

P: 849 095000

Speed + Distance System



TIMEX®
IRONMAN®
TRIATHLON™
Speed + Distance System

WARNING: It is your responsibility to use the Ironman* Triathlon® Speed+ Distance System in a safe manner and to maintain full awareness of all conditions and surroundings at all times. Consulting the Ironman* Triathlon® Speed+Distance System while moving is unsafe and could result in collision or other accident causing damage and personal injury to yourself or others. The Ironman* Triathlon® Speed+Distance System contains memory functions that should be used to record your speed and distance data for later review.

CAUTION: IT IS YOUR RESPONSIBILITY TO USE THIS PRODUCT PRUDENTLY. THIS PRODUCT IS NOT INTENDED FOR USE FOR ANY PURPOSE REQUIRING PRECISE MEASUREMENT OF SPEED OR DISTANCE. THE GPS IS OPERATED BY THE GOVERNMENT OF THE UNITED STATES, WHICH IS SOLELY RESPONSIBLE FOR ITS ACCURACY AND MAINTENANCE. THE SYSTEM IS SUBJECT TO CHANGES WHICH COULD AFFECT THE ACCURACY AND PERFORMANCE OF ALL GPS EQUIPMENT.

Ironman* Triathlon® Speed + Distance System

Instructions for Use

Now You Know — How Far? How Fast?

With the Timex® Speed and Distance System, you have useful, accurate and fun performance information at your fingertips. Now you can answer the all-important questions, “How far? How fast?”

- **Speed** — Measure your real-time Speed, Average Speed and Maximum Speed
- **Distance** — Measure your Workout Distance. Have your very own Odometer
- **Pace** — Measure your real-time Pace, Average Pace and Best Pace

How It Works

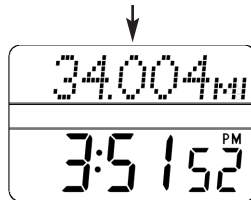
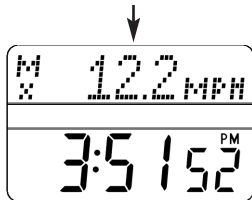
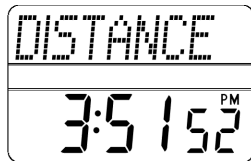
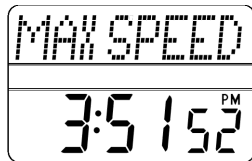
The Speed and Distance Monitor uses information from 24 GPS satellites to accurately and continuously calculate your speed and distance. That information is then transmitted to the Ironman® Triathlon® Speed & Distance Watch.



Speed and Distance Transceiver

Ironman® Triathlon® Speed and Distance Watch

The Ironman® Triathlon® Speed and Distance Watch receives and displays your speed and distance right on your watch.



Sports Watch Features

All by itself, this is a great sports watch with:

- Time and date
- Month, day and date display
- Hourly chime
- 12- or 24-hour format
- Two time zones

Chronograph

- 50- or 100-lap memory
- View lap and split times
- Memory recall

Countdown Timer

- Countdown timer with stop, repeat or start chronograph at end

Alarm

- Separate daily, weekday and weekend alarms
- 5-minute backup alarm

Speed and Distance System Features

When you add the Speed and Distance Transceiver, you have so much more:

- **Speed** — View your current Speed, Average Speed and Maximum Speed
- **Distance** — Measure your Workout Distance
- **Pace** — Monitor your real-time Pace, Average Pace and Best Pace
- **Odometer** — Have your very own Odometer
- **Automatic Time Correction** — GPS adjusts Time of Day for accuracy

Useful Applications of the Speed and Distance System

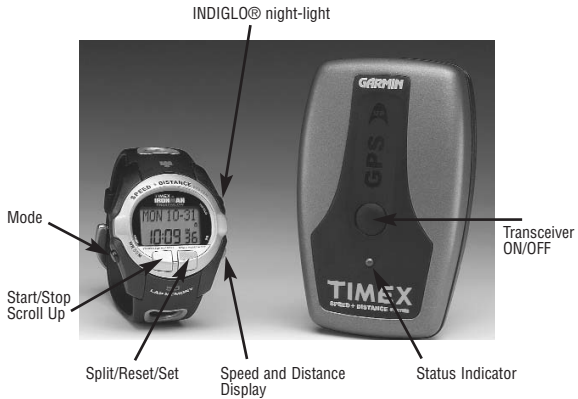
- **Time of Day and Monitor modes:** See speed and distance data that tracks your total travel
- **Chrono:** View Speed and Distance for an event you time
- **Timer:** View Speed and Distance data that accumulates for the duration of the Timer

A True Multi-Sport System

The Ironman® Triathlon® Speed and Distance System can be used to enhance your enjoyment of a wide variety of outdoor sports including:

- Running
- Walking
- Hiking
- In-line skating
- Ice skating
- Skiing
- Sailing
- Paddling
- Boating
- Biking
- Soccer
- Horseback riding
- ...and more!

The Buttons



Operating the Speed and Distance Transceiver

Inserting the Batteries

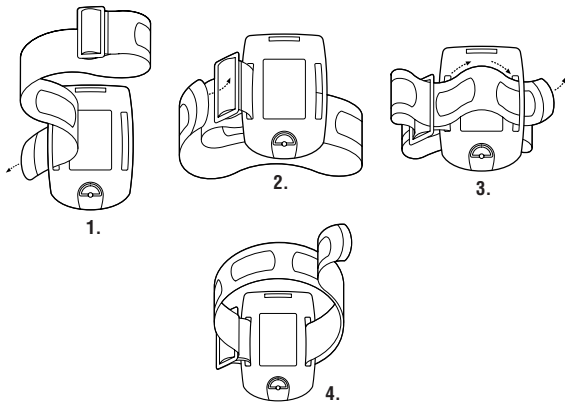
The Speed and Distance Monitor operates on three AAA batteries (included). To insert the batteries, open the caseback by lifting and turning the latch ring a quarter (1/4) turn counterclockwise. Lift the caseback off. Follow the markings inside the battery compartment to ensure the new batteries are properly aligned.

Wearing the Speed and Distance Transceiver

- For best results, the Transceiver needs a clear view of the sky.
- The Transceiver can be worn on the upper arm or clipped to your waist. The upper arm will provide the best results.
- The Watch should be worn so it is always within 1 meter (about 3 feet) of the Transceiver.
- Clothing can be worn over the Transceiver as long as the clothing is dry and without metal.



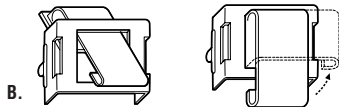
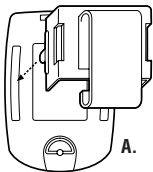
To wear the Transceiver on your upper arm: Loosen adjustable armband and wrap the unit around your upper arm. Pull armband so that it fits snugly around your arm and fasten using hook and loop closure. **NOTE:** if the armband is not attached to the unit, rethread with the caseback removed from the unit as shown below, making sure the smooth side faces out (hook and loop closure faces caseback).



To wear the Transceiver clipped to your belt:

Open caseback by lifting and turning latch ring a quarter (1/4) turn counter-clockwise. Lift the caseback off. Remove armband from back of Transceiver. Attach beltclip to caseback by fitting tabs in bottom part of two-part clip unit into vertical slots on either side of caseback as shown below (A). Be sure that both parts of clip unit are properly fitted together as shown below (B), before attaching unit to caseback. Replace caseback.

NOTE: You may attach the clip so that it is oriented vertically or horizontally by rotating the clip portion of the two-part clip unit appropriately as shown below.



Using the Speed and Distance System

The GPS system acquires information from satellites in orbit around the earth to determine your speed and distance traveled. **For the unit to work properly, you must be outdoors in an area with a clear view of the sky.**

While outdoors in an open area, press and hold the **TRANSCEIVER ON/OFF** button to turn on the receiver. The Status Indicator light on the Transceiver will flash red. When it has successfully acquired signals from the satellites, the Status Indicator light will flash green. If the watch displays SEARCHING for too long, try moving to a more open outdoor area, move away from metal objects, or try new batteries.

Search Time: On first use, the Transceiver will take up to 5 minutes to establish a link with the satellites. After that, the unit needs only 15-45 seconds. If you move hundreds of miles from the location where you last used the Transceiver, the search will last longer. Turning on the Transceiver before going outdoors will cause acquisition to take longer.

To turn off the Transceiver, press and hold the **TRANSCEIVER ON/OFF** button for one second.

Displaying Data

Press the **SPEED/DISTANCE DISPLAY** button while standing 6 feet from other users of this system to begin displaying data. The watch will display speed data on the top line as well as a wave symbol in the upper left part of the watch display. If the Transceiver is still searching for satellites, the watch shows **SEARCHING**. Once the search is complete you can use the Speed and Distance features of the watch.



In **Time**, **Chronograph**, **Timer**, and **Monitor** modes, press **SPEED/DISTANCE DISPLAY** button repetitively to view information in this order: **SPEED** (current), **AVERAGE SPEED**, **MAXIMUM SPEED**, **PACE**, **AVERAGE PACE**, **BEST PACE**, **DISTANCE**.

Information in each mode is accumulated independently.

You can manually turn off Speed and Distance data by holding down the **SPEED/DISTANCE DISPLAY** button for 2 seconds.

System Messages

The Timex® Speed and Distance System is a sophisticated system. During operation messages on the watch will help you maximize the system's performance.

SEARCHING – The GPS Transceiver has just been turned on and is searching the sky trying to acquire signals from enough satellites to function accurately. If the watch displays **SEARCHING** for too long, try moving to a more open outdoor area, move away from metal objects, or try new batteries.

WEAK GPS SIGNAL – The GPS Transceiver is losing its signals from the satellites. Move to an area that is more open and free of metal objects.

If the signal is weak or totally lost for short periods of time, the system has technique to maintain reliable speed and distance information.

To conserve battery power, the Transceiver will shut off if it does not detect any movement or cannot acquire satellites after 15 minutes.

RADIO LINK BROKEN – The watch is no longer receiving any speed and distance data from the Transceiver over the radio link. Check to make sure that the Transceiver is powered up and that the watch is not more than 1 meter (about 3 feet) away from it.

RADIO LINK NOISY – The watch is having difficulty receiving speed and distance data. Make sure the watch is within 1 meter of the Transceiver. Move away from sources of electrical interference like power lines, motors, exercise equipment, etc. Change the orientation of the Transceiver from vertical to horizontal or vice versa.

FATAL GPS ERROR – The GPS Transceiver is damaged. Contact Timex customer service.

Operating the Speed & Distance Watch

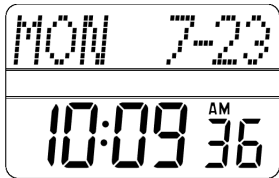
Push **MODE** to scroll through the following modes in this order:

Time of Day • Chronograph • Chronograph Recall • Countdown Timer • Speed and Distance Monitor • Odometer • Alarm • Options

Automatic Time Correction and Setting:

If the watch is receiving GPS data from the transmitter, the system automatically corrects the time and sets the date based on the highly accurate time used by the GPS satellites.

- If you have never set the time on the watch, the system will set the watch to UTC (Greenwich Mean Time).
- If you have set the time before first using the Transceiver, it will change your time to UTC time. You may then need to adjust for your time zone.
- If you have adjusted the time since using the Transceiver, the system will maintain your adjustment and only correct itself for time it has drifted since you last used the Transceiver. (For example, if you set your watch five minutes fast, the system will adjust the time so it is exactly five minutes fast.)



To Set or Adjust Time Zone 1:

- A. Press **SPLIT/RESET/SET**. **Hold to Set** appears.
- B. Continue holding until **Set Time** appears. Hours will begin flashing. Press **START/STOP** to advance the flashing digits.
- C. Press **MODE** to set (in order): MINUTES; DAY OF THE WEEK; MONTH; DATE; 12- OR 24-HOUR FORMAT; HOURLY BEEP ON/OFF; BUTTON BEEP WHEN PRESSED ON/OFF. The selected item will flash. Press **START/STOP** to change. In 12-hour format, go through 24 hours to change from AM to PM.
- D. Press **SPLIT/RESET/SET** to save changes and exit **Set Time**.

To Change Time Zone Display:

- A. Press **START/STOP** to view Time Zone 2 display. Release the button if you only want to peek at Time Zone 2.
- B. Press and hold **START/STOP** for 6 seconds and Time Zone 2 becomes primary display.
- C. Follow steps A through D above to set Time Zone 2.

NOTE: Seconds cannot be manually changed.

To View Time of Day and Speed and Distance:

With the Transceiver functioning and while six feet from other people, press **SPEED/DISTANCE DISPLAY** button to begin displaying data. Press it repeatedly to select the data to view.

Chrono Mode (Chronograph or Stopwatch)

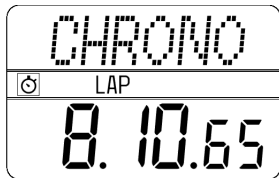
The Chronograph (Chrono) will time events up to 100 hours. It will store to memory the lap number, lap time, split time, average speed, average pace and distance for each lap taken.

A lap time is the time for a segment of an event. A split time is the total time from the beginning of an event.

Data displayed in CHRONO mode for Average Speed, Maximum Speed, Average Pace, Best Pace and Distance are based only on information received since the chrono was started.

You can go to other modes while the Chronograph is running. In the Time display, a stopwatch symbol will appear on the display to indicate the Chrono is running.

- Press **START/STOP** to begin timing.
- Press **START/STOP** to stop timing.
- Press **START/STOP** to resume timing OR
- With Chrono stopped, press and hold **SPLIT/RESET/SET** to reset display to zero.



Split or Lap Timing

Note. The Display can show either Lap or Split time. Press **SPLIT/RESET/SET** with chrono reset to choose lap or split display.

- Press **START/STOP** to begin timing. During the timing of a lap, the upper part of the display can show speed and distance data if the Transceiver is operating.
- Press **SPLIT/RESET/SET** to store LAP and SPLIT. The main display freezes while the watch continues timing the next segment. After 10 seconds the Lap or Split time is again shown in the main display. If the watch is set to show speed or pace, then the average value for the current lap is displayed during the hold period and AV appears in the display.
- Press **SPLIT/RESET/SET** again to store another lap. With the 50-Lap model, if you take more than 50 laps the watch will display the lap count up to 99 laps and store information from the last 50 laps to the watch's memory.
- At any time, press **SPEED/DISTANCE DISPLAY** to cycle through time and distance information that is displayed in upper line during timing.
- Press **START/STOP** to end timing. The display will show either final lap time or final event time.



Recall Mode

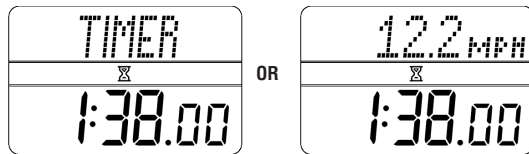


Chrono Recall allows you to review stored lap information while the Chrono is running or stopped.

- In **Recall** mode, press **SPLIT/RESET/SET** repeatedly to display, in order, Average Speed, Average Pace, Distance and Lap and Split times for the first lap. Lap time appears in upper line of display. The lap number display has an R in front of it to indicate recall. Continue to press **SPLIT/RESET/SET** to display information for successive laps until the final lap. Press **START/STOP** to go back to previous display.
- If no speed and data information was recorded for a lap, then only the lap time (in upper line of display) and split time are displayed.
- Press **MODE** button at any time to return to Time mode.
- To rapidly scroll through multiple laps, press and hold **SPLIT/RESET/SET** or **START/STOP**.

Timer Mode (Countdown Timer)

The Timer will count down from a set length of time up to 100 hours. At the end of the countdown, the Timer will optionally a) Stop at End, b) Repeat at End or c) Stop and Start the Chronograph (Chrono must be reset). It will also display selected speed or distance information for the timed interval.



Setting the Timer:

- In Timer mode, press **SPLIT/RESET/SET** button. The TENS OF HOURS value will flash. Press **START/STOP** to increase setting.
- Press **MODE**. HOURS display will flash. Press **START/STOP** to increase setting.
- Repeat for minutes and seconds.

- D. Press **MODE** to view options for end of countdown (stop, repeat, start Chrono). Press **START/STOP** to select action.
- E. Press **SPLIT/RESET/SET** to save changes and exit SET mode.
- F. Press **SPEED/DISTANCE DISPLAY** button to cycle through type of speed and distance information to be displayed in upper row of Timer.

Timer Operation:

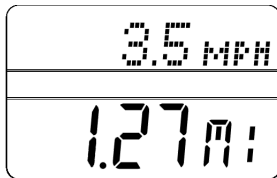
- A. Press **START/STOP** to start Timer. Original time or speed and distance will be shown in upper display, while remaining time will be shown in main display.
- B. Press **START/STOP** to stop Timer. Press again to resume or **SPLIT/RESET/SET** to reset to original setting.

At the conclusion of the timed period, the watch will play alert melody, INDIGLO® will flash, and timer display will appear in any other watch mode for 10 seconds. The speed or distance information is displayed if watch is receiving data. Display will then return to original mode and Timer is reset.

Pressing any button during the 10 seconds silences the alert and resets timer.

When the Timer is running, an hourglass icon will appear on the display in Time of Day Mode.

Monitor Mode



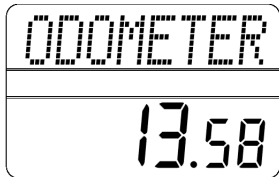
In this mode you can view both speed and distance information as you travel while the GPS receiver is receiving data. Entering this mode automatically activates the receiver.

- A. While in Monitor Mode, press **SPEED/DISTANCE DISPLAY** button to select SPEED, AVERAGE SPEED, MAXIMUM SPEED, PACE, AVERAGE PACE, BEST PACE, and GPS BATTERY LEVEL. Current speed, pace and GPS battery level are available only if receiver is active.

The last choice displayed will be selected and the information will appear in upper line of Monitor. Main display will show distance traveled.

- B. Press **START/STOP** to pause data accumulation.
- C. To clear accumulated data, press and hold **SPLIT/RESET/SET**.

Odometer Mode



The watch keeps track of total distance received by the watch when the Transceiver is functioning for up to 10,000 miles or kilometers.

In Odometer mode, press and hold **SPLIT/RESET/SET** to clear accumulated data back to zero.

Alarm Mode

You can set the alarm for every day, for only weekdays, or for only weekends. The alarm will operate for whichever Time Zone is selected as the primary time display. At the set time, the alarm tone will sound for 20 seconds, INDIGLO® display will flash, and the alarm display will pop up for 20 seconds. If no action is taken, a backup alarm will sound 5 minutes later. When the alarm sounds, pressing any button will silence the alarm.



- In Alarm mode, press **SPLIT/RESET/SET**. The HOURS value will flash.
- Press **START/STOP** to change the flashing display.
- Press **MODE** to change TENS OF MINUTES, then again to set MINUTES, and again to set Alarm type (Daily, Weekday or Weekend).
- Press **SPLIT/RESET/SET** to save and exit Set Alarm mode.

Alarm ON or OFF Setting:

In Alarm mode, press **START/STOP** to turn alarm ON or OFF. When Alarm is ON, an alarm clock icon appears on the watch display in Time of Day Mode.

Options Mode

The watch has a variety of options designed to make the Speed and Distance System more useful.

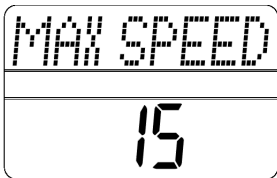
In Options Mode, press **SPEED/DISTANCE DISPLAY** to review the option settings.

To adjust non-numeric options (like On/Off, Units, Speed or Pace, etc.), you can simply press **START/STOP** to choose the correct setting.

To change numeric settings:

1. Press and hold **SPLIT/RESET/SET** to start the set sequence. The value (or some part of it) will begin to flash.
2. Press **START/STOP** to set the flashing value, and use **MODE** to select the next digit. Note that some options only have one setting or digit, so **MODE** does nothing.
3. When you are done setting, press **SPLIT/RESET/SET** to save the changes and exit setting.

SMOOTHING – This feature makes pace and speed values easier to read while using the watch by “smoothing” out any small variations in speed. You might want to enable this feature if you are viewing pace information and the displayed numbers appear too “jumpy.” Smoothing has no effect on the accuracy of the data displayed, nor any effect on the distance accumulated.



UNITS – Choose to have the watch display distance and pace based in Miles or Kilometers (KM).

ZONE ALERTS (Speed or Pace) – This feature is only available on the 100-Lap model.

ZONE ALERTS will sound if you are outside a zone defined by a minimum and maximum value for speed or pace (one or the other, not both simultaneously). You may also turn this feature off.

DISTANCE ALERTS – This Feature is only available on the 100-Lap model.

DISTANCE ALERTS allow you to have the watch alert you when you have traveled a set distance value. Note that this alert will sound only if the Chronograph is running and the watch is receiving speed and distance information from the Transceiver. The alert repeats until it is turned off.

INDIGLO® night-light

Press **INDIGLO** button to activate light. Patented (U.S. Patent Numbers 4,527,096 and 4,775,964) electroluminescent technology used in the INDIGLO night-light illuminates entire watch face at night and in low light conditions. Press and hold **INDIGLO** button for 3 seconds, until watch beeps, to activate NIGHT-MODE®. (U.S. Patent Number 4,912,688). Once activated, any button pushed will cause the INDIGLO night-light to stay on for 3 seconds. NIGHT-MODE will stay activated for 3 hours or until you deactivate it by pressing and holding **INDIGLO** button again for 3 seconds.

Water-Resistance

Your 50 Meter Water-Resistant watch withstands water pressure up to 86 p.s.i. (equals immersion to 164 feet or 50 meters below sea level).

Your Speed and Distance Transceiver is splash-resistant. Should unit be submerged, remove caseback and batteries to let compartment dry.

WARNING: THIS UNIT WILL NOT DISPLAY SPEED AND DISTANCE WHEN OPERATED UNDER WATER.

WARNING: TO MAINTAIN WATER RESISTANCE, DO NOT PRESS ANY BUTTONS UNDER WATER.

1. Watch is water-resistant only as long as lens, pushbuttons and case remain intact.
2. Even though the watch may be water-resistant to a significant depth (100 or 200 meters), it is not a diver watch and should not be used for diving.
3. Timex recommends rinsing your watch with fresh water after exposure to salt water.

Maintenance

The GPS Transceiver and its strap should be rinsed in fresh water to avoid the buildup of materials that can interfere with the measurement of your speed and distance.

Watch Battery Replacement

To avoid the possibility of permanently damaging the watch, **TIMEX STRONGLY RECOMMENDS TAKING YOUR WATCH TO A LOCAL RETAILER OR JEWELER TO HAVE THE BATTERY REPLACED.**

GPS Transceiver Battery Life and Replacement

The batteries in the Transceiver will last approximately 12 hours.

With the Transceiver ON and the watch receiving data you can check the Transceiver battery level on the watch. Change the watch to Monitor Mode. Then push **SPEED/DISTANCE DISPLAY** button until you see **BAT LEVEL** on the top line of the display. After a moment the outline of a battery will appear on the display with the dark area indicating the amount of battery life left.

When the Transceiver has about 30 minutes of battery life left, the status light will blink faster.

The Transceiver batteries should be replaced when any of the following things occur:

- The watch no longer receives speed and distance information from the Transceiver when it is properly worn on the arm.
- The Transceiver cannot acquire satellites.

To change the batteries, open the caseback by turning the latch ring a quarter (1/4) turn counterclockwise. Lift the caseback off. Remove the old batteries. Insert new batteries according to the markings inside the battery department.

Always remove dead batteries from the unit.

TIMEX INTERNATIONAL WARRANTY

(U.S. – LIMITED WARRANTY)

Your TIMEX® product is warranted against manufacturing defects by Timex Corporation for a period of ONE YEAR from the original purchase date. Timex and its worldwide affiliates will honor this International Warranty.

Please note that Timex may, at its option, repair your product by installing new or thoroughly reconditioned and inspected components or replace it with an identical or similar model. **IMPORTANT – PLEASE NOTE THAT THIS WARRANTY DOES NOT COVER DEFECTS OR DAMAGES TO YOUR PRODUCT:**

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

THIS WARRANTY AND THE REMEDIES CONTAINED HEREIN ARE EXCLUSIVE AND IN LIEU OF ALL OTHER WARRANTIES, EXPRESS OR IMPLIED, INCLUDING ANY IMPLIED WARRANTY OF MERCHANTABILITY OR FITNESS FOR PARTICULAR PURPOSE. TIMEX IS NOT LIABLE FOR ANY SPECIAL, INCIDENTAL OR CONSEQUENTIAL DAMAGES. Some countries and states do not allow limitations on implied warranties and do not allow exclusions or limitations on damages, so these limitations may not apply to you. This warranty gives you specific legal rights and you may also have other rights which vary from country to country and state to state.

To obtain warranty service, please return your watch and Transceiver to Timex, one of its affiliates or the Timex retailer where the product was purchased, together with a completed original Product Repair Coupon or, in the U.S. and Canada only, the completed original Product Repair Coupon or a written statement identifying your name, address, telephone number and date and place of purchase. Please include the following with your watch and Transceiver to cover postage and handling (this is not a repair charge): a US\$ 7.00 check or money order in the U.S.; a CAN\$6.00 cheque or money order in Canada; and a UK£ 2.50 cheque or money order in the U.K. In other countries, Timex will charge you for postage and handling. **NEVER INCLUDE A SPECIAL WATCHBAND OR ANY OTHER ARTICLE OF PERSONAL VALUE IN YOUR SHIPMENT.**

For the U.S., please call 1-800-448-4639 for additional warranty information. For Canada, call 1-800-263-0981. For Brazil, call 0800-168787. For Mexico, call 91-800-01-060. For Central America, the Caribbean, Bermuda and the Bahamas, call (501) 370-5775 (U.S.). For Asia, call 852-2815-0091. For the U.K., call 44 208 687 9620. For Portugal, call 351 212 946 017. For France, call 33 3 81 63 42 00. For Germany, call 49 7 231 494140. For the Middle East and Africa, call 971-4-310850. For other areas, please contact your local Timex retailer or Timex distributor for warranty information.

TIMEX INTERNATIONAL WARRANTY — WATCH REPAIR COUPON

Original Purchase Date: _____

(Attach copy of sales receipt, if available)

Purchased by: _____

(Name, address and telephone number)

Place of Purchase: _____

(Name and address)

Reason for Return: _____

THIS IS YOUR WATCH REPAIR COUPON. PLEASE KEEP IT IN A SECURE PLACE.

FCC Notice (U.S.)

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

FCC ID EP9TMXM850

Service

If your TIMEX® watch should ever need servicing, send it to Timex as set forth in the Timex International Warranty or addressed to **HOTLINE WATCH SERVICE, P.O. Box 2740, Little Rock, AR 72203.**

For service questions, call 1-800-448-4639

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

See the Timex International Warranty for specific instructions on the care and service of your Timex® watch.

Should you need a replacement strap or band, call 1-800-448-4639.

TIMEX, NIGHT-MODE and TRIATHLON,  and the TRIATHLON watch design are registered trademarks of Timex Corporation in the U.S. and other countries.

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