EPSON

GPS Sports Monitor

RUNSENSE

SF-810

User Manual

Introduction

Thank you very much for purchasing this GPS Sports Monitor "RUNSENSE".

To use the device correctly, make sure you read the User Manual along with the supplied Quick Start Guide.

Keep the supplied Quick Start Guide handy to help you resolve any problems.

By using a built-in GPS sensor and stride sensor, this device can measure running distance, pace, elapsed time, altitude, and calories burnt. You can also upload recorded data to a dedicated Web site allowing you to look back over previous workouts. You can plan more effectively for a more enjoyable running experience.

Descriptions in the User Manual

Important	Indicates things you must or must not do. Ignoring these instructions or mishandling this device could cause malfunction or operational problems to the device.
Note	Indicates additional explanations and related information.
Menu Name	Indicates menu items displayed on the screen of the device.
A/B/C/D	Indicates the device buttons.
☞	Indicates related pages. Click the link in blue text to display the related page.

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Features

Heart rate measurement is only possible with the built-in sensor. This allows you to easily perform heart rate training for running or jogging.

Chronograph function

Allows you to measure running data such as distance and time.

You can measure split and lap times, as well as using the GPS signal to measure distance and pace.

☞ "Measuring Time, Distance, and Speed (Chronograph Function)" on page 38

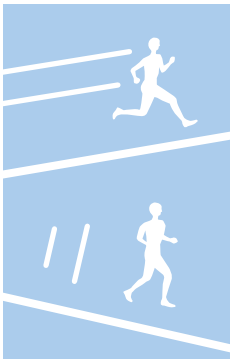
Split Time: Elapsed time from the start

Lap time: Time taken for each lap

You can use the history screen to check recorded measurement data.

☞ "Checking Measurement Data" on page 63

Interval function



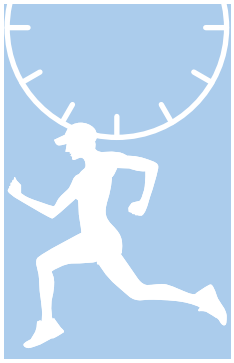
Allows you to perform interval training.

Interval training:

Training method in which you repeat sets of light and hard exercise to increase your athletic ability. An exercise menu is created using combinations of hard (sprint) and light (recovery) exercise. An alarm sounds when it is time to change between sprinting and recovering.

☞ "Setting a Time and Distance for Hard and Light Workouts(Interval Function)" on page 43

Goal function (timed race)



Allows you to set a time as your goal and measure the time taken until that goal is reached.

You can exercise while checking the elapsed time. You can also calculate the estimated distance until the goal is reached.

☞ "Measure until the time or distance set in advance is reached (Goal function)" on page 51

You can use the history screen to check recorded measurement data.

☞ "Checking Measurement Data" on page 63

Goal function (distance race)

Allows you to set a distance as your goal and measure the time taken until that goal is reached.

You can exercise while checking the distance. You can also calculate the estimated time until the goal is reached.

☞ "Measure until the time or distance set in advance is reached (Goal function)" on page 51

You can use the history screen to check recorded measurement data.

☞ "Checking Measurement Data" on page 63

Measure set.

Allows you to change the measurement settings.

- ❏ Automatically records laps when a time or distance set in advance has been reached (AT Lap function)

  ☞ "Recording Laps Automatically (AT Lap Function)" on page 56
- ❏ Automatically stops measuring when you stop running, and resumes when you continue running (AT Pause function)

  ☞ "Automatically Start/Stop Measuring (AT Pause Function)" on page 58
- ❏ Sets and measures the target time for one kilometer (Target Pace function)

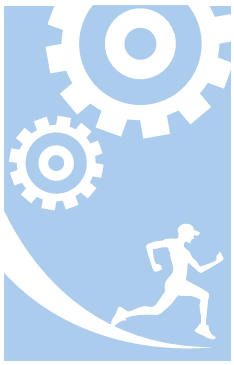
  ☞ "Setting a Pace and Measuring (Target Pace Function)" on page 60
- ❏ Measuring Heart Rate (HR function)

  ☞ "Measuring Heart Rate" on page 67
- ❏ You can change the items and layout of the measurement screen display (Screen settings function)

  ☞ "Screen" on page 104
- ❏ Tap to display a set function (Tap function)

  ☞ "Tap" on page 20

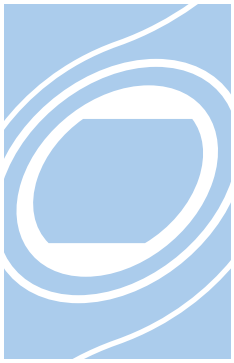
Settings



Allows you to change the settings for the device.

- ❏ Communicates with external devices (Communication function)
  ☞ "Comm. Settings" on page 101
- ❏ Inverts the screen's display (Invert function)
  ☞ "Sys. Settings" on page 102
- ❏ Adjusts the screen's contrast (Adjust contrast function)
  ☞ "Sys. Settings" on page 102
- ❏ Turns on the light automatically when the screen changes (Auto Light function)
  ☞ "Sys. Settings" on page 102
- ❏ Sets an alarm (Alarm function)
  ☞ "Sys. Settings" on page 102
- ❏ Turns off operation tones (Operation Tones function)
  ☞ "Sys. Settings" on page 102
- ❏ Resets configuration information in the device's memory (Initialize function)
  ☞ "Sys. Settings" on page 102

Other features



- ❏ Supports the Quasi-Zenith Satellite System (QZSS).
  ☞ "Supports the Quasi-Zenith Satellite System" on page 33
- ❏ You can measure pitch and stride using the built-in stride sensor.
  ☞ "Educating Your Stride Sensor" on page 34
- ❏ You can skip GPS positioning if it is taking too long.
  ☞ "Skipping GPS positioning" on page 31
- ❏ You can take measurements without performing GPS positioning.
  ☞ "Indoor mode" on page 32
- ❏ You can manage recorded data using the dedicated Web application "RUNSENSE View".
  ☞ "Data Management Using the Web Application (RUNSENSE View)" on page 68

Contents

Settings

Maintenance

Troubleshooting

Appendix

Index

Using this Device Safely

To use this device safely, make sure you read the user manuals before use (the supplied Quick Start Guide and this User Manual).

If you do not follow the content of the user manuals, a malfunction or accident could occur.

- ❏ Keep the user manuals (supplied Quick Start Guide and this User Manual) handy to help you resolve any problems.
- ❏ This is not a medical device. Use for exercising only.

Symbols in this Manual

This User Manual uses the following symbols to prevent injury to the user or to others, or damage to property when using this device, as well as preventing dangerous usage. Make sure you understand these symbols before reading the guide.

> ***Warning***
> *Ignoring these instructions and mishandling this device could cause serious injury or death.*

> ***Caution***
> *Ignoring these instructions and mishandling this device could cause injury or damage to property.*

	This symbol indicates operations (instructions and actions) you must perform.
	This symbol indicates forbidden actions.

Notes on Usage

About the Device and Accessories

⚠ Warning	
	Exercise according to your own physical condition. It is dangerous to exercise suddenly or excessively. If you feel nauseous or if your physical condition alters while exercising, stop exercising and contact a doctor.
	Do not keep your eyes on the device while exercising; otherwise you could fall or cause a traffic accident. Pay close attention to your surroundings while using the device.
	Do not look directly into the sensor section on the back of the device as it emits LED light.
	Do not use while scuba diving.
	This device is made using precision parts and electronic components. Do not use or store in the following locations; otherwise an electric shock, fire, problem, or malfunction could occur. ❏ Locations subject to large changes in temperature and humidity ❏ Near volatile substances ❏ Sooty or dusty places ❏ Near a fire ❏ Locations close to powerful magnetic devices (near speakers and so on)
	Do not disassemble or perform repairs yourself; otherwise an electric shock or an accident could occur.
	Do not leave this device in reach of children.

⚠ Caution	
	If you suffer from any allergies or rashes when wearing the device, stop using it immediately and contact a medical specialist such as a dermatologist.
	The device is water resistant at 5 barometric pressures. Although you can use the device for swimming and so on, do not perform button operations in water or when it is wet. This may effect the quality of the waterproofing.
	Do not directly apply high pressure water from a faucet. Water pressure from a faucet is high and could affect the quality of the waterproofing.
	Do not use in the bath or in a sauna. Steam and materials in soap or hot springs could affect the quality of the waterproofing or cause rust.

About the Cradle

⚠ Warning	
	Do not use a damaged cradle; otherwise a problem or fire could occur. If it is damaged, contact a repair center.
	Do not use them if you notice any abnormalities such as smoke, strange odors, or noises; otherwise a fire could occur. If any abnormalities occur, disconnect the cable from the cradle immediately, and contact a repair center.
	Do not use if any foreign substances or liquids such as water get inside the device; otherwise an electric shock or fire could occur. Disconnect the cable from the cradle immediately, and contact a repair center.
	Do not use the cable for the cradle if any foreign substances such as dust are stuck to the connector; otherwise a fire could occur.
	Do not use the cradle to charge any other devices. Only use the cradle provided to charge the device; otherwise a problem, electric shock, or fire could occur.

Notes on Storage

⚠ Caution	
	Do not place in a location subject to magnetic fields or electromagnetic waves, such as on top of a television. Otherwise, data may be corrupted or lost.
	Do not leave the device unattended in locations where it could come into contact with chemicals, or in locations where chemical substances are emitted. If gasoline, nail varnish, or any spray-on liquid such as cosmetics, as well as cleaning liquid, toilet detergent, adhesives, and so on, comes into contact with the device or the strap, they could cause discoloring or damage.

Notes on Electromagnetic Waves

This device is equipped with Bluetooth® Smart technology. When operating supported smartphones, this function wirelessly sends and receives heart rate measurement data to the device.

This device has been classified as a low electronic data communication system based on Radio Law. Therefore, this device does not require a radio station license. The following acts may be punishable by law.

- ❏ Disassembling or remodeling the device
- ❏ Removing the verification or certification number for the device

Using this Device Safely

VCCI Class B Information Technology Device

This device is a class B information technology device. This device is designed for home use, but interference could occur when using in close proximity to radios or television antennas.

Frequency

This device uses the frequency bands 2.402 to 2.480 GHz. Other wireless devices may use the same frequency. Note the following points to avoid wireless interference with other wireless devices.

Precautions when performing wireless communication

This device operates on the 2.4 GHz band.

This device operates in the same frequency bandwidth as industrial, scientific, and medical devices such as microwave ovens and mobile object identification (RF-ID) systems (licensed premises radio stations, amateur, and unlicensed specified low-power radio stations (hereafter "other radio stations")) used in factory production lines.

1. Before using this device, make sure there are no "other radio stations" being used in the vicinity.

2. If this device causes RF interference between the device and "other radio stations", promptly move to a different location, stop using the device, and contact your local dealer to ask for advice on preventing interference (for example setting up partitions).

3. In addition, when harmful radio wave interference occurs between the device and "other radio stations", and refer to "Contacting us about this product" to contact our information center.

☞ “Contacting us About this Product” on page 128

⚠ Warning	
	If you notice any abnormalities on your skin and so on, stop using the device immediately and contact a specialist.
	In areas in which usage is restricted, such as on airplanes and in hospitals, follow the rules and regulations provided (such as in-flight announcements).
	Do not use the device if you have a surgically implanted medical device such as a cardiac pacemaker.
	Do not bring the device into an operating room, intensive care unit, and so on, and do not use the device near medical equipment. Radio waves from the device may interfere with electronic medical equipment causing the equipment to malfunction and cause an accident.

Preparing and Basic Operations

You need to make the following preparations before use.

☞ "Checking the Items Provided" on page 13
☞ "Basic Operations" on page 14
☞ "Charging" on page 22
☞ "Initial Settings" on page 26
☞ "Wearing the device" on page 29

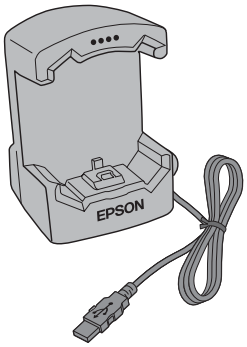
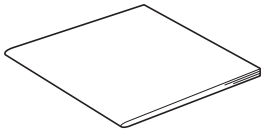
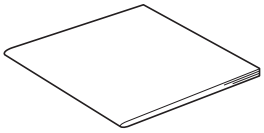
Once preparations are complete, check the method and important points when performing GPS satellite positioning.

☞ "Specifying a GPS (GPS Positioning)" on page 30
☞ "Educating Your Stride Sensor" on page 34
☞ "Measurable items" on page 35

Checking the Items Provided

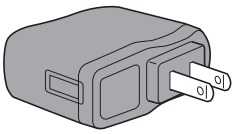
Make sure you check that all of the following items have been supplied with this product. If there is anything missing, contact your local dealer.

This device


Cradle	Quick Start Guide	Warranty
		

Options

You can purchase the following optional extras. Contact your local dealer for more information.

AC Adapter (Model No.: SFAC01)


Basic Operations

Changing screens

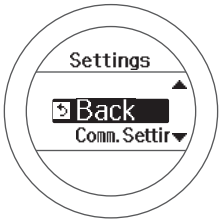
This device is comprised of a Time screen, Measurement screen, Settings screen (**Settings** menu and **Measure set.** menu), and History screen, and you can perform operations with the following buttons.

Operation buttons

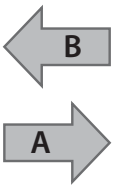
: Short press

: Long press (two seconds or more)

Settings menu

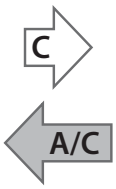


☞ "Setting screen (**Settings** menu/**Measure set.** menu)" on page 18



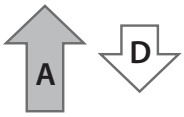
Time screen

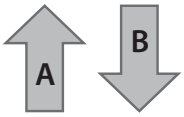
☞ "Time screen" on page 16



Measurement screen

☞ "Measurement screen" on page 17





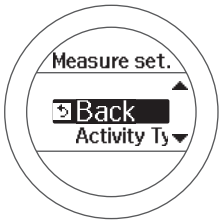
See the following pages for information on making settings for each screen.

☞ "Making Settings" on page 94

History screen

☞ "History screen" on page 19

Measure set. menu



☞ "Setting screen (**Settings** menu/**Measure set.** menu)" on page 18

Note:

- ❏ *When you leave the device for a while, it enters sleep status and the time display turns off. This is not a malfunction as the display is restored the next time a button is pressed or you move the device. You can also turn off the sleep function.*

  ☞ *"Sys. Settings" on page 102*

- ❏ *The time screen is displayed if no operations are made for a specified length of time. The time varies depending on the screen displayed.*

  ***Sys. Settings**/**User Settings**/History Screen: 3 mins.*

  Measurement Screen (while not measuring): 60 mins.

- ❏ *When three minutes have passed without any operations being performed on the **Measure set.** menu screen, the measurement screen is displayed.*

Function of each button

The function for each button changes depending on which screen is displayed.

Time screen

Operation buttons

Button Operation		Explanation
A	Short press	Measures heart rate.*
	Long press (two seconds or more)	Turns the power on or off.
B	Short press	Turns the light on or off. The light turns on for approximately 10 seconds.
	Long press (two seconds or more)	Displays the **Settings** menu. ☞ "Setting screen (**Settings** menu/**Measure set.** menu)" on page 18
C	Short press	Performs GPS positioning, and displays the measurement screen. ☞ "Measurement screen" on page 17
	Long press (two seconds or more)	Changes to indoor mode (GPS off). ☞ "Indoor mode" on page 32
D	Short press	Displays a record of the measurement history (history screen). ☞ "History screen" on page 19
	Long press (two seconds or more)	Performs Bluetooth® communication. Use this when uploading measurement data.

* Measures your heart rate when worn on your arm.
☞ "Wearing the device" on page 29

Measurement screen

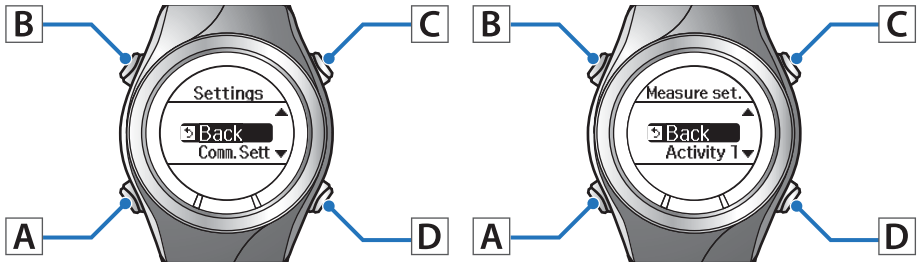
Operation buttons

Button Operation		Explanation
A	Short press	You can display up to four measurement screens and switch the screens using this button.
	Long press (two seconds or more)	Displays the time screen. Not available while measuring.
B	Short press	Turns the light on or off. The light turns on for approximately 10 seconds.
	Long press (two seconds or more)	Displays the **Measure set.** menu. Not available while measuring.
C	Short press	Starts, stops, or resumes measuring.
	Long press (two seconds or more)	Displays the time screen. Displays the time screen if you use reset* while measuring is stopped. Not available while measuring.
D	Short press	Records laps while measuring.
	Long press (two seconds or more)	Resets* while measuring is stopped. Not available while resetting measurements.

* When you reset the display, it returns to the status before measuring started allowing you to start the next measurement. Data that has been measured up to that point is stored in the device's memory.

Setting screen (Settings menu/Measure set. menu)

Operation buttons



Button Operation		Explanation
A	Short press	Confirm a selection.
	Long press (two seconds or more)	From the **Settings** menu, the time screen is displayed. From the **Measure set.** menu, the measurement screen is displayed.
B	Short press	Turns the light on or off. The light turns on for approximately 10 seconds.
	Long press (two seconds or more)	-
C	Short press	Selects the upper item. Increases the value.
	Long press (two seconds or more)	Selects the upper item. Speeds through the values.
D	Short press	Selects the lower item. Decreases the value.
	Long press (two seconds or more)	Selects the lower item. Speeds through the values.

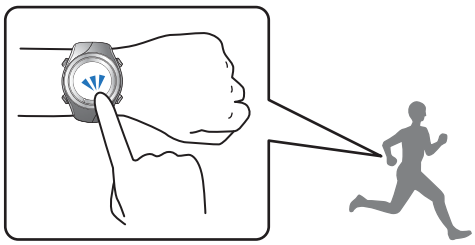
History screen

Operation buttons

Button Operation		Explanation
A	Short press	Confirm a selection.
	Long press (two seconds or more)	Displays the time screen.
B	Short press	Turns the light on or off. The light turns on for approximately 10 seconds.
	Long press (two seconds or more)	-
C	Short press	Selects the upper item.
	Long press (two seconds or more)	Selects the upper item.
D	Short press	Selects the lower item.
	Long press (two seconds or more)	Selects the lower item.

Tap

You can perform one of the following operations by tapping the screen once while measuring.



Function	Explanation
Lap	Records the lap. The same operation as pressing **D** while measuring.
Light	Turns on the light. The light turns on for approximately 10 seconds. The same operation as pressing **B**.
Screen Chg.	Changes between the four measurement screens. The same operation as pressing **A**.
OFF (default)	Turns off tap operations.

Note:

- ❏ *When you want to change functions operated by tapping, set **Tap** from the **Measure set.** menu.*

  ☞ *"Measure set." on page 96*

- ❏ *The operation may not be recognized if you tap the screen rapidly in succession. Leave a gap of approximately one second between taps.*
- ❏ *When bike mode is selected, the tap function may operate automatically depending on the condition of the road surface. If this occurs, we recommend setting **OFF**.*

Alarm (Tones/Vib.)

This function allows you to sound an alarm when pausing a lap, setting the target pace, and so on.

The following shows the alarm timing. A long alarm sounds when the lap is paused, and a short alarm sounds at other times.

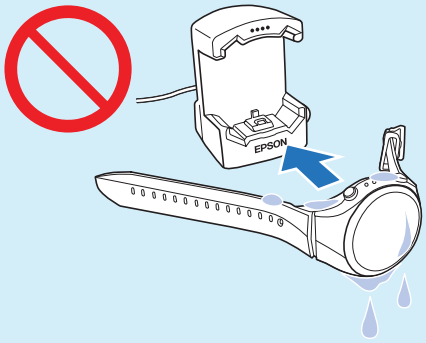
Mode	Measurement Settings	Timing
Chronograph Interval Goal	AT Lap ❏ From device ☞ "Recording Laps Automatically (AT Lap Function)" on page 56 ❏ From PC application (Run Connect) ☞ "Setting the AT Lap Function" on page 86	When lap is paused
	AT Pause ☞ "Automatically Start/Stop Measuring (AT Pause Function)" on page 58	❏ When measuring is stopped ❏ When measuring restarts
	Target Pace ❏ From device ☞ "Setting a Pace and Measuring (Target Pace Function)" on page 60 ❏ From PC application (Run Connect) ☞ "Setting the Target Pace Function" on page 88	❏ When you are off the target pace ❏ When you have set multiple target paces and the target pace changes
	HR ☞ "Measuring Heart Rate" on page 67	When you are off the HR Zone
Interval	❏ From device ☞ "Setting a Time and Distance for Hard and Light Workouts(Interval Function)" on page 43 ❏ From PC application (Run Connect) ☞ "Setting the Interval Function" on page 91	❏ When changing between sprint/recovery ❏ When the number of sets is complete
Goal	☞ "Measure until the time or distance set in advance is reached (Goal function)" on page 51	❏ When 50/90% of the set time/distance is reached ❏ When the set time/distance is complete

Charging

Before Use

Important:

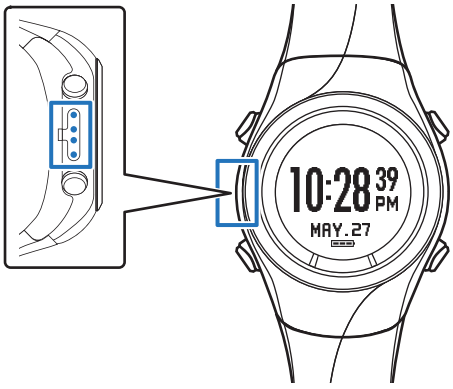
❏ *Do not place the device in the cradle if it is wet from water or sweat.*
Otherwise the contact points on the cradle and the device could corrode, malfunction, or cause a communication failure.



