setting can be set from -23 to +23 hours.



→ Press until “T2” appears in small on the display.



→ This moves the T2 as main time into the big display.
On the bottom (small T1) your “home time” is displayed.

4.1.3 Alarm (AL)

The watch offers a daily alarm function which, when activated, will sound for one minute at the time for which it is set.

The valid time for the alarm is the time that appears as the main time (large) on the display. This can be T1 or T2!



→ Press until “AL” appears, with the alarm time small.



→ Activate / Deactivate the alarm. If the alarm is active the bell symbol will appear at the top of the display:





- This brings you to the set mode for the alarm time. The element to be set will start to blink and a text will appear, in English, informing you of what needs to be set. If during setting for longer than one minute no button is pressed, the watch will automatically leave the set mode. The settings made up to this point will be stored.

Attention: The alarm must be activated separately!

The commands for setting the alarm time are as follows:



- With these buttons you change the setting value



- Skip to the next setting value (until you leave the set mode)



- Leave the set mode. The settings made up to here will be stored.

The alarm will sound for 1 minute and, unless the alarm function is deactivated, will sound again the next day.



- The sounding 1 minute alarm tone can be interrupted with this button.

4.2 TIMER

In the timer function you can set a time target and have this time counted down in seconds to zero.

There are always two timers available (TIMER 1 and TIMER 2) which can be set independently of each other.

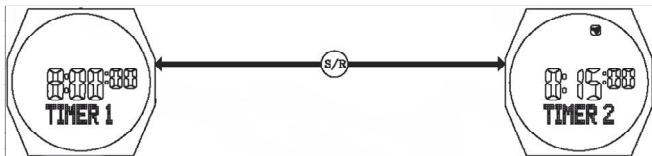
Functions and operation •



- Press until TIMER appears in the display.
If you are not in a setting mode you can use the same button to, at any time, move to the next function.



- Selecting the timer (TIMER 1 ↔ TIMER 2)



- This brings you to the set mode for the timer.
The element to be set will start to blink and a text will appear, in English, informing you of what needs to be set.
If during setting for longer than one minute no button is pressed, the watch will automatically leave the set mode. The settings made up to this point will be stored.

The timers can not be active together at the same time.

Some special functions can be carried out with the two timers:

- INT.LEAVE** (Interleave): After the countdown of timer 1, timer 2 starts automatically.
- REPEAT** (Repeat): As soon as the active timer has counted down (in Interleave after the countdown of timer 2), the counter begins again with the countdown.
- CT BEEP** (Countdown tone): During the countdown, at certain times, acoustic signals will sound: A 1 second beep for each of the last 5, 4, 3, 2 and 1 minutes
A 1 second beep for each of the last 50, 40, 30, 20 and 10. During the last 5 seconds a fast beep-beep will sound. This function can be used as a Regatta Timer, for example.

At the end of the countdown, when the timer reaches 0:00:00, there will be a signal (length: 20 seconds)

Time setting of the timer: from 0:01 to 9:59 hours in minute steps.

The commands for setting the time of the timer are as follows:



→ With these buttons you change the setting value



→ Skip to the next setting value (until you leave the set mode)

As soon as the settings have been made, following commands are possible:



→ Start the timer



→ Stop the timer



→ Reset the timer to the initial value (when the timer is stopped)



→ Interrupt the sounding 20 second tone

4.3 SPORT (STOPWATCH, VERTIC-LOG, PEER)

In the SPORT function the stopwatch is available with up to 99 laps/interims (LAP). This data can be stored in a LOG at the end of the timing. The description on how to read-out the measuring blocks (LOG) can be found in chapter 4.4

The resolution is 1/100 seconds for lap times of up to 59 minutes. Thereafter and for the accumulated time the resolution is 1 second.

Additional functions such as Vertic-Log and the peers are administered in the **SPORT** function in addition to the stopwatch.



- Press until SPORT appears on the display.
You can, at any time, use the same button to move to the next function, unless you are conducting a setting.

The watch first looks for around 15 seconds for the **known** PEERS, i.e. those that have already been logged in once (PAIRED – see Chapter 4.3.2.1). The peer icons flash below on the display (icons, see in Chapter 3.5)

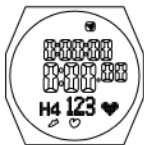


Please note: During the display 'PEER SEARCHING' you can start the stopwatch immediately with S/L (Chapter 4.3.1). The function PEER SEARCHING continues to run in the background (however, the flashing icons are no longer displayed, only as soon as a PEER has been found does the corresponding icon appear). It is also possible if no stopwatch is active to enter the setting mode immediately with the key EL2 (Chapter 4.3.2).

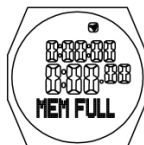
If a peer is recognised as available, the peer icon remains active in the display and after the 15 seconds the text FOUND briefly appears (1 sec). If no known peer is found, FOUND is not displayed.



The stopwatch display will then appear. In the assumption that the stopwatch is not running and is ready at zero, the following display appears:



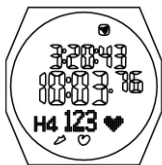
or



In both cases, the stopwatch function can be used as described below. The following needs to be taken into account.

- The pulse is only displayed when a pulse belt (HEART PEER) is active.
- The display **MEM FULL** means that the memory of the data for transfer to the PC is at least 95% full and further recordings will soon no longer be possible.

4.3.1 STOPWATCH with LAP and VERTIC-LOG function



- accumulated time of all LAPs in this measuring block
- running lap (LAP)
- Display of the pulse (only when the HEART PEER is available and is on the display with the heart icon)



In addition, in the SPORT function, the VERTIC-LOG function is also activated/deactivated and then started via the stopwatch. If the VERTIC-LOG is switched on when climbing in the mountains, every 100 m net altitude ascent the climbing data is stored in the lap memory. The LAP function via the S/L buttons is switched off.

The operation logic with or without VERTIC-LOG has only slight differences and is described separately in the following.

The stopwatch also serves to record the times in the respective zone while the training zones of the pulse belt and/or the running sensor are being used.

► STOPWATCH with LAP function



→ Start and restart ("Restart") the stopwatch



→ Stops the running stopwatch

• When the stopwatch is running:



→ Counts laps/interims. The stopwatch continues running.
The LAP time with LAP No. remains on the display for five seconds.
Then the running time of the new lap appears.

Attention: For 5 seconds no other lap time can be measured, that means the buttons S/L and S/R are inactive during these 5 seconds.

• When the stopwatch is stopped



- Delete (ERASE) stopwatch times. The question "ERASE?" will appear on the display. To confirm, press the button again for 3 seconds. The data that has been deleted can not be retrieved! If you do not want to delete the data, press and release the S/R button again.



- With this button the data can be stored in the LOG. The prompt "HOLD TO SAVE" will appear. When the button is released you will return to the current display. If you press the button for another 3 seconds the data will be stored in the DATA LOG. The information "LOG xx SAVED" (xx is the LOG number) will appear.



After successful LOG storing the stopwatch, in the SPORT mode, will return to the initial value (0:00:00).

There are up to 10 LOGs available. If they have all been used "ALL LOGS FULL" will appear at the next attempt to store.



In this case go to the function DATA LOG (see chapter 4.4), delete a LOG and then return to SPORT, to store.

► STOPWATCH with VERTIC-LOG function

To switch on this function and continue working with it the stopwatch must be on 0:00:00 and ready for a new LOG.


Activate / deactivate the VERTIC-LOG function:

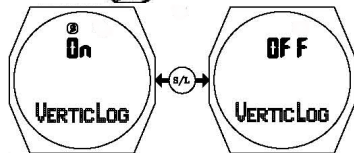


- With this button you reach the settings menu of the PEER functions (see 4.3.2) and the ON / Off switching of the VERTIC-LOG function. You can also access the VERTIC-LOG function by pressing the S/R key in the following sequence three times:
PAIR DEV. -->S/R--> FOOTPEER -->S/R--> SET ZONE -->S/R--> VERTICLOG.

The element to be set (ON ↔ OFF) will start to blink.



- The VERTIC-LOG is activated / deactivated with this button. If active the icon  will appear.



- Confirm setting and return to stopwatch.

If during setting for longer than one minute no button is pressed, the watch will automatically leave the set mode. The settings made up to this point will be stored.

As soon as the stopwatch is started the VERTIC-LOG begins recording the climb log.

One lap (LAP) is recorded per 100 m climbed. The first 100 m are LAP 1, the second LAP 2 etc.

After a total of 1000 m of actual climbing (equals 10 LAPs), the time and the altitude gain for these 1000 m is additionally stored (LAP +1000).

The same is done for the next 1000m etc. (LAP +2000, LAP +3000 etc.).

LAP 1–10 ↔ LAP +1000

LAP 11–20 ↔ LAP +2000

LAP 21–30 ↔ LAP +3000

etc.

Beginning the climb

To start the previously activated VERTIC-LOG function you must start the stopwatch at the beginning of the climb you want to monitor!



→ Start the stopwatch and with that the VERTIC-LOG recording

Important: The recording of the climb will be interrupted when the stopwatch is stopped. If you press the S/R button by mistake, do a “RESTART” with the S/L button. The interrupted LAP x will be stored at its last status and a new LAP x+1 will begin with the RESTART. If altitude was gained during this time it is lost to the VERTIC-LOG recordings. To avoid unintentionally operating the STOP button (S/R) we recommend activating the key lock.

Operation during the climb

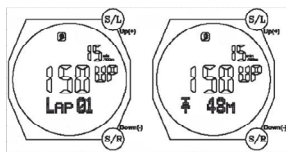
For each LAP during the climb, that means while the stopwatch is running, following data is available:

Functions and operation •

- climbing speed in m/h as the case may be min/100 m
- in this LAP total meters climbed (UP). This means when you climb 50 m, then descend 20 and climb 40 again that you are 70 m above the starting point
UP 90m will be displayed.
- the LAP number alternates in a 2 second rhythm with the remaining meters until 100 m is achieved (in the example above that would be 30m)



→ Following display will then appear with the above data:



In this display the last segment (LAP) is always displayed.



→ With the S/L and S/R buttons you can retrieve previous recordings which will be displayed for approx. 4 seconds.

When at least 10 LAPs have been completed, the “1000 Meter” summary will appear if you press the EL button again.



Analogue to the individual LAPs here too the S/L and S/R buttons can be used to scroll through other such summaries.



→ Return to the running stopwatch.

End of climb – Store data in LOG



→ Stops the stopwatch

To store when the stopwatch is stopped:



→ With this button the data can be stored in the LOG. The prompt "HOLD TO SAVE" will appear. When the button is released the watch will return to the current display. If you press the button for another 3 seconds the data will be stored in the DATA LOG. The information "LOG xx SAVED" (xx is the LOG number) will appear.



After successful LOG storing the stopwatch, in the SPORT mode, will return to the initial value (0:00:00).

There are up to 10 LOGs available. If they have all been used "ALL LOGS FULL" will appear at the next attempt to store.



In this case go to the function DATA LOG (see chapter 4.4), delete a LOG and then return to SPORT, to store.

Attention:

In order to be able to retrieve additional data stored in the VERTIC-LOG, you must store the LOG in the stopwatch function at the end of your climb. If you delete the stopwatch times before storing, the VERTIC-LOG data will also be deleted!

Important:

The VERTIC-LOG function was developed for mountain climbers making ascensions. When you have reached the highest point of your tour, stop the watch and store the LOG. There is no need for descent data in the VERTIC-LOG! For longer interruptions we recommend closing the LOG and when the tour is continued beginning with a new LOG.

If you do not wish to store the LOG, you can delete the data (stopwatch and VERTIC-LOG):



- Delete (ERASE) the stopwatch times. The question "ERASE?" will appear on the display. To confirm, press the button again for 3 seconds. The data that has been deleted can not be retrieved! If you do not want to delete the data, press and release the S/R button again and move to LOG memory.

► STOPWATCH with RUN function (FOOT-PEER)



If a FOOT-PEER is available (icon active on display) the current data such as

RUN SPD Speed (km/h)

RUN PACE Pace (min/km)

RUN DIST Distance (km)

are displayed.



--► From the stopwatch display (recommended with running stopwatch!) you can call up the data above sequentially with each press of the key.



(1/2 DEL)



(1/2 DEL)



(1/2 DEL)



4.3.2 PEER Settings

To log the existing PEERS in the system (**PAIRING**) and to carry out the calibrations/settings of the FOOT PEER and the HEART PEER, the stopwatch must be on 0:00:00.

Entering the PEER calibration/setting mode:



--▶ You thus enter the setting menu for the PEER functions.
The menu 'PAIR DEVICE' is displayed first.



--▶ You thus enter the next setting menu after the following procedure:
PAIR DEV. -->S/R--> **CALIB FOOTPEER** -->S/R--> **SET ZONE** -->S/R-->
VERTICLOG -->S/R--> **PAIR DEV.** -->S/R --> etc.
VERTIC-LOG: see Chapter 4.3.1

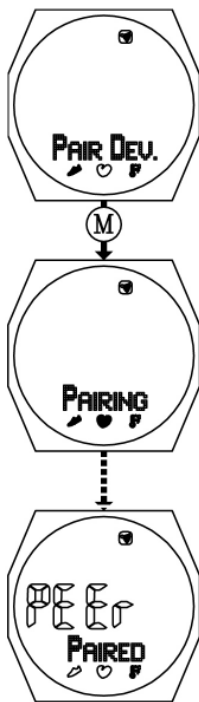


--▶ You thus enter the setting mode of the function that is shown on the display (functions: **PAIR DEV.** or **CALIB FOOTPEER** or **SET ZONE**)



--▶ Exit setting mode and back to stopwatch.
If no key is pressed for around one minute, the system automatically exits the setting mode and returns to the stopwatch.

4.3.2.1 PAIRING (logging in of the PEERS)



The 3 icons flash for as long as the corresponding peer is searched for. Duration of the process approx. 15 seconds.

If a peer is detected, the corresponding symbol stops flashing.

If a peer has been detected after approx. 15 seconds, this display appears briefly, then it reverts to the display at the start **PAIR DEV.**