EPSON

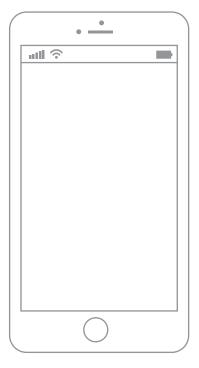
GPS Sports Monitor

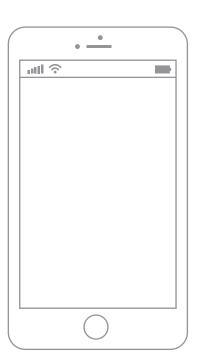
RUNSENSE

Smartphone User's Guide

for iPhone

≪Run Connect Ver. 1.3.0≫







Introduction

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

To use the product correctly, make sure you read the Smartphone User's Guide with the Quick Start Guide and User Manual.

The illustrations and screens shown in the Smartphone User's Guide are for the SF-710.

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.	
ß	Indicates related pages. Click the link in blue text to display the related page.	

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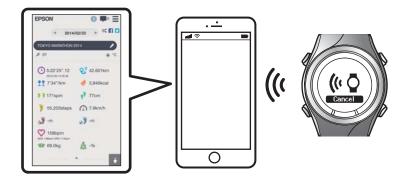
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- **U**napproved copying of part or all of this guide is strictly forbidden.
- **□** The content of this guide is subject to change without prior notice.
- □ Although every effort has been made to ensure the accuracy of this guide, contact us if you have any questions or notice any errors in descriptions in the content of this guide.
- Despite the preceding clause, we cannot accept any responsibility for mishandling due to errors in this guide.
- □ We cannot accept any responsibility for any injuries or obstructions that were caused by ignoring the contents of this guide, inappropriate handling of the device, or repairs or modifications performed by a third party who is not appointed by us.

What you can do with this smartphone APP

This app allows you to communicated using Bluetooth with your RUNSENSE product and share data wirelessly with the RUNSENSE View web application for analysis. You can also send and save product settings to and from the RUNSENSE device and your phone.



Note:

This guide describes how you can transfer the data to iPhone and manage it with the web application (RUNSENSE View). Refer to the User Manual for how you can manage the data via a personal computer.

Supported devices

iPhone 4S, iPhone 5, iPhone 5C, and iPhone 5S

* Use iPhones that support Bluetooth 4.0 to communicate with this product.

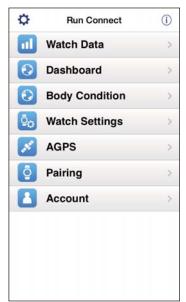
Supported iOS

iOS 6 or later

iPhone application (Run Connect)

Run Connect has the following features.

- **Upload measurement data to the web application (RUNSENSE View)**
- Access the web application (RUNSENSE View) to view the measurement data
- Access the web application (RUNSENSE View) to enter the body weight and body fat information.
- □ Update measurement settings such as AT Lap, Target Pace, Waypoint, and Interval, user settings, and system settings.
- **Gamma** Reduces the GPS positioning time (iPhone only)
- Pairs RUNSENSE device and iPhone to communicate via Bluetooth
- □ Manage your RUNSENSE account settings.



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Preparation

For important safety and operation instructions for RUNSENSE devices please refure to the main product User Manual.

You need to make the following preparations before use.

- ∠ "Install the Run Connect app to your iPhone" on page 6
- ▲ "Create and configure your RUNSENSE View account" on page 7
- ∠ * "Enabling Bluetooth on your iPhone" on page 10
- To "Pair the RUNSENSE device with your iPhone" on page 11

Smartphone User's Guide

Install the Run Connect app to your iPhone

Access the App Store and install Run Connect.



2

Create and configure your RUNSENSE View account

Creating an account

You need to create an account for the Web application (RUNSENSE View.)

Note:

If you already have a RUNSENSE View account, you can use it with this device.

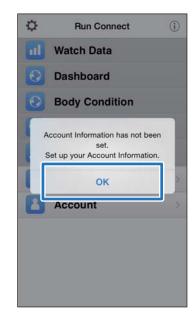
∠ *Configuring the account " on page 9*



Start Run Connect on your iPhone.



Тар **ОК**.



Note:

The following screen is displayed if you start Run Connect the second time onwards. Tap **Account** and proceed to step 3.

		(i)
	Watch Data	
O	Dashboard	
0	Body Condition	
⁰ 0	Watch Settings	
*	AGPS	
ō	Pairing	>
	Account	>

Preparation

5



4

Tap Create Account.

Create an account.

Enter Login ID (e-mail address) and Password.

Read the Terms of Use, select the checkbox, and tap **Create Account**.

lack	Create Account
EPSON R	UNSENSE View / NeoRun
	Create New Account (Register Epson Sensing ID)
	D (Email Address) (X@XXXX.XX.XX
	ar: Login ID XX@XXXXXXXXXX
Passwo	ord
Pateword n	uat be between 8 and 32 characters long and contain at least 2 of : Lower or upper case letters, numbers or symbols.)
Re-ent	er: Password
Cont	rm the contents of Privacy Statement, and then agree to the Licensing Princy.
~~~	~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~
	Create Account

#### Note:

The entry does not satisfy the conditions when the entry field is displayed in red. Check the message on the screen and make sure your entry satisfies the conditions. When you have created an account, follow the instruction on the screen to configure the account.

EPSON F	RUNSENSE View	0 3
	Created Epson Sensing	ID account.
	Login ID XXXXXXX@XXXXX	
If you have not re	Service E-mail has been sent to X ceived an E-mail after a few minut rom neo-run@exc.epson.co.jp or 5	es, check your registration content
	Next, perform the follow	ing setup.
1. Setup the Enter your ge	Service. Index, date of birth, and country/regio	n
	tifesture FAQ Privacy Stateme	et Licensing Policy Help St

## **Configuring the account**

Configure the account you have created.

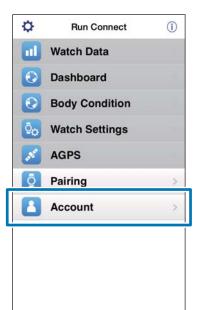


2

Start Run Connect on your iPhone.



### Tap Account.

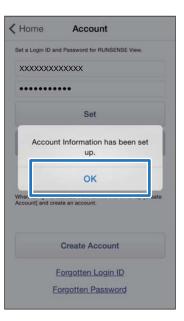


3 Enter Login ID and Password, and then tap **Set**.

)	Home Account
-	Set a Login ID and Password for RUNSENSE View.
	XXXXXXXXXXXXX
(	•••••
	Set
	Clear
	When using RUNSENSE View for the first time, tap [Creat loccount] and create an account.
	Create Account
	Create Account

4

## Check that you have configured your account and tap **OK**.



## Enabling Bluetooth on your iPhone

You need to enable Bluetooth settings on your iPhone before communicating with this device.

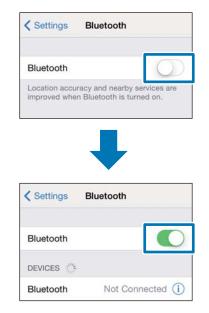
4	

Tap **Settings** on the iPhone.



3	Er
$\mathbf{U}$	

#### Enable **Bluetooth**.



## Tap Bluetooth.

2



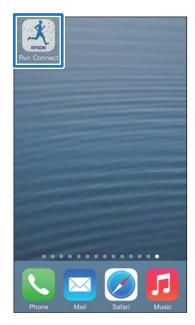
3

# Pair the RUNSENSE device with your iPhone

You need to register this product to your iPhone before communicating with the iPhone.

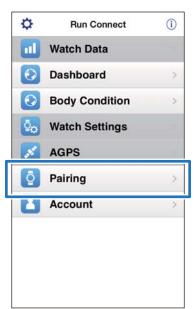
4	

Start Run Connect on your iPhone.



## 2

## Tap **Pairing**.



### Tap Start Pairing.

< Home	Pairing	
you want been regi	pairing when the de to connect to has istered. anging devices, rel	not
	Start Pairing	
	Release Pairing	



#### Hold down **D** on this product.

Bluetooth communication starts.



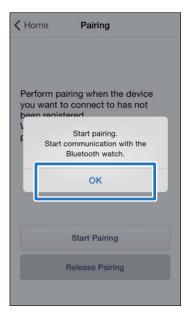
#### Note:

You can also start Bluetooth communication from the Settings menu on this product. Refer to "Settings" in the User Manual for details.

#### Preparation



Tap **OK** on the iPhone.



6 Enter the Passcode (6-digit number) to the iPhone and tap **Pair**.





*Note: The screen differs slightly on iOS 6. Tap Pairing.*  7 Check that pairing has completed and tap **OK**.

	Pairing
Sear	ching for watch.
	Finished pairing with the watch.
	ок
A PII wato	N code is displayed on the
wate	

This chapter describes how to upload and check measurement data.

- "Uploading Measurement Data" on page 14
- ∠ * Checking Uploaded Measurement Data" on page 17
- Therefore the second se

## Uploading Measurement Data

Upload measurement data to the web application (RUNSENSE View.)

Take the following two steps to upload data via an iPhone.

#### Uploading outline data

Upload data such as the distance, speed, HR, and calories.

#### Uploading detailed data

Upload the running route in addition to the outline data.

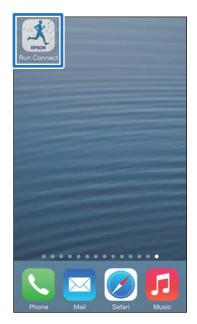
#### Important:

- □ You need to log in to RUNSENSE View and register this product to the iPhone.
  - ∠ "Preparation" on page 5
- Enable Bluetooth on the iPhone before uploading measurement data.

*△***3** *"Enabling Bluetooth on your iPhone" on page 10* 

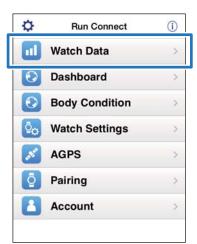
#### Note:

It is recommended to upload the data via a personal computer by setting this device in the cradle when uploading data worth several hours such as measurement data of a full marathon (uploading 4-hour worth data with iPhone takes roughly 12 minutes.) Refer to "Data Management Using the Web Application (RUNSENSE View)" in the "User Manual" for how to upload data via a personal computer. Start Run Connect on your iPhone.





### Tap Watch Data.





#### Hold down **D** on this product.

Bluetooth communication starts.

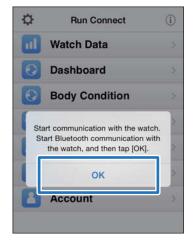


#### Note:

You can also start Bluetooth communication from the Settings menu on this product. Refer to "Settings" in the User Manual for details.

#### Tap **OK** on the iPhone.

The alarm on the product sounds and the outline data upload starts.



#### Note:

5

*Try again if the communication fails.* 

## Tap **Get Next Data** when you have a large volume of measurement data.

**Get Next Data** is displayed only when there is a large volume of measurement data.

< Home	Watch Data
2014/6	
6/1	29.290 km 03:57'36" Estimated upload time 12mins
2014/5	
5/20	0.000 km 00:00'14" Estimated upload time 1mins
5/22	5.701 km 01:17'08" Estimated upload time 4mins
5/23	0.477 km 00:06'30" Estimated upload time 1mins
5/30	0.000 km 00:29'27" Estimated upload time 2mins
2014/4	
4/14	0.000 km 19:04'49" Estimated upload time 58mins
Tap the below	button to upload the next data item.
	Get Next Data
Upload	RUNSENSE View

Uploading outline data is complete.

To review the outline data select the item you want to check from **Watch Data** List and tap **RUNSENSE View** at the bottom right to display.  $\bigtriangleup$  "About Web Application (RUNSENSE View)" on page 18

Proceed to step 6 if uploading detailed data.

## 6

Tap the data item you want to upload and tap **Upload**.

< Home	Watch Data
6/1	29.290 km 03:57'36" Estimated upload time 12mins
2017/0	
5/20	0.000 km 00:00'14" Estimated upload time 1mins.
5/22	5.701 km 01:17'08" Estimated upload time 4mins.
5/23	0.477 km 00:06'30" Estimated upload time 1mins.
5/30	0.000 km 00:29'27" Estimated upload time 2mins.
2014/4	
4/14	0.000 km 19:04'49" Estimated upload time 58mins.
2013/1	
1/2	0.011 km 03:59'02" Estimated upload time 12mins.
1 10	0.000 km 02:13'30"
Upload	RUNSENSE View



#### Hold down **D** on this product.

Bluetooth communication starts.

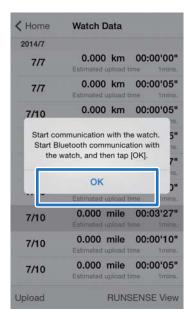


#### Note:

You can also start Bluetooth communication from the Settings menu on this product. Refer to "Settings" in the User Manual for details.

## 8

## Tap **OK** on the iPhone.



The alarm on the product sounds and the detailed data upload starts.

	Upload
	Uploading
Re	eading workout data from the Watch.
	Cancel

The RUNSENSE View screen is displayed when the upload has completed.

EPSON	N		0	
	<ul><li>201</li></ul>	14/05/23	• • •	f
workout	1 57			1
* 50				°C
<u> </u>	16'56".67		<b>3</b> 0.595 ki	m
	:47:13-14:04: 3'27" /km		61 kcal	
		*		
Мар				
Map Graph		•		

#### Note:

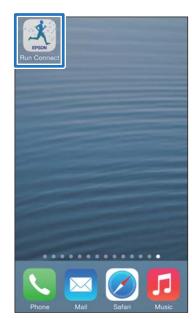
- **Try again if the communication fails.**
- **The uploaded detailed data item is deleted** *from* **Watch Data** List.
- Repeat step 6 to 8 if you are uploading more than one detailed data item from Watch Data List.

## Checking Uploaded Measurement Data

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

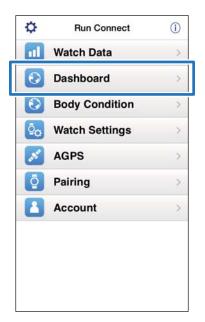
×.	
4	

#### Start Run Connect on your iPhone.



## 2

#### Tap Dashboard.



3 Tap the data item you want to check.

SUN 22 5	2 times MON 23 30	C TUE 24	0.00 k	m THU		
227 239 6	23		WED	THU		
29 6		24			FRI	SAT
6	30.		25	26	27	21
-		1	2	3	4	5
1000	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	- 22			
	ti i	0:10	^{6'56*} 0.59 k		28'27 □ t	

#### Note:

Measurement data items with the  $\Box$  icon indicate they contain the outline data only. Upload the detailed data if you want to check the running route.

To "Uploading Measurement Data" on page 14

## About Web Application (RUNSENSE View)

You can view the data in the following ways with the web application (RUNSENSE View) on the iPhone.

#### Dashboard

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



#### Workout

This displays data such as the distance, pace, HR, running route, and calories. This allows you to analyse training from different angles.



#### Мар

Review your run route on the map.

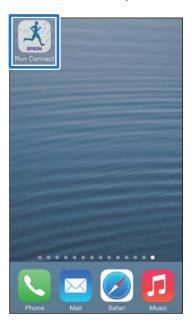
## Entering Weight and Body Fat

You can register your weight and body fat data to the web application(RUNSENSE View.)

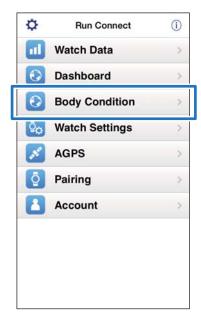


2

Start Run Connect on your iPhone.



## Tap **Body Condition**.



3 Tap the entry field of **Weight** or **Body Fat** and enter the value.

		SUN	MON	TUE	WED
Weigh	it (kg)	55.6	55.4	55.3	
📩 Body	Fat (%)	21.0	20.8	20.9	
		Ca	ncel		S
< 2	>				Done
_					_
$\rightarrow$	1 ☆ょ→	2 vs		3 %°#	€
↑ D	1 ☆:→ 4 ○*・		е ;		▲ 空白
→		vs 5	€ ; ;	%°#	

### Tap Save.

4

The entered **Weight** or **Body Fat** is now registered.



## **Changing the Settings**

You can change measurement settings such as AT Lap, Target Pace, Waypoint, and Interval, user settings, and system settings.



Depending on the model you are using, functions may not be available if the firmware version on your device is old. Download the latest firmware to use the latest functions. www.epson.eu/runsense

∠ Settings" on page 21

T "Advanced Settings (For Supported Models Only)" on page 30

▲ "Reducing the GPS Positioning Time (AGPS)" on page 44

## Settings

You can change various device and measurement settings.

The following items can be configured. ∠¬ "List of Settings" on page 25

Available settings may vary depending on the model you are using.

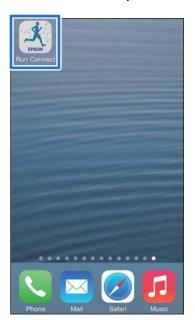
Category	Setting items
User Settings	Height
	Weight
	DOB
	Gender
	HR Zone 1 to 5
Sys. Settings	Distance Units
	Clock
	DST
	Time Zone
	Date Format
	Invert Disp.
	Contrast
	Auto Sleep
	AT Light
	Alarm
	Key Tones

Category	Setting items
Meas.Settings	Activity Type
	Interval
	AT Lap
	AT Pause
	Target Pace
	Waypoint
	HR
	Тар
	Screen

## How to Configure

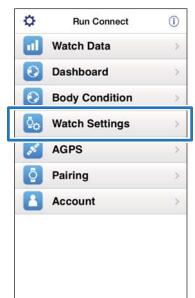
1

Start Run Connect on your iPhone.

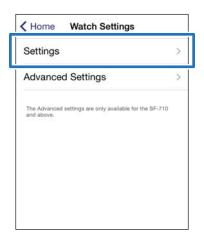




## Tap Watch Settings.



#### Tap Settings.





3

#### Hold down **D** on this product.

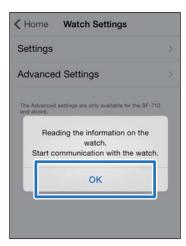
Bluetooth communication starts.



#### Note:

You can also start Bluetooth communication from the Settings menu on this product. Refer to "Settings" in the User Manual for details.

## 5 Tap **OK** on the iPhone.



#### Note:

*Try again if the communication fails.* 



## Tap the category you want to configure.

< Back	Settings
User Sett	ings >
Sys. Setti	ngs >
Meas. Se	ttings >
	Save Settings
Re	etrieve Saved Settings
Tap "Write to N	Vatch* to write changed settings to the watch.
	Write to Watch



Tap the item you want to configure.

#### The screenshot shows **User Settings**.

CSettings Use	r Settings
Height	170 cm >
Weight	60 kg 🗦
DOB	1975年1月1日 >
Gender	Male >
HR Zone 1	30 - 100 >
HR Zone 2	101 - 130 >
HR Zone 3	131 - 160 >
HR Zone 4	161 - 190 >
HR Zone 5	191 - 240 >

8

### Change the setting.

The screenshot shows **Height**.

Settings	User Settings
Height	170 cm 🔾
	167 cm 168 cm
	169 cm
	170 cm
	171 cm
	172 cm
Weight	60 kg 🔅
DOB	1975年1月1日 >
Gender	Male
HR Zone 1	30 - 100

## Tap Settings.

Settings	User Setting	5
Height		170 cm >
	167 cm	
	168 cm	
	169 cm	
	170 cm	
	171 cm	
	172 cm	
	173 cm	



9

### Hold down **D** on this product.

Bluetooth communication starts.





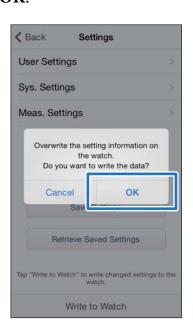
## Tap Write to Watch.

Back	Settings	
User Setti	ngs	>
Sys. Settir	ngs	>
Meas. Set	tings	>
	Save Settings trieve Saved Settings /atch° to write changed settin watch.	gs to the

#### Note:

You can save the current setting under a specified Setting Name by tapping Save Settings. You can select the saved setting by tapping Retrieve Saved Settings. This allows you to switch between settings to suit your training contents.

## 12 Tap OK.



13 Check that writing to the watch has completed and tap **OK**.

## List of Settings

## **User Settings**

Set the user information.

The value in brackets () is the default setting.

Available settings may vary depending on the model you are using.

Setting items	Value	Explanation
Height	(170 cm)	Set the height.
Weight	(60 kg)	Set the weight.
DOB	(1975.01.01)	Set your date of birth.
Gender	(Male)	Set your gender.
	Female	
HR Zone	HR Zone 1 (30 to 100 bpm)	Set the maximum and minimum heart rate. You can set five zones to suit the exercise intensity.
	HR Zone 2 (101 to 130 bpm)	
	HR Zone 3 (131 to 160 bpm)	
	HR Zone 4 (161 to 190 bpm)	
	HR Zone 5 (191 to 240 bpm)	

## Sys. Settings

Make settings for the device's system.

The value in brackets () is the default setting.

Available settings may vary depending on the model you are using.

Setting items	Value	Explanation
Distance Units	(km)	Set the display units for distance.
	mile	
Clock	(12 Hour)	Set the format for the display time.
	24 Hour	
DST	ON	Set summer time.
	(OFF)	
Time Zone	(Auto)	Sets the time zone for your location.
		When you specify <b>Auto</b> the time zone is automatically set as you perform <b>Time Adjust</b> .
		When <b>Auto</b> is turned off, you can specify <b>Time</b> <b>Difference</b> with a value between -12:00 and +14:00.
Date Format	Day. Month	Set the display format for the date.
	(Month. Day)	
Invert Disp.	ON	Set the display format for the screen.
	(OFF)	When <b>ON</b> is selected, white text is displayed over a black background.
		When <b>OFF</b> is selected, black text is displayed over a white background.
Contrast	(4)	Set the contrast for the screen.
Auto Sleep	(ON)	When you leave the device for a while, this function
	OFF	automatically puts the device into sleep status. Entering sleep status reduces the amount of power consumption.
AT Light	ON	When the screen changes, this function automatically
	(OFF)	turns on the light. When a specified time has passed, the light automatically turns off.
Alarm	(Tones)	Set the alarm type.
	Vib.	
	Tones & Vib.	
	OFF	

Setting items	Value	Explanation
Key Tones	(ON)	Turn on or off the Key Tones.
	OFF	

## **Meas.Settings**

The value in brackets () is the default setting.

Available settings may vary depending on the model you are using.

Setting items	Value	Explanation
Activity Type	(Run)	Set when running or jogging.
	Walk	Set when walking.
	Bike	Set when performing exercises that do not require you to swing your arms, such as riding a bike.
Interval	SETTING 01 to 03	Set the contents of high-intensity training (sprint) and low-intensity training (recovery) and the number of times they are repeated.
AT Lap	SETTING 01 to 05	When a time or distance set in advance is reached, this
	(OFF)	<ul> <li>function records laps automatically.</li> <li>Set the lap time or distance.</li> </ul>
		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)
AT Pause	ON	This function automatically stops measuring when you stop running, and resumes when you continue running.
	(OFF)	
Target Pace	SETTING 01 to 03	Set the target time and pace range for one kilometer/
	(OFF)	mile. An alarm sounds if you are outside the set pace range.
		You can set three target paces within the following range.
		Target Pace: 1'00" to 15'00"/km (in increments of 1 second)
		Pace Range: 00'05" to 03'00"/km (in increments of 1 second)
Waypoint	ON	You can specify a registered waypoint to display the
	(OFF)	<ul> <li>direction, distance, and altitude difference* to that point. As you approach the specified point, an alarm sounds.</li> </ul>
HR	ON	You can measure your heart rate.
	(OFF)	For SF-810, the default setting is <b>ON</b> .

Setting items	Value	Explanation
Тар	Lap	You can perform one of the functions specified in this item by tapping the screen while measuring.
(Only for the measurement screen)	Light	When <b>Bike</b> is selected as the <b>Activity Type</b> , the tap
	Screen Chg.	function may operate automatically depending on the condition of the road surface. If this occurs, we
	(OFF)	recommend to change the setting to <b>OFF</b> .
Screen	Screen1	You can display up to four measurement screens. You
	Screen2	can change the screen pattern and the measurement items displayed for each screen.
	Screen3	You can also change the <b>Display Lap Screen</b> , but this is not displayed for the interval function.
	Screen4	
	Display Lap Screen	

* You need to enter the altitude when setting a waypoint on the iPhone.

2

## Advanced Settings (For Supported Models Only)

You can configure Mes.Settings such as AT Lap, Target Pace, Waypoint, and Interval from smartphones.

#### AT Lap

You can set programmable laps using the AT Lap function.

∠ Setting the AT Lap Function" on page 31

#### **Target Pace**

You can set variable target pace using the Target Pace function.

The Setting the Target Pace Function" on page 34

#### Waypoