

EPSON

GPS Sports Monitor

RUNSENSE

SF-810

User Manual



Introduction

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.

This device can measure running distance, pace, elapsed time, altitude, and calories burnt. You can also upload recorded data to a dedicated website allowing you to look back over previous workouts.

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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- Despite the preceding clause, we cannot accept any responsibility for mishandling due to errors in this guide.
- We cannot accept any responsibility for malfunctions and so on that occur due to ignoring the content of this guide, the device being handled inappropriately, repairs or modifications performed by a third party that is not our company or appointed by our company.

Introduction

Features

The SF-810 has a built-in heart rate sensor which will help you during workouts and make heart rate zone training easy.

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 40](#)

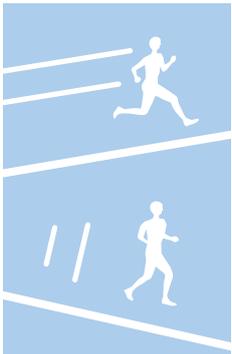
Split Time: Elapsed time from the start

Lap time: Time taken for each lap

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

[☞ "Checking Measurement Data" on page 62](#)

Interval function



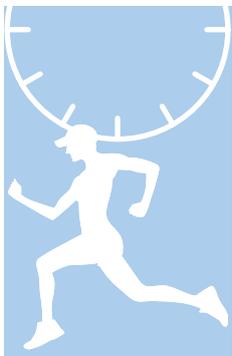
Allows you to perform interval training.

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 45](#)

Goal function (timed race)



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

You can exercise while checking the elapsed time. You can also calculate the estimated distance you will cover during that time.

[☞ "Measure until the Time or Distance Set in Advance Is Reached \(Goal Function\)" on page 52](#)

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

[☞ "Checking Measurement Data" on page 62](#)

Introduction

Goal function (distance race)



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

You can exercise while checking the distance. You can also calculate the estimated total time to complete the set distance.

[☞ "Measure until the Time or Distance Set in Advance Is Reached \(Goal Function\)" on page 52](#)

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

[☞ "Checking Measurement Data" on page 62](#)

Measure settings



Allows you to change the measurement settings.

- Measuring pulse (heart rate) (Heart Rate function)
 - [☞ "Measuring Pulse \(Heart Rate\) during Exercise" on page 38](#)
- 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 kilometre/mile (Target Pace function)
 - [☞ "Setting a Pace and Measuring \(Target Pace Function\)" on page 59](#)
- You can change the items and layout of the measurement screen display (Screen settings function)
 - [☞ "Screen" on page 100](#)
- Tap to display a set function (Tap function)
 - [☞ "Tap" on page 21](#)

Introduction

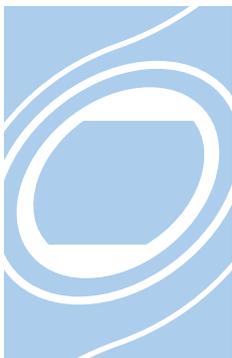
Settings



Allows you to change the settings for the device.

- ❑ Communicates with external devices (Communication function)
 ☞ ["Smart Phone" on page 96](#)
- ❑ Inverts the screen's display (Invert function)
 ☞ ["System Settings" on page 98](#)
- ❑ Adjusts the screen's contrast (Adjust contrast function)
 ☞ ["System Settings" on page 98](#)
- ❑ Turns on the light automatically when the screen changes (Auto Light function)
 ☞ ["System Settings" on page 98](#)
- ❑ Sets an alarm (Alarm function)
 ☞ ["System Settings" on page 98](#)
- ❑ Turns off operation tones (Operation Tones function)
 ☞ ["System Settings" on page 98](#)
- ❑ Resets configuration information in the device's memory (Initialize function)
 ☞ ["System Settings" on page 98](#)

Other features



- ❑ You can measure pitch and stride using the built-in stride sensor.
 ☞ ["Educating Your Pulse and 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 31](#)
- ❑ You can monitor, analyse, compare and share your recorded data using the dedicated Web application "RUNSENSE View".
 ☞ ["Data Management Using the Web Application \(RUNSENSE View\)" on page 65](#)

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Using this Device Safely

Using this Device Safely

Make sure you read the manuals (Quick Start Guide and User Manual) first to use this product safely.

The product may malfunction, or an accident may occur if it is handled incorrectly.

- Keep the manuals handy to help you resolve any problems.
- When taking this product out of the country of purchase, check the laws and regulations in the destination country before you travel.
- This product is not a medical device. Use this product as an indicator during physical exercise.

Symbols in this Manual

The following symbols are used in this guide to indicate possible dangerous operations or handling. Make sure you understand these warnings before using the product.



Warning:

This symbol indicates information that, if ignored, could possibly result in serious personal injury.



Caution:

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



This symbol indicates an action that should be done.



This symbol indicates an action that must not be done.

Using this Device Safely

Notes on Usage

Notes on using the product and components

|  Warning | |
|--|---|
|  | Exercise according to your physical capabilities. Stop exercising and consult your doctor if you feel unwell during exercise. |
|  | <p>Do not use or store this product in the following environments. It may cause an electric shock or fire, or the product may malfunction or be damaged.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Locations with very high or low temperatures or humidity <input type="checkbox"/> Near volatile substances <input type="checkbox"/> Dusty places <input type="checkbox"/> Near a strong magnetic field (for example, near a loudspeaker) <p>Do not disassemble this product, and do not attempt to repair this product by yourself. It may cause an electric shock or accident.</p> <p>Do not leave this product within reach of young children.</p> |

|  Caution | |
|--|--|
|  | Stop using the device immediately and consult your doctor if you have an allergic reaction or a rash during use. |
|  | <p>The device is water resistant at 5 bar (5 ATM). Although you can use the device for swimming and so on, do not perform button operations under water.</p> <p>Do not pour water directly from the tap onto this product. The power of the tap water stream may be strong enough to compromise the product's waterproof feature.</p> <p>Do not wear this product in a bath or sauna. The steam and soap may compromise the waterproof feature or cause corrosion.</p> |

Notes on using the cradle

|  Warning | |
|--|---|
|  | Do not use the cradle or AC adapter if they are in any way damaged, faulty or contaminated by foreign material such as dust, water or dirt. Do not use any adapter other than the specified adapter for charging. |

Using this Device Safely

Notes on Electromagnetic Waves

This device is equipped with Bluetooth® Smart technology. When operating supported smartphones, this function wirelessly sends and receives 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 licence. The following acts may be punishable by law.

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

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 aerials.

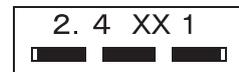


Certification information



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 reseller 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 service centre.

 ["Contacting us About this Product" on page 122](#)

Using this Device Safely

|  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](#)

 ["Wearing the device" on page 14](#)

 ["Basic Operations" on page 15](#)

 ["Charging" on page 23](#)

 ["Initial Settings" on page 27](#)

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

 ["Specifying a GPS \(GPS Positioning\)" on page 30](#)

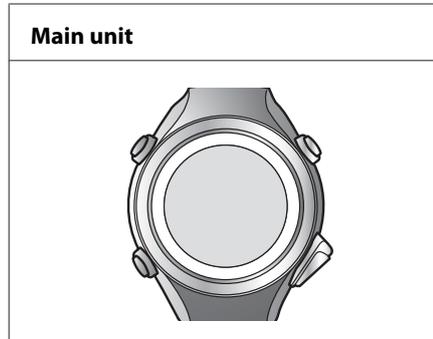
 ["Educating Your Pulse and Stride Sensor" on page 34](#)

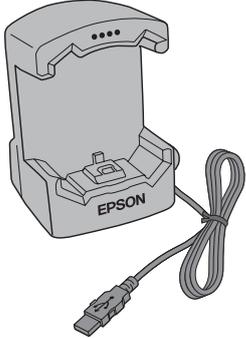
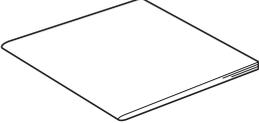
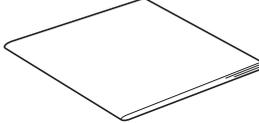
 ["Measurable Items" on page 35](#)

Preparing and Basic Operations

Checking the Items Provided

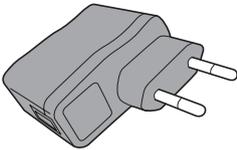
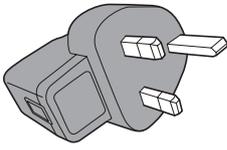
Make sure you check that all of the following items have been supplied with this product. If there is anything missing, contact your local reseller.



| Cradle | Quick Start Guide | Warranty |
|--|---|---|
|  |  |  |

Options

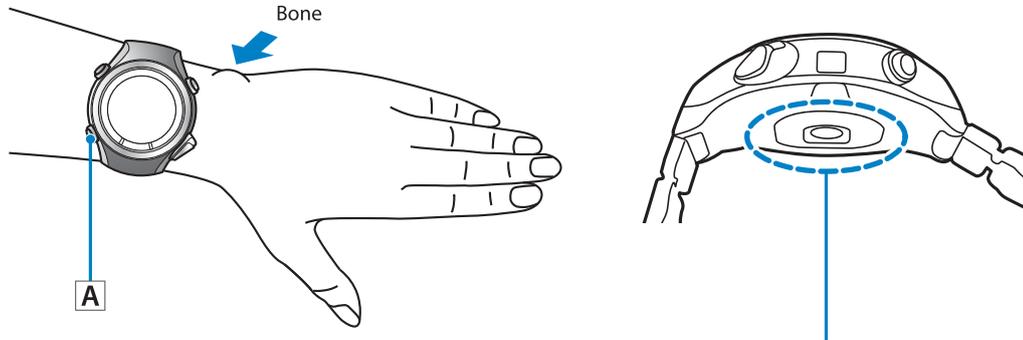
You can purchase the following optional extras. Contact your local reseller for more information.

| AC Adapter for Europe excluding UK and Ireland (Model No.: SFAC02) | AC Adapter for UK and Ireland (Model No.: SFAC03) |
|---|---|
|  |  |

Preparing and Basic Operations

Wearing the device

When wearing the product, make sure it does not touch the bone on your wrist. Wear the product closely around your wrist. Tighten the wrist band if your pulse (heart rate) is not measured correctly. However do not wear the product too tight. If you feel any discomfort, loosen the wristband.



Sensor (reads your pulse on the back of your wrist)

Note:

- ❑ After putting the device on, press the **A** button on the Time screen, and check that your pulse is being measured. Your pulse (heart rate) should be displayed within about 30 seconds. If it is not displayed, readjust the position of the device (see above illustration), or tighten the wrist band.

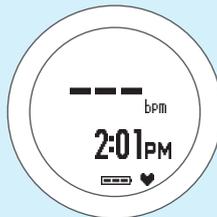
This device measures your pulse and displays it as the heart rate on the screen.



- ❑ The device may not be able to measure accurately if it is not in contact with your skin or if it moves around too much while exercising. Try tightening the wrist band by one hole.

! Important:

The accuracy of the heart rate sensor is affected by cold body or ambient temperature. Protect the device by wearing it under a sleeve in cold or windy conditions. A warning (see below illustration) will trigger if the device temperature will drop too low.



Basic Operations

Changing screens

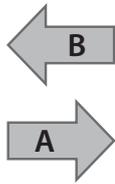
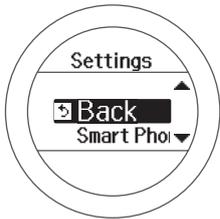
This device is comprised of a Time screen, Measurement screen, Settings screen (**Settings** menu and **Measure set.** menu), and Recall screen, and you can perform operations with the following buttons.



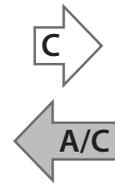
⇨ : Short press

➡ : Long press (two seconds or more)

Settings menu



Time screen



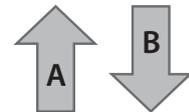
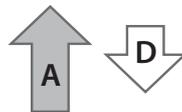
Measurement screen



🔗 "Setting screen (**Settings** menu/**Measure set.** menu)" on page 19

🔗 "Time screen" on page 17

🔗 "Measurement screen" on page 18



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

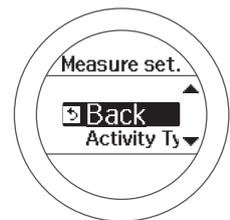
🔗 "How to Change the Settings" on page 90

Recall screen



🔗 "Recall screen" on page 20

Measure set. menu



🔗 "Setting screen (**Settings** menu/**Measure set.** menu)" on page 19

Preparing and Basic Operations

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.

 [“System Settings” on page 98](#)

- ❑ 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/Recall 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.

Preparing and Basic Operations

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 | Starts pulse (heart rate) measurement.* |
| | 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 19 |
| C | Short press | Performs GPS positioning, and displays the measurement screen. ☞ “Measurement screen” on page 18 |
| D | Short press | Displays a record of the measurement history (recall screen). ☞ “Recall screen” on page 20 |
| | Long press (two seconds or more) | Performs Bluetooth® communication. Use this when uploading measurement data. |

* Measures your pulse (heart rate) when worn on your wrist. Your current heart rate will be displayed on the watch display, but will not be recorded.
☞ [“Wearing the device” on page 14](#)

Preparing and Basic Operations

Measurement screen

Operation buttons



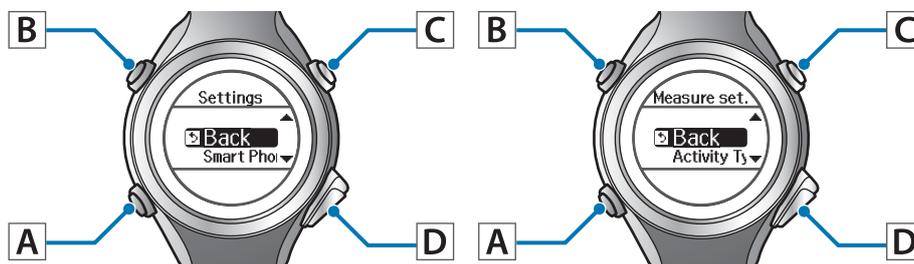
| Button Operation | | Explanation |
|------------------|----------------------------------|---|
| A | Short press | You can display up to four measurement screens and switch the screens using this button. |
| | Long press (two seconds or more) | Displays the time screen. Not available while measuring. |
| 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 measuring. |

* 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.

Preparing and Basic Operations

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. |

Preparing and Basic Operations

Recall screen

Operation buttons

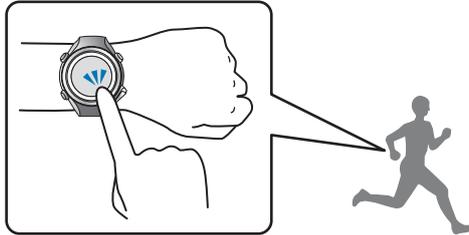


| Button Operation | | Explanation |
|------------------|----------------------------------|---|
| A | Short press | Confirm a selection. |
| | Long press (two seconds or more) | Displays the time screen. |
| B | Short press | Turns the light on or off. The light turns on for approximately 10 seconds.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

Preparing and Basic Operations

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 settings” on page 91](#)
- ❑ The operation may not be recognised 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 to change the setting to **OFF**.

Preparing and Basic Operations

Alarm (tones/vibration)

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.

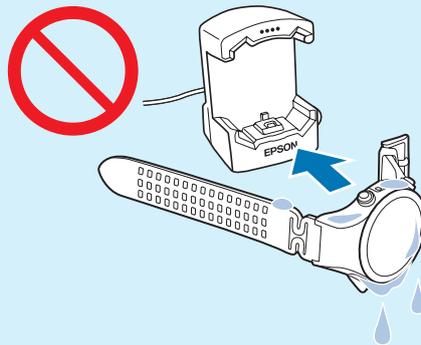
| Mode | Measurement Settings | Timing |
|---------------------------------|--|---|
| Chronograph Interval Goal | AT Lap <input type="checkbox"/> From device 🔗 “Recording Laps Automatically (AT Lap Function)” on page 56 <input type="checkbox"/> From PC application (Run Connect) 🔗 “Setting the AT Lap Function” on page 82 | When lap is paused |
| | AT Pause 🔗 “Automatically Start/Stop Measuring (AT Pause Function)” on page 58 | <input type="checkbox"/> When measuring is stopped <input type="checkbox"/> When measuring restarts |
| | Target Pace <input type="checkbox"/> From device 🔗 “Setting a Pace and Measuring (Target Pace Function)” on page 59 <input type="checkbox"/> From PC application (Run Connect) 🔗 “Setting the Target Pace Function” on page 84 | <input type="checkbox"/> When you are off the target pace <input type="checkbox"/> When you have set multiple target paces and the target pace changes |
| | HR 🔗 “Measuring Pulse (Heart Rate) during Exercise” on page 38 | When you are off the HR Zone |
| Interval | <input type="checkbox"/> From device 🔗 “Setting a Time and Distance for Hard and Light Workouts (Interval Function)” on page 45 <input type="checkbox"/> From PC application (Run Connect) 🔗 “Setting the Interval Function” on page 87 | <input type="checkbox"/> When changing between sprint/recovery <input type="checkbox"/> When the number of sets is complete |
| Goal | 🔗 “Measure until the Time or Distance Set in Advance Is Reached (Goal Function)” on page 52 | <input type="checkbox"/> When 50/90% of the set time/distance is reached <input type="checkbox"/> When the set time/distance is complete |

Charging

Before use

! Important:

- ❑ Make sure you use the cradle that came with this product.
- ❑ 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.

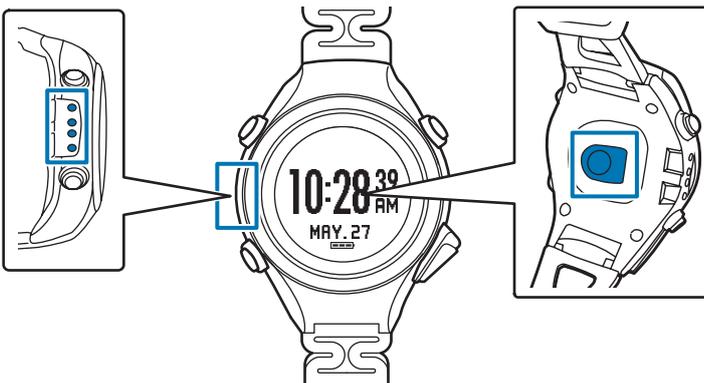


- ❑ Do not perform button operations when it is wet; otherwise, a malfunction could occur.

If the device is wet from water or sweat, use a little running water to wash the contact points and sensor, 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/Sensor

Use low pressure water to wash the device.



See the following for more details about daily maintenance.

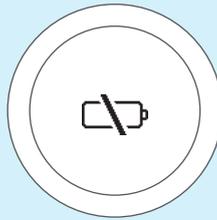
🔗 [“Looking after your device” on page 114](#)

Preparing and Basic Operations

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.

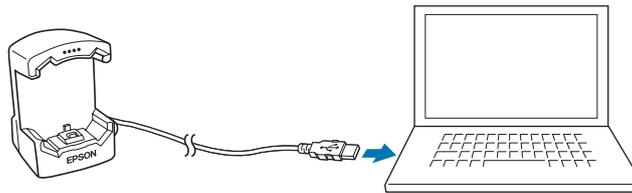


1 Connect the cradle using one of the following methods.

■ Using a computer

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

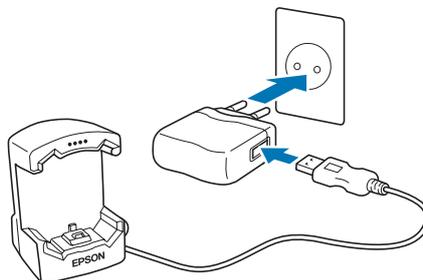
This is not guaranteed to work with all computers. Do not use a USB hub. Instead, connect the cradle directly to the computer.



■ 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.: SFAC02 for Europe excluding UK and Ireland / SFAC03 for UK and Ireland). If you do not use a supported AC adapter, you may not be able to charge the device or it may not operate correctly.

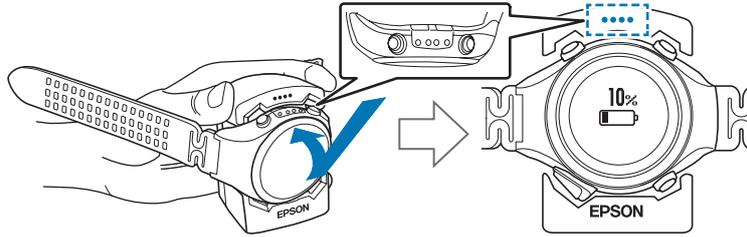


2 Place the device into the cradle.

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

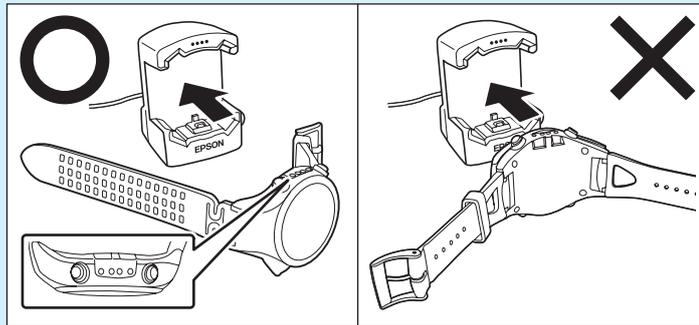
Preparing and Basic Operations

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



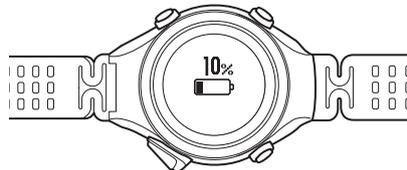
Important:

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.

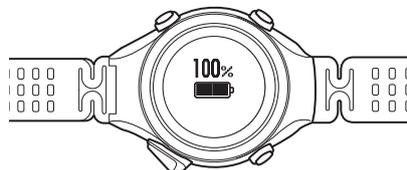
Although the average time necessary for a full charge is **2.5 to 3.5 hours**, this varies depending on the situation.



3

Check that charging is complete.

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



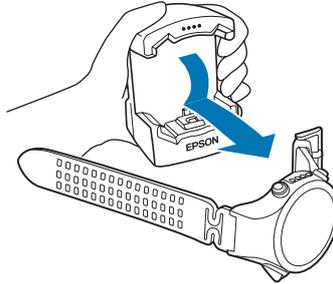
Note:

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.

Preparing and Basic Operations

- 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 to release it.



Preparing and Basic Operations

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



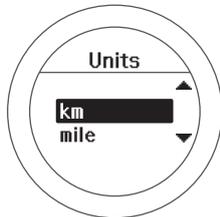
1 Set the language.

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



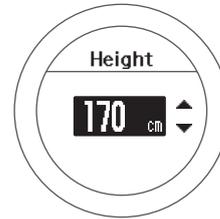
2 Set the Units.

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



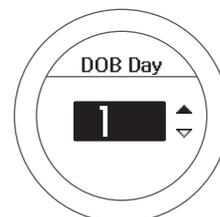
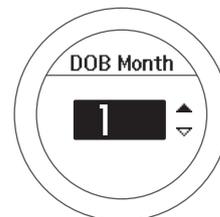
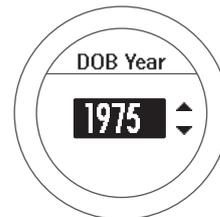
3 Set your Height and Weight.

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



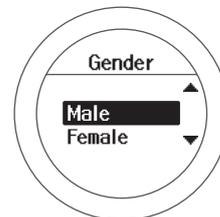
4 Set your DOB.

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



5 Set your Gender.

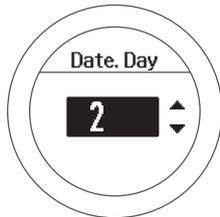
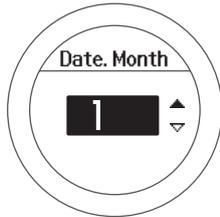
Use C/D to select, and then press A.



Preparing and Basic Operations

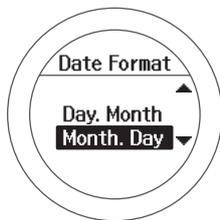
6 Set today's date.

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



7 Set the **Date Format**.

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

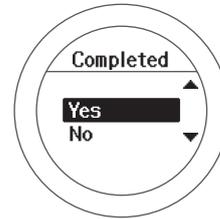


8 Go to a location outside with no obstructions overhead.

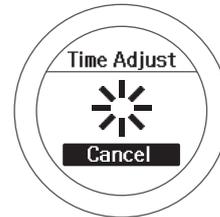
! Important:
 Take the following steps to receive a signal from the GPS and synchronise time automatically. Since the signal from the GPS cannot be received indoors, go outside to a location without any obstructions overhead.

9 Complete the settings.

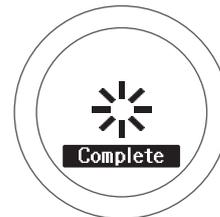
Use **C/D** to select **Yes**, and then press **A**.



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



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 synchronisation fails, the signal from the GPS may not be being received properly. Perform **Time Adjust** from **Sys. Settings**.

[🔗 "System Settings" on page 98](#)

Preparing and Basic Operations

About the battery

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



| Battery icon | | | | | |
|------------------|-------------------------------------|----------------|----------------|---------------|--------------|
| Hours remaining* | GPS On Pulse (Heart rate) On | 20 to 14 hours | 14 to 8 hours | 8 to 2 hours | 2 to 0 hours |
| | GPS On Pulse (Heart rate) Off | 24 to 17 hours | 17 to 10 hours | 10 to 3 hours | 3 to 0 hours |

* Standard hours during which you can use the Chronograph function while receiving a GPS signal. Battery life may vary depending on the conditions (Frequency the light will be turned on, etc.)

! **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.

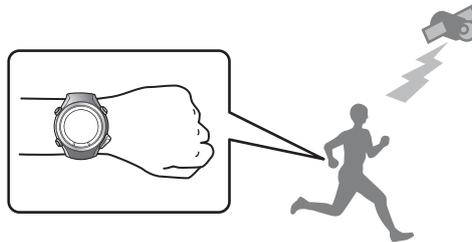
Note:
 Even if the battery runs out, measurement data is stored in the main memory.

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



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 |

Preparing and Basic Operations

GPS positioning

When you change to the measurement screen, the device receives a signal from various satellites, and identifies your position 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.

GPS positioning starts.



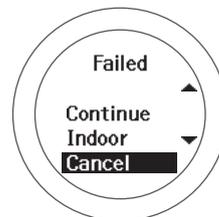
When GPS positioning is complete, the measurement screen is displayed.



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. Distance and pace data can still be measured. The device will use the stride sensor until a GPS connection is made.

["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.

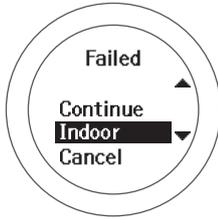
The route and so on is not recorded in indoor mode. Also, measurement items are limited in indoor mode.

["Measurable Items" on page 35](#)

Preparing and Basic Operations

Use either of the following methods to enter indoor mode.

- Select **Indoor** during GPS positioning
- If GPS positioning fails, select **Indoor** on the screen displayed



Preparing and Basic Operations

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.

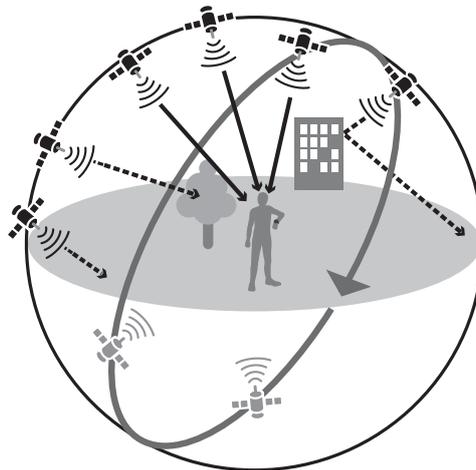
- When you use the device for the first time after purchase
- When the device has not been used for several months

You need not 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 travelling 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.

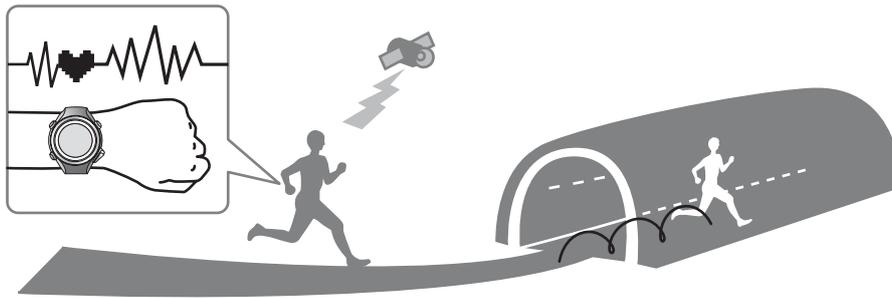
However, errors may occur in distance measurements, even after waiting 15 minutes or more, due to atmospheric conditions and the usage environment.



Educating Your Pulse and Stride Sensor

About the pulse/stride sensor

This product has a built-in pulse sensor and a stride sensor. The pulse sensor detects your pulse (heart rate) accurately simply by wearing the device directly on your wrist. The stride sensor calculates distance and laps with high precision, as well as measures your pitch and stride even when GPS signal is lost such as in a tunnel, and so on.



Educating the sensors for pulse and stride

When using the device for the first time, run under the following conditions so that the your pulse (heart rate) and stride are accurately detected and learnt by the sensor.

Location/Time

Run 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 40

Note:

- You don't need make these preparations from the second time. However, note if the device is reset so you have to go through the device set up again you will need to repeat this process.
- The device's stride sensor is used for running and walking.
- Usage, for example educates the pulse/stride sensor according to your primary usage for example if you plan to use the device to measure running, run at your usual pace to educate the sensor. Errors may occur if your pulse/stride pattern is significantly different to the learning session.

Preparing and Basic Operations

Measurable Items

Items that can be measured by each measurement function for chronograph, interval, and goal mode.

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

* : Cannot measure during indoor mode  [“Indoor mode” on page 31](#)

| | |
|------------------------------------|-----------------------------|
| Measurement item (Display name) | Distance (Dist.) |
| | Lap Distance (LapDist.) |
| | Pace (Pace) |
| | Average Pace (Av.Pace) |
| | Lap Pace (LapPace) |
| | Speed (Speed) |
| | Average Speed (Av.Spd) |
| | Lap Speed (LapSpd) |
| | Split Time (Split) |
| | Lap Time (Lap) |
| | Time (Time) |
| | Calories Burnt (Calories) |
| | Altitude (Alt.)* |
| | Guide Time (Guide) |
| | Guide Distance (GuideDist.) |

Preparing and Basic Operations

| | |
|-------------------------------------|--------------------------------|
| Measurement items (Display name) | Stride (Stride) |
| | Average Stride (Av.Stride) |
| | Lap Stride (LapStride) |
| | 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 (Spent.HR) |
| | Time to HR Zone (Time.HR) |
| | Total Ascent (Tot.Asc.)* |
| | Total Descent (Tot.Des.)* |
| | Grade (Grade)* |
| | Latitude/Longitude (LAT/LONG)* |
| | Estimated Time (Est.) |
| | Estimated Distance (Est.Dist.) |

Measure

The SF-810 has a built-in pulse (heart rate) sensor which will help you during workouts and make heart rate zone training easy.

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 Pulse \(Heart Rate\) during Exercise” on page 38](#)

 [“Measuring Time, Distance, and Speed \(Chronograph Function\)” on page 40](#)

 [“Setting a Time and Distance for Hard and Light Workouts \(Interval Function\)” on page 45](#)

 [“Measure until the Time or Distance Set in Advance Is Reached \(Goal Function\)” on page 52](#)

 [“Recording Laps Automatically \(AT Lap Function\)” on page 56](#)

 [“Automatically Start/Stop Measuring \(AT Pause Function\)” on page 58](#)

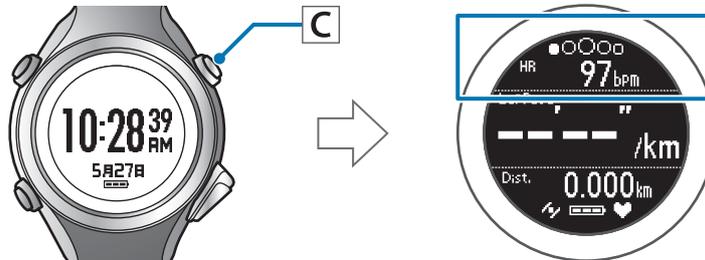
 [“Setting a Pace and Measuring \(Target Pace Function\)” on page 59](#)

Measure

Measuring Pulse (Heart Rate) during Exercise

Press C on the time screen.

GPS positioning starts, and the measurement screen is displayed once positioning is complete. When your pulse (heart rate) is detected, an alarm sounds, and the heart rate and heart rate zone are displayed.



You can set five heart rate zones (within the range of the minimum and maximum heart rate) to suit the exercise intensity in User Settings.

[🔗 “User Settings” on page 96](#)

The value in brackets () is the default setting.

| Setting items | Value | Explanation |
|---------------|---------------------------|-------------|
| HR Zone | Zone1 (30 to 100 bpm) | ●○○○○ |
| | Zone2 (101 to 130 bpm) | ○●○○○ |
| | Zone3 (131 to 160 bpm) | ○○●○○ |
| | Zone4 (161 to 190 bpm) | ○○○●○ |
| | Zone5 (191 to 240 bpm) | ○○○●● |

Measuring pulse (heart rate)

You can measure pulse (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 40](#)

[🔗 “Setting a Time and Distance for Hard and Light Workouts \(Interval Function\)” on page 45](#)

[🔗 “Measure until the Time or Distance Set in Advance Is Reached \(Goal Function\)” on page 52](#)

Measure

Displaying the measured pulse (heart rate) screen

The heart rate and heart rate zone are displayed by default. The following items can also be displayed. Change the screen settings as necessary.

 [“Screen” on page 100](#)

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

| Display item | Display type | | 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 |

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.

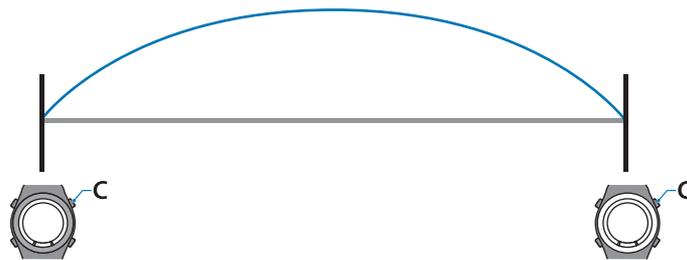
Note:

Set the Activity Type (Run, Walk, or Bike) before you start measuring.

 [“Measure settings” on page 91](#)

Split Time

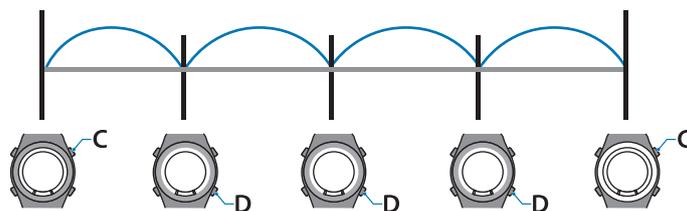
Measures the elapsed time from the start.



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](#)

Measure

Measuring

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.



[“Specifying a GPS \(GPS Positioning\)” on page 30](#)

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 44](#)



* The screen display differs depending on the settings.

[“Screen pattern table” on page 101](#)

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.



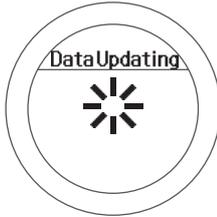
Data measured up to that point is stored in the device's memory, and you can check it by pressing D on the time screen.

[“Checking Measurement Data” on page 62](#)

Measure**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.*

Measure

Screen display

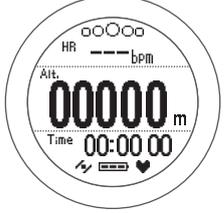
Measurement screen

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 100](#)

| Screen | Screen Pattern (Default) | Screen Pattern (Default) | Measurement Item (Default) |
|---------|---|--------------------------|----------------------------|
| Screen1 |  | 3 Lines | HR Lap Pace Distance |
| Screen2 |  | 2 Lines | Split Time Lap Time |
| Screen3 |  | 3 Lines | HR Altitude Time |
| Screen4 |  | 2 Lines | HR Stride |

The heart rate zone (indicated by  in the image above) is displayed when the HR is set to ON (default) in the measurement setting.

 [“Measuring Pulse \(Heart Rate\) during Exercise” on page 38](#)

Measure

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 100](#)

| Screen | Screen Pattern (Default) | Screen Pattern (Default) | Measurement Item (Default) |
|--------------------|---|--------------------------|----------------------------|
| Display Lap Screen |  | 2 Lines | Lap Time Lap Pace |

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.

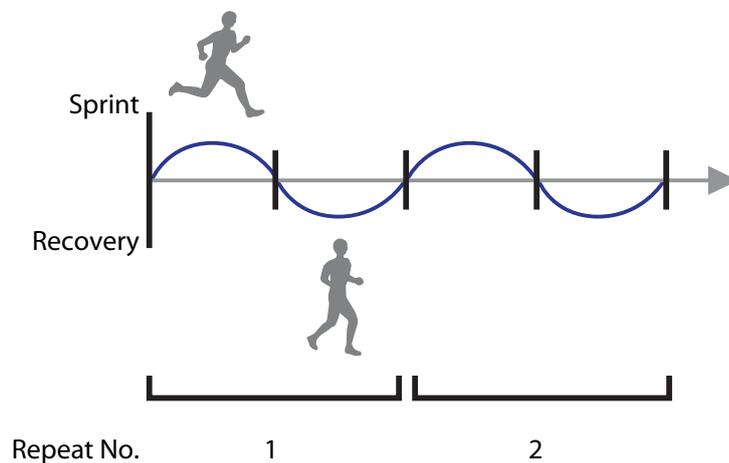
You can set the time and distance, and create an exercise menu.

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 recovering



Measure

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 also customise your sprint and recovery intervals.

[“Setting the Interval Function” on page 87](#)

Operation buttons



Setting interval conditions

1 Display the measurement screen.

Press C on the time screen.

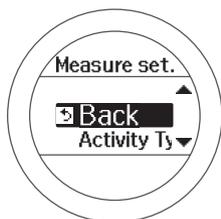
GPS positioning starts, and the measurement screen is displayed once positioning is complete.



[“Specifying a GPS \(GPS Positioning\)” on page 30](#)

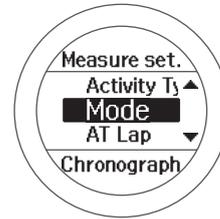
2 Displays the **Measure set.** menu.

Hold down B on the measurement screen.



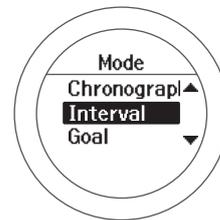
3 Select **Mode**.

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



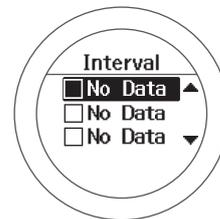
4 Select **Interval**.

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



5 Select an empty setting.

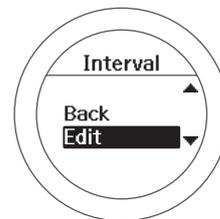
Use C/D to select, and then press A.



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

6 Select **Edit**.

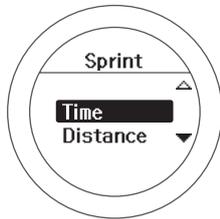
Use C/D to select, and then press A.



Measure

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

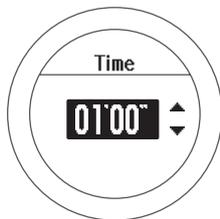
Use **C/D** to select, and then press **A**.



- 8** Set the time or distance.

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

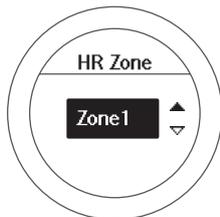
Hold down **C/D** to speed through the numbers.



- 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 96](#)

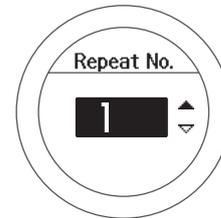
- 10** Set the recovery (light exercise).

Follow steps 7 to 9.

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

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

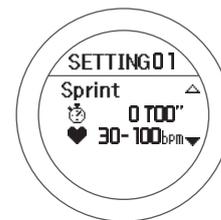
Hold down **C/D** to speed through the numbers.



- 12** Check the set content.

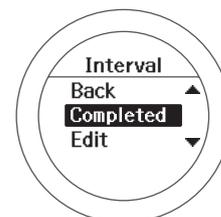
Use **C/D** to scroll the screen.

After checking, press **A**.



- 13** Select **OK**.

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



Measure

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 62](#)

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.

Measure

Loading interval conditions that have already been set

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.



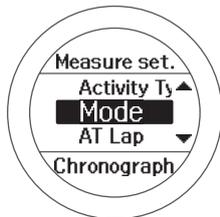
[“Specifying a GPS \(GPS Positioning\)” on page 30](#)

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

Hold down B on the measurement screen.

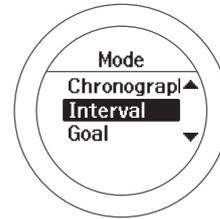
- 3 Select **Mode**.

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



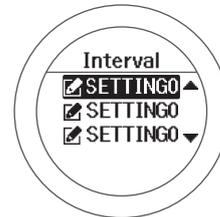
- 4 Select **Interval**.

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



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

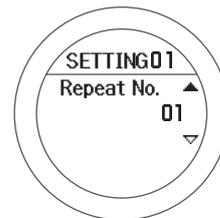
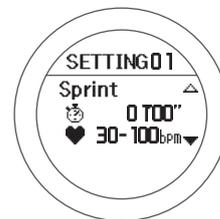
Use C/D to select the registered setting, and then press A.



- 6 Check the set content.

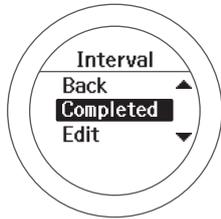
Use C/D to scroll the screen.

Press A.



Measure**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 48](#)

Measure

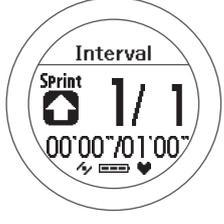
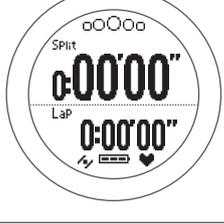
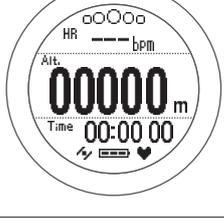
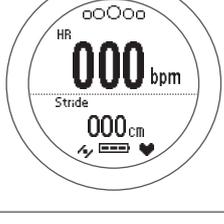
Screen display

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 100](#)

| Screen | Screen Pattern (Default) | Measurement Item (Default) |
|-----------------------|---|--|
| Fixed interval screen |  | Interval Time or distance for Sprint/ Recovery |
| Screen1 |  | 3 Lines HR Lap Pace Distance |
| Screen2 |  | 2 Lines Split Time Lap Time |
| Screen3 |  | 3 Lines HR Altitude Time |
| Screen4 |  | 2 Lines HR Stride |

The heart rate zone (indicated by  in the image above) is displayed when the HR is set to ON (default) in the measurement setting.

 [“Measuring Pulse \(Heart Rate\) during Exercise” on page 38](#)

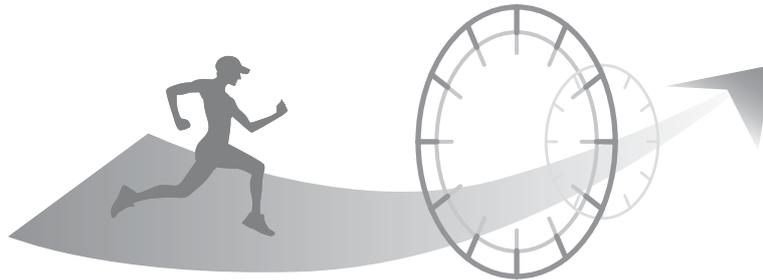
Measure until the Time or Distance Set in Advance Is Reached (Goal Function)

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 to go until that goal is reached. You can exercise while checking the elapsed time. You can also calculate the estimated distance you will cover during that time.



Distance race

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



Note:

By default, **Estimated Distance** and **Estimated Time** are not displayed. Change the screen settings to display.

 ["Screen" on page 100](#)

Measure

Measuring by setting the time or distance

Operation buttons



Set the time or distance.

- 1 Display the measurement screen.

Press C on the time screen.

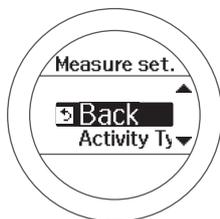
GPS positioning starts, and the measurement screen is displayed once positioning is complete.



[“Specifying a GPS \(GPS Positioning\)” on page 30](#)

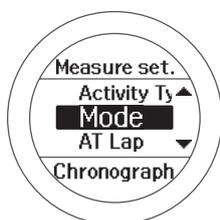
- 2 Displays the **Measure set.** menu.

Hold down B on the measurement screen.



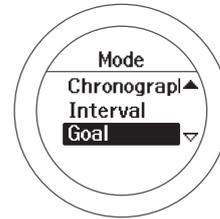
- 3 Select **Mode**.

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



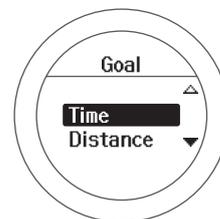
- 4 Select **Goal**.

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



- 5 Select whether to set time or distance.

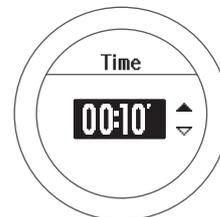
Use C/D to select, and then press A.



- 6 Set the time or distance.

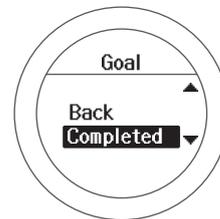
Use C/D to set, and then press A.

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.



Measure

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 62](#)

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.

Measure

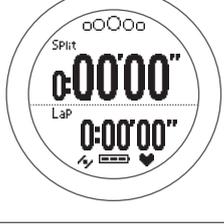
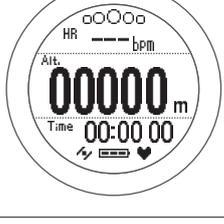
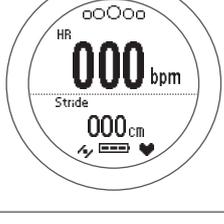
Screen display

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 100](#)

| Screen | Screen Pattern (Default) | Measurement Item (Default) | |
|-------------------|---|----------------------------|----------------------------|
| Fixed goal screen |  | Goal | Time or distance for Goal |
| Screen1 |  | 3 Lines | HR Lap Pace Distance |
| Screen2 |  | 2 Lines | Split Time Lap Time |
| Screen3 |  | 3 Lines | HR Altitude Time |
| Screen4 |  | 2 Lines | HR Stride |

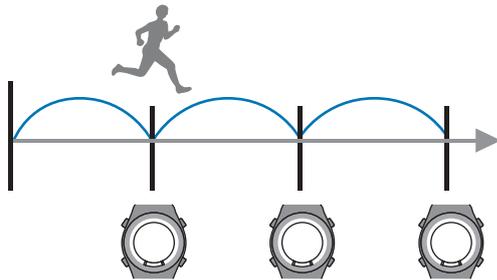
The heart rate zone (indicated by  in the image above) is displayed when the HR is set to ON (default) in the measurement setting.

 [“Measuring Pulse \(Heart Rate\) during Exercise” on page 38](#)

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 82](#)

Operation buttons



1 Display the measurement screen.

Press C on the time screen.

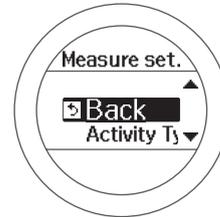
GPS positioning starts, and the measurement screen is displayed once positioning is complete.



[“Specifying a GPS \(GPS Positioning\)” on page 30](#)

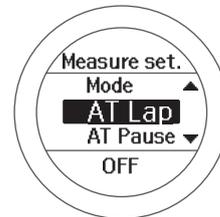
2 Displays the **Measure set.** menu.

Hold down B on the measurement screen.



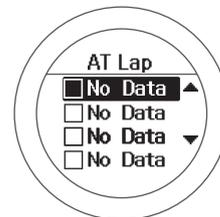
3 Select **AT Lap**.

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



4 Select an empty setting.

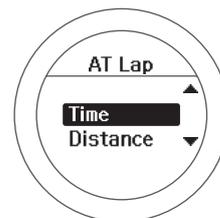
Use C/D to select, and then press A.



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.

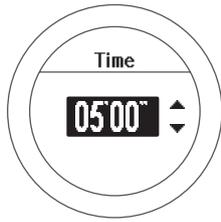


6 Set the time or distance.

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

Measure

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



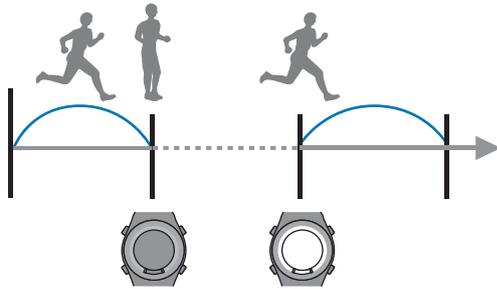
7 Complete the settings.

Hold down **A**.

The measurement screen is displayed.

Automatically Start/Stop Measuring (AT Pause Function)

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



Operation buttons



1 Display the measurement screen.

Press C on the time screen.

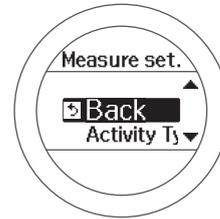
GPS positioning starts, and the measurement screen is displayed once positioning is complete.



“Specifying a GPS (GPS Positioning)” on page 30

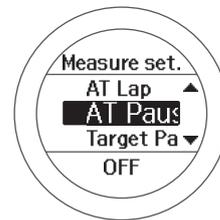
2 Displays the **Measure set.** menu.

Hold down B on the measurement screen.



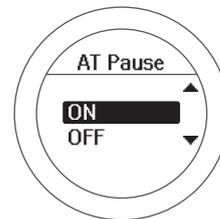
3 Select **AT Pause**.

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.

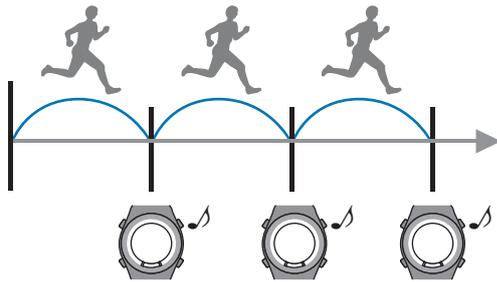
Hold down A.

The measurement screen is displayed.

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 kilometre/mile (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 customise your target pace.

[“Setting the Target Pace Function” on page 84](#)

Operation buttons



1 Display the measurement screen.

Press C on the time screen.

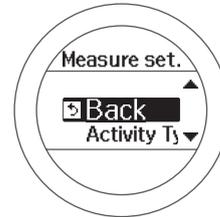
GPS positioning starts, and the measurement screen is displayed once positioning is complete.



[“Specifying a GPS \(GPS Positioning\)” on page 30](#)

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 an empty setting.

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 kilometre/ mile.

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

Hold down C/D to speed through the numbers.



Measure**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 (Recall Function)

Checking Measurement Data (Recall Function)

You can check measured data on the recall screen.

 ["Checking Measurement Data" on page 62](#)

 ["Measurement data that can be checked in recall" on page 62](#)

 ["Delete unnecessary measurement data" on page 63](#)

Checking Measurement Data (Recall Function)

Checking Measurement Data

You can check measured data on the recall screen.

Operation buttons



1 Display the recall screen.

Press **D** on the time screen.



2 Select the data you want to check.

The recall 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 recall screen.

Press **A**, and then select **Back**.

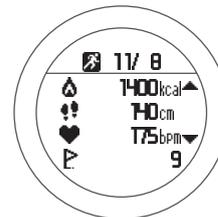
5 Finish checking the history.

Hold down **A**.

Displays the time screen.

Measurement data that can be checked in recall

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 |

Checking Measurement Data (Recall Function)

| 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 recall screen.

Press **D** on the time screen.



2 Select the data you want to delete.

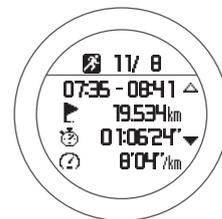
The recall screen displays item icons, the date measured, and the distance.

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



3 Check and delete the measurement data.

Press **A**.



Checking Measurement Data (Recall Function)

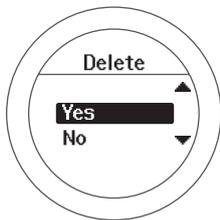
4 Select **Delete**.

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 recall 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.

 [“System Settings” on page 98](#)

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

 [“System Settings” on page 98](#)

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 69](#)
 - If you already have an account with RUNSENSE View, you can continue using it with this device.
- ❑ You can also manage the measurement data using a smartphone. See “Smartphone User’s Guide” for details.
www.epson.eu/runsense

🔗 [“What is the Web Application \(RUNSENSE View\)?” on page 66](#)

🔗 [“Installing Run Connect \(Uploader Software\)” on page 68](#)

🔗 [“Creating an Account \(When Using for the First Time\)” on page 69](#)

🔗 [“Checking Uploaded Measurement Data” on page 74](#)

Data Management Using the Web Application (RUNSENSE View)

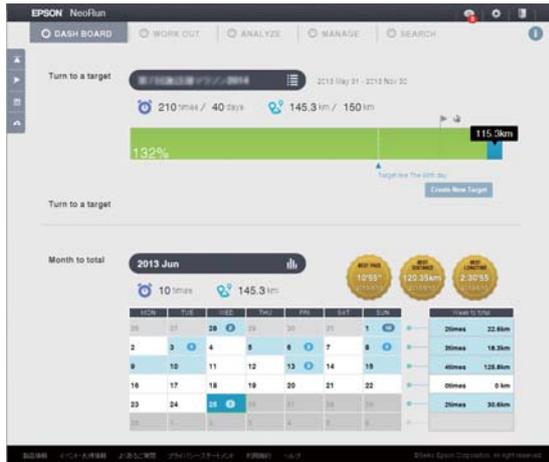
What is the Web Application (RUNSENSE View)?

The web application (RUNSENSE View) sends measurement data through your computer allowing you to monitor, analyse, compare and share 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.

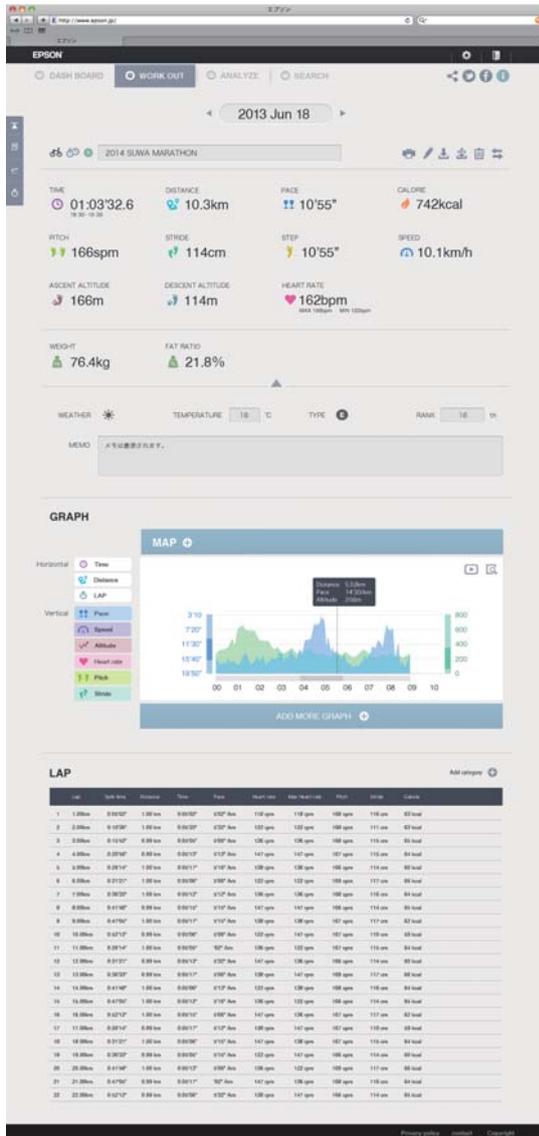
Dashboard



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

Data Management Using the Web Application (RUNSENSE View)

Workout



Displays your data as a graph. This allows you to analyse training from different angles.

Installing Run Connect (Uploader Software)

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

Follow the steps below to install Run Connect.

- 1** Access the following website and download Run Connect.

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

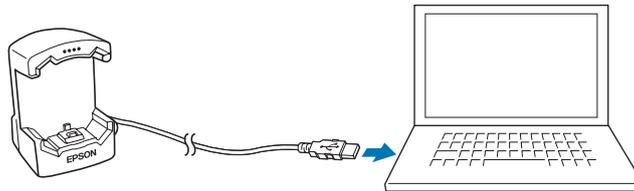
- 2** Run the downloaded file and follow the on-screen instructions.

Data Management Using the Web Application (RUNSENSE View)

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.

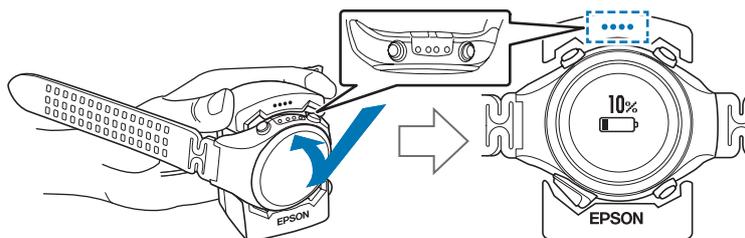
- 1 Connect the cradle to the computer on which Run Connect is installed with a USB cable.



- 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.

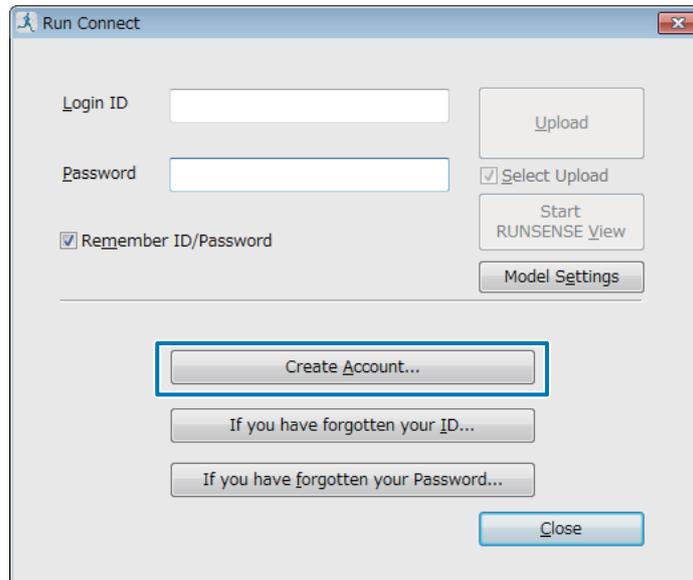
Start Run Connect.

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.

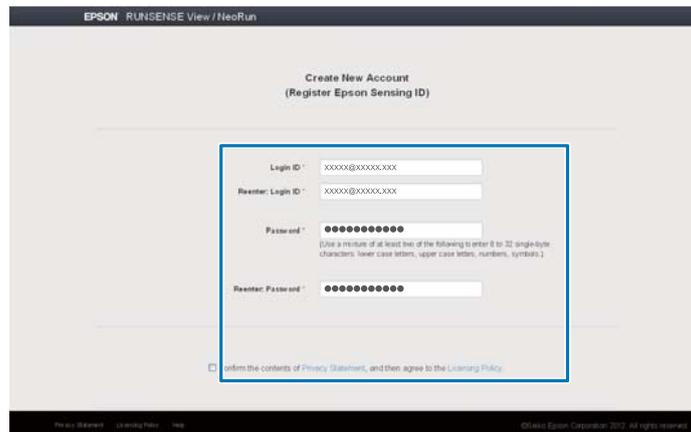
Data Management Using the Web Application (RUNSENSE View)

3 Click Create Account.



4 Create an account.

Enter a **Login ID** (Email address), and **Password**, and then click **Create Account**.



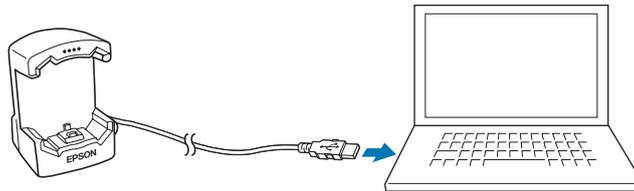
To upload measurement data, go to step 3 in the following section.

 [“Uploading Measurement Data” on page 71](#)

Uploading Measurement Data

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

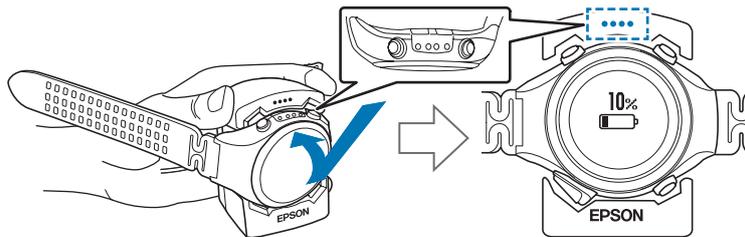
- 1 Connect the cradle to the computer on which Run Connect is installed with a USB cable.



- 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.



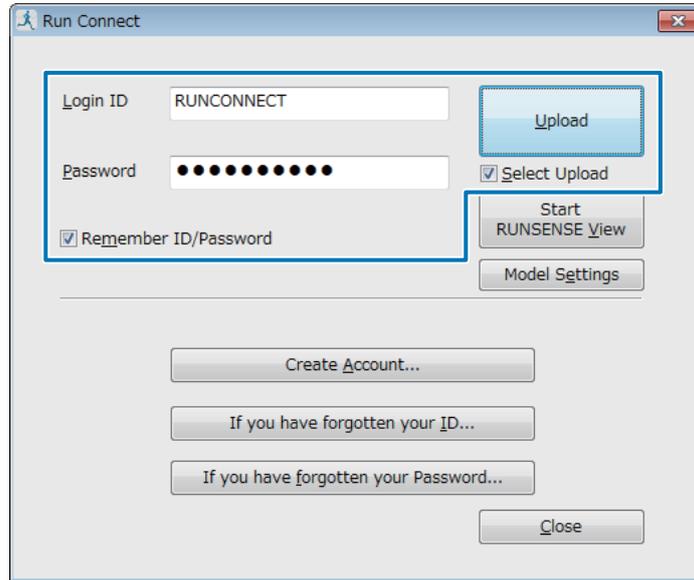
Important:

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

Start Run Connect.

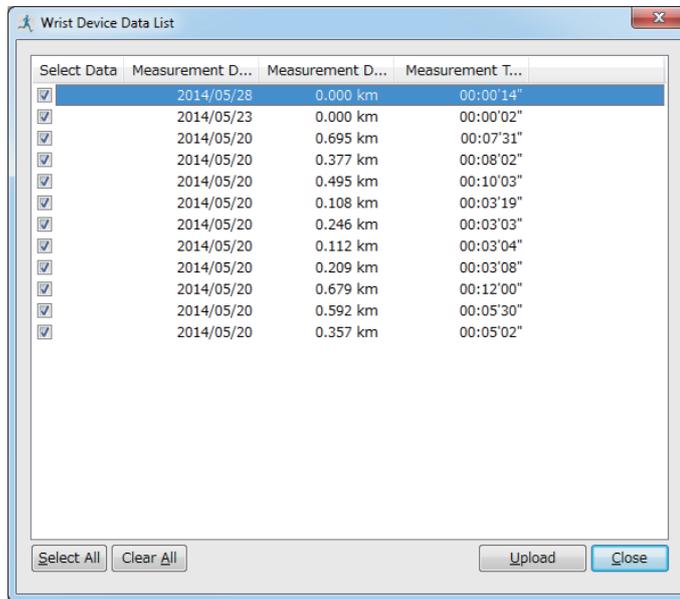
Data Management Using the Web Application (RUNSENSE View)

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



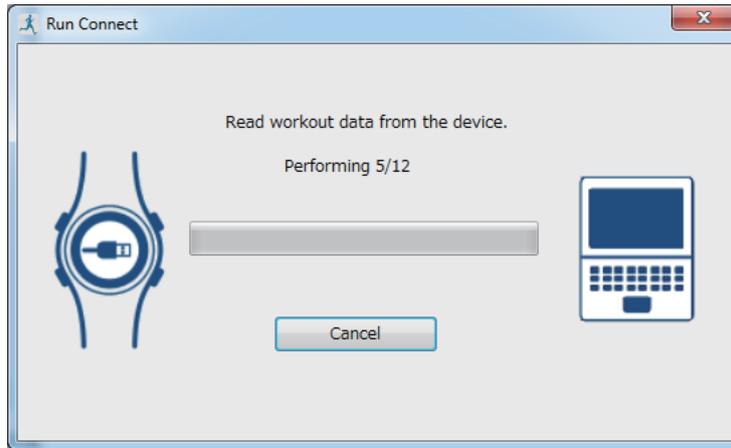
Note:

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)

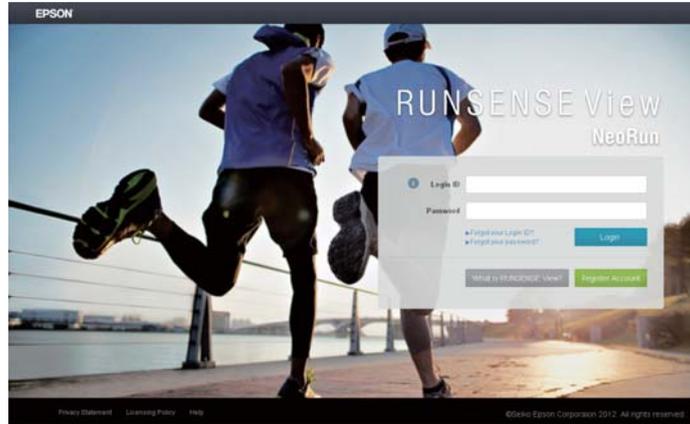
Data is uploaded to the Web application (RUNSENSE View).



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.

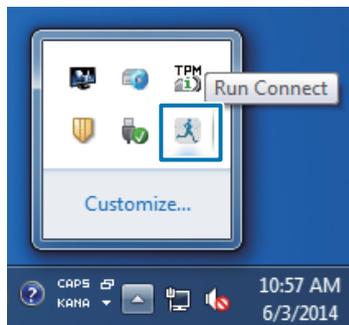
Use one of the following methods to start RUNSENSE View.

■ **Access the following website.**

<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 **Start RUNSENSE View**.



Data Management Using the Web Application (RUNSENSE View)

■ Click Start 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.

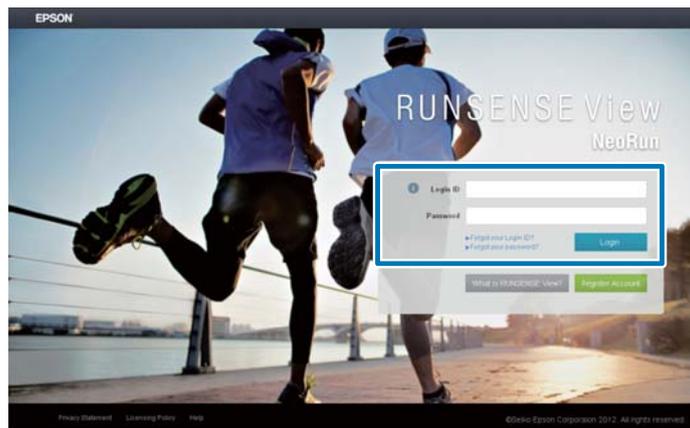
Note:

The **Start 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**.



Data Management Using the Web Application (RUNSENSE View)

- 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.

Setting Measurements Using the PC Application (Run Connect)

-  ["What is the PC Application \(Run Connect\)" on page 78](#)
-  ["Starting Run Connect and Displaying the Settings Screen" on page 80](#)
-  ["Setting the AT Lap Function" on page 82](#)
-  ["Setting the Target Pace Function" on page 84](#)
-  ["Setting the Interval Function" on page 87](#)

Setting Measurements Using the PC Application (Run Connect)

What is the PC Application (Run Connect)

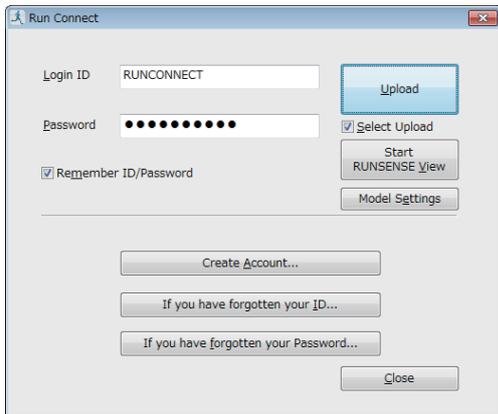
Using the PC application (Run Connect), you can upload measurement data to the Web application (RUNSENSE View). You can also use this tool to set AT Laps, Target Paces, and Intervals from your PC.

Note:

See the following pages for information on how to install Run Connect.

 [“Installing Run Connect \(Uploader Software\)” on page 68](#)

Login screen

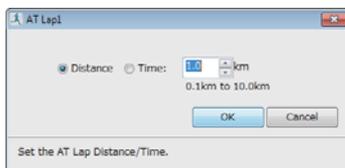


You can setup an account for accessing the Web application (RUNSENSE View), upload measurement data, and start RUNSENSE View.

 [“Data Management Using the Web Application \(RUNSENSE View\)” on page 65](#)

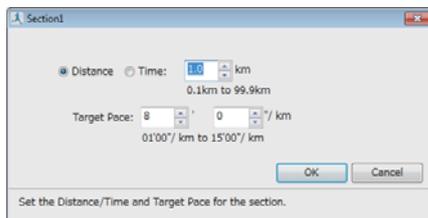
Additionally, in Model Settings, you can set AT Lap, Target Pace, and Interval from your PC.

Model Settings - AT Lap Settings Screen



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

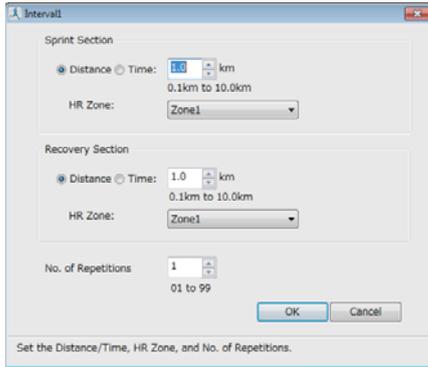
Model Settings - Target Pace Settings Screen



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

Setting Measurements Using the PC Application (Run Connect)

Model Settings - Interval Settings Screen

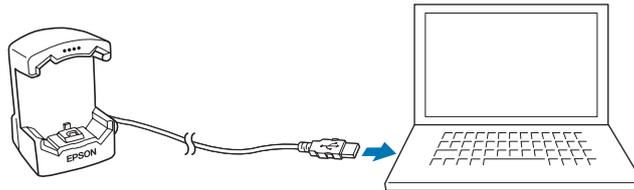


When making the Interval setting, you can also customise your sprint and recovery intervals.

Setting Measurements Using the PC Application (Run Connect)

Starting Run Connect and Displaying the Settings Screen

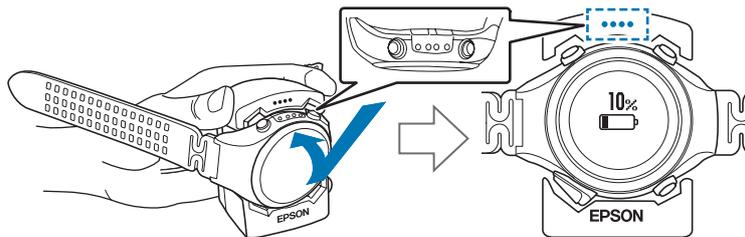
- 1 Connect the cradle to the computer on which Run Connect is installed with a USB cable.



- 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.



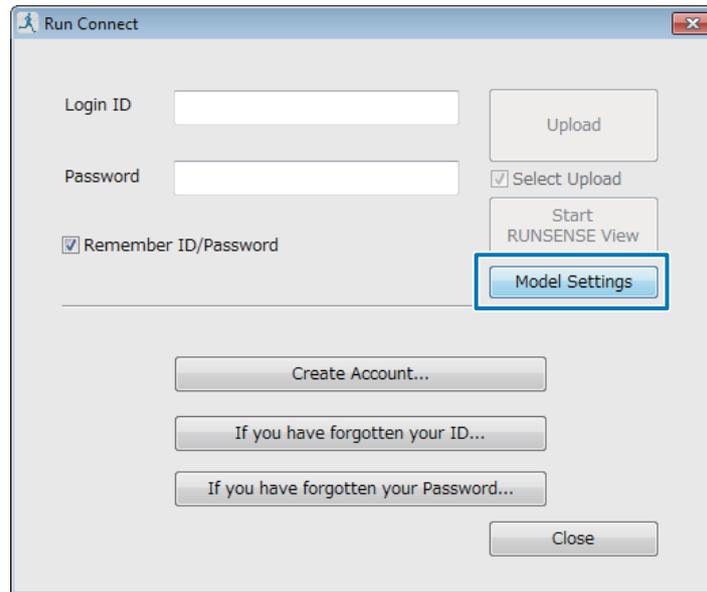
Important:

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

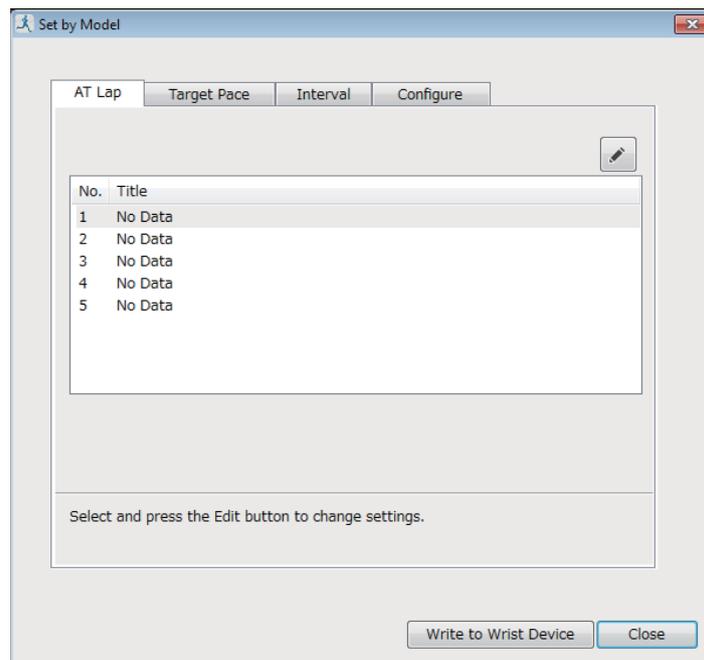
Run Connect starts.

Setting Measurements Using the PC Application (Run Connect)

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 Measurements Using the PC Application (Run Connect)

Setting the AT Lap Function

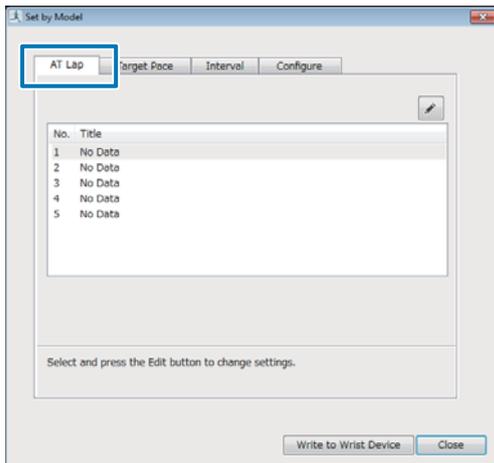
When setting the AT Lap function, you can set your own time or distance to divide laps.

Setting AT lap

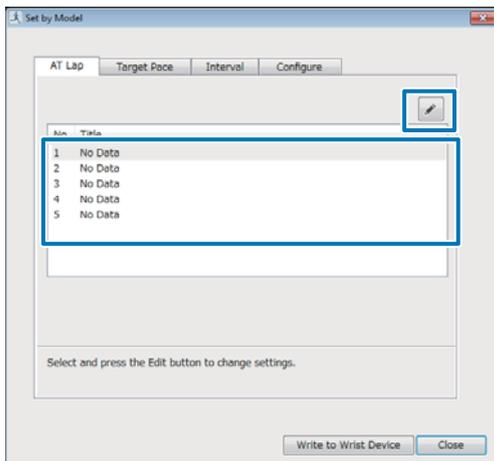
- 1 Display the Model Settings for Run Connect.

“Starting Run Connect and Displaying the Settings Screen” on page 80

- 2 Click the **AT Lap** tab.

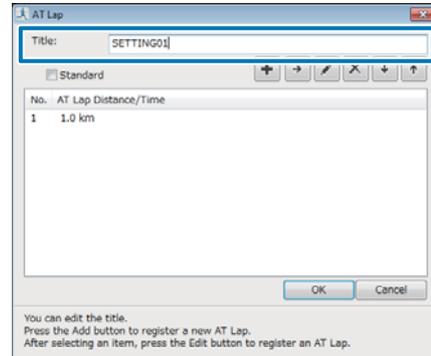


- 3 When registering new data, select **No Data**, and then click the **Edit** button. When editing registered settings, select the setting you want to edit, and then click the **Edit** button.

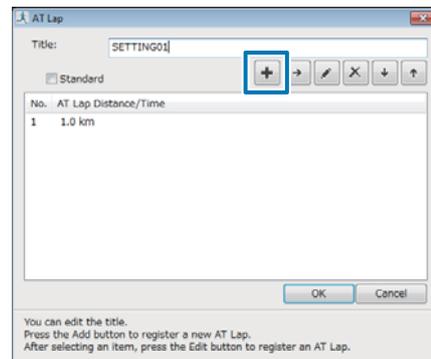


- 4 Enter or edit the **Title**.

Enter the title using letters, numbers, hyphens, or underscores.



- 5 Click the **Add** button.



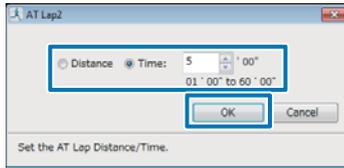
Next, we will explain how to register new data.

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

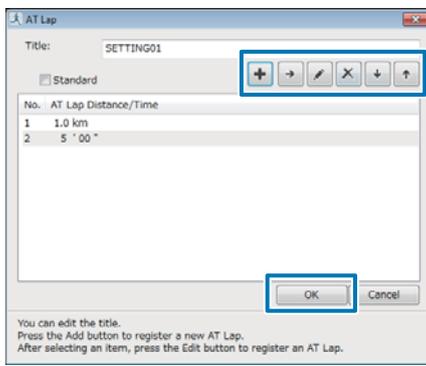
| Button | Explanation |
|--------|--|
| | Add Register new settings. |
| | Insert Insert a new setting before the registered settings. |
| | Edit Edit registered settings. |
| | Delete Delete registered settings. |
| | Move Down Move the registered setting down. |
| | Move Up Move the registered setting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

Setting Measurements Using the PC Application (Run Connect)

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



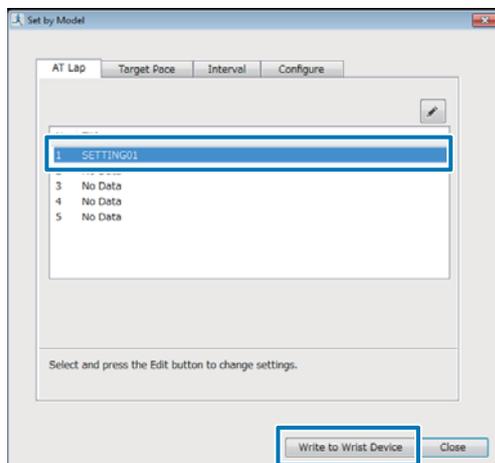
- 7 When registering multiple entries or editing them, click the button and perform operations. When you have finished choosing your settings, click **OK**.



Note:

When **Standard** is selected, your setting will be repeated. Deselect **Standard** to customise your settings.

- 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 41

Setting Measurements Using the PC Application (Run Connect)

Setting the Target Pace Function

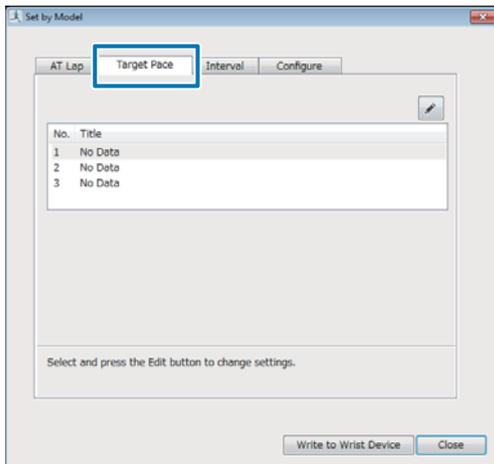
When setting the Target Pace function, you can set your own target pace.

Setting the target pace

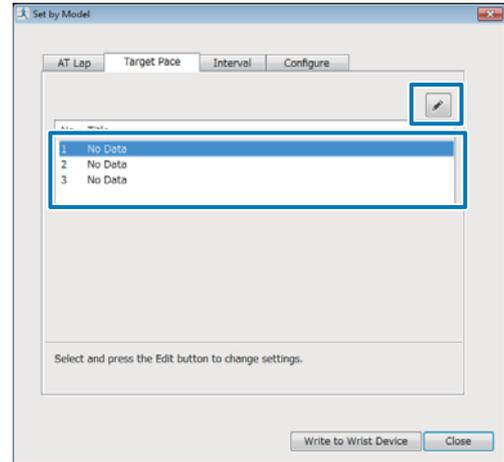
- 1 Display the Model Settings for Run Connect.

“Starting Run Connect and Displaying the Settings Screen” on page 80

- 2 Click the **Target Pace** tab.

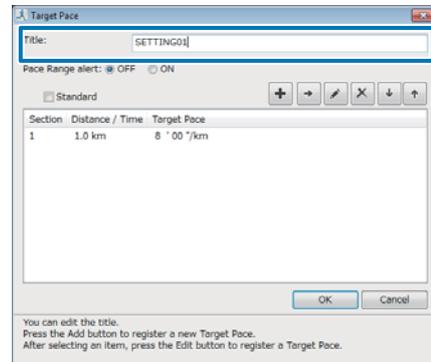


- 3 When registering new data, select **No Data**, and then click the **Edit** button. When editing registered settings, select the setting you want to edit, and then click the **Edit** button.

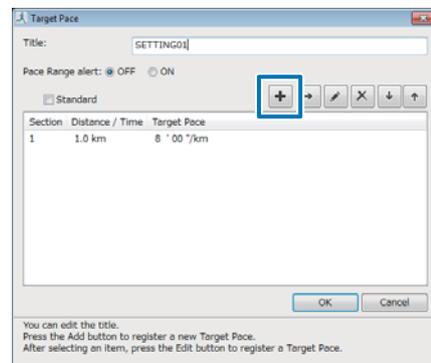


- 4 Enter or edit the **Title**.

Enter the title using letters, numbers, hyphens, or underscores.



- 5 Click the **Add** button.



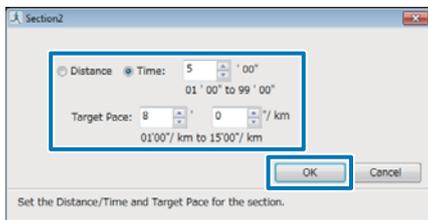
Next, we will explain how to register new data.

Setting Measurements Using the PC Application (Run Connect)

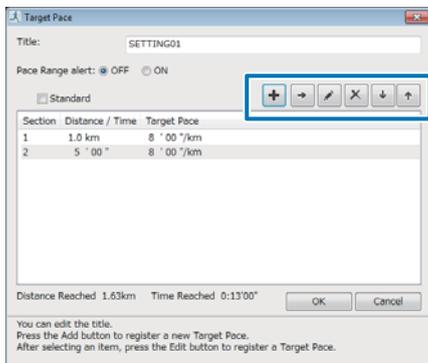
When editing registered settings, select the setting you want to edit, and then click each button.

| 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 the registered setting down. |
| | Move Up | Move the registered setting up. |

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.

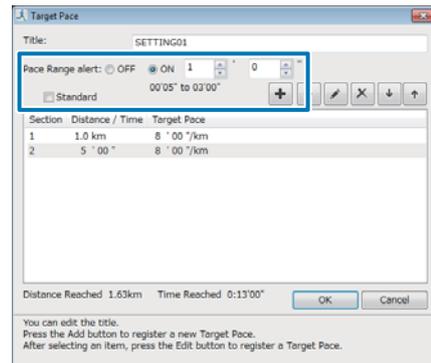


Note:

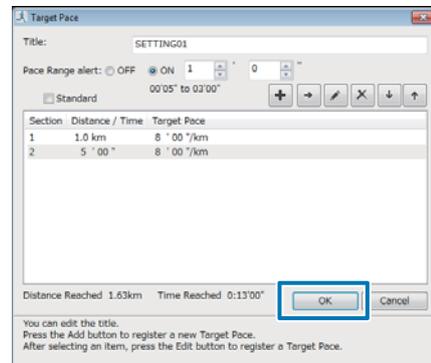
Since about 1 km is set as the target time when **Standard** is selected, you cannot register multiple entries.

8 Set the range for maintaining your **Pace Range**.

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

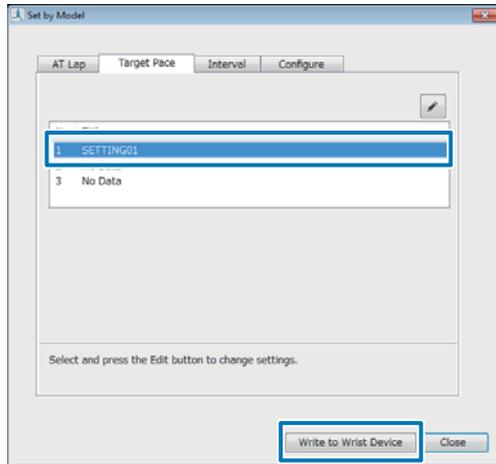


9 When you have finished making settings, click **OK**.



Setting Measurements Using the PC Application (Run Connect)

- 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 59](#)

[🔗 “Measuring” on page 41](#)

Setting Measurements Using the PC Application (Run Connect)

Setting the Interval Function

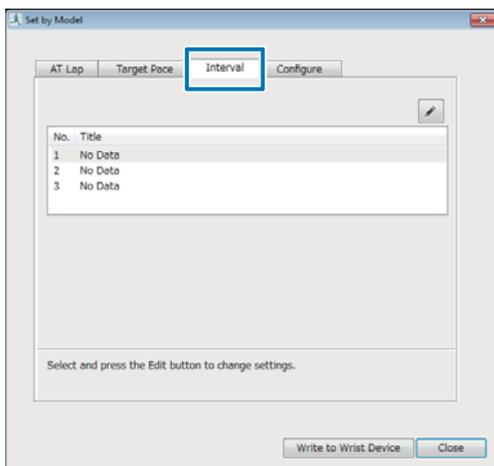
When making the Interval setting, you can also customise your sprint and recovery intervals.

Setting intervals

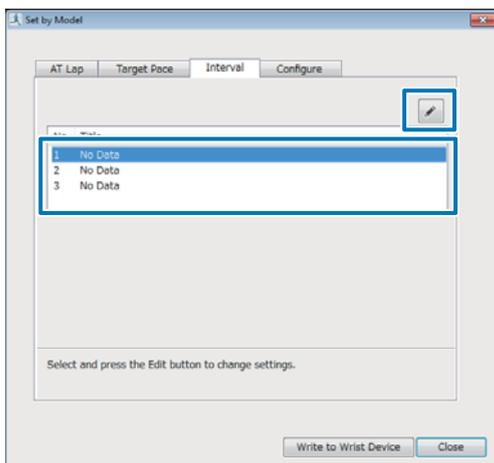
1 Display the Model Settings for Run Connect.

[“Starting Run Connect and Displaying the Settings Screen” on page 80](#)

2 Click the **Interval** tab.

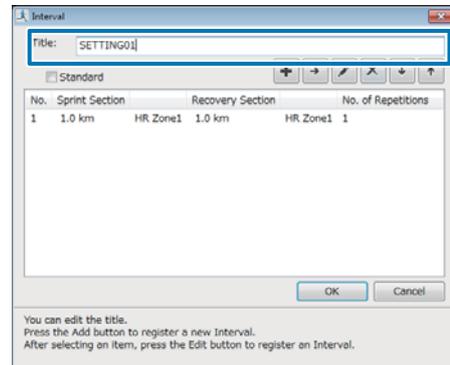


3 When registering new data, select **No Data**, and then click the **Edit** button. When editing registered settings, select the setting you want to edit, and then click the **Edit** button.

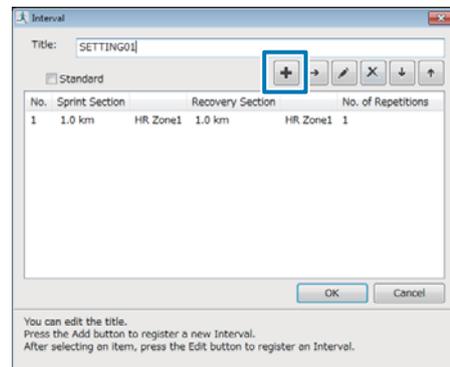


4 Enter or edit the **Title**.

Enter the title using letters, numbers, hyphens, or underscores.



5 Click the **Add** button.



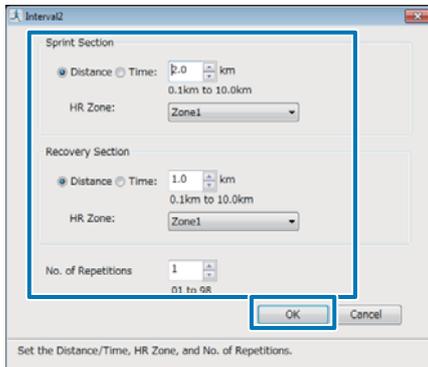
Next, we will explain how to register new data.

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

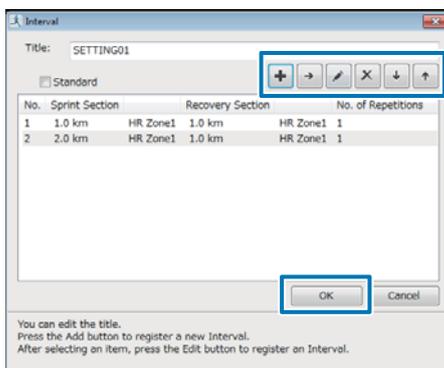
| Button | | Explanation |
|--------|-----------|--|
| | Add | Register new settings. |
| | Insert | Insert a new setting before the registered settings. |
| | Edit | Edit registered settings. |
| | Delete | Delete registered settings. |
| | Move Down | Move the registered setting down. |
| | Move Up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

Setting Measurements Using the PC Application (Run Connect)

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



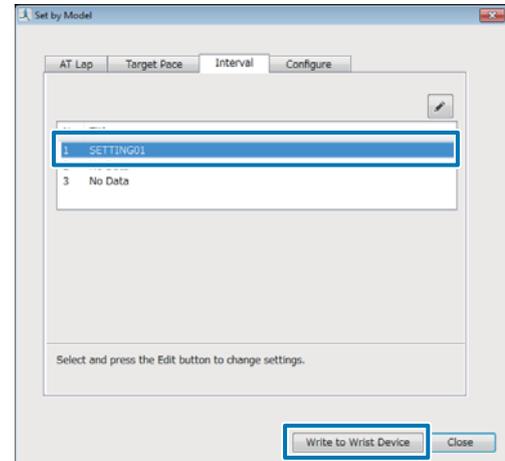
- 7** When registering multiple entries or editing them, click the button and perform operations. When you have finished making settings, click **OK**.



Note:

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 49](#)

[“Measuring” on page 41](#)

Settings

You can change a variety of settings on the SF-810. Choose settings to suit your purpose.

 ["How to Change the Settings" on page 90](#)

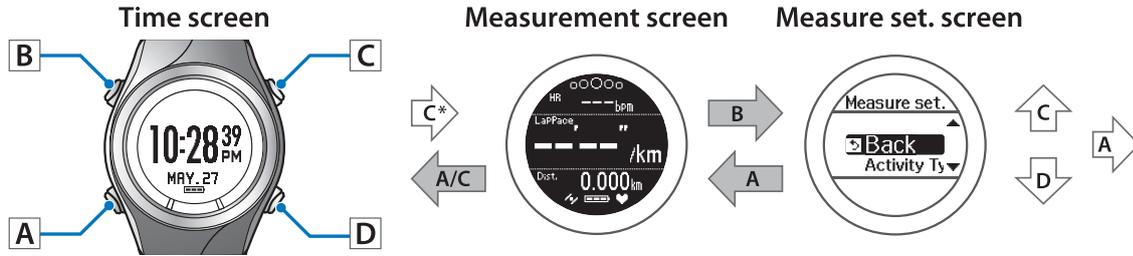
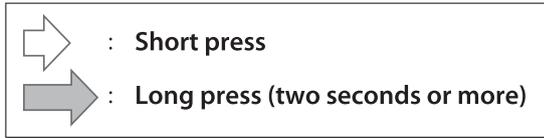
 ["Measure settings" on page 91](#)

 ["Settings" on page 95](#)

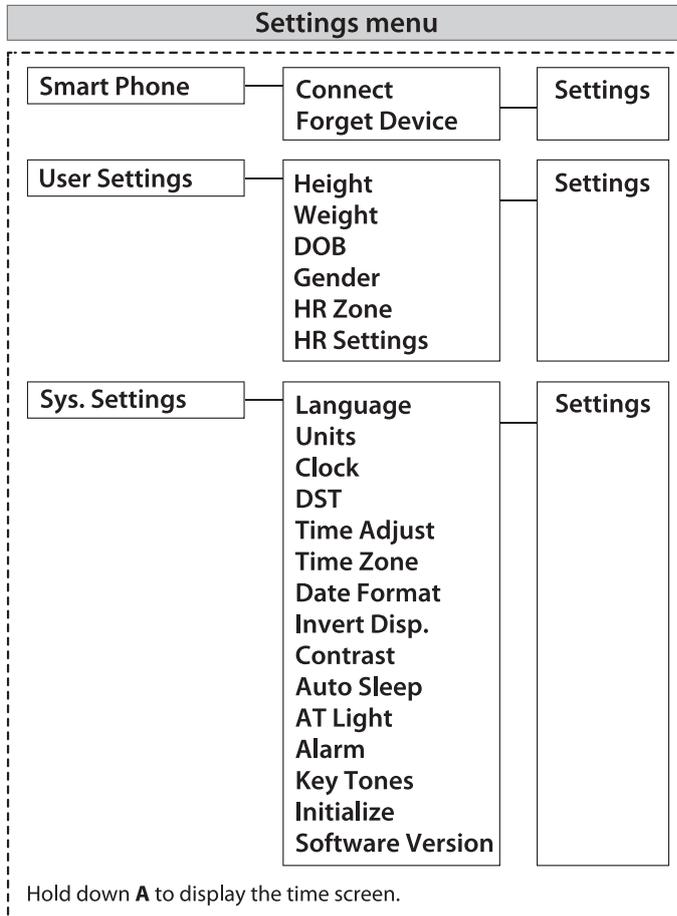
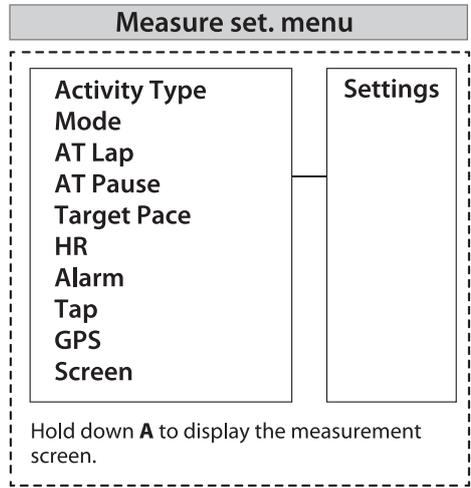
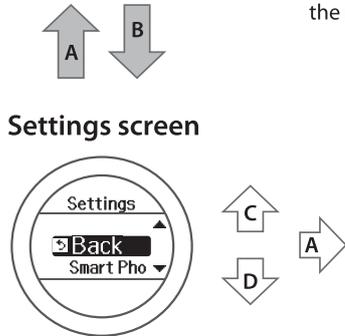
 ["Screen" on page 100](#)

Settings

How to Change the Settings



* When GPS positioning is complete, the measurement screen is displayed.



Measure settings

Allows you to change the measurement settings.

Changing the Measure settings

! 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

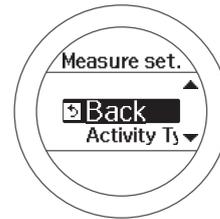


- 1** Display the measurement screen.
 - Use one of the following methods to display.
 - ❑ When performing GPS positioning: Press **C** on the time screen.
 - ❑ When skipping GPS positioning: Press **C** on the time screen, and then select **Skip** on the GPS positioning screen.
 - 🔗 [“Skipping GPS positioning” on page 31](#)
 - ❑ When not performing GPS positioning (Indoor mode): Press **C** on the time screen, and then select **Indoor** on the GPS positioning screen.

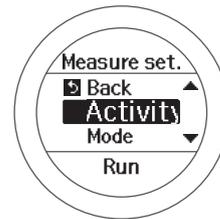
🔗 [“Indoor mode” on page 31](#)



- 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 selections, you may need to choose 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**.

Settings

The measurement screen is displayed.

Note:

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

Settings

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. |
| Mode | Chronograph (default) | Set the mode to suit the measurements you want to make. |
| | Interval | Chronograph mode allows you to measure split times and lap times (section measurement) simultaneously.  "Measuring Time, Distance, and Speed (Chronograph Function)" on page 40 |
| | Goal | 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 45 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 52 |
| AT Lap | SETTING 01 to 05 | When a time or distance set in advance is reached, this function records laps automatically. |
| | OFF (default) | 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 |
| 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) | |

Settings

| Setting items | Value | Explanation |
|--|------------------------------------|--|
| Target Pace | SETTING 01 to 03 | <p>Set the target time and pace range for one kilometre/mile. An alarm sounds if you are outside the set pace range.</p> <p>You can set three target paces within the following range.</p> <p>Target Pace: 1'00" to 15'00"/km or miles (in increments of 1 second)</p> <p>Pace Range: 00'05" to 03'00"/km or miles (in increments of 1 second)</p> <p> "Setting a Pace and Measuring (Target Pace Function)" on page 59</p> |
| | OFF (default) | |
| HR | ON (default) | <p>You can measure pulse (heart rate) with the built-in sensor.</p> <p> "Measuring Pulse (Heart Rate) during Exercise" on page 38</p> |
| | OFF | |
| Alarm | Tones | <p>Set the alarm type and time (1 to 10 minutes).</p> <p>You can also set this from Sys. Settings.</p> |
| | Vib. (vibration) | |
| | Tones & Vib. (vibration) (default) | |
| | OFF | |
| Tap (Only for the measurement screen) | Lap | <p>You can perform one of the operations set here by tapping the screen until the alarm sounds while measuring.</p> <p>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 to change the setting to OFF.</p> <p> "Tap" on page 21</p> |
| | Light | |
| | Screen Chg. | |
| | OFF (default) | |
| GPS | - | Displays the number of GPS satellites being accessed. |
| Screen | Screen1 | <p>You can display up to four measurement screens. You can change the screen pattern and the measurement items displayed for each screen.</p> <p>You can also change the Display Lap Screen, but this is not displayed for the interval function.</p> <p> "Screen" on page 100</p> |
| | Screen2 | |
| | Screen3 | |
| | Screen4 | |
| | Display Lap Screen | |

Settings

Allows you to change the settings for the device.

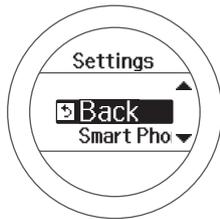
Changing the Settings

Operation buttons



1 Displays the **Settings** menu.

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



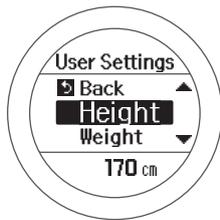
2 Select a setting item.

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



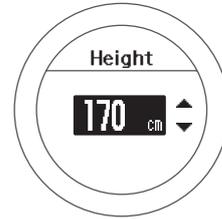
3 Select a setting item.

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 selections, you may need to choose 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

Settings table

Smart Phone

Set to connect the smartphone to this device and communicate.

| Setting items | Value | Explanation |
|---------------|-------|---|
| Connect | - | Register a smartphone to this device. |
| Forget Device | - | See the "Smartphone User's Guide" for more details. |

User Settings

Set the user information.

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

The value in brackets () is the default setting.

| Setting items | Value | Explanation |
|---------------|---------------------------|---|
| Height | (170 cm) | Set the height. |
| Weight | (60 kg) | Set the weight. |
| DOB | (01.01.1975) | 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. For Auto HR Zone, the heart rate is automatically set based on the date of birth you have set. |
| | Zone2 (101 to 130 bpm) | |
| | Zone3 (131 to 160 bpm) | |
| | Zone4 (161 to 190 bpm) | |
| | Zone5 (191 to 240 bpm) | |
| | Auto HR Zone | |

Settings

| Setting items | Value | Explanation |
|---------------|----------|---|
| HR Settings | Setting1 | Most users (99%+) should use Setting1 . |
| | Setting2 | Please select Setting2 if you have a very low heart rate, for example if you are a professional endurance athlete. In very rare cases you may get a higher heart rate reading than you would expect while running at a low cadence. Setting2 corrects that issue. |

Settings

System Settings

Make settings for the device's system.

The value in brackets () is the default setting.

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

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 | Set the alarm type and time (1 to 10 minutes). You can also set this from Measure set. |
| | Vib. (vibration) | |
| | Tones & Vib. (vibration) (default) | |
| | 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 pulse/stride sensor information in the device's memory. Measurement history data is also deleted. |
| Software Version | - | Displays the firmware version information. |

Settings

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.

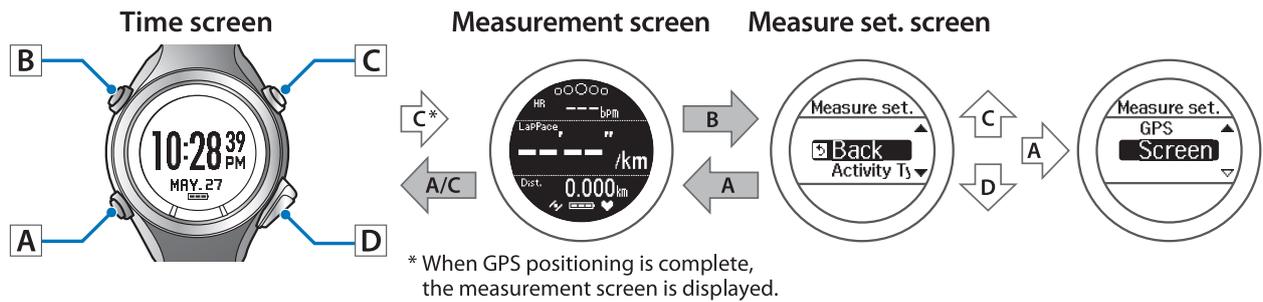
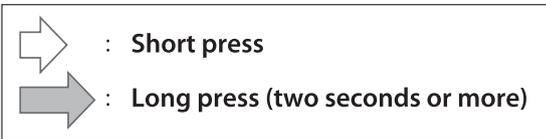
You can also change the display for the lap hold screen.

Note:

See the following pages for the default screen settings.

"Screen display" on page 43

Screen settings



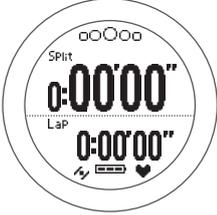
| Screen menu | | |
|--|------------------------------|---|
| Screen | Scr. Layout | Item |
| Screen1 Screen2 Screen3 Screen4 | 1 Line 2 Lines 3 Lines | Distance Altitude Steps Lap Distance Guide Time Lap Steps Pace Guide Distance HR Zone Time Average Pace Stride Time to HR Zone Lap Pace Average Stride Total Ascent Speed Lap Stride Total Descent Average Speed Pitch Grade Lap Speed Average Pitch Latitude/Longitude Split Time Lap Pitch Estimated Time Lap Time HR Estimated Distance Time Average HR Calories Burnt Maximum HR Lap HR |
| Display Lap Screen | 1 Line 2 Lines | Split Time Lap Distance Lap Time Lap Pace Lap HR |

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

Settings

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 |  | <p>This shows whether or not you have achieved the pace. When the pace range is off, only the current pace is displayed.</p> <p>A: A bar graph displaying the average pace for each lap with the latest at the far right. The bar graph is displayed in black when the pace is within the minimum and maximum range, and in white when it is outside the range.</p> <p>B: Maximum set pace (Example: 5 mins. 20 secs/km).</p> <p>C: Current pace (Example: 5 mins. 23 sec./km).</p> <p>D: Minimum set pace (Example: 5 mins. 30 secs/km).</p> |

Settings

| Screen Pattern | Screen | Explanation |
|----------------|---|---|
| HR&Graph |  <p>The image shows a circular screen with a heart rate zone. At the top, it says 'HR' with a heart icon. Below that, '170 bpm' is displayed. In the center, a large '163' represents the current heart rate. At the bottom, '155' is shown. A bar graph on the left side shows average heart rate for intervals, with the latest bar on the right. Labels A, B, C, and D point to the bar graph, the maximum set heart rate (170 bpm), the current heart rate (163 bpm), and the minimum set heart rate (155 bpm) respectively.</p> | <p>This shows whether or not you are within the limits of the set heart rate zone. When the HR Zone is off, only the current heart rate is displayed.</p> <p>A: A bar graph displaying average heart rate for the intervals you have set (Example: Displays the average heart rate for every 10 seconds with the latest at the far right). The bar graph is displayed in black when the pace is within the minimum and maximum range, and in white when it is outside the range.</p> <p>B: Maximum set heart rate (Example: 170 bpm).</p> <p>C: Current heart rate (Example: 163 bpm).</p> <p>D: Minimum set heart rate (Example: 155 bpm).</p> |
| Lap |  <p>The image shows a circular screen with lap information. At the top, it says 'Lap No. 001'. Below that, 'Lap Dist. 4.015 / 5.00 km' is displayed. In the center, a large '0:28'35'' represents the lap time.</p> | Displays information on the lap acquired from the lap function. |
| Target Pace |  <p>The image shows a circular screen with target pace information. At the top, it says 'Target Pace'. Below that, a large '5'24''/km' represents the current pace. At the bottom, another '5'24''/km' represents the target pace.</p> | 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 |  <p>The image shows a circular screen with lap information. At the top, it says 'Lap No. 001'. Below that, 'Lap Dist. 3.285 km' is displayed.</p> | Displays one measurement item on the screen. |

Settings

| Screen Pattern | Screen | Explanation |
|----------------|---|--|
| 2 Lines |  | Displays two measurement items on the screen by dividing the screen into two sections. |

Settings

Measurement display abbreviations

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 kilometre/mile) |
| 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) |

Settings

| 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 | TotalDesent | 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. These 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 59](#)

*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.

Settings

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 107](#)

[“Setting Pace&Graph/HR&Graph” on page 108](#)

[“Setting Lap/Target Pace/OFF” on page 109](#)

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):

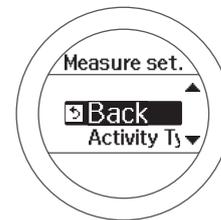
Press **C** on the time screen, and then select **Indoor** on the GPS positioning screen.

[“Indoor mode” on page 31](#)



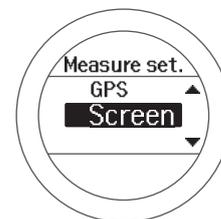
2 Display the **Measure set.** menu.

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



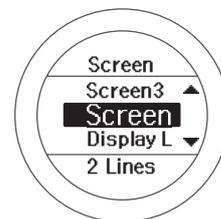
3 Select **Screen**.

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



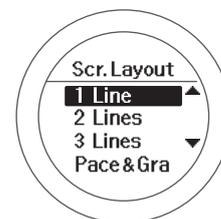
4 Select **Screen4**.

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



5 Select **1 Line**.

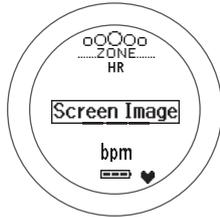
Use **C/D** to select, and then press **A**.



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

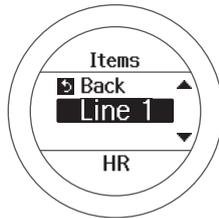
Settings

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



6 Select Line 1.

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



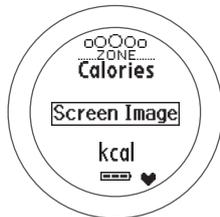
7 Select Calories Burnt.

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.

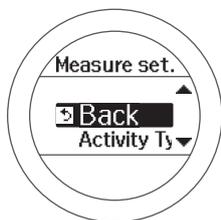
- When performing GPS positioning:
Press **C** on the time screen.
- When skipping GPS positioning:
Press **C** on the time screen, and then select **Skip** on the GPS positioning screen.
[“Skipping GPS positioning” on page 31](#)
- When not performing GPS positioning (Indoor mode):
Press **C** on the time screen, and then select **Indoor** on the GPS positioning screen.
[“Indoor mode” on page 31](#)



Settings

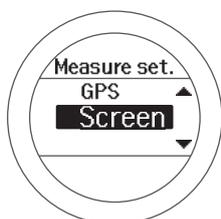
2 Display the **Measure set.** menu.

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



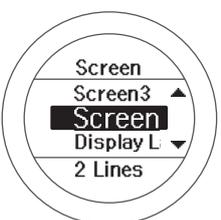
3 Select **Screen.**

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



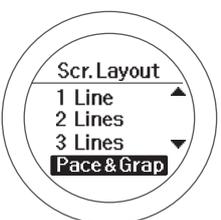
4 Select **Screen4.**

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



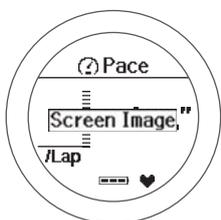
5 Select **Pace&Graph.**

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



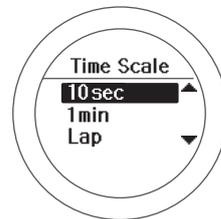
Screen Image is displayed.

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](#)

Settings

- When not performing GPS positioning (Indoor mode):

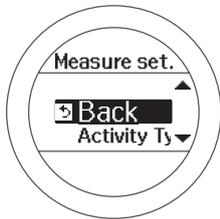
Press **C** on the time screen, and then select **Indoor** on the GPS positioning screen.

“Indoor mode” on page 31



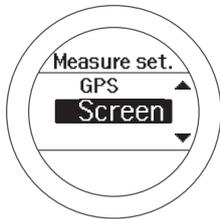
2 Display the **Measure set.** menu.

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



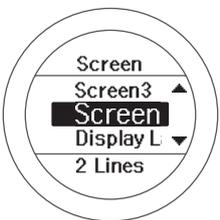
3 Select **Screen.**

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



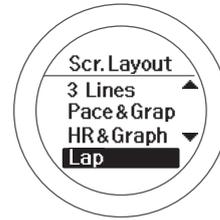
4 Select **Screen4.**

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



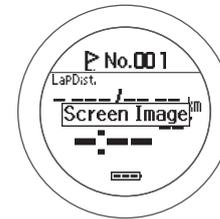
5 Select **Lap.**

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 screen

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

Operation buttons



Settings

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

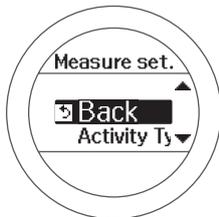
- ❑ When not performing GPS positioning (Indoor mode):
Press **C** on the time screen, and then select **Indoor** on the GPS positioning screen.

“[Indoor mode](#)” on page 31



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

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



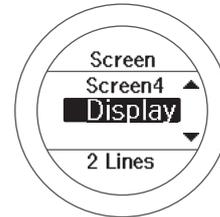
3 Select **Screen**.

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



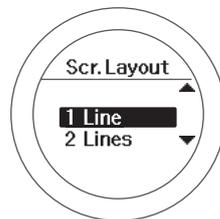
4 Select **Display Lap Screen**.

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



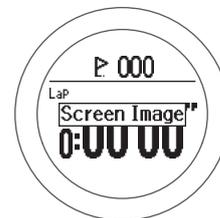
5 Select **1 Line**.

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



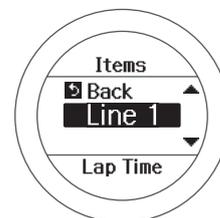
Screen Image is displayed. **Lap Time** is displayed by default.

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



6 Select **Line 1**.

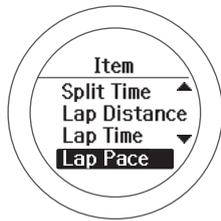
Use **C/D** to select, and then press **A**.



Settings

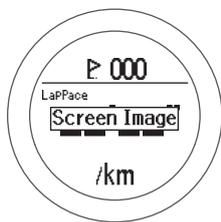
7 Select **Lap Pace**.

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.

Maintenance

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

 ["Looking after your device" on page 114](#)

 ["Replacing the Battery on your GPS Sports Monitor" on page 115](#)

 ["Updating the Firmware" on page 116](#)

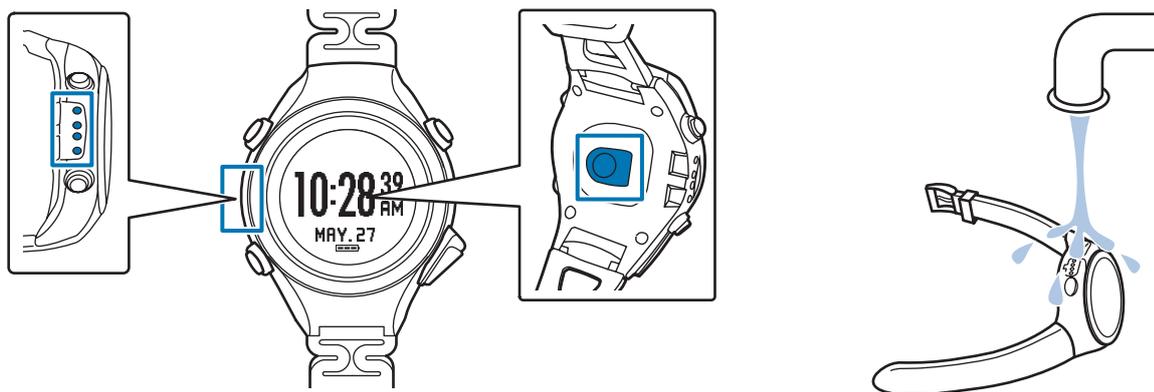
Maintenance

Looking after your device

**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 and sensor lightly with tap water, wipe away most of the water with a towel and so on, and then let it dry naturally.



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

Do not clean using organic solvents such as benzene, 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 colour may fade or it may lose its elasticity.

Replacing the Battery on your GPS Sports Monitor

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, it may have reached the end of battery life. In this situation, contact our service centre.

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 website.

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 69

Checking the firmware version

Operation buttons



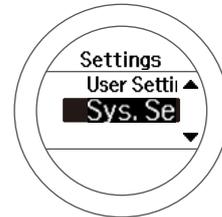
1 Display the Settings menu.

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 the firmware for "RUNSENSE View" from the following Epson website and update the firmware.

www.epson.eu/runsense

Note:

See the download page on the Epson website for details on how to update the firmware.

Troubleshooting

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

 ["Caution" on page 118](#)

 ["Problem Solving" on page 118](#)

 ["Resetting the System" on page 121](#)

 ["Contacting us About this Product" on page 122](#)

 ["After-sales Service" on page 123](#)

Troubleshooting

Caution

- ❑ If charging or data transfer becomes unstable, clean the contact points and sensor on the device and the cradle with a damp cotton bud.
- ❑ 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 23 |
| | The device does not react even after performing an operation. | Is the battery running low? Charge the battery. ☞ "About the battery" on page 29 If the device does not operate after charging, try resetting the system. ☞ "Resetting the System" on page 121 |
| | The screen turns off or turns blue during use | Perform a system reset. ☞ "Resetting the System" on page 121 |
| | 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 23 Also, if Auto Sleep is set to off, the clock does not turn off. ☞ "System Settings" on page 98 |
| | The time is not set correctly. | Set "Time Adjust" from Sys. Settings. ☞ "System Settings" on page 98 If the hour is different, check the time zone and daylight-saving time. ☞ "System Settings" on page 98 |

Troubleshooting

| Problem | | Solution |
|---------------------------|--|--|
| Basic actions | 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 |
| | The pulse (heart rate) cannot be measured. | <ul style="list-style-type: none"> <input type="checkbox"/> Check if you are wearing the product correctly.  “Wearing the device” on page 14 <input type="checkbox"/> The accuracy of the heart rate sensor is affected by cold body temperature or ambient temperature. Protect the device by wearing it under a sleeve in cold or windy conditions. A warning will trigger if the device temperature will drop too low. |
| 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 the device on the outside of your arm. |
| 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.  “Looking after your device” on page 114 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 service centre. |
| | The device and the cradle become hot while charging. | There may be a malfunction. Stop using the device immediately, and contact our service centre. |
| 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 and the pulse (heart rate) cannot be measured under water. |
| Accessories | Acquiring optional products. | The AC adapter is available as an option. Contact your local reseller for more information. |

Troubleshooting

| Problem | | Solution |
|-----------------|---|---|
| Communication | The device is not recognised correctly when it is connected to a computer. | <p>Check the connection for the computer and the cradle. Clean the contact points on the device and the cradle.</p> <p> "Looking after your device" on page 114</p> <p>Perform a system reset.</p> <p> "Resetting the System" on page 121</p> |
| 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 the communication again. |

If you cannot solve the problem even after trying the points above, contact our service centre.

Resetting the System

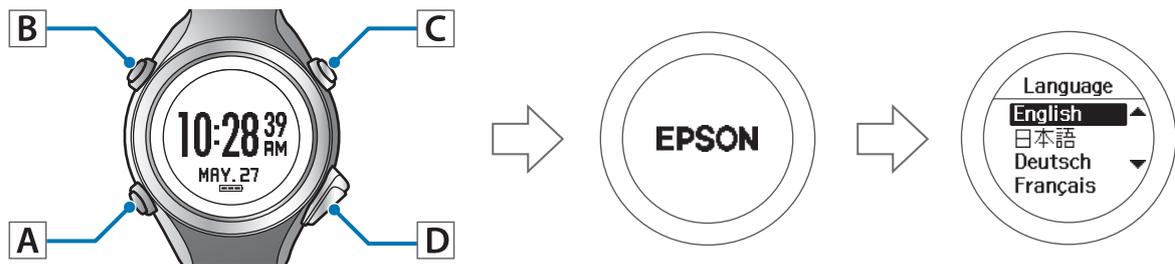
If operations are unstable, try resetting the system.

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

The screen is reset and the device restarts.

Initialize the device after restarting.

 [“Initial Settings” on page 27](#)



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 initialisation. The time needs to be set again for both operations.

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

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

Troubleshooting

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>

Troubleshooting

After-sales Service

- ❑ For repair and maintenance of this product, contact your local reseller or our repair center.
- ❑ If the battery does not retain its charge for as long as it used to due to prolonged use, it may have reached the end of battery life. In this situation, contact your local reseller or our repair center to replace the battery for a fee.
- ❑ 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" on page 125](#)

 ["Product Specifications" on page 127](#)

 ["Glossary" on page 129](#)

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 pulse (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) | | 14.15 mm |
| Weight | | 52g |
| Water resistance | | 5 atm |
| Operating time | GPS On/Pulse (Heart rate) On | 20 hours |
| | Time displayed (when Auto Sleep is On) | 16 days*1 |
| Operating temperature | | -5 to 50°C |
| Possible memory time (total distance time) | | Approx. 70 hours*2 |
| 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 99999 m/0 to 99999 ft |
| | Total Descent | 0 to 99999 m/0 to 99999 ft |
| | 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 |

Appendix

- *1 10 hours/day in sleep mode
- *2 After 70 hours, data is overwritten in chronological order.

Cradle specifications

| | |
|-----------------------------|-----------|
| Operating temperature range | 5 to 35°C |
|-----------------------------|-----------|

AC adapter specifications (optional)

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

| | |
|------------|--|
| Model No.: | SFAC02 Europe excluding UK / SFAC03 UK |
| Input | AC 100V-240V 50/60 Hz |
| Output | DC 5V/1.0A |

Appendix

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. |
| bpm | bpm stands for beat per minute. This shows the total pulse (heart rate) per minute. |
| 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. |
| Pulse Sensor | This detects your pulse (heart rate) accurately simply by wearing the device on your wrist. |

Appendix

| Term | Definition |
|---|--|
| 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. |
| RUNSENSE View | RUNSENSE dedicated Web application. This allows you to manage your course, analyse your pace, check calories burnt, and check your condition. |
| Split time | The total time from starting to stopping the 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 travelled 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. |

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EPSON

GPS Sports Monitor

RUNSENSE

SF-810

www.epson.eu/runsense



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