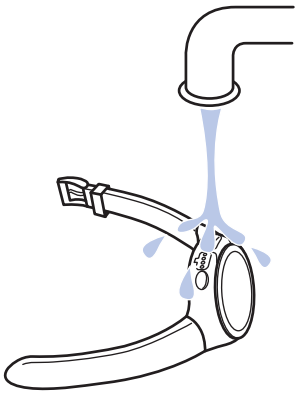
❏ *Do not perform button operations when it is wet; otherwise, a malfunction could occur.*

If the device is wet from water or sweat, use a little running water to wash the contact points, wipe away most of the water with a towel and so on, and then let it dry naturally before placing it in the cradle.

Contact points



Use low pressure water to wash the device.



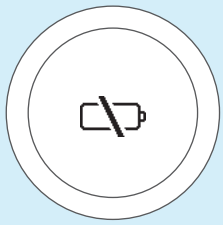
See the following for more details about daily maintenance.
“Performing Maintenance” on page 119

Charging

Important:

❏ ***Charge this device when using it for the first time.***

❏ *Charge in an environment where the surrounding temperature is 5 to 35˚C. In any other environment the following charge error screen is displayed, and charging stops. When it returns to a suitable temperature, charging resumes.*

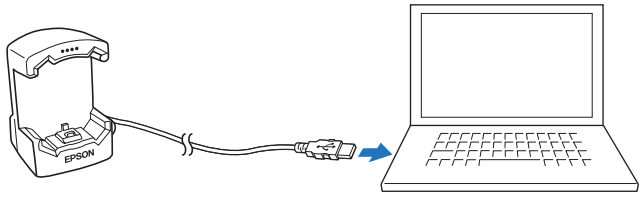


1 Connect the cradle using one of the following methods.

■ **Using a computer**

Connect the cradle's USB plug to the computer's USB port.

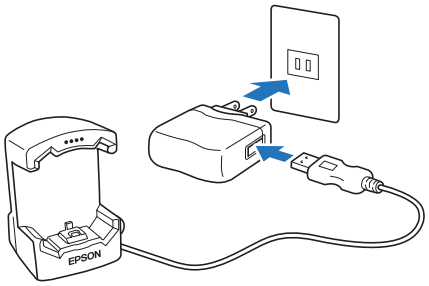
This is not guaranteed to work with all computers. Do not use a USB hub. Instead, connect the cradle directly to the computer.



■ **Using the AC adapter**

Connect the cradle's USB plug to the AC adapter's USB port.

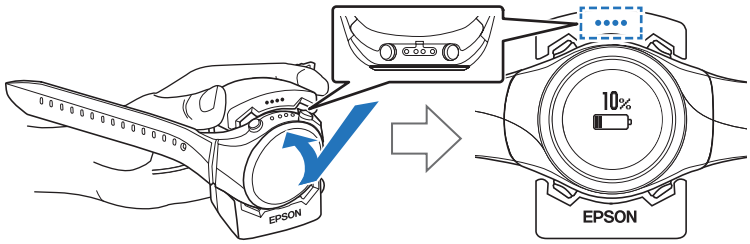
We recommend using the optional AC adapter (Model No.: SFAC01). If you do not use a supported AC adapter, you may not be able to charge or it may not operate correctly.



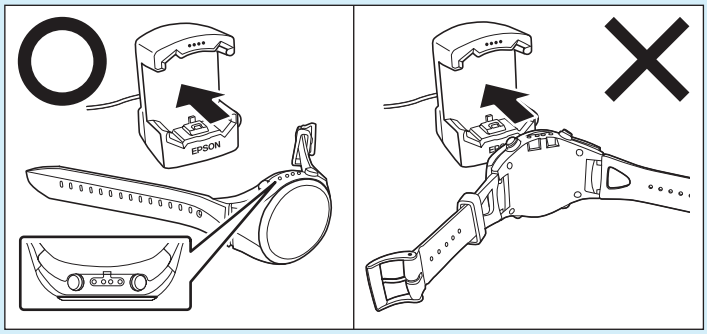
2 Place the device into the cradle.

Check that the contact points on the device are pointing up and match the contact marks on the cradle.

After placing the device into the bottom of the cradle, push carefully on the top of the device until it is fixed in place.

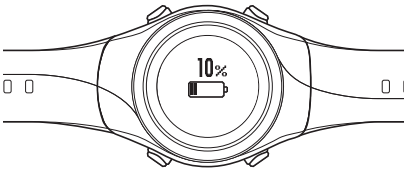


Important:
Make sure the device is placed in the correct direction; otherwise, the device or the cradle could be damaged.



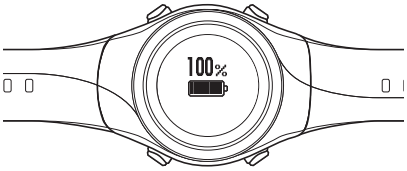
When the device is placed in the correct direction, the alarm sounds, the following screen is displayed, and charging starts.

Although the average time necessary for a full charge is **2.5 to 3.5 hours**, this varies depending on the situation.



3 Check that charging is complete.

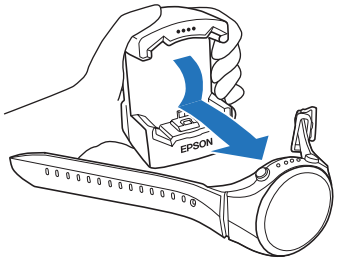
When the following charging icon is displayed, charging is complete.



Note:
When the battery icon displays 100%, an over-charge prevention function is activated. The device will not be damaged even if you continue to charge the battery.

4 When charging is complete, remove the device from the cradle.

Hold the cradle and press the device down into the lower part of the cradle for a smooth release.



Initial Settings

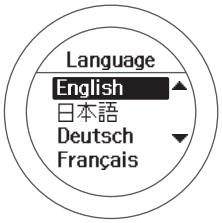
After charging the device for the first time and removing it from the cradle, follow the on-screen instructions to initialize the settings.

> ***Important:***
> *Set the time by receiving a GPS signal. Signals from the GPS cannot be received while indoors. Make sure this is performed outside.*

Operation buttons

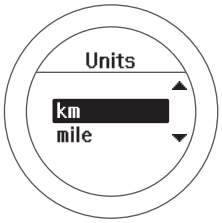
1 Set the language.

Use **C**/**D** to select, and then press **A**.



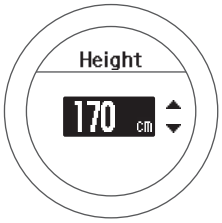
2 Set the **Units**.

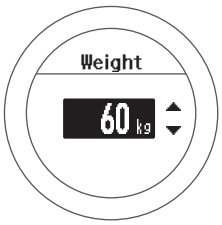
Use **C**/**D** to select, and then press **A**.



3 Set your **Height** and **Weight**.

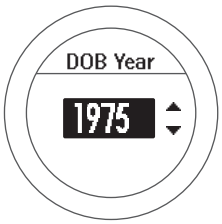
Use **C**/**D** to select, and then press **A**.

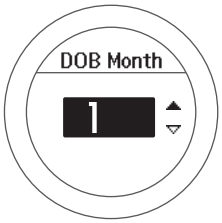


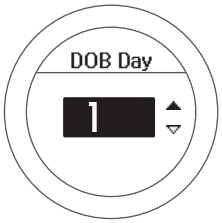


4 Set your **DOB**.

Use **C**/**D** to select, and then press **A**.

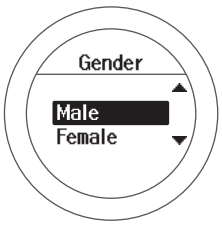






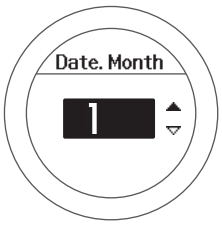
5 Set your **Gender**.

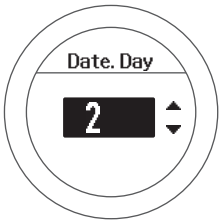
Use **C**/**D** to select, and then press **A**.



6 Set today's date.

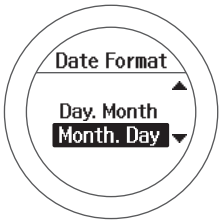
Use **C**/**D** to select, and then press **A**.





7 Set the **Date Format**.

Use **C**/**D** to select, and then press **A**.

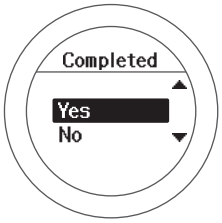


8 Go to a location outside with no obstructions overhead.

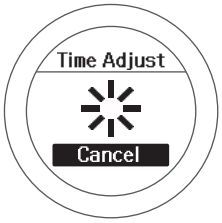
> ***Important:***
> *Take the following steps to receive a signal from the GPS and synchronize time automatically. Since the signal from the GPS cannot be received indoors, go outside to a location without any obstructions overhead.*

9 Complete the settings.

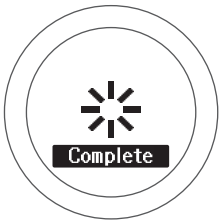
Use **C**/**D** to select **Yes**, and then press **A**.



A signal is received from the GPS and time is automatically synchronized.



When **Complete** is displayed, press **A**.



The time screen is displayed.

Note:

- *When you leave the device for a while, it enters sleep status and the time display turns off. This is not a malfunction as the display is restored the next time you move the device.*
- *If time synchronization fails, the signal from the GPS may not be being received properly. Perform **Time Adjust** from **Sys. Settings**.*

☞ *"Sys. Settings" on page 102*

About the Battery

You can check how much charge remains from the battery icon below the time display.

Battery icon					
Hours remaining*	GPS On HR On	20 to 14 hours	14 to 8 hours	8 to 2 hours	2 to 0 hours
	GPS On HR Off	24 to 17 hours	17 to 10 hours	10 to 3 hours	3 to 0 hours
	GPS Off HR On	60 to 42 hours	42 to 24 hours	24 to 6 hours	6 to 0 hours

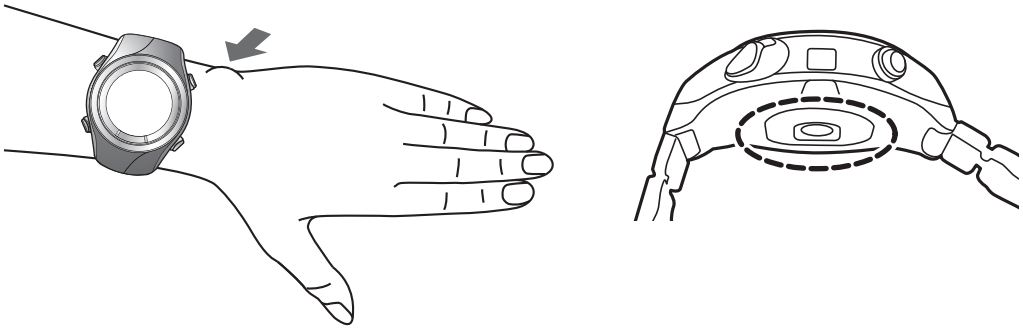
* Standard hours during which you can use the Chronograph function while receiving a GPS signal. Usage hours vary depending on the conditions (HR measuring On, frequency the light turns on, and so on).

Important:
Nothing is displayed when the battery is running out. If the device is left for a long time with a low battery, the performance of the rechargeable battery will deteriorate. Make sure you charge the device ***at least once every six months*** *even when it is not being used.*

Note:
Even if the battery runs out, measurement data is stored in the main memory.

Wearing the device

Wear this device on the outside of your arm in a position that does not interfere with your ulna. Secure it to your arm so that there is no gap between the device and your arm. Also, make it tight enough so that no gaps can occur when exercising.



Note:
When you are wearing the device in the correct position, HR measuring is enabled after about 30 seconds.

Important:
Measuring may not be possible in the following situations.

- ❏ *When the outside temperature or body temperature are low due to the season or wind*
- ❏ *When the pressure is too weak or too strong*
- ❏ *When taking medicine to lower your blood pressure*
- ❏ *When you have arrhythmia*

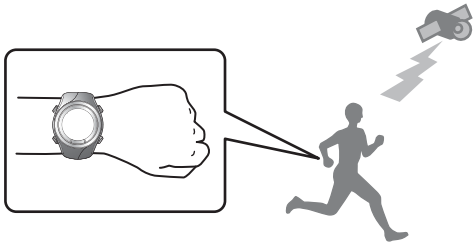
Try wearing the device on your other arm if there are frequent abnormalities in measuring, or the value displayed is unusually high when compared to normal measurements.

Specifying a GPS (GPS Positioning)

Measuring Function for the Device

This device receives a signal from the GPS, and measures distance and pace. To make sure measurements are performed accurately, try to use the device under the following conditions which allow for easy reception of GPS signals.

- ❏ Outside with no obstructions overhead
- ❏ Wear the device with the screen facing up



You cannot receive a signal from the GPS when indoors and in the following environments.

Locations where you cannot receive signals

		
Inside rooms or buildings, or underground	In tunnels	Under water

Locations that are difficult to receive signals

		
Locations with electronic interference, such as constructions sites and heavy traffic	Near high-voltage wires or television towers, overhead electric wires for trains, and roads with skyscrapers	On water

GPS Positioning

When you change to the measurement screen, the device receives a signal from various satellites, and identifies a GPS to use for measurement.

> ***Important:***
> *While identifying a GPS, make sure you are outside with no obstructions overhead, and try to keep the device as still as possible.*

Operation buttons

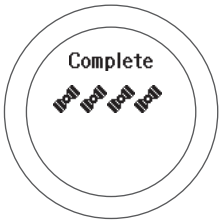
1 Go to a location outside with no obstructions overhead.

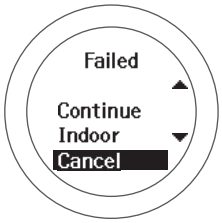
2 Perform GPS positioning.

Press **C**.

GPD positioning starts.

When GPS positioning is complete, the positioning complete screen flashes, and then the measurement screen is displayed.



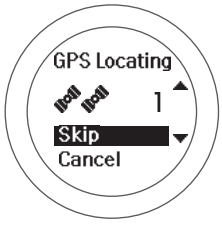
> ***Note:***
> *It usually takes less than two minutes to complete GPS positioning.*
>
> *If it takes more than two minutes and **Failed** is displayed, we recommend selecting **Cancel**, moving to a different location, and trying again.*
>
> 
>

When the measurement screen is displayed, you can start measuring.

"Measure" on page 37

Skipping GPS positioning

If you want to start measuring immediately, or if GPS positioning is taking too long, select **Skip** during GPS positioning and start measuring.



GPS positioning continues while measuring, and when positioning is complete the device starts recording positional information. The routes before GPS positioning is complete and while using indoor mode are not recorded.
☞ “Measurable items” on page 35

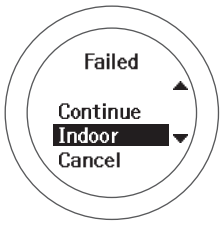
Indoor mode

This function allows you to measure without performing GPS positioning. Use this when GPS positioning cannot be performed because you are indoors and so on.

The route and so on is not recorded in indoor mode. Also, measurement items are limited in indoor mode.
☞ “Measurable items” on page 35

Use either of the following methods to enter indoor mode.

- ❏ Hold down **C** on the time screen
- ❏ If GPS positioning fails, select **Indoor** on the screen displayed



Making Precise Measurements

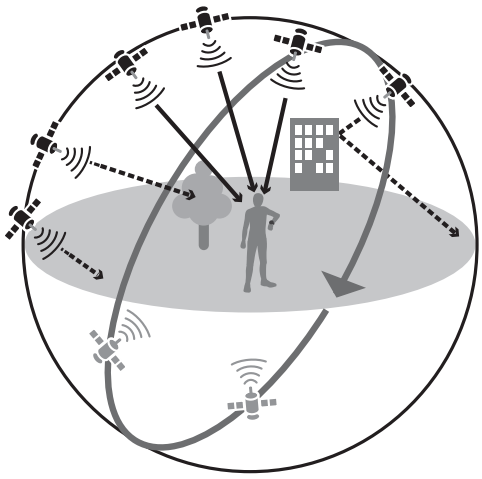
In the following situations, complete GPS positioning, display the measurement screen, and then wait outside for at least 15 minutes with no obstructions overhead. This allows you to make precise measurements.

- ❏ When you use the device for the first time after purchase
- ❏ When the device has not been used for several months

You do not need to make these preparations from the second time.

Note:
The basic configuration of the GPS system is 24 satellites orbiting the Earth at an altitude of 20,000 km, with at least four satellites traveling in six different orbits. The GPS receiver acquires data from four satellites and calculates the latitude, longitude, altitude, and time. Measuring can start once positioning has been performed and this information has been received. Since you can receive more detailed GPS navigation data (satellite orbital information) after 15 minutes from this point, you can make more precise measurements.

However, errors may occur in distance measurements, even after waiting 15 minutes or more, due to atmospheric conditions and the usage environment.



Supports the Quasi-Zenith Satellite System

This device supports the Quasi-Zenith Satellite System (QZSS). The Quasi-Zenith Satellite System is a system of satellites that passes directly over Japan and sends positioning signals that are very similar to current GPS signals. This allows signals to be sent to wider areas of Japan that were previously trouble spots, such as mountainous regions, or areas with a high density of skyscrapers such as the center of Tokyo.

Educating Your Stride Sensor

About the Stride Sensor

This device contains a stride sensor that uses a stride algorithm to learn your pace from your actual speed and your body's vibration frequency. This allows the device to calculate distance and laps with high precision, as well as measure your pitch and stride even in locations that cannot receive signals from GPS satellites such as in a tunnel, and so on.

Educating the Stride Sensor

When using the device for the first time, run under the following conditions so that the stride sensor can learn your stride.

Location/Time

Run or walk in the following locations that allow GPS positioning.

- ❏ When outside with no obstructions overhead: Approximately 10 mins.
- ❏ When surrounded by tall buildings: approximately 30 mins.

Measure

Measure using the chronograph function.

☞ "Measuring Time, Distance, and Speed (Chronograph Function)" on page 38

Note:

- ❏ *You do not need to make these preparations from the second time. However, note that information on your stride is initialized if the device is initialized. If this occurs, you need to educate the stride sensor again.*
- ❏ *When you mainly use the device for walking, from the* ***Measure set.*** *menu, set* ***Activity Type*** *to* ***Walk****.*

  ☞ *"Measure set." on page 96*
- ❏ *The device's stride sensor is used for running and walking. This does not support bike mode. In bike mode, "-" is displayed for the stride and pitch on the measurement display.*
- ❏ *Large measurement errors may occur if your stride differs significantly from this learning session.*

Measurable items

Items that can be measured by each measurement function for chronograph, interval, and goal change according to the settings for the GPS signal (GPS on/off).

When GPS is off for indoor mode, the route is not recorded.

* : Cannot measure during indoor mode☞ "Indoor mode" on page 32

Measurement item (display name)	Distance (Dist.)
	Lap Distance (LapDist.)
	Pace (Pace)
	Average Pace (Av.Pace)
	Lap Pace (LapSpd)
	Speed (Speed)
	Average Speed (Av.Spd)
	Lap Speed (LapSpeed)
	Split Time (Split)
	Lap Time (Lap)
	Time (Time)
	Calories Burnt (Calories)
	Altitude (Alt.)*
	Guide Time (Guide)
	Guide Distance (GuideDist.)
	Stride (Stride)
	Average Stride (Av.Stride)
	Lap Stride (LapStride)

Measurement items (display name)	Pitch (Pitch)
	Average Pitch (Av.Pitch)
	Lap Pitch (LapPitch)
	HR (HR)
	Average HR (Av.HR)
	Maximum HR (Max.HR)
	Lap HR (LapHR)
	Steps (Steps)
	Lap Steps (LapStp)
	HR Zone Time (SpentHR)
	Time to HR Zone (TimeHR)
	Total Ascent (Tot.Asc.)*
	Total Descent (Tot.Des.)*
	Grade (Grade)*
	Latitude/Longitude (LAT/LONG)*
	Estimated Time (Est.)
	Estimated Distance (Est.Dist.)

Measure

Using the positional information and time for the GPS signal, the time, distance, and speed are measured automatically.

Also, training is supported for a variety of functions, such as the interval function.

☞ **“Measuring Time, Distance, and Speed (Chronograph Function)” on page 38**

☞ **“Setting a Time and Distance for Hard and Light Workouts(Interval Function)” on page 43**

☞ **“Measure until the time or distance set in advance is reached (Goal function)” on page 51**

☞ **“Recording Laps Automatically (AT Lap Function)” on page 56**

☞ **“Automatically Start/Stop Measuring (AT Pause Function)” on page 58**

☞ **“Setting a Pace and Measuring (Target Pace Function)” on page 60**

Measuring Time, Distance, and Speed (Chronograph Function)

What is the chronograph function?

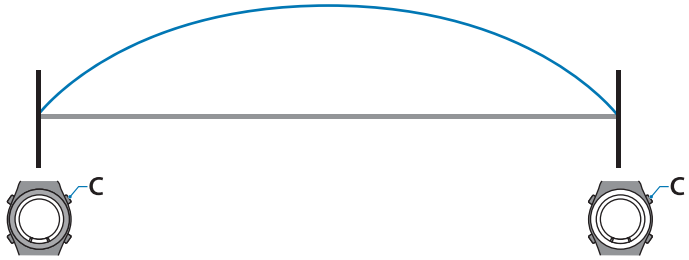
This function allows you to measure split times and lap times simultaneously. Also, since this device is equipped with a GPS function, you can automatically measure distance, speed, and route using the positional information and time from the GPS signal.

This is useful for a variety of activities such as running or walking, and can be used for competition or standard exercise.

> ***Note:***
> *Set the Activity Type (Run, Walk, or Bike) before you start measuring.*
>
> ☞ *"Measure set." on page 96*

Split Time

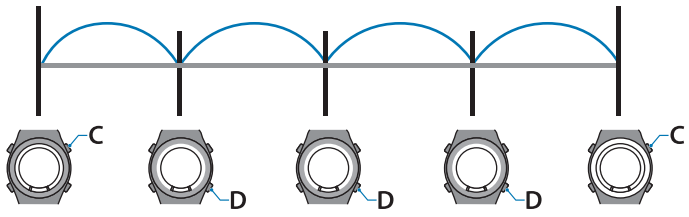
Measures the elapsed time from the start.



Press **C** to start measuring, and press **C** again to stop measuring.

Lap Time

Records the elapsed time for each lap.



To record a lap, press **D** while measuring.

Also, when using the AT Lap function, laps are recorded automatically when a time or distance set in advance has been reached.

☞ "Recording Laps Automatically (AT Lap Function)" on page 56

Measuring

Important:

- *When performing GPS positioning, make sure the screen is facing up and you are outside with no obstructions overhead.*

  "Specifying a GPS (GPS Positioning)" on page 30

- *It usually takes less than two minutes to complete GPS positioning.*

  *If it takes more than two minutes and **Failed** is displayed, we recommend selecting **Cancel**, moving to a different location, and trying again.*

Operation buttons

1 Display the measurement screen.

Press **C** on the time screen.

GPS positioning starts, and the measurement screen is displayed once positioning is complete.

Note:

- *You can skip GPS positioning if you want to start measuring immediately or if it is taking too long.*

  "Skipping GPS positioning" on page 31

- *Use indoor mode when GPS positioning cannot be performed because you are indoors and so on.*

  "Indoor mode" on page 32

- *Screens are explained using the default screens. You can invert the screen's monochrome display.*

  "Sys. Settings" on page 102

2 Start measuring.

Press **C**.

3 Record the lap.

Press **D** while measuring.

The Lap Hold Screen* is displayed for 5 seconds, and then the measurement screen is displayed.

"Lap Hold Screen" on page 42

* The screen display differs depending on the settings.

"Screen Pattern Table" on page 105

4 Stop measuring.

Press **C** while measuring.

Press **C** to resume measuring.

5 Reset the measurement results.

Hold down **D** while measuring is stopped.

When you reset the display, it returns to the status before measuring started allowing you to start the next measurement.

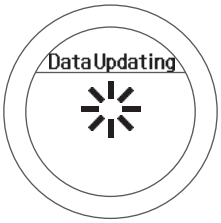
Data measured up to that point is stored in the device's memory, and you can check it by pressing **D** on the time screen.

☞ "Checking Measurement Data" on page 63

Note:

To stop measuring and return to the time screen

- ❏ *After resetting the measurement results in step 5, hold down **A**.*
- ❏ *While the screen in step 4 is displayed while measurement is stopped, hold down **C**. The measurement results are reset and the time screen is displayed.*



- ❏ *If no operations are made for 60 minutes on a screen other than the measuring screen, the time screen is displayed.*

Screen Display

Measurement screen

There are four measurement screens available. Press **A** to change the screen.

> ***Note:***
> *You can change the screen pattern and the measurement items displayed for each screen.*
>
> *"Screen" on page 104*

Screen		Screen Pattern (Default)	Measurement Item (Default)
Screen1		3 Lines	Distance (Dist.) Split Time (Split) Average Pace (Av.Pace)
Screen2		2 Lines	Lap Pace (LapPace) Lap Distance (LapDist.)
Screen3		3 Lines	Distance (Dist.) Lap Time (Lap) Lap Distance (LapDist.)
Screen4		2 Lines	Altitude (Alt.) Time (Time)

Lap Hold Screen

The Lap Hold Screen is displayed for 5 seconds when a lap is recorded.

> ***Note:***
> *You can change the screen pattern and the measurement items displayed.*
>
> ☞ *"Screen" on page 104*

Screen		Screen Pattern (Default)	Measurement Item (Default)
Display Lap Screen		2 Lines	Lap Distance (LapDist.) Lap Time (Lap)

Setting a Time and Distance for Hard and Light Workouts (Interval Function)

What is the Interval Function?

This function allows you to perform sets of hard (sprint) and light (recovery) exercise.

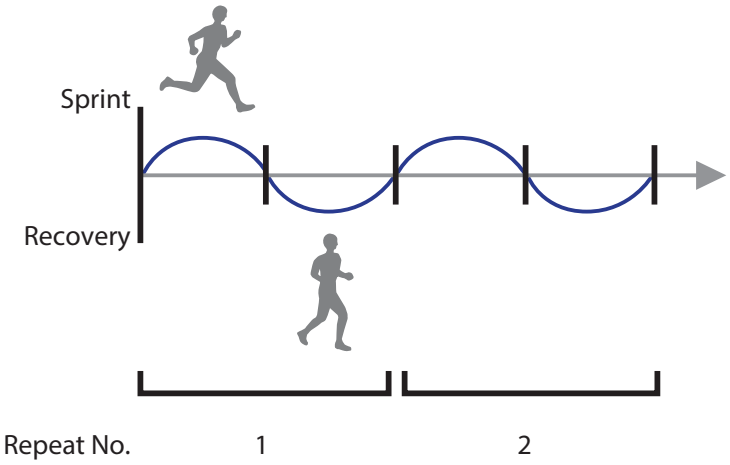
You can set the time and distance, and create an exercise menu.

An alarm notifies you to change between sprint and recovery times.

Sprint: Hard exercise

Recovery: Light exercise

Repeat No.: Number of times to repeat one set of sprinting and recoverying



Setting Interval Conditions and Measuring

Note:
By using the PC application (Run Connect), you can setup interval conditions from your computer.

When setting up from your computer, you can set your own repeat for the interval.

☞ *"Setting the Interval Function" on page 91*

Important:

- ❏ *When performing GPS positioning, make sure the screen is facing up and you are outside with no obstructions overhead.*

  ☞ *"Specifying a GPS (GPS Positioning)" on page 30*

- ❏ *It usually takes less than two minutes to complete GPS positioning.*

  *If it takes more than two minutes and **Failed** is displayed, we recommend selecting **Cancel**, moving to a different location, and trying again.*

Operation buttons

Setting interval conditions

1 Display the measurement screen.

Press **C** on the time screen.

GPS positioning starts, and the measurement screen is displayed once positioning is complete.

Note:

- ❏ *You can skip GPS positioning if you want to start measuring immediately or if it is taking too long.*

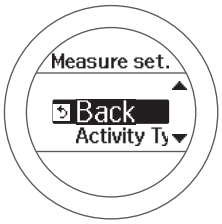
  ☞ *"Skipping GPS positioning" on page 31*

- ❏ *Use indoor mode when GPS positioning cannot be performed because you are indoors and so on.*

  ☞ *"Indoor mode" on page 32*

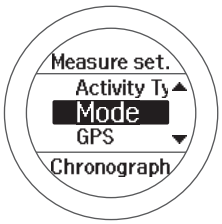
2 Displays the **Measure set.** menu.

Hold down **B** on the measurement screen.



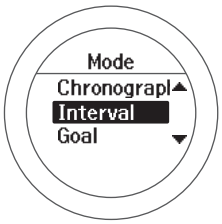
3 Select **Mode**.

Use **C**/**D** to select, and then press **A**.



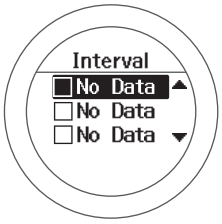
4 Select **Interval**.

Use **C**/**D** to select, and then press **A**.



5 Select either of the **No Data**.

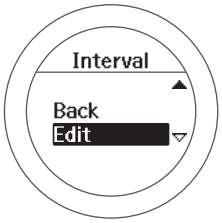
Use **C**/**D** to select, and then press **A**.



When this is already set, select one of **SETTING** 01 to 03. Check the set content, and then press **A**.

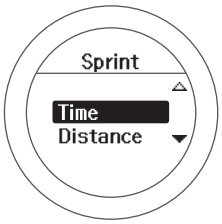
6 Select **Edit**.

Use **C**/**D** to select, and then press **A**.



7 Select whether to set distance or time as the length of the sprint (hard exercise).

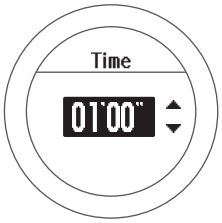
Use **C**/**D** to select, and then press **A**.



8 Set the time or distance.

Use **C**/**D** to set, and then press **A**.

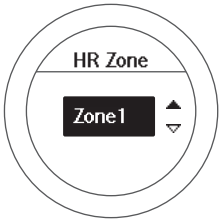
Hold down **C**/**D** to speed through the numbers.



9 Set the heart rate zone you want to maintain while sprinting.

Use **C**/**D** to select, and then press **A**.

An alarm sounds if you are outside the set heart rate zone.



> ***Note:***
> *You can check or change the value set for the heart rate in each heart rate zone in* ***User Settings****.*
>
> *"User Settings" on page 101*

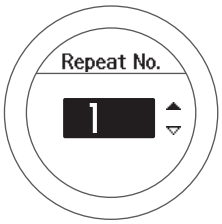
10 Set the recovery (light exercise).

Follow steps 7 to 9.

11 Set the Repeat No. (number of times to repeat one set of sprinting and recoverying).

Use **C**/**D** to set, and then press **A**.

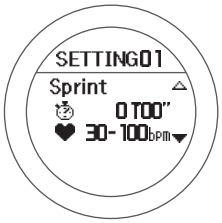
Hold down **C**/**D** to speed through the numbers.



12 Check the set content.

Use **C**/**D** to scroll the screen.

After checking, press **A**.



13 Select **OK**.

Use **C**/**D** to select, and then press **A**.

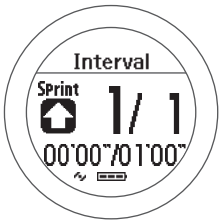
The interval measurement screen is displayed.

Measuring

1 Start measuring.

Press **C**.

Sprint measuring starts.



When the sprint time (or sprint distance) has passed, an alarm sounds and recovery measuring starts automatically.

When the repeat number is set to two or more, the sprint and recovery set is repeated.

> ***Note:***
> - ❏ *If you press **D** while measuring, you can change from sprint to recovery, and then back to sprint again.*
> - ❏ *To stop while exercising, press **C**. Press **C** to resume measuring.*

2 Finish measuring.

Measuring finishes automatically after repeating the specified sprint and recovery sets.

When you finish, the time, distance, and calories burnt are displayed.

3 Reset the measurement results.

Hold down **D** while measuring is stopped.

When you reset the display, it returns to the status before measuring started allowing you to start the next measurement.

Data measured up to that point is stored in the device's memory, and you can check it by pressing **D** on the time screen.

☞ "Checking Measurement Data" on page 63

> ***Note:***
> *To stop measuring and return to the time screen*
> - ❏ *After resetting the measurement results in step 3, hold down **A**.*
> - ❏ *While the screen in step 2 is displayed while measurement is stopped, hold down **C**. The measurement results are reset and the time screen is displayed.*
> - ❏ *If no operations are made for 60 minutes on a screen other than the measuring screen, the time screen is displayed.*

Loading Interval Conditions that have Already been Set

Important:

- ❏ *When performing GPS positioning, make sure the screen is facing up and you are outside with no obstructions overhead.*

  ☞ *"Specifying a GPS (GPS Positioning)" on page 30*

- ❏ *It usually takes less than two minutes to complete GPS positioning.*

  *If it takes more than two minutes and **Failed** is displayed, we recommend selecting **Cancel**, moving to a different location, and trying again.*

Operation buttons

Loading interval conditions

1 Display the measurement screen.

Press **C** on the time screen.

GPS positioning starts, and the measurement screen is displayed once positioning is complete.

Note:

- ❏ *You can skip GPS positioning if you want to start measuring immediately or if it is taking too long.*

  ☞ *"Skipping GPS positioning" on page 31*

- ❏ *Use indoor mode when GPS positioning cannot be performed because you are indoors and so on.*

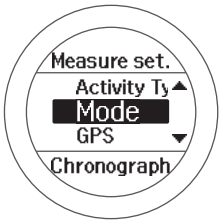
  ☞ *"Indoor mode" on page 32*

2 Displays the **Measure set.** menu.

Hold down **B** on the measurement screen.

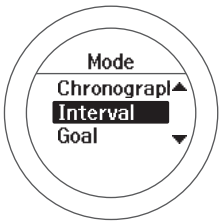
3 Select **Mode**.

Use **C**/**D** to select, and then press **A**.



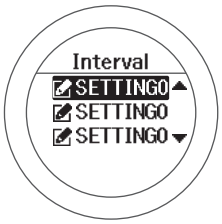
4 Select **Interval**.

Use **C**/**D** to select, and then press **A**.



5 Select one of **SETTING** 01 to 03.

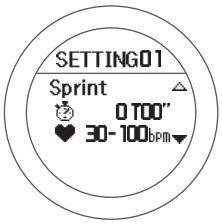
Use **C**/**D** to select the registered setting, and then press **A**.



6 Check the set content.

Use **C**/**D** to scroll the screen.

Press **A**.



7 Select **OK**.

Use **C**/**D** to select, and then press **A**.

The interval measurement screen is displayed.

Measuring

See the following page for information on measuring.

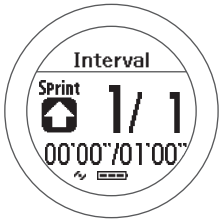
☞ "Measuring" on page 47

Screen Display

There are five measurement screens available. Press **A** to change the screen.

Note:
You can change the screen pattern and the measurement items displayed for screens one to four.

☞ *"Screen" on page 104*

Screen		Screen Pattern (Default)	Measurement Item (Default)
Fixed interval screen		Interval	Time or distance for Sprint/ Recovery
Screen1		3 Lines	Distance (Dist.) Split Time (Split) Average Pace (Av.Pace)
Screen2		2 Lines	Lap Pace (LapPace) Lap Distance (LapDist.)
Screen3		3 Lines	Distance (Dist.) Lap Time (Lap) Lap Distance (LapDist.)
Screen4		2 Lines	Altitude (Alt.) Time (Time)

Measure until the time or distance set in advance is reached (Goal function)

What is the goal function?

This function allows you to measure until the time or distance set in advance is reached.

Time race

Allows you to set a time as your goal and measure the time taken until that goal is reached. You can exercise while checking the elapsed time. You can also calculate the estimated distance until the goal is reached.

Distance race

Allows you to set a distance as your goal and measure the time taken until that goal is reached. You can exercise while checking the distance. You can also calculate the estimated time until the goal is reached.

Note:
By default, ***Estimated Distance*** *and* ***Estimated Time*** *are not displayed. Change the screen settings to display the heart rate item.*

☞ *"Screen" on page 104*

Measuring by Setting the Time or Distance

Important:

- ❏ *When performing GPS positioning, make sure the screen is facing up and you are outside with no obstructions overhead.*

  ☞ *"Specifying a GPS (GPS Positioning)" on page 30*

- ❏ *It usually takes less than two minutes to complete GPS positioning.*

  *If it takes more than two minutes and **Failed** is displayed, we recommend selecting **Cancel**, moving to a different location, and trying again.*

Operation buttons

Set the time or distance.

1 Display the measurement screen.

Press **C** on the time screen.

GPS positioning starts, and the measurement screen is displayed once positioning is complete.

Note:

- ❏ *You can skip GPS positioning if you want to start measuring immediately or if it is taking too long.*

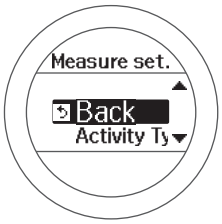
  ☞ *"Skipping GPS positioning" on page 31*

- ❏ *Use indoor mode when GPS positioning cannot be performed because you are indoors and so on.*

  ☞ *"Indoor mode" on page 32*

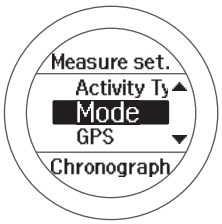
2 Displays the **Measure set.** menu.

Hold down **B** on the measurement screen.



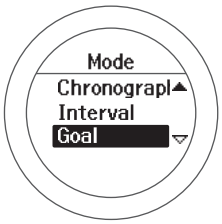
3 Select **Mode**.

Use **C**/**D** to select, and then press **A**.



4 Select **Goal**.

Use **C**/**D** to select, and then press **A**.



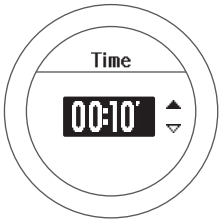
5 Select whether to set time or distance.

Use **C**/**D** to select, and then press **A**.

6 Set the time or distance.

Use **C**/**D** to set, and then press **A**.

Hold down **C**/**D** to speed through the numbers.



7 Select **OK**.

Use **C**/**D** to select, and then press **A**.

The goal measurement screen is displayed.

Measuring

1 Start measuring.

Press **C**.

2 When the set time or distance is reached, the "Finish" screen is displayed.

The time, distance, and calories burnt are displayed.

> ***Note:***
> *An alarm notifies you when you reach 50% and 90% of the set time or distance.*

3 Stop measuring.

Press **C** while measuring.

4 Reset the measurement results.

Hold down **D** while measuring is stopped.

When you reset the display, it returns to the status before measuring started allowing you to start the next measurement.

Data measured up to that point is stored in the device's memory, and you can check it by pressing **D** on the time screen.

☞ "Checking Measurement Data" on page 63

Note:
To stop measuring and return to the time screen

- ❏ *After resetting the measurement results in step 4, hold down **A**.*
- ❏ *While the screen in step 3 is displayed while measurement is stopped, hold down **C**. The measurement results are reset and the time screen is displayed.*
- ❏ *If no operations are made for 60 minutes on a screen other than the measuring screen, the time screen is displayed.*

Screen Display

There are five measurement screens available. Press **A** to change the screen.

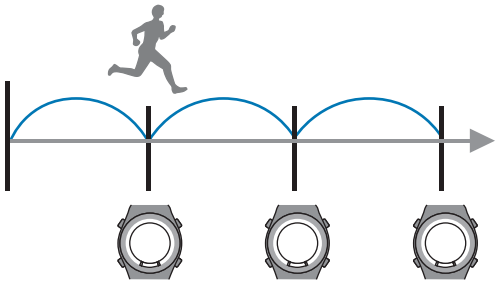
> ***Note:***
> *You can change the screen pattern and the measurement items displayed for screens one to four.*
>
> ☞ *"Screen" on page 104*

Screen		Screen Pattern (Default)	Measurement Item (Default)
Fixed goal screen		Goal	Time or distance for Goal
Screen1		3 Lines	Distance (Dist.) Split Time (Split) Average Pace (Av.Pace)
Screen2		2 Lines	Lap Pace (LapPace) Lap Distance (LapDist.)
Screen3		3 Lines	Distance (Dist.) Lap Time (Lap) Lap Distance (LapDist.)
Screen4		2 Lines	Altitude (Alt.) Time (Time)

Recording Laps Automatically (AT Lap Function)

When a time or distance set in advance is reached, laps are recorded automatically.

Set the lap time or distance. You can set five times or distances. However, only one setting can be used while measuring.



Note:
By using the PC application (Run Connect), you can setup AT Lap from your computer.

When setting up from your computer, you can set your own time or distance to divide laps.

☞ *"Setting the AT Lap Function" on page 86*

Important:
- ❏ *When performing GPS positioning, make sure the screen is facing up and you are outside with no obstructions overhead.*

  ☞ *"Specifying a GPS (GPS Positioning)" on page 30*
- ❏ *It usually takes less than two minutes to complete GPS positioning.*

  *If it takes more than two minutes and **Failed** is displayed, we recommend selecting **Cancel**, moving to a different location, and trying again.*

Operation buttons

1 Display the measurement screen.

Press **C** on the time screen.

GPS positioning starts, and the measurement screen is displayed once positioning is complete.

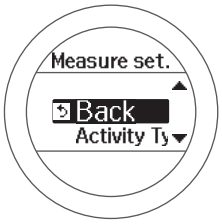
Note:
- ❏ *You can skip GPS positioning if you want to start measuring immediately or if it is taking too long.*

  ☞ *"Skipping GPS positioning" on page 31*
- ❏ *Use indoor mode when GPS positioning cannot be performed because you are indoors and so on.*

  ☞ *"Indoor mode" on page 32*

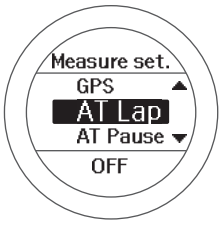
2 Displays the **Measure set.** menu.

Hold down **B** on the measurement screen.



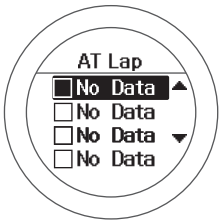
3 Select **AT Lap**.

Use **C**/**D** to select, and then press **A**.



4 Select either of the **No Data**.

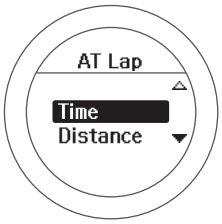
Use **C**/**D** to select, and then press **A**.



When this is already set, select one of **SETTING** 01 to 05.

5 Select whether to set distance or time as the length of the lap.

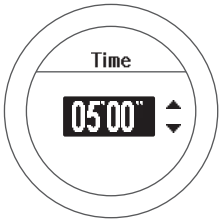
Use **C**/**D** to select, and then press **A**.



6 Set the time or distance.

Use **C**/**D** to set, and then press **A**.

Hold down **C**/**D** to speed through the numbers.



7 Complete the settings.

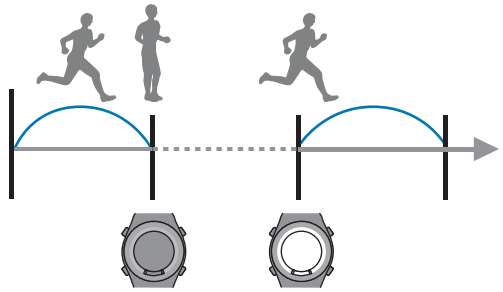
Hold down **A**.

The measurement screen is displayed.

Note:
To turn off this function, select ***OFF*** *in step 4.*

Automatically Start/Stop Measuring (AT Pause Function)

Measuring stops automatically when you stop running, and resumes when you continue running.



Important:

- ❏ *When performing GPS positioning, make sure the screen is facing up and you are outside with no obstructions overhead.*

  "Specifying a GPS (GPS Positioning)" on page 30

- ❏ *It usually takes less than two minutes to complete GPS positioning.*

  *If it takes more than two minutes and **Failed** is displayed, we recommend selecting **Cancel**, moving to a different location, and trying again.*

Operation buttons

1 Display the measurement screen.

Press **C** on the time screen.

GPS positioning starts, and the measurement screen is displayed once positioning is complete.

Note:

- ❏ *You can skip GPS positioning if you want to start measuring immediately or if it is taking too long.*

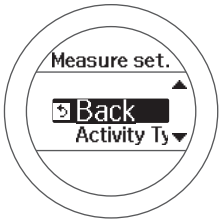
  "Skipping GPS positioning" on page 31

- ❏ *Use indoor mode when GPS positioning cannot be performed because you are indoors and so on.*

  "Indoor mode" on page 32

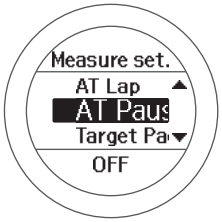
2 Displays the **Measure set.** menu.

Hold down **B** on the measurement screen.



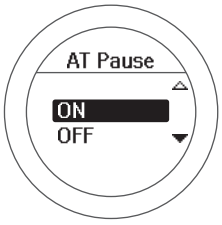
3 Select **AT Pause**.

Use **C**/**D** to select, and then press **A**.



4 Select **ON**.

Use **C**/**D** to select, and then press **A**.



5 Complete the settings.

Hold down **A**.

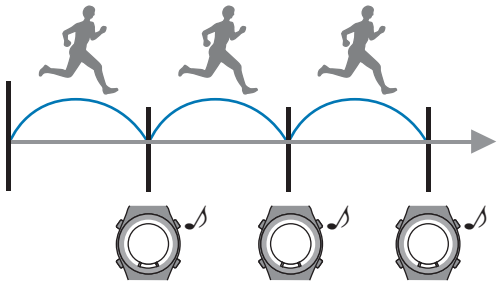
The measurement screen is displayed.

Note:
To turn off this function, select ***OFF*** *in step 4.*

Setting a Pace and Measuring (Target Pace Function)

You can use this function to sound an alarm if you fall behind the pace set as the target pace during measuring.

Set your target time for one kilometer (target pace) and the range at which the alarm sounds when you fall behind that target pace.



Note:
By using the PC application (Run Connect), you can setup the Target Pace from your computer.

When setting up from your computer, you can set your own target pace.

☞ *"Setting the Target Pace Function" on page 88*

Important:

- ❏ *When performing GPS positioning, make sure the screen is facing up and you are outside with no obstructions overhead.*

  ☞ *"Specifying a GPS (GPS Positioning)" on page 30*

- ❏ *It usually takes less than two minutes to complete GPS positioning.*

  *If it takes more than two minutes and **Failed** is displayed, we recommend selecting **Cancel**, moving to a different location, and trying again.*

Operation buttons

1 Display the measurement screen.

Press **C** on the time screen.

GPS positioning starts, and the measurement screen is displayed once positioning is complete.

Note:

- ❏ *You can skip GPS positioning if you want to start measuring immediately or if it is taking too long.*

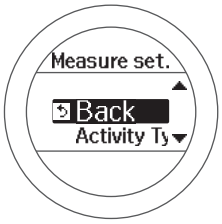
  ☞ *"Skipping GPS positioning" on page 31*

- ❏ *Use indoor mode when GPS positioning cannot be performed because you are indoors and so on.*

  ☞ *"Indoor mode" on page 32*

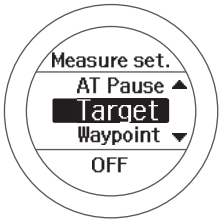
2 Displays the **Measure set.** menu.

Hold down **B** on the measurement screen.



3 Select **Target Pace**.

Use **C**/**D** to select, and then press **A**.



4 Select either of the **No Data**.

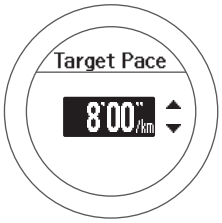
Use **C**/**D** to select, and then press **A**.

When this is already set, select one of **SETTING** 01 to 03.

5 Set the target time for one kilometer.

Use **C**/**D** to set, and then press **A**.

Hold down **C**/**D** to speed through the numbers.

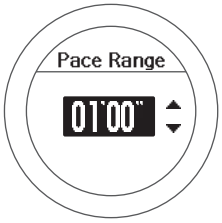


6 Set the range for maintaining your target pace.

Use **C**/**D** to set, and then press **A**.

Hold down **C**/**D** to speed through the numbers.

An alarm sounds if you are outside the set pace range.



7 Complete the settings.

Hold down **A**.

The measurement screen is displayed.

> ***Note:***
> *If you want to turn off the alarm that notifies you when you are falling behind the set pace range, select* ***OFF*** *in step 6.****OFF*** *is the bottom line for the* ***Pace Range*** *(under 0'05").*

Checking Measurement Data (History Function)

You can check measured data on the history screen.

“Checking Measurement Data” on page 63

“Measurement Data that can be Checked in History” on page 63

“Delete unnecessary measurement data” on page 64

Checking Measurement Data

You can check measured data on the history screen.

Operation buttons

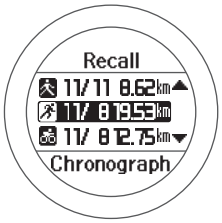
1 Display the history list screen.

Press **D** on the time screen.

2 Select the data you want to check.

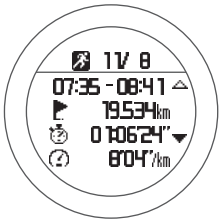
The history list screen displays item icons, the date measured, and the distance.

Use **C**/**D** to select, and then press **A**.



3 Check the measurement data.

Use **C**/**D** to scroll the screen.



4 After checking, display the history list screen.

Press **A**.

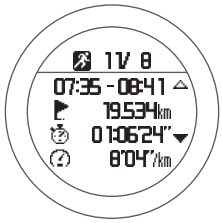
5 Finish checking the history.

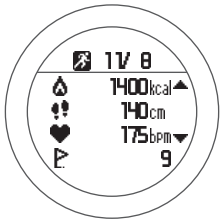
Hold down **A**.

Displays the time screen.

Measurement Data that can be Checked in History

The following measurement data can be checked.





Icon	
	Run mode (measuring while running)
	Walking mode (measuring while walking)
	Bike mode (measuring while riding a bike)

Measurement Item	
-	Date measured

Measurement Item	
-	Start Time/End Time
	Distance
	Split time
	Average pace
	Calories Burnt
	Average Stride
	Average HR
	Lap Steps
	AT Lap
	Manual Lap
	Sprint
	Recovery
Dist.	Total distance from the start of measurements
Split	Split Time
LaP	Lap time
LaPPace	Lap pace

Delete unnecessary measurement data

You can delete unnecessary measurement data from the history logs.

Operation buttons

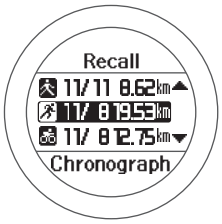
1 Display the history list screen.

Press **D** on the time screen.

2 Select the data you want to delete.

The history list screen displays item icons, the date measured, and the distance.

Use **C**/**D** to select, and then press **A**.



3 Check and delete the measurement data.

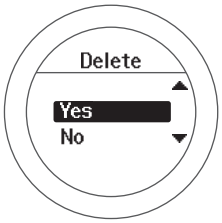
Press **A**.

4 Select **Delete**.

Use **C**/**D** to select, and then press **A**.

5 Select **Yes**.

Use **C**/**D** to select, and then press **A**.



6 After deleting, display the history list screen.

> ***Note:***
> *To continue deleting history data, repeat steps 2 to 5.*

7 Finish deleting history data.

Hold down **A**.

The time screen is displayed.

> ***Important:***
> *Even if you delete unnecessary measurement data, the memory on the device is not cleared. If the free space on the device is full, saved data is removed in order starting with the oldest data. Be aware that data will be deleted when the memory is full. Initialize the device to clear the memory.*
>
> *"Sys. Settings" on page 102*

To clear all of the history, you need to initialize the device. When initializing, all setting information for **User Settings**, **Sys. Settings**, and **Measure set.** is also initialized along with the history information.

"Sys. Settings" on page 102

Measuring Heart Rate

Heart rate measurement is only possible with the built-in sensor. This allows you to easily perform heart rate training for running or jogging.

☞ “Measuring Heart Rate” on page 67

Measuring Heart Rate

When **HR** is set to **ON** from the **Measure set.** menu, you can measure heart rate in the chronograph, interval, and goal functions. See the following pages for information on each function.

☞ "Measuring Time, Distance, and Speed (Chronograph Function)" on page 38

☞ "Setting a Time and Distance for Hard and Light Workouts(Interval Function)" on page 43

☞ "Measure until the time or distance set in advance is reached (Goal function)" on page 51

Displaying the Measured Heart Rate Screen

Change the screen settings to display the heart rate measurement item.

☞ "Screen" on page 104

List of measurement items displayed (items related to heart rate)

Display item	Display name		Explanation
	1 Line	2 Lines/3 Lines	
HR	HR	HR	Current heart rate
Average HR	Avg.HR	Av.HR	Average heart rate from the start of measurements
Maximum HR	Max.HR	Max.HR	Maximum heart rate from the start of measurements
Lap HR	LapHR	LapHR	Average heart rate for each lap
HR Zone Time	Spent.HR	Spent.HR	Time within heart rate zone for each lap
Time to HR Zone	Time.HR	Time.HR	Time until entering heart rate zone for each lap

Data Management Using the Web Application (RUNSENSE View)

This device allows you to manage measured data using a dedicated Web application (RUNSENSE View).

The Web application (RUNSENSE View) allows you to manage, review, and use your running route, distance, speed, heart rate, calories burnt, and so on.

> ***Note:***
> *You need to make an account the first time you use RUNSENSE View.*
>
> ☞ *"Creating an Account (When Using for the First Time)" on page 73*
>
> *If you already have an account with RUNSENSE View, you can continue using it with this device.*

☞ **"What is the Web Application (RUNSENSE View)?" on page 69**

☞ **"Installing Run Connect" on page 72**

☞ **"Creating an Account (When Using for the First Time)" on page 73**

☞ **"Checking Uploaded Measurement Data" on page 78**

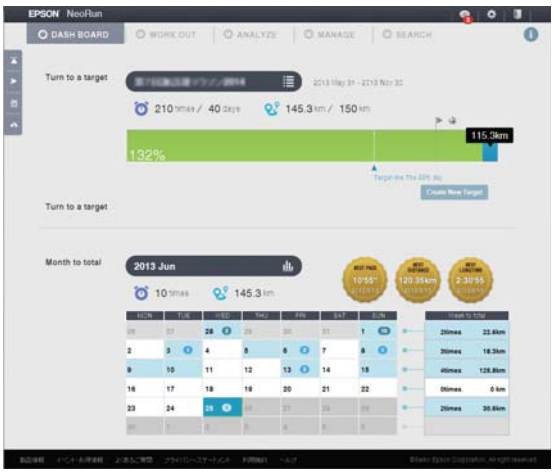
What is the Web Application (RUNSENSE View)?

The Web application (RUNSENSE View) sends measurement data through your computer allowing you to manage your running route, distance, speed, heart rate, calories burnt, and so on.

You can also use this for data analysis as the sent data can be displayed in various formats, such as a map display for the route, a graph showing speed/distance, and a total display (for months/entire periods).

By exporting in GPX format, you can also use the measurement data on other applications.

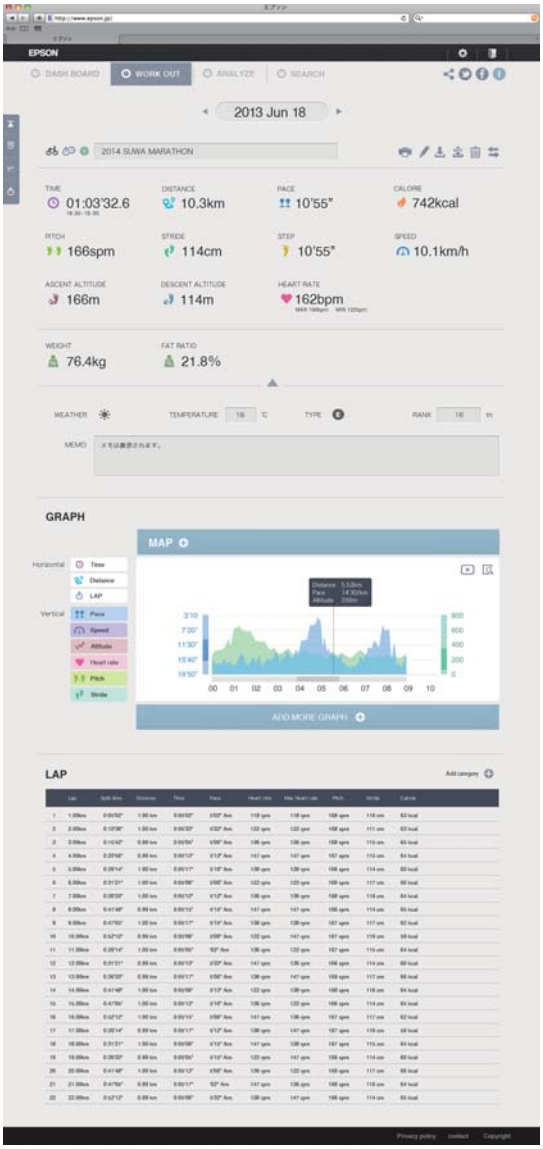
Home screen



Manage records in calendar format. Allows you to easily review past runs.

Data Management Using the Web Application (RUNSENSE View)

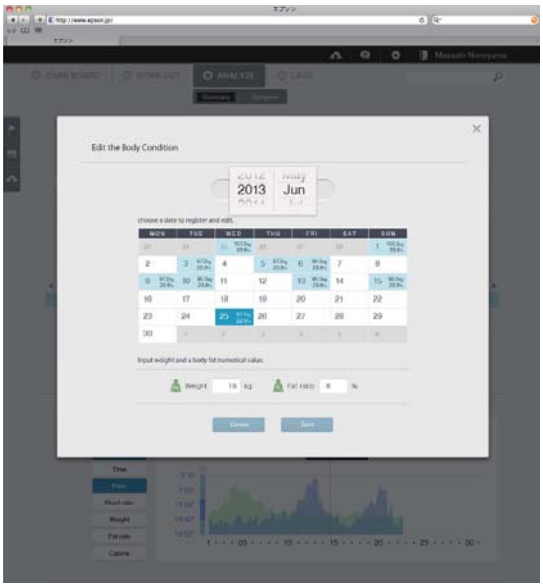
Training record screen



Displays the pace/speed, altitude, heart rate, and so on as a graph. Allows you to analyze training from different angles.

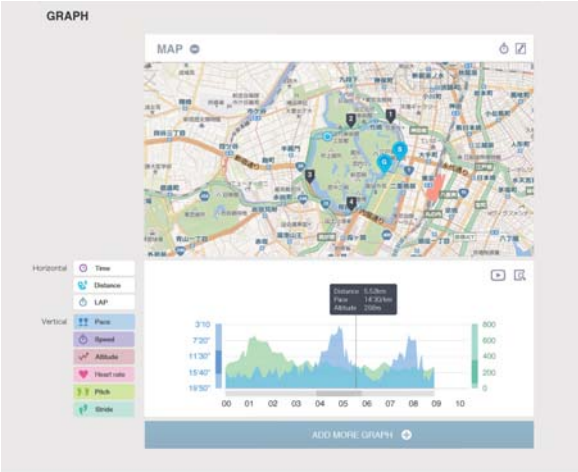
Data Management Using the Web Application (RUNSENSE View)

Body condition screen



Displays changes in weight, body fat, calories burnt through exercise as a graph. Allows you to record, manage, and check your physical condition.

Training map screen



By using the built-in GPS function, you can review running routes you have left on the map, as well as look back on courses in competitions or when you were on a trip.

Installing Run Connect

You need Run Connect to upload measurement data to the Web application (RUNSENSE View).

Follow the steps below to install Run Connect.

> ***Important:***
> *You can use Run Connect with the SS series. When NR Uploader is installed on the computer you are using, NR Uploader is automatically uninstalled when Run Connect is installed.*

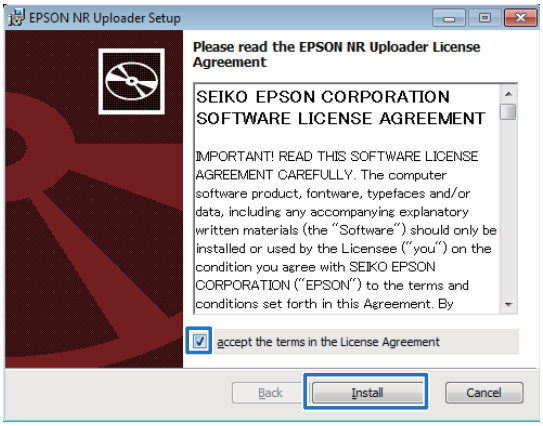
1 Access the following Web site and download Run Connect.

https://go-wellness2.epson.com/portal/

2 Run the downloaded file.

The Setup screen is displayed.

3 Select **I accept the terms in the License Agreement**, and then click **Install**.

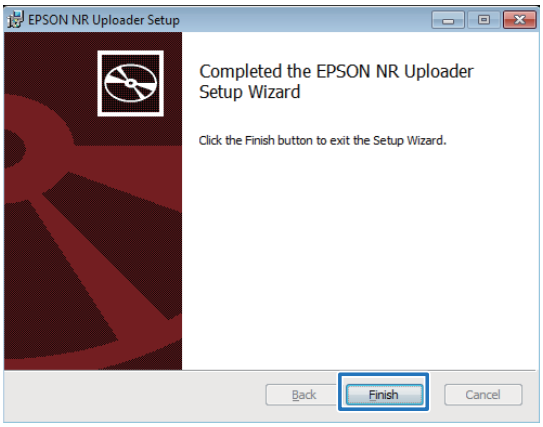


Installation starts.

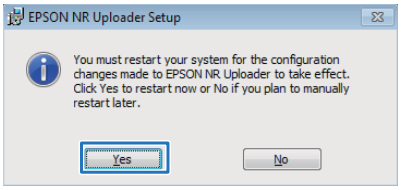
Follow the on-screen instructions until the installation complete screen is displayed.

> *A security message may be displayed, but you can continue with the installation.*

4 When the completion screen is displayed, click **Finish**.



5 When a screen is displayed asking you to reboot your computer, click **Yes** to reboot.

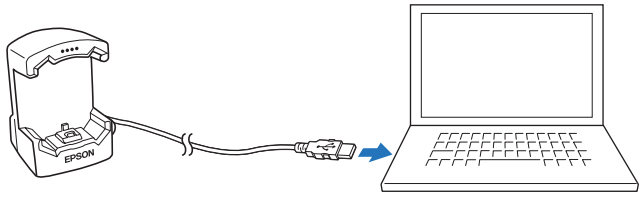


Installation is complete.

Creating an Account (When Using for the First Time)

You need to create an account with the Web application (RUNSENSE View) when using it for the first time.

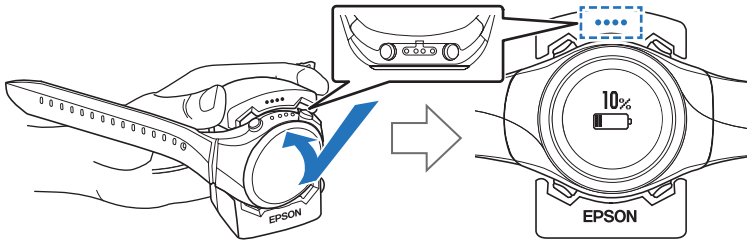
1 Connect the cradle to the computer on which Run Connect is installed with a USB cable.



2 Place the device into the cradle.

Check that the contact points on the device are pointing up and match the contact marks on the cradle.

After placing the device into the bottom of the cradle, push carefully on the top of the device until it is fixed in place.

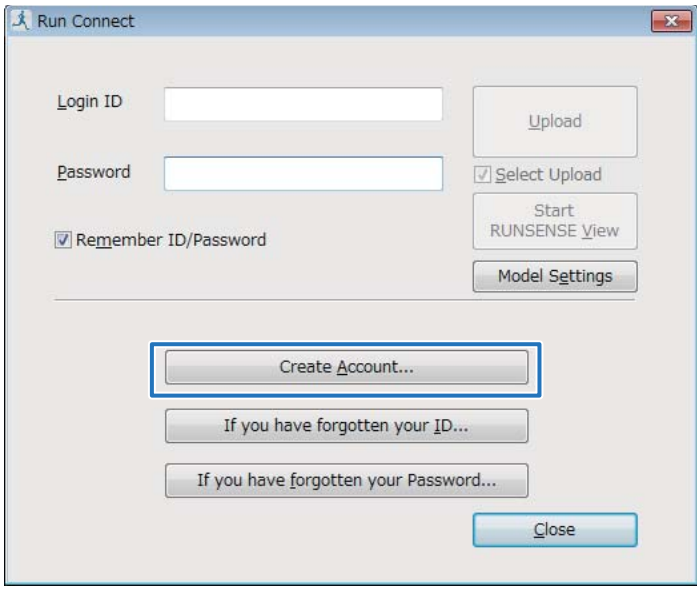


Important:
Make sure the device is placed in the correct direction; otherwise, the device or the cradle could be damaged.

Start Run Connect.

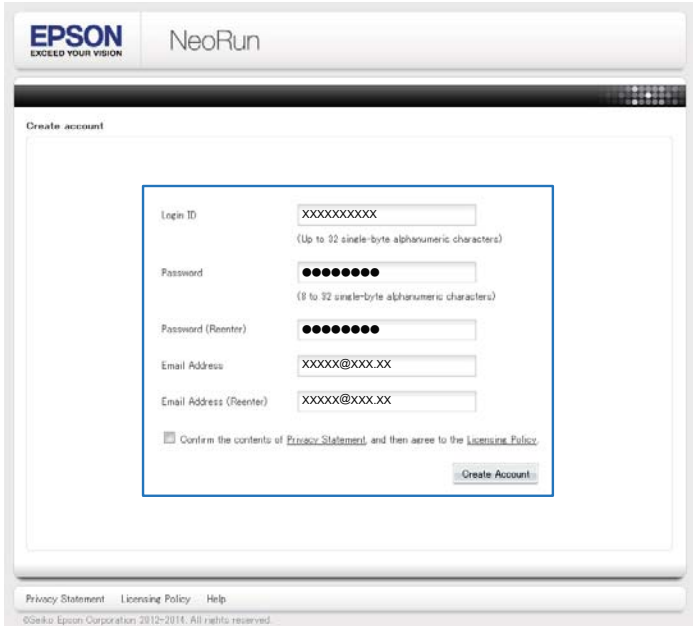
Note:
If Run Connect does not start, disconnect the cable from the cradle, wait a few seconds, and then reconnect. Do not remove the device from the cradle.

3 Click **Create Account**.



4 Create an account.

Enter information for the **Login ID**, **Password**, and **Email Address**, and then click **Create Account**.



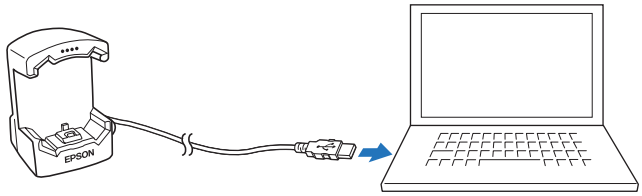
To upload measurement data, go to step 3 in the following section.

“Uploading Measurement Data” on page 75

Uploading Measurement Data

You can upload measurement data to the Web application (RUNSENSE View).

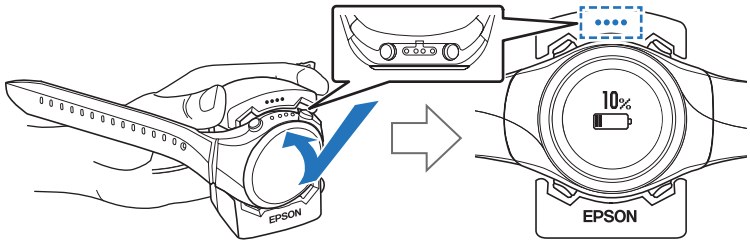
1 Connect the cradle to the computer on which Run Connect is installed with a USB cable.



2 Place the device into the cradle.

Check that the contact points on the device are pointing up and match the contact marks on the cradle.

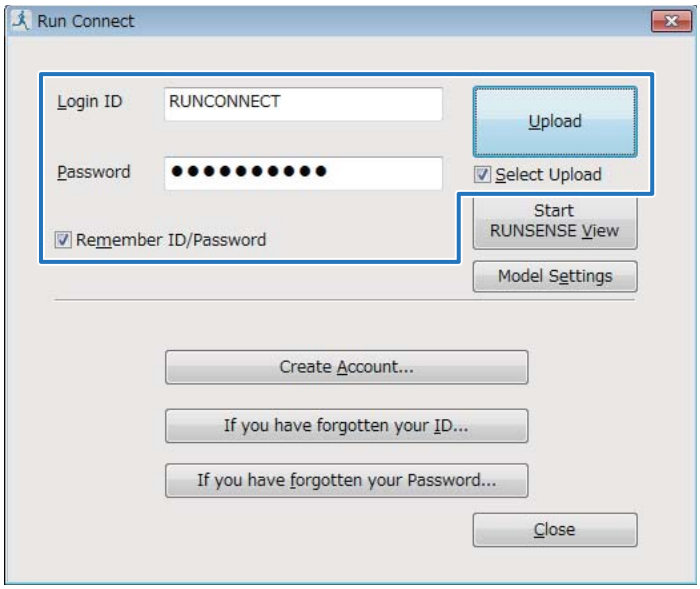
After placing the device into the bottom of the cradle, push carefully on the top of the device until it is fixed in place.



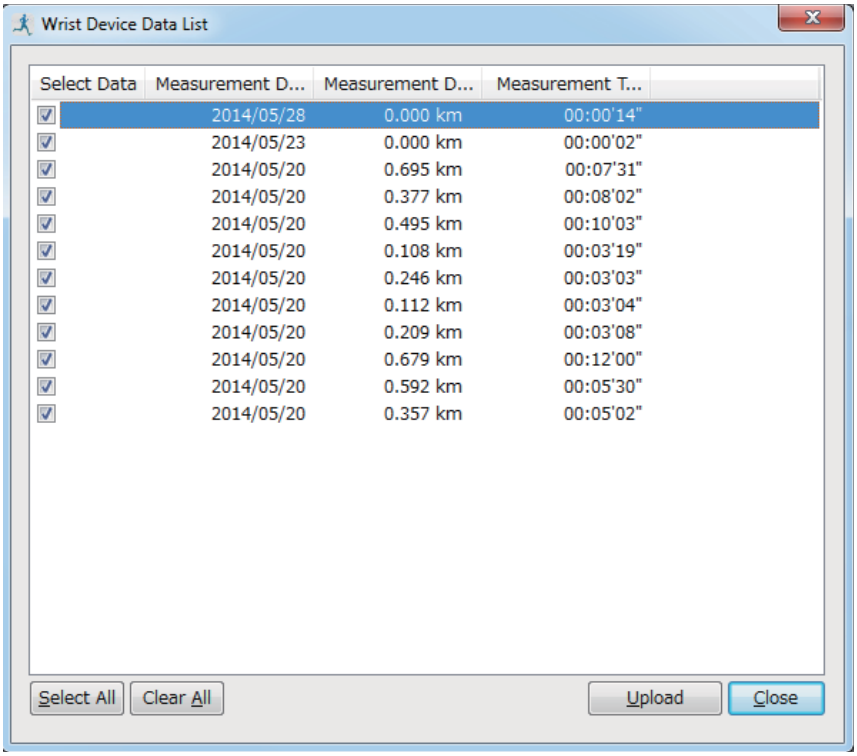
Important:
Make sure the device is placed in the correct direction; otherwise, the device or the cradle could be damaged.

Start Run Connect.

3 Enter your **Login ID** and **Password** on the Run Connect screen, and then click **Upload**.

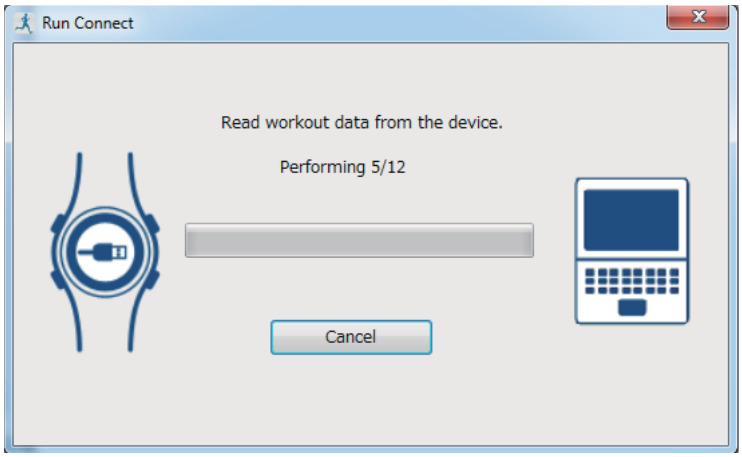


Note:
*If you select **Select Upload** and then click **Upload**, the data list selection screen is displayed, and you can select the data you want to upload.*



Data Management Using the Web Application (RUNSENSE View)

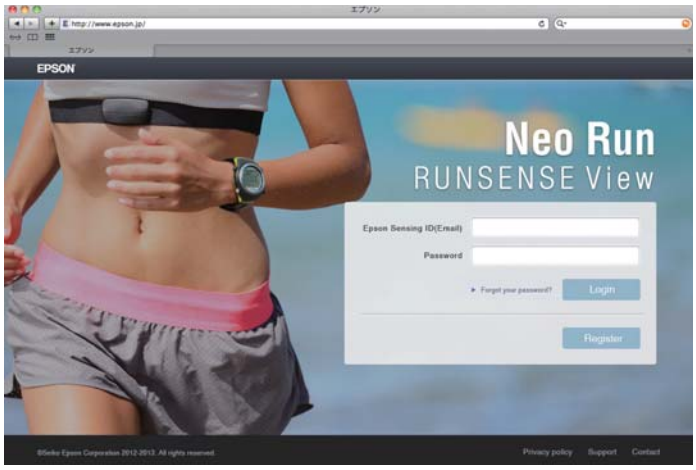
Data is uploaded to the Web application (RUNSENSE View).



When the upload is complete, the Web application (RUNSENSE View) starts and the Home screen is displayed.

Checking Uploaded Measurement Data

Access the Web application (RUNSENSE View) to check uploaded measurement data.

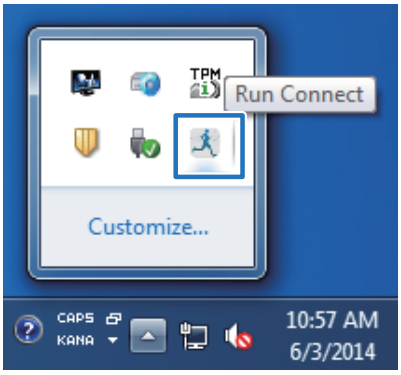


1 Start RUNSENSE View.

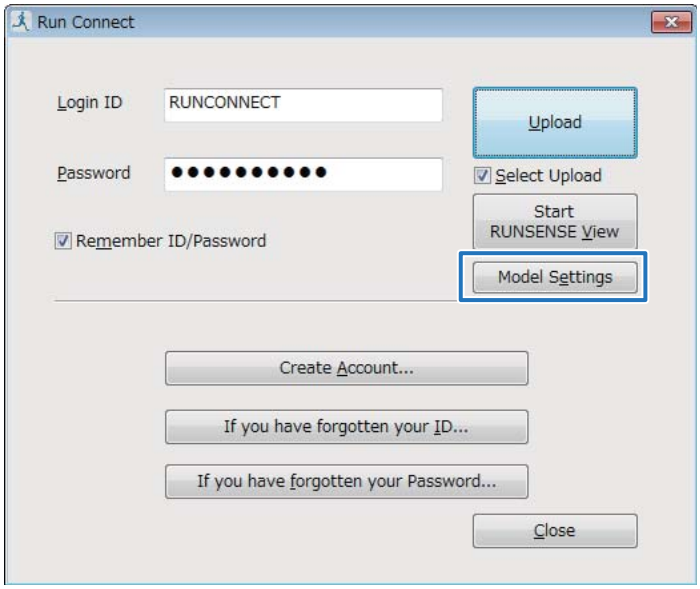
Use one of the following methods to start RUNSENSE View.

■ **Access the following Web site.**
https://go-wellness.epson.com/runsense-view/

■ **Start from the Run Connect icon on your computer.**
Right-click the Run Connect icon from the Windows desktop taskbar, and then select **RUNSENSE View**.



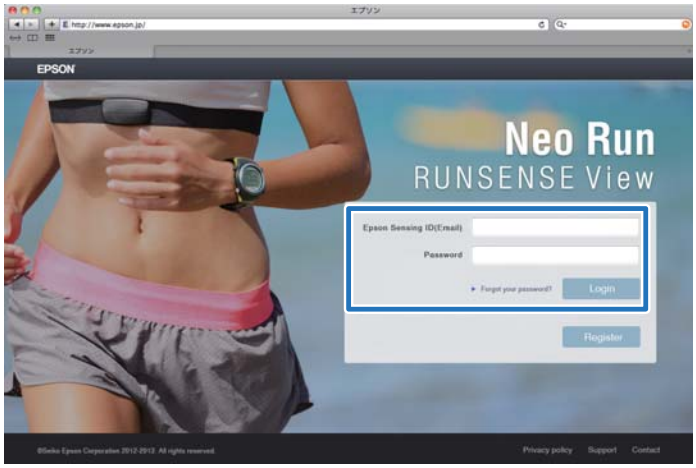
■ **Click RUNSENSE View on the Run Connect screen.**
The Run Connect screen is displayed when you place the device in the cradle connected to the computer.



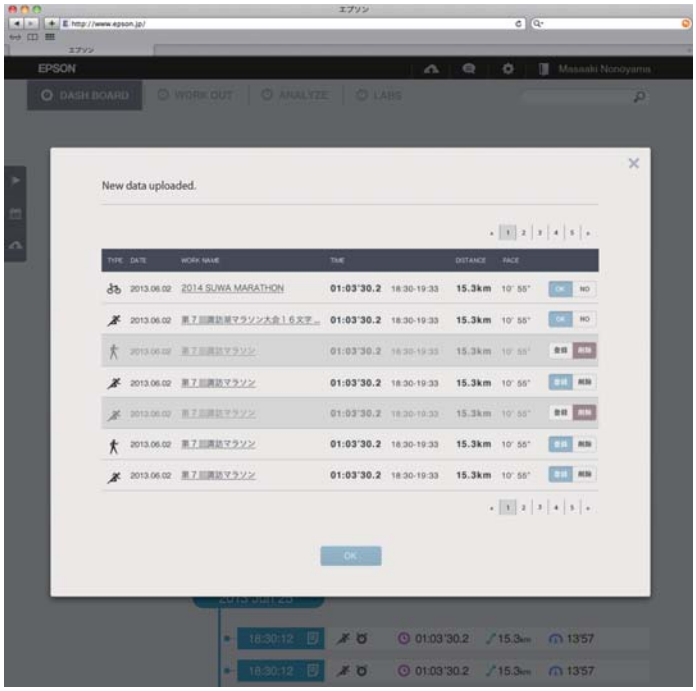
The Web application (RUNSENSE View) starts and the Home screen is displayed. Go to step 3.

> ***Note:***
> *The **RUNSENSE View** button is not available in the following circumstances.*
> ❏ *When the login ID and password have not been saved or entered.*
> ❏ *When the device has been removed from the cradle.*

2 Enter the **Login ID** and **Password**, and then click **Login**.



3 Click the data you want to check from the uploaded data.



Note:
For information on using the Web application (RUNSENSE View), see the RUNSENSE View Help.

Measurement Settings in the PC Application (Run Connect)

Using the PC application (Run Connect), you can upload measurement data to the Web application (RUNSENSE View), as well as set AT Lap, Target Pace, and Interval.

☞ "What is the PC Application (Run Connect)" on page 82

☞ "Starting Run Connect and Displaying the Settings Screen" on page 84

☞ "Setting the AT Lap Function" on page 86

☞ "Setting the Target Pace Function" on page 88

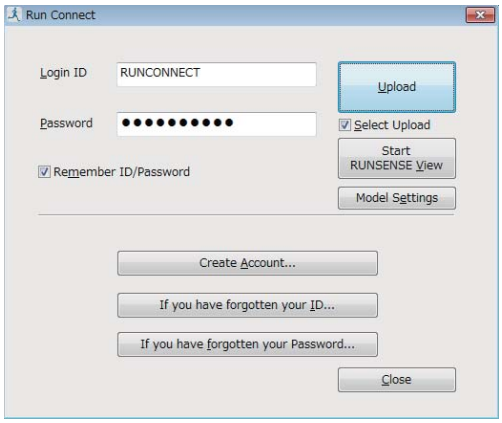
☞ "Setting the Interval Function" on page 91

What is the PC Application (Run Connect)

Run Connect is an application for computers. You can upload measurement data to the Web application (RUNSENSE View), or set functions such as AT Lap, Target Pace, and Interval for the device from your computer.

> ***Note:***
> *See the following pages for information on installing Run Connect.*
>
> *"Installing Run Connect" on page 72*

Login screen

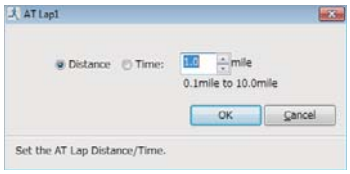


You can setup an account for accessing the Web application (RUNSENSE View), upload measurement data, and start RUNSENSE View.

"Data Management Using the Web Application (RUNSENSE View)" on page 68

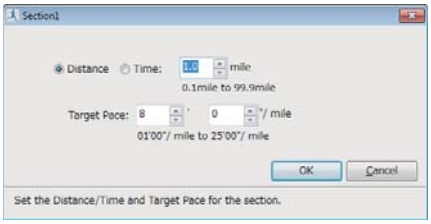
Additionally, in Model Settings, you can set AT Lap, Target Pace, and Interval from your computer.

Model Settings - AT Lap Settings Screen



When setting the AT Lap function, you can set your own time or distance to divide laps.

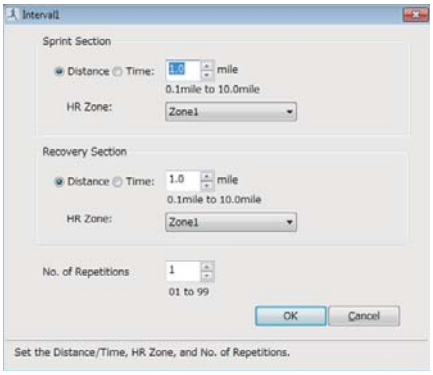
Model Settings - Target Pace Settings Screen



When setting the Target Pace function, you can set your own target pace.

Measurement Settings in the PC Application (Run Connect)

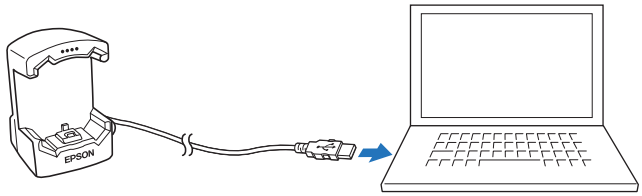
Model Settings - Interval Settings Screen



When making the Interval setting, you can set your own repeat for the interval.

Starting Run Connect and Displaying the Settings Screen

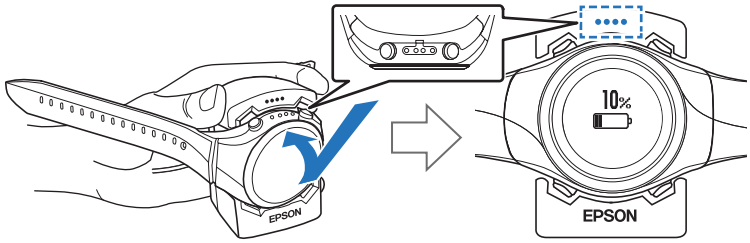
1 Connect the cradle to the computer on which Run Connect is installed with a USB cable.



2 Place the device into the cradle.

Check that the contact points on the device are pointing up and match the contact marks on the cradle.

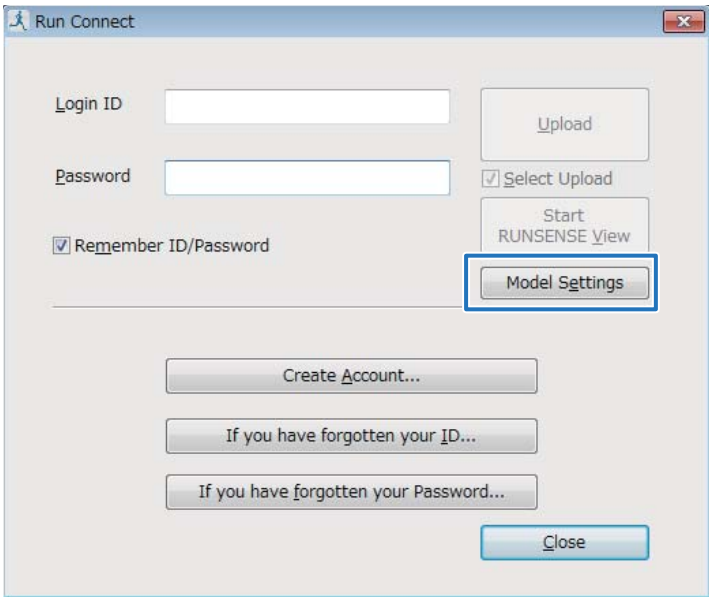
After placing the device into the bottom of the cradle, push carefully on the top of the device until it is fixed in place.



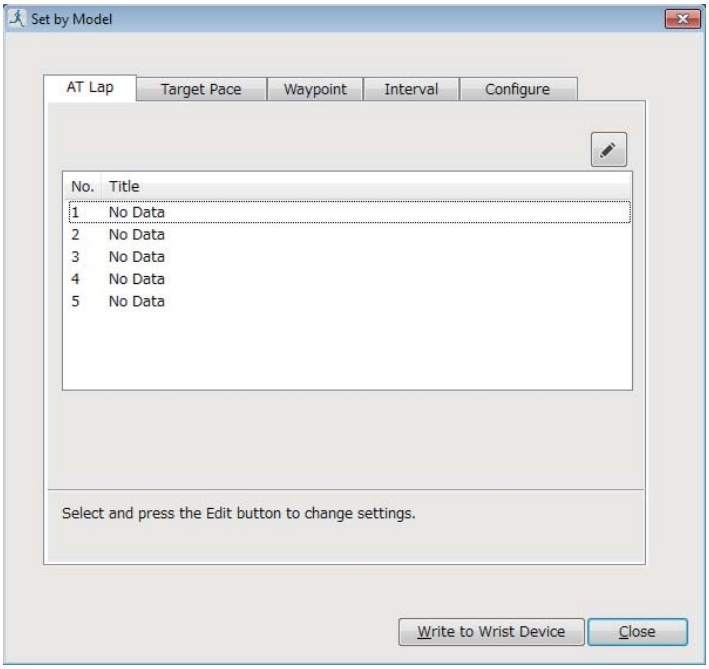
Important:
Make sure the device is placed in the correct direction; otherwise, the device or the cradle could be damaged.

Run Connect starts.

3 Click **Model Settings** on the Run Connect screen.



The settings on the device are saved to Run Connect, and the Model Settings screen is displayed.



> ***Note:***
> *Click the **Configure** tab, and then select the unit of distance. However, the units set here are not reflected on the device.*

Setting the AT Lap Function

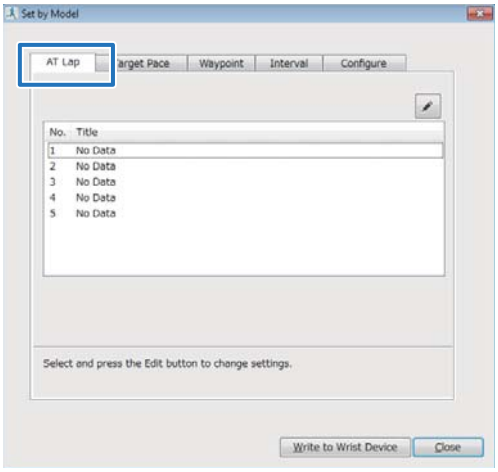
When setting the AT Lap function, you can set your own time or distance to divide laps.

Setting AT Lap

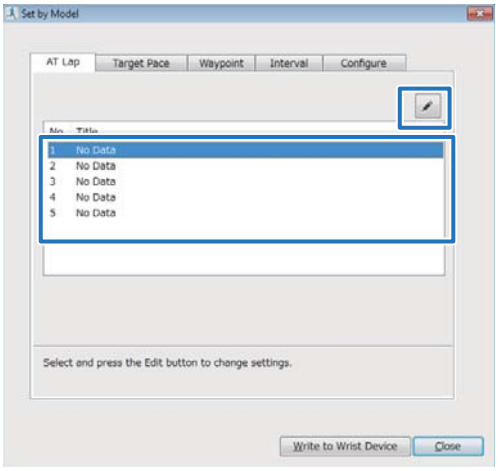
1 Display the Model Settings for Run Connect.

☞ "Starting Run Connect and Displaying the Settings Screen" on page 84

2 Click the **AT Lap** tab.

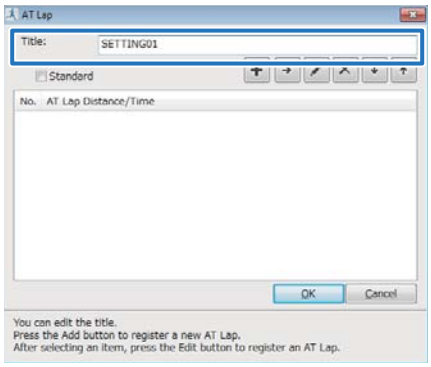


3 When registering new data, select **No Data**, and then click the **Edit** button. When editing registered settings, select the setting you want to edit, and then click the **Edit** button.

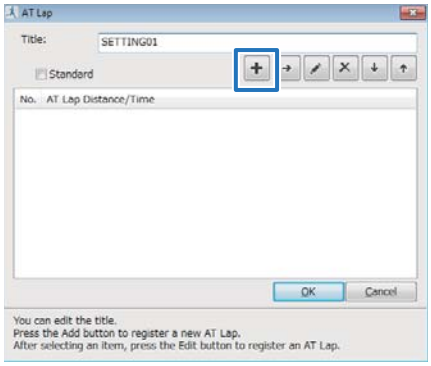


4 Enter or edit the **Title**.

Enter the title using single-byte alphanumeric characters, hyphens, periods, or underscores.



5 Click the **Add** button.

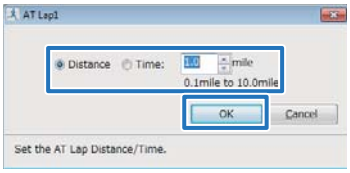


Next, we will explain how to register new data.

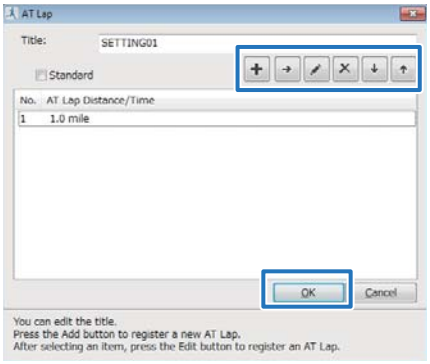
When editing registered settings, select the setting you want to edit, and then click each button.

Button		Explanation
+	Add	Register new settings.
→	Insert	Insert a new setting before the registered settings.
✎	Edit	Edit registered settings.
✕	Delete	Delete registered settings.
↓	Move Down	Move down the registered setting.
↑	Move Up	Move up the registered setting.

6 Set the distance or time to divide the lap, and then click **OK**.

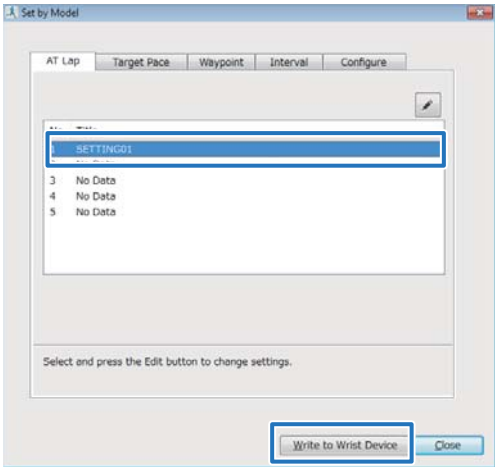


7 When registering multiple entries or editing them, click the button and perform operations.
When you have finished making settings, click **OK**.



*Since settings are unified for all sections when **Standard** is selected, you cannot register multiple entries.*

8 Select the settings you want to write to the device, and then click **Write to Wrist Device**.



9 Click **Yes**.

Settings are written to the device.

10 Click **Close**.

Measuring

See the following pages to select the AT Lap settings, and then measure.

"Recording Laps Automatically (AT Lap Function)" on page 56

"Measuring" on page 39

Setting the Target Pace Function

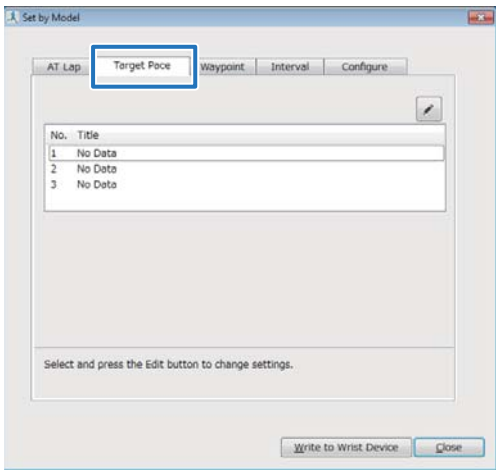
When setting the Target Pace function, you can set your own target pace.

Setting the Target Pace

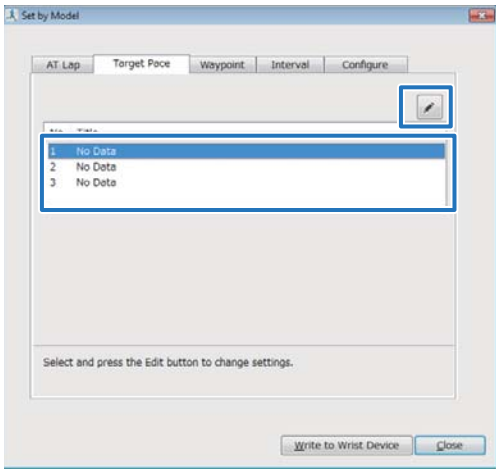
1 Display the Model Settings for Run Connect.

☞ "Starting Run Connect and Displaying the Settings Screen" on page 84

2 Click the **Target Pace** tab.

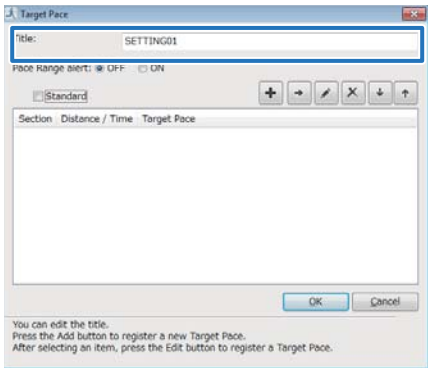


3 When registering new data, select **No Data**, and then click the **Edit** button. When editing registered settings, select the setting you want to edit, and then click the **Edit** button.

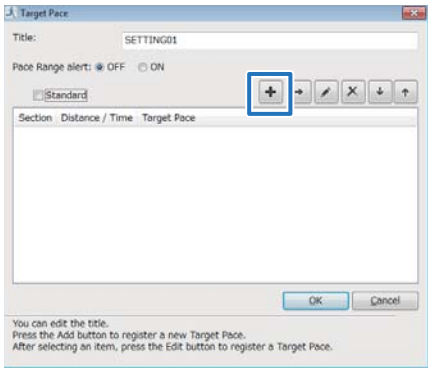


4 Enter or edit the **Title**.

Enter the title using single-byte alphanumeric characters, hyphens, periods, or underscores.



5 Click the **Add** button.

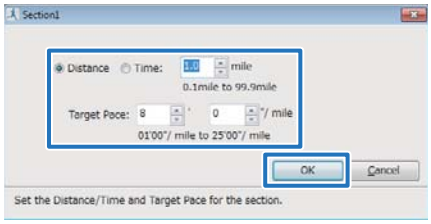


Next, we will explain how to register new data.

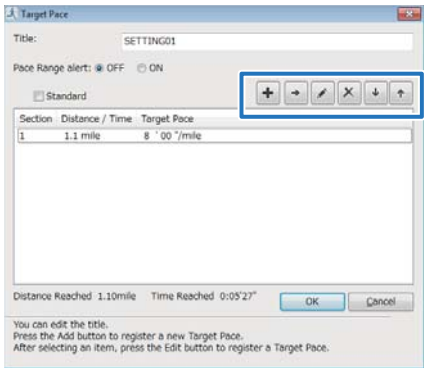
When editing registered settings, select the setting you want to edit, and then click each button.

Button		Explanation
	Add	Register new settings.
	Insert	Insert a new setting before the registered settings.
	Edit	Edit registered settings.
	Delete	Delete registered settings.
	Move Down	Move down the registered setting.
	Move Up	Move up the registered setting.

6 Set the distance or time for the section, set the target pace, and then click **OK**.



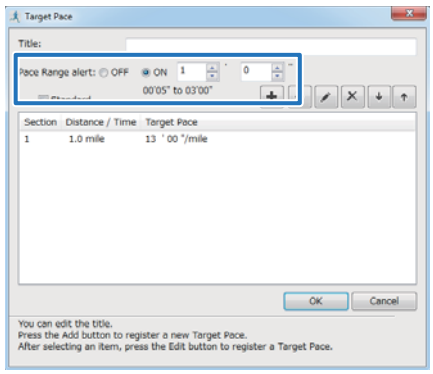
7 When registering multiple entries or editing them, click the button and perform operations.



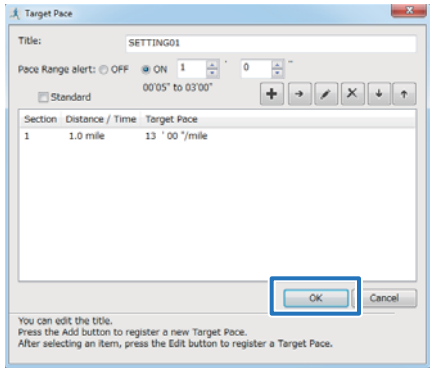
*Since about 1 km is set as the target time when **Standard** is selected, you cannot register multiple entries.*

8 Set the range for maintaining your target pace.

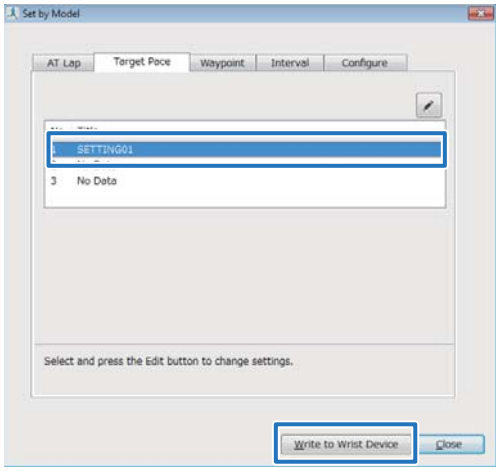
An alarm sounds if you are outside the set pace range.



9 When you have finished making settings, click **OK**.



10 Select the settings you want to write to the device, and then click **Write to Wrist Device**.



11 Click **Yes**.

Settings are written to the device.

12 Click **Close**.

Measuring

See the following pages to select the Target Pace settings, and then measure.

“Setting a Pace and Measuring (Target Pace Function)” on page 60

“Measuring” on page 39

Setting the Interval Function

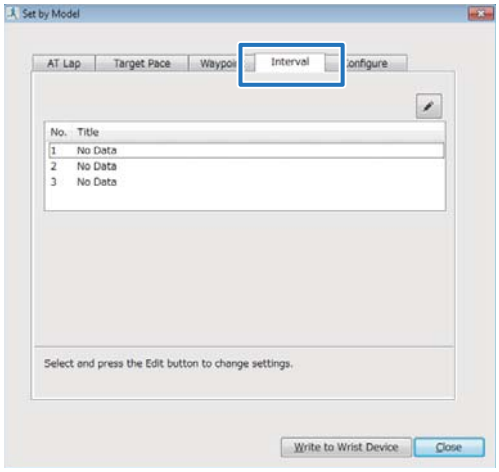
When making the Interval setting, you can set your own repeat for the interval.

Setting Intervals

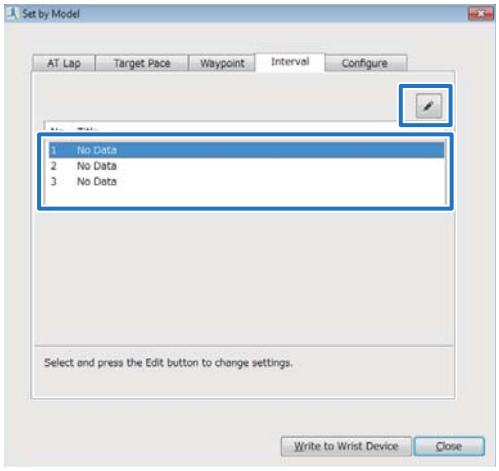
1 Display the Model Settings for Run Connect.

☞ "Starting Run Connect and Displaying the Settings Screen" on page 84

2 Click the **Interval** tab.

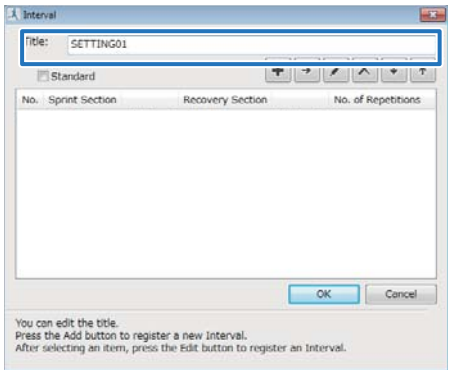


3 When registering new data, select **No Data**, and then click the **Edit** button. When editing registered settings, select the setting you want to edit, and then click the **Edit** button.

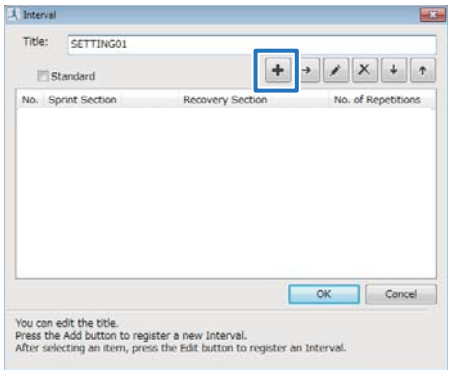


4 Enter or edit the **Title**.

Enter the title using single-byte alphanumeric characters, hyphens, periods, or underscores.



5 Click the **Add** button.

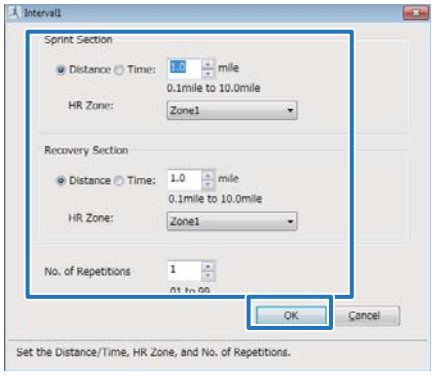


Next, we will explain how to register new data.

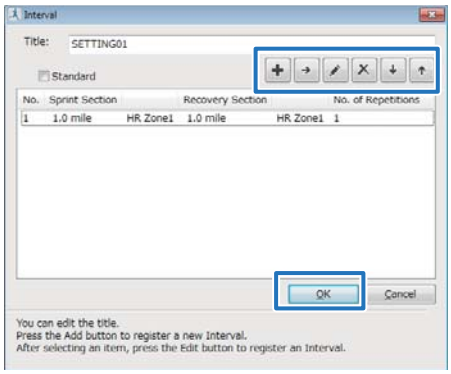
When editing registered settings, select the setting you want to edit, and then click each button.

Button		Explanation
+	Add	Register new settings.
→	Insert	Insert a new setting before the registered settings.
✎	Edit	Edit registered settings.
✕	Delete	Delete registered settings.
↓	Move Down	Move down the registered setting.
↑	Move Up	Move up the registered setting.

6 Set the Distance, Time, and HR Zone for the Sprintn (hard)/Recovery (light).
Also, click **No. of Repetitions**, and then click **OK**.

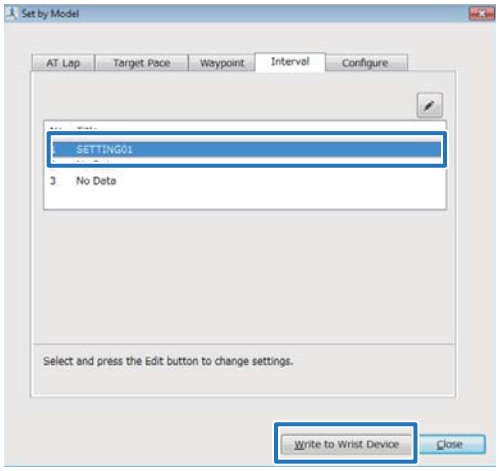


7 When registering multiple entries or editing them, click the button and perform operations.
When you have finished making settings, click **OK**.



*Since settings are repeated in unity when **Standard** is selected, you cannot register multiple entries.*

8 Select the settings you want to write to the device, and then click **Write to Wrist Device**.



9 Click **Yes**.

Settings are written to the device.

10 Click **Close**.

Measuring

See the following pages to select the Interval settings, and then measure.

“Loading Interval Conditions that have Already been Set” on page 48

“Measuring” on page 39

Settings

You can change a variety of settings for measurement or device. Make settings to suit your purpose.

☞ “Making Settings” on page 94
☞ “Measure set.” on page 96
☞ “Settings” on page 100
☞ “Screen” on page 104

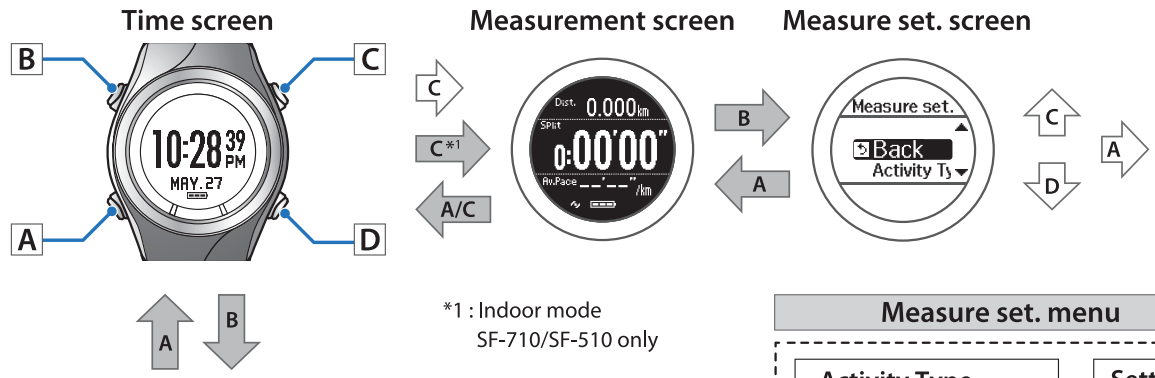
Making Settings

Settings

Zone Select

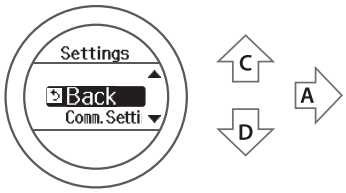
: Short press

: Long press (two seconds or more)



*1 : Indoor mode
SF-710/SF-510 only

Settings screen



Settings menu

Comm. Settings	HR Monitor Smart Phone	Settings
User Settings	Height Weight DOB Gender HR Zone	Settings
Sys. Settings	Language Units Clock DST Time Adjust Time Zone Date Format Invert Disp. Contrast Auto Sleep AT Light Alarm Operation Tones Initialize Software Version	Settings

Hold down **A** to display the time screen.

Measure set. menu

Activity Type Mode GPS AT Lap AT Pause Target Pace Waypoint*2 HR*3 Tap*4 Screen	Settings

*2 : SF-710 only
*3 : Displayed after registering the HR monitor.
*4 : SF-710/SF-510 only

Hold down **A** to display the measurement screen.

Measure set.

Allows you to change the measurement settings.

Changing the Measure set.

Important:

- *When performing GPS positioning, make sure the screen is facing up and you are outside with no obstructions overhead.*

  "Specifying a GPS (GPS Positioning)" on page 30

- *It usually takes less than two minutes to complete GPS positioning.*

  *If it takes more than two minutes and **Failed** is displayed, we recommend selecting **Cancel**, moving to a different location, and trying again.*

Operation buttons

1 Display the measurement screen.

Use one of the following methods to display.

- When performing GPS positioning:

  Press **C** on the time screen.

- When skipping GPS positioning:

  Press **C** on the time screen, and then select **Skip** on the GPS positioning screen.

  "Skipping GPS positioning" on page 31

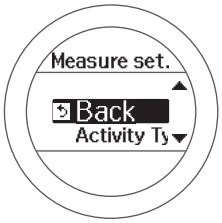
- When not performing GPS positioning (indoor mode):

  Hold down **C** on the time screen.

"Indoor mode" on page 32

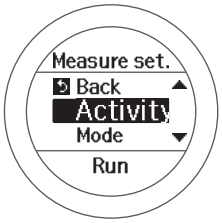
2 Display the **Measure set.** menu.

Hold down **B** on the measurement screen.



3 Select a setting item.

Use **C**/**D** to select, and then press **A**.



4 Select a setting value.

Use **C**/**D** to select, and then press **A**.

Depending on the setting item, you may need to make further settings. Follow the on-screen instructions.

Note:
*When setting a number, hold down **C**/**D** to speed through the numbers.*

5 Complete the settings.

Hold down **A**.

The measurement screen is displayed.

Note:
*On the screen displayed after resetting measurements, if you hold down **A**, the time screen is displayed.*

Measure set. Table

Setting items	Value	Explanation
Activity Type	Run (default)	Set when running or jogging.
	Walk	Set when walking (exercising at a slow pace).
	Bike	Set when performing exercises that do not require you to swing your arms, such as riding a bike. We recommend setting Bike mode when in vehicles such as cars or trains.
Mode	Chronograph (default)	Set the mode to suit the measurements you want to make. Chronograph mode allows you to measure split times and lap times (section measurement) simultaneously. ☞ "Measuring Time, Distance, and Speed (Chronograph Function)" on page 38 Interval mode allows you to switch the sets of hard (sprint) or light (recovery) exercises, and repeat using the specific distance or time set in advance. ☞ "Setting a Time and Distance for Hard and Light Workouts(Interval Function)" on page 43 Goal mode measures until the time or distance set in advance is reached. ☞ "Measure until the time or distance set in advance is reached (Goal function)" on page 51
	Interval	
	Goal	
GPS	-	Displays the number of GPS satellites being accessed.
AT Lap	SETTING 01 to 05	When a time or distance set in advance is reached, this function records laps automatically. Set the lap time or distance. You can set five times or distances within the following range. Time: 01'00" to 60'00" (in increments of 1 minute) Distance: 0.1 to 10.0 km (in increments of 0.1 km) ☞ "Recording Laps Automatically (AT Lap Function)" on page 56
	OFF (default)	
AT Pause	ON	This function automatically stops measuring when you stop running, and resumes when you continue running. ☞ "Automatically Start/Stop Measuring (AT Pause Function)" on page 58
	OFF (default)	

Setting items	Value	Explanation
Target Pace	SETTING 01 to 03	Set the target time and pace range for one kilometer. An alarm sounds if you are outside the set pace range. You can set three target paces within the following range. Target Pace: 1'00" to 15'00"/km (in increments of 1 second) Pace Range: 00'05" to 03'00"/km (in increments of 1 second) ☞ "Setting a Pace and Measuring (Target Pace Function)" on page 60
	OFF (default)	
Alarm	Tones (default)	Set the alarm type and time (1 to 10 minutes). You can also set this from **Sys. Settings**.
	Vib. (vibration)	
	Tones & Vib. (vibration)	
	OFF	
HR	ON	You can measure heart rate using the built-in sensor. ☞ "Measuring Heart Rate" on page 67
	OFF (default)	
Tap (Only for the measurement screen)	Lap	You can perform one of the operations set here by tapping the screen until the alarm sounds while measuring. When **Bike** is selected as the **Activity Type**, the tap function may operate automatically depending on the condition of the road surface. If this occurs, we recommend setting **OFF**. ☞ "Tap" on page 20
	Light	
	Screen Chg.	
	OFF (default)	
Screen	Screen1	You can display up to four measurement screens You can change the screen pattern and the measurement items displayed for each screen. You can also change the **Display Lap Screen**, but this is not displayed for the interval function. ☞ "Screen" on page 104
	Screen2	
	Screen3	
	Screen4	
	Display Lap Screen	

Settings

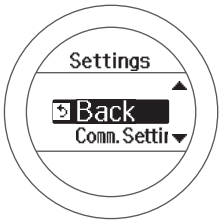
Allows you to change the settings for the device.

Changing the Settings

Operation buttons

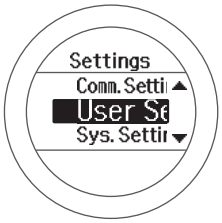
1 Displays the **Settings** menu.

Hold down **B** on the time screen.



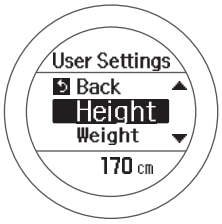
2 Select a setting item.

Use **C**/**D** to select, and then press **A**.



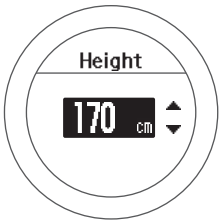
3 Select a setting item.

Use **C**/**D** to select, and then press **A**.



4 Select a setting value.

Use **C**/**D** to select, and then press **A**.



Depending on the setting item, you may need to make further settings. Follow the on-screen instructions.

> ***Note:***
> *When setting a number, hold down **C**/**D** to speed through the numbers.*

5 Complete the settings.

Hold down **A**.

Displays the time screen.

Settings Table

Comm. Settings

Set to connect the smartphone to this device and communicate.

Setting items	Value	Explanation
Smart Phone	Connect	Register a smartphone to this device. See the "Smartphone User Manual" for more details.
	Forget Device	

User Settings

Set the user information.

The Height, Weight, DOB, and Gender information is used to calculate the calories burnt.

The value in parenthesis () is the default setting.

Setting items	Value	Explanation
Height	(170 cm)	Set the height.
Weight	(60 kg)	Set the weight.
DOB	(1975.01.01)	Set your date of birth.
Gender	Male (default)	Set your gender.
	Female	
HR Zone	Zone1 (30 to 100 bpm)	Set the maximum and minimum heart rate. You can set five zones to suit the exercise intensity.
	Zone2 (101 to 130 bpm)	
	Zone3 (131 to 160 bpm)	
	Zone4 (161 to 190 bpm)	
	Zone5 (191 to 240 bpm)	

Sys. Settings

Make settings for the device's system.

The value in parenthesis () is the default setting.

Setting items	Value	Explanation
Language	English (default)	Set the display language.
	日本語	
	Deutsch	
	Francais	
	繁體中文	
Units	km (default)	Set the display units for distance.
	mile	
Clock	12 Hour (default)	Set the format for the display time.
	24 Hour	
DST	ON	Set summer time.
	OFF (default)	
Time Adjust	-	The device receives a signal from the GPS and automatically sets the time. Signals from the GPS cannot be received while indoors. Make sure the screen is facing up and you are outside with no obstructions overhead. If GPS positioning has not completed after two minutes, we recommend selecting **Cancel**, moving to a different location, and trying again.
Time Zone	Auto (default)	Sets the time zone for your location. When **Auto** is selected, perform **Time Adjust** to set the time zone automatically. When **Manual** is selected, you can set the time zone within a range of -12:00 to +14:00.
	Manual	
Date Format	Day. Month	Set the display format for the date.
	Month. Day (default)	
Invert Disp.	ON	Set the display format for the screen. When **ON** is selected, white text is displayed over a black background. When **OFF** is selected, black text is displayed over a white background.
	OFF (default)	

Settings

Setting items	Value	Explanation
Contrast	(4)	Set the contrast for the screen.
Auto Sleep	ON (default)	When you leave the device for a while, this function automatically puts the device into sleep status. Entering sleep status reduces the amount of power consumption.
	OFF	
AT Light	ON	When the screen changes, this function automatically turns on the light. When a specified time has passed, the light automatically turns off.
	OFF (default)	
Alarm	Tones (default)	Set the alarm type and time (1 to 10 minutes). You can also set this from **Measure set.**
	Vib. (vibration)	
	Tones & Vib. (vibration)	
	OFF	
Key Tones	ON (default)	Turn on or off the operation tones.
	OFF	
Initialize	-	Initializes all setting information (**Comm. Settings**, **User Settings**, **Sys. Settings** and **Measure set.**) and stride sensor information in the device's memory. Measurement history data is also deleted.
Software Version	-	Displays the firmware version information.

Screen

You can display up to four measurement screens. You can change the screen pattern (by displaying one line to three lines of data) and the measurement items displayed for each screen.

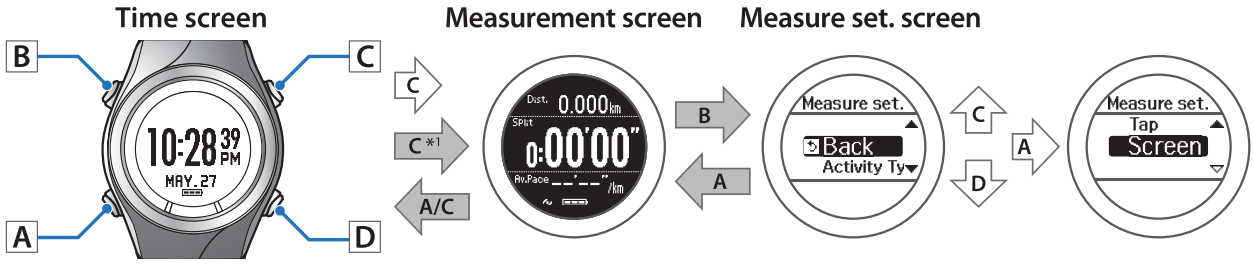
You can also change the display for the lap hold screen.

> ***Note:***
> *See the following pages for the default screen settings.*
>
> ☞ *"Screen Display" on page 41*

Screen Settings

: Short press

: Long press (two seconds or more)



*1 : Indoor mode
SF-710/SF-510 only

Screen menu

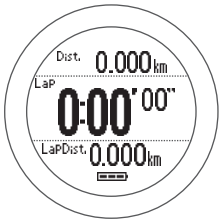
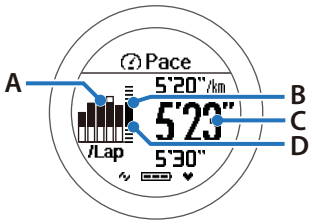
Screen	Scr. Layout	Item
Screen1 Screen2 Screen3 Screen4	1 Line 2 Lines 3 Lines	Distance, Lap Distance, Pace, Average Pace, Lap Pace, Speed, Average Speed, Lap Speed, Split Time, Lap Time, Time, Calories Burnt, Altitude, Guide Time, Guide Distance, Stride*2, Average Stride*2, Lap Stride*2, Pitch*2, Average Pitch*2, Lap Pitch*2, HR, Average HR, Maximum HR*2, Lap HR, Steps*2, Lap Steps*2, HR Zone Time*2, Time to HR Zone*2, Total Ascent*3, Total Descent*3, Grade, Latitude/Longitude*2, Estimated Time, Estimated Distance
	Pace&Graph HR&Graph Lap Target Pace Waypoint*3 OFF	
Lap Hold Screen	1 Line 2 Lines	Split Time Lap Distance Lap Time Lap Pace Lap HR

*2 : SF-710/SF-510 only
*3 : SF-710 only

Hold down **A** to display the measurement screen.

Screen Pattern Table

Measurement screen

Screen Pattern	Screen	Explanation
1 Line		Displays one measurement item on the screen.
2 Lines		Displays two measurement items on the screen by dividing the screen into two sections.
3 Lines		Displays three measurement items on the screen by dividing the screen into three sections. Latitude/Longitude can only be displayed on Line 2.
Pace&Graph		When a pace alarm is set, this shows whether or not you have achieved the pace. When the pace alarm is off, only the current pace is displayed. A: A bar graph displays the intervals (Example: Displays the average pace for each lap with the latest at the far right). B: Maximum set pace (Example: 5 mins. 20 secs/km). C: Current pace (Example: 5 mins. 23 sec./km). D: Minimum set pace (Example: 5 mins. 30 secs/km).

Screen Pattern	Screen	Explanation
HR&Graph		When the HR alarm is set, this shows whether or not you are within the limits of the set heart rate zone. When the HR alarm is off, only the current heart rate is displayed. A: A bar graph displays the intervals (Example: Displays the average heart rate for every 10 seconds with the latest at the far right). B: Maximum set heart rate (Example: 170 bpm). C: Current heart rate (Example: 163 bpm). B: Minimum set heart rate (Example: 155 bpm).
Lap		Displays information on the lap acquired from the lap function.
Target Pace		Displays the current pace at the top and the Target Pace at the bottom.
OFF	-	The measurement screen is not displayed.

Display Lap Screen

Screen Pattern	Screen	Explanation
1 Line		Displays one measurement item on the screen.
2 Lines		Displays two measurement items on the screen by dividing the screen into two sections.

Measurement Display Items Table

Measurement screen

Display item	Display name		Explanation
	1 Line	2 Lines/3 Lines	
Distance	Distance	Dist.	Total distance from the start of measurements
Lap Distance	LapDistance	LapDist.	Distance for each lap
Pace	Pace	Pace	Current pace (time taken for one kilometer)
Average Pace	Avg.Pace	Av.Pace	Average pace from the start of measurements
Lap Pace	LapPace	LapPace	Average pace for each lap
Speed	Speed	Speed	Current speed
Average Speed	Avg.Speed	Av.Spd	Average speed from the start of measurements
Lap Speed	LapSpeed	LapSpd	Average speed for each lap
Split Time	SplitTime	Split	Total time from the start of measurements
Lap Time	LapTime	Lap	Time for each lap
Time	Time	Time	Current time
Calories Burnt	Calories	Calories	Current calories burnt through exercise
Altitude*1	Altitude	Alt.	Current altitude
Guide Time*2	GuideTime	Guide	Progress time towards target pace (reaching target or falling behind)
Guide Distance*2	GuideDist.	GuideDist.	Progress distance towards target pace (reaching target or falling behind)
Stride	Stride	Stride	Current Stride
Average Stride	Avg.Stride	Av.Stride	Average stride from the start of measurements
Lap Stride	LapStride	LapStride	Average stride for each lap
Pitch	Pitch	Pitch	Current Pitch (number of strides in one minute)

Display item	Display name		Explanation
	1 Line	2 Lines/3 Lines	
Average Pitch	Avg.Pitch	Av.Pitch	Average pitch from the start of measurements
Lap Pitch	LapPitch	LapPitch	Average pitch for each lap
HR	HR	HR	Current heart rate
Average HR	Avg.HR	Av.HR	Average heart rate from the start of measurements
Maximum HR	Max.HR	Max.HR	Maximum heart rate from the start of measurements
Lap HR	LapHR	LapHR	Average heart rate for each lap
Steps	Steps	Steps	Number of steps from the start of measurements
Lap Steps	LapSteps	LapStp	Number of steps for each lap
HR Zone Time	Spent.HR	Spent.HR	Time within heart rate zone for each lap set by the Interval function
Time to HR Zone	Time.HR	Time.HR	Time to reach the heart rate zone for each lap set by the Interval function
Total Ascent*1	TotalAscent	Tot.Asc.	Total ascent from the start of measurements
Total Descent*1	TotalDescent	Tot.Des.	Total descent from the start of measurements
Grade*1	Grade	Grade	Current Grade
Latitude/Longitude*3	LAT/LONG	LAT/LONG	Current Latitude/Longitude
Estimated Time*4	Est.Time	Est.	Estimated time of arrival at the target distance set in the goal function
Estimated Distance*4	Est.Dist.	Est.Dist.	Estimated distance reached at the target time set in the goal function

*1 **Altitude**, **Total Ascent**, **Total Descent**, and **Grade** are calculated using the GPS signal. There functions may contain larger errors when compared to the accuracy of position and distance depending on the GPS environment.

*2 Set the **Target Pace** in the **Measure set.** menu.
☞ "Setting a Pace and Measuring (Target Pace Function)" on page 60

*3 When **Line 3** is set on the Screen, **Latitude/Longitude** can only be selected for Line 2.

*4 Use when **Mode** is set to **Goal** from the **Measure set.** menu.

Display Lap Screen

Display item	Display name		Explanation
	1 Line	2 Lines/3 Lines	
Split Time	SplitTime	Split	Total time from the start of measurements
Lap Distance	LapDistance	LapDist.	Distance for each lap
Lap Time	LapTime	Lap	Time for each lap
Lap Pace	LapPace	LapPace	Average pace for each lap
Lap HR	LapHR	LapHR	Average heart rate for each lap

Changing the Measurement Screen

The setting method varies depending on the screen pattern. See the explanations for each screen pattern.

☞ "Setting **1 Line/2 Lines/3 Lines**" on page 110

☞ "Setting **Pace&Graph/HR&Graph**" on page 111

☞ "Setting **Lap/Target Pace/OFF**" on page 113

Important:

- ❏ *When performing GPS positioning, make sure the screen is facing up and you are outside with no obstructions overhead.*

  ☞ *"Specifying a GPS (GPS Positioning)" on page 30*

- ❏ *It usually takes less than two minutes to complete GPS positioning.*

  *If it takes more than two minutes and **Failed** is displayed, we recommend selecting **Cancel**, moving to a different location, and trying again.*

Setting 1 Line/2 Lines/3 Lines

Here we will explain how to display **Calories Burnt** in **Screen4** using **1 Line**.

Operation buttons

1 Display the measurement screen.

Use one of the following methods to display.

- ❏ When performing GPS positioning:

  Press **C** on the time screen.

- ❏ When skipping GPS positioning:

  Press **C** on the time screen, and then select **Skip** on the GPS positioning screen.

  ☞ "Skipping GPS positioning" on page 31

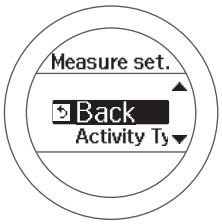
- ❏ When not performing GPS positioning (indoor mode):

  Hold down **C** on the time screen.

  ☞ "Indoor mode" on page 32

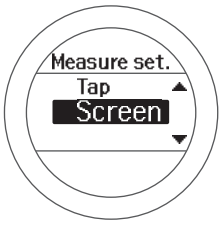
2 Display the **Measure set.** menu.

Hold down **B** on the measurement screen.



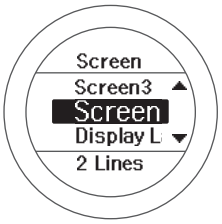
3 Select **Screen**.

Use **C**/**D** to select, and then press **A**.



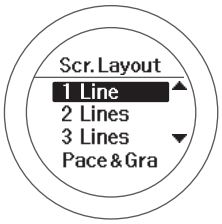
4 Select **Screen4**.

Use **C**/**D** to select, and then press **A**.



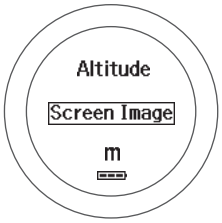
5 Select **1 Line**.

Use **C**/**D** to select, and then press **A**.



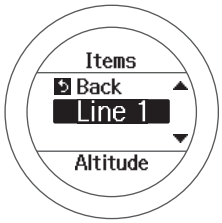
Screen Image is displayed. **Altitude** is displayed by default.

After checking, press **A** and go to the following step.



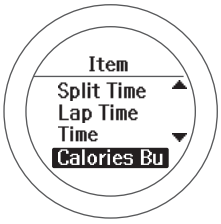
6 Select **Line 1**.

Use **C**/**D** to select, and then press **A**.



7 Select **Calories Burnt**.

Use **C**/**D** to select, and then press **A**.



Screen Image is displayed.

After checking, press **A** and go to the following step.

> ***Note:***
> - ❏ *When you want to set **2 Lines** or **3 Lines**, repeat steps 6 and 7.*
> - ❏ *When **3 Lines** is set, **Latitude/Longitude** can only be selected for Line 2.*

8 Complete the settings.

Hold down **A**.

The measurement screen is displayed.

Press **A** on the measurement screen to change the screen, and then check if **Screen4** has been changed.

> ***Note:***
> *Hold down **A** on the measurement screen to display the time screen.*

Setting Pace&Graph/HR&Graph

Here we will explain how to display **Pace&Graph** in **Screen4**.

Operation buttons

1 Display the measurement screen.

Use one of the following methods to display.

- ❏ When performing GPS positioning:

  Press **C** on the time screen.

❏ When skipping GPS positioning:

Press **C** on the time screen, and then select **Skip** on the GPS positioning screen.

☞ "Skipping GPS positioning" on page 31

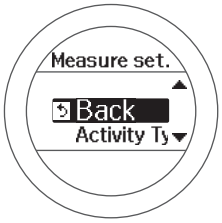
❏ When not performing GPS positioning (indoor mode):

Hold down **C** on the time screen.

☞ "Indoor mode" on page 32

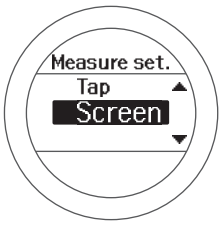
2 Display the **Measure set.** menu.

Hold down **B** on the measurement screen.



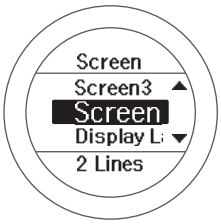
3 Select **Screen**.

Use **C**/**D** to select, and then press **A**.



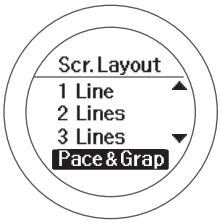
4 Select **Screen4**.

Use **C**/**D** to select, and then press **A**.



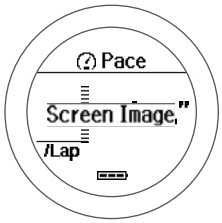
5 Select **Pace&Graph**.

Use **C**/**D** to select, and then press **A**.



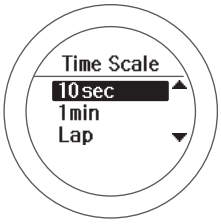
Screen Image is displayed.

After checking, press **A** and go to the following step.



6 Select the interval at which to display the screen.

Use **C**/**D** to select, and then press **A**.



7 Complete the settings.

Hold down **A**.

The measurement screen is displayed.

Press **A** on the measurement screen to change the screen, and then check if **Screen4** has been changed.

Note:
*Hold down **A** on the measurement screen to display the time screen.*

Setting Lap/Target Pace/OFF

Here we will explain how to set **Lap** in **Screen4**.

1 Display the measurement screen.

Use one of the following methods to display.

- ❏ When performing GPS positioning:

  Press **C** on the time screen.

- ❏ When skipping GPS positioning:

  Press **C** on the time screen, and then select **Skip** on the GPS positioning screen.

  ☞ "Skipping GPS positioning" on page 31

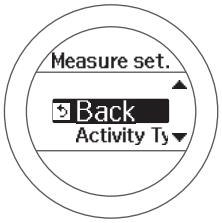
- ❏ When not performing GPS positioning (indoor mode):

  Hold down **C** on the time screen.

  ☞ "Indoor mode" on page 32

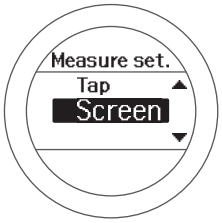
2 Display the **Measure set.** menu.

Hold down **B** on the measurement screen.



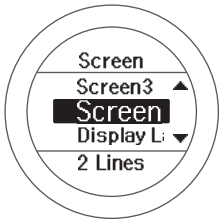
3 Select **Screen**.

Use **C**/**D** to select, and then press **A**.



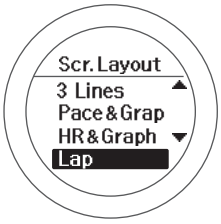
4 Select **Screen4**.

Use **C**/**D** to select, and then press **A**.



5 Select **Lap**.

Use **C**/**D** to select, and then press **A**.



Screen Image is displayed.

After checking, press **A** and go to the following step.

6 Complete the settings.

Hold down **A**.

The measurement screen is displayed.

Press **A** on the measurement screen to change the screen, and then check if **Screen4** has been changed.

Note:
Hold down ***A*** *on the measurement screen to display the time screen.*

Changing the Lap

The Lap screen is displayed when recording laps. Here we will explain how to display **Lap Pace** in **1 Line**.

Operation buttons

1 Display the measurement screen.

Use one of the following methods to display.

- ❏ When performing GPS positioning:

  Press **C** on the time screen.

- ❏ When skipping GPS positioning:

  Press **C** on the time screen, and then select **Skip** on the GPS positioning screen.

  ☞ "Skipping GPS positioning" on page 31

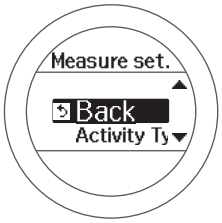
- ❏ When not performing GPS positioning (indoor mode):

  Hold down **C** on the time screen.

  ☞ "Indoor mode" on page 32

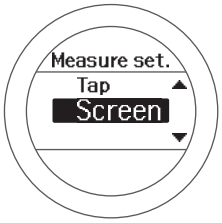
2 Display the **Measure set.** menu.

Hold down **B** on the measurement screen.



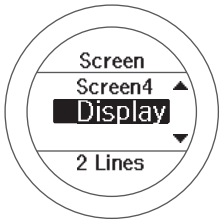
3 Select **Screen**.

Use **C**/**D** to select, and then press **A**.



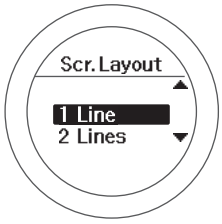
4 Select **Display Lap Screen**.

Use **C**/**D** to select, and then press **A**.



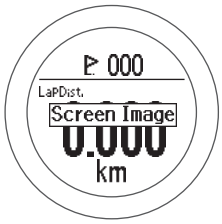
5 Select **1 Line**.

Use **C**/**D** to select, and then press **A**.



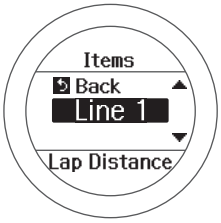
Screen Image is displayed. **Lap Distance** is displayed by default.

After checking, press **A** and go to the following step.



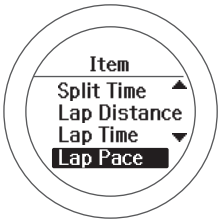
6 Select **Line 1**.

Use **C**/**D** to select, and then press **A**.



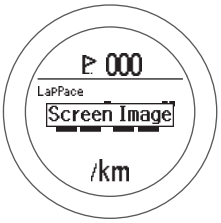
7 Select **Lap Pace**.

Use **C**/**D** to select, and then press **A**.



Screen Image is displayed.

After checking, press **A** and go to the following step.



> ***Note:***
> *When you have set this to **2 Lines**, repeat steps 6 and 7.*

8 Complete the settings.

Hold down **A**.

The measurement screen is displayed.

> ***Note:***
> *Hold down **A** on the measurement screen to display the time screen.*

Setting Examples

Here we will provide two usage examples.

> ***Note:***
> *See the following page for information on making changes.*
>
> *"Changing the Measurement Screen" on page 110*

Default settings

Screen		Screen Pattern	Measurement item
Screen1		3 Lines	Distance (Dist.) Split Time (Split) Average Pace (Av.Pace)

Recommended settings for a marathon

Display **Distance** and **Split Time** enlarged on one screen.

Screen		Screen Pattern	Measurement item
Screen1		2 Lines	Distance (Dist.) Split Time (Split)

Recommended settings for walking

Display **Calories Burnt**, **Distance**, and **Time** on one screen.

Screen		Screen Pattern	Measurement item
Screen1		3 Lines	Calories Burnt (Calories) Distance (Dist.) Time (Time)

Maintenance

This section explains how to maintain this device, replace the battery, and update the firmware.

☞ **“Performing Maintenance” on page 119**

☞ **“Replacing the Battery” on page 120**

☞ **“Updating the Firmware” on page 121**

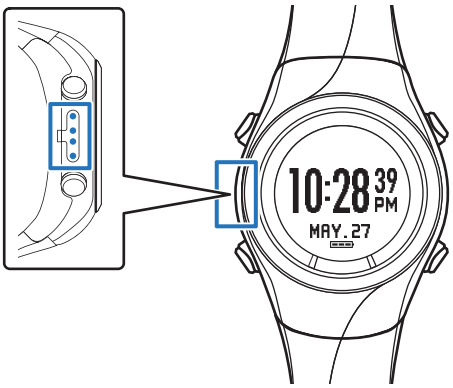
Performing Maintenance

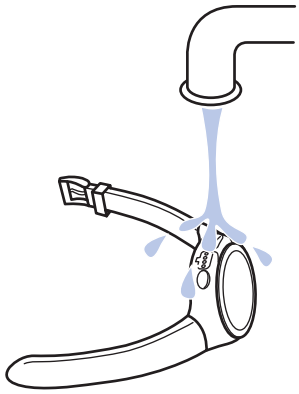
Performing After Care

Important:

- ❏ *If the device is placed in the cradle when it is covered in water, sweat, or dirt, the contact points could corrode, malfunction, or cause a communication failure.*
- ❏ *Do not perform button operations when it is wet; otherwise, a malfunction could occur.*

After using the device, wash the contact points lightly with tap water, wipe away most of the water with a towel and so on, and then let it dry naturally. Water, sweat, or dirt could cause the device to malfunction.





If charging or communicating becomes unstable, clean the contact points on the device and the cradle with a damp cotton swab.

Do not clean using organic solvents such as benzine, thinner, alcohol, or detergent. This could cause the product to degrade.

About the strap

If the strap gets soiled, wash it with water and wipe thoroughly with a dry cloth. This strap is made from polyurethane and after years of use the color may fade or it may lose its elasticity.

Replacing the Battery

About the Device's Built-in Rechargeable Battery

You cannot replace the built-in rechargeable battery yourself.

If the battery does not retain its charge for as long as it used to due to prolonged use, the battery may be running out. In this situation, contact your local dealer or our repair center to replace the battery for a fee.

The average service life for the battery is five years, although this may change depending on the operating conditions.

Updating the Firmware

You may be able to resolve problems that occur by updating the firmware.

We recommend downloading and using the latest version.

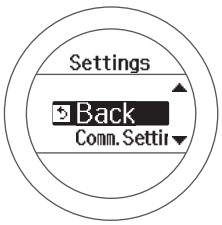
> ***Important:***
> *When updating the firmware, the history may be deleted and settings may be initialized. For more details on updating, see the following Epson Web site.*
> *www.epson.eu/runsense*
> *Before updating the firmware, we recommend uploading your measurement data to RUNSENSE View.*
>
> *"Creating an Account (When Using for the First Time)" on page 73*

Checking the Firmware Version

Operation buttons

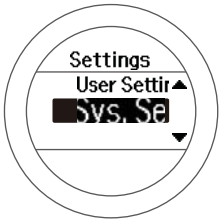
1 Display the Settings menu.

Hold down **B** on the time screen.



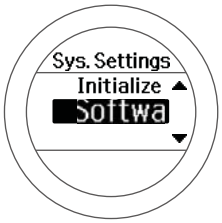
2 Select **Sys. Settings**.

Use **C**/**D** to select, and then press **A**.



3 Select **Software Version**.

Use **C**/**D** to select, and then press **A**.



4 Check the version.

5 Complete the settings.

Hold down **A**.

The time screen is displayed.

Updating the Firmware

Download "RUNSENSE" from the following Epson Web site and update the firmware.

www.epson.eu/runsense

> ***Note:***
> *See the download page on the Epson Web site for details on how to update the firmware.*

Troubleshooting

This section explains how to solve problems that occur during use.

Caution:

- ❏ After using the device, use a little clean water to wash the contact points, wipe away most of the water with a towel and so on, and then let it dry naturally. If the device is placed in the cradle when it is dirty, it could corrode, malfunction, or cause a communication failure.
- ❏ If charging or communicating becomes unstable, clean the contact points on the device and the cradle with a damp cotton swab, and so on.
- ❏ If device operations become unstable or if functions do not operate correctly, perform a system reset (hold down all four buttons at the same time).

Problem Solving

Check each item.

Problem		Solution
Basic actions	The screen is not displayed.	You cannot start using the device immediately after purchase until the device is charged. Charge the device first. Also, nothing is displayed if the battery runs out. Make sure you charge the battery before use. ☞ "Charging" on page 22
	The device does not react even after performing an operation.	Is the battery running low? Charge the battery. ☞ "About the Battery" on page 28 If the device does not operate after charging, try resetting the system. ☞ "Resetting the System" on page 127
	The screen turns off or turns blue during use	Perform a system reset. ☞ "Resetting the System" on page 127
	The clock turns off.	When you leave the device for a while, it enters sleep status and the time display turns off. This is not a malfunction as the display is restored the next time a button is pressed or you move the device. If the display is not restored, the battery is running low. Charge the device. ☞ "Charging" on page 22 Also, if **Auto Sleep** is set to off, the clock does not turn off. ☞ "Sys. Settings" on page 102
	The time is not set correctly.	Set "Time Adjust" from Sys. Settings. ☞ "Sys. Settings" on page 102 If the hour is different, check the time zone and daylight-saving time. ☞ "Sys. Settings" on page 102
	Measurement stops while exercising.	When exercising slowly, such as when walking, we recommend turning off the AT Pause function. ☞ "Automatically Start/Stop Measuring (AT Pause Function)" on page 58

Troubleshooting

Problem		Solution
Chronograph actions	The device cannot receive a GPS signal.	Go to a location outside with no obstructions overhead. Signals from the GPS cannot be received while indoors. Also, if there are any obstacles partially blocking the sky, such as tall buildings and mountain sides, reception may be interrupted causing a lack of precision in distance measurements.
	Signals from the GPS are hard to receive or are interrupted.	Even when a signal is being received, it may be interrupted depending on the running environment. Wear on the outside of your arm. Also, make sure the strap is tightened.
Charging	The device does not charge even when it is placed in the cradle. Charging stops frequently.	Check the connection for the cradle. Clean the contact points on the device and the cradle. ☞ "Performing After Care" on page 119 A malfunction may have occurred if you cannot charge the device even after checking the points above. Stop charging the device immediately, and contact our information center.
	The charge error screen is displayed.	Charge in an environment where the surrounding temperature is 5 to 35˚C.
	The device and the cradle become hot while charging.	There may be a malfunction. Stop using the device immediately, and contact our information center.
Waterproofing performance	Can I use the device when swimming?	This device is water resistant at 5 barometric pressures and can be used when swimming. Do not perform button operations in the water. GPS signals cannot be received when in water.
	Inside the glass becomes cloudy.	Condensation may occur in the device due to differences in temperature between the device and the open air. Temporary condensation does not have any effect on the device. You can continue to use the device in this condition. If the condensation remains for a long time, water may have entered the device. Contact our information center.
Accessories	Acquiring optional products.	The AC adapter and HR belt are available as optional extras. Contact your local dealer for more information. Also, if you need an extra cradle, contact your local dealer or our information center.

Troubleshooting

Problem		Solution
Communication	The device is not recognized correctly when it is connected to a computer.	Check the connection for the computer and the cradle. Clean the contact points on the device and the cradle. ☞ "Performing After Care" on page 119 Perform a system reset. ☞ "Resetting the System" on page 127
Web application	When communicating with a computer, an error screen is displayed and communication stops.	Do not move the device and the cradle during communication. Avoid communicating data under environments where static electricity can be easily generated. If the same error occurs, reconnect the cradle to start communication again.

If you cannot solve the problem even after trying the points above, contact our information center.

Resetting the System

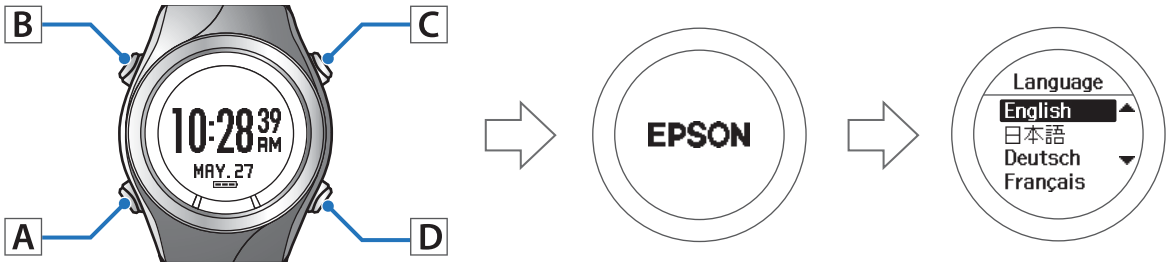
If operations are unstable, try resetting the system.

Hold down all of the buttons (A/B/C/D).

The screen is reset and the device restarts.

Initialize the device after restarting.

“Initial Settings” on page 26



Important:
Measurement data is not recorded if a system reset is performed while measuring.

Note:

- ❏ *Setting data and measurement data remain as they were before the reset was performed.*
- ❏ *The following shows the differences between a system reset and initializing. The time needs to be set again for both operations.*

  *System reset: The **User Settings**, **Sys. Settings**, **Measure set.**, history, stride, and smartphone registration information all remain as they were before the reset was performed.*

  *Initialize: The **User Settings**, **Sys. Settings**, **Measure set.**, history, stride, and smartphone registration information are all initialized.*

Contacting us About this Product

Go to www.epson.eu/runsense for service contact details.

EPSON EUROPE B.V.

Address: Atlas Arena, Asia Building, Hoogoorddreef 5, 1101 BA
Amsterdam Zuidoost, The Netherlands
http://www.epson.com/europe.html

After Service

- ❏ For repair and maintenance of this product, contact your local dealer or our repair center.
- ❏ If the battery does not retain its charge for as long as it used to due to prolonged use, the battery may be running out. In this situation, contact your local dealer or our repair center to replace the battery for a fee.
- ❏ The strap for the device is not covered by the guarantee. If you need to purchase any of these items, contact your local dealer or our information center.
- ❏ Spare parts for repairing this product will be available for six years after the device has stopped being manufactured.
- ❏ In the event of product failure, we do not guarantee that data recorded on the device can be recovered.
- ❏ A sticker displaying the serial number for this product is attached to the guarantee. If there is no sticker, the guarantee is void.

Appendix

Understanding the Icons

Icon	Name
	Run mode (measuring while running)
	Walking mode (measuring while walking)
	Bike mode (measuring while riding a bike)
	The signal is being received from the GPS (GPS On)
	GPS positioning
	Measuring heart rate
	Average pace
	Lap
	Distance
	Calories Burnt
	Split Time
	Average Stride
	Average HR
	AT Lap
	Manual Lap
	Sprint
	Recovery
	Data that can be edited on the device
	Current setting
	Setup from the currently selected external device

Appendix

Icon	Name
	Setup from the external device

Product Specifications

Device Specifications

Size (thickness)		15.5mm
Weight		58g
Waterproofing performance		5 atm
Operating time	GPS On	20 hours
	Time displayed (when Auto Sleep is On)	20 days*
Operating temperature		-5 to 50˚C
Possible memory time (total distance time)		Approx. 70 hours
Maximum number of laps (one split)		400
Pitch/stride measurement		○
Indoor mode		○
Display range	Distance/Lap Distance/Estimated Distance	0.000 to 999.99 km/0.000 to 999.99 mi
	Pace/Lap pace/Average pace	0'00'' to 30'00''/km/0'00'' to 45'00''/mi
	Speed/Lap Speed/Average Speed	0.0 to 999.9 km/h/0.0 to 999.9 mi/h
	Split/Lap time	00'00'' to 99:59'59''
	Pitch/Lap Pitch/Average Pitch	0 to 255 spm
	Stride/Lap Stride/Average Stride	0 to 255 cm/0 to 100 inch
	Steps/Lap Steps	0 to 999999
	Calories Burnt	0 to 9999 kcal
	Grade	-99 to 99%
	Altitude	-500 to 9,999m/-1500 to 914,369.52cm
Display range	Total Ascent	0 to 99999m/0 to 99999ft
	Total Descent	0 to 99999m/0 to 99999ft
	HR/Lap HR/Average HR/Maximum HR	30 to 240 bpm
	Guide time	0:00'00'' to ±9:59'59''
	Guide Distance	00.00 to ±99.99 km/00.00 to ±99.99 ml

* 10 hours/day in sleep mode.

Cradle specifications

Operating temperature range	5 to 35˚C

AC adapter specifications (optional)

You can purchase the following optional extras. Contact your local dealer for more information.

Model No.	SFAC01
Input	AC 100V 50/60 Hz
Output	DC 5V/1.0A

Glossary

Term	Definition
AT Lap	This automatically records laps when you have run for a fixed amount of time or a fixed distance.
AT Light	This automatically turns on the light during lap measuring, alarm notification, and during the interval function.
AT Pause	Automatically stops measuring when you stop exercising, and resumes when you continue.
Calculating calories burnt	Total calories burnt from the start of the exercise.
Chronograph	This function allows you to measure split times and lap times (section measurement) simultaneously.
Distance	Distance from the measurement start point to the current time.
GPS function	A system that receives signals in a GPS receiver from satellites orbiting the earth and calculates your current position. This function allows you to accurately understand positional and time information.
Guide distance	This calculates if you are reaching or falling behind the target pace distance.
Guide time	This calculates if you are reaching or falling behind the target pace time.
HR Zone Time	The time you have remained within the heart rate zone.
Interval	A training mode that allows you to perform sets of hard (sprint) and light (recovery) exercise over a specified time or distance, and repeat the set.
Lap pace	Your pace for the current lap.
Lap Pitch	Your average pitch per lap.
Lap Speed	Your average speed per lap.
Lap Stride	Your average stride per lap.
Lap time	Your time for the lap.
Pace	Your current pace acquired from GPS information.
Pitch	The number of steps taken in one minute while measuring.
Run Connect	Application for computers for use with the Wristable GPS. This uploads measurement data to the Web application (RUNSENSE View), and you can set AT Lap, Target Pace, and Interval from your computer.

Appendix

Term	Definition
RUNSENSE View	RUNSENSE dedicated Web application. This allows you to manage your course, analyze your pace, check calories burnt, and check your condition.
Split time	The time from starting measurements to stopping measurements.
Stride	The stride calculated from your running data.
Stride sensor	This uses the GPS function to accumulate data on your stride and acceleration allowing the device to estimate the distance traveled even when you enter locations that cannot receive GPS signals, such as in a tunnel.
Time to HR Zone	The time until you arrive at the heart rate zone.
Total Ascent	The total value of the height ascended from the measurement start point.
Total Descent	The total value of the height descended from the measurement start point.
Water resistant at 5 barometric pressures	The device is water resistant at up to 5 barometric pressures.

Index

EPSON

GPS Sports Monitor

RUNSENSE

SF-810

www.epson.eu/runsense

XXXXXXXXX

EPSON
EXCEED YOUR VISION

Certification information

GPS Sports Monitor
Model : SF-810

FCC ID : BKMAP006

CAN ICES-3（B）/NMB-3（B）
IC : 1052F-AP006

FCC /IC Notices

This transmitter must not be co-located or operated in conjunction with any other antenna or transmitter.

This device complies with Part 15 of FCC Rules and Industry Canada licence-exempt RSS standard(s). Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must acceptany interference, including interference that may cause undesired operation of this device.

Le présent appareil est conforme aux la partie 15 des règles de la FCC et CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes : (1) l'appareil ne doit pas produire de brouillage, et (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

Caution:

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

Explanation that an SAR examination is unnecessary with Portable equipment

This equipment complies with FCC/IC radiation exposure limits set forth for an uncontrolled environment and meets the FCC radio frequency (RF) Exposure Guidelines and RSS-102 of the IC radio frequency (RF) Exposure rules. This equipment has very low levels of RF energy that are deemed to comply without testing of specific absorption ratio (SAR).

Cet équipement est conforme aux limites d'exposition aux rayonnements énoncées pour un environnement non contrôlé et respecte les règles les radioélectriques (RF) de la FCC lignes directrices d'exposition et d'exposition aux fréquences radioélectriques (RF) CNR-102 de l'IC. Cet équipement émet une énergie RF très faible qui est considérée conforme sans évaluation du débit d'absorption spécifique (DAS).

**Explanation of the EMC demand part of the United States. **
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.

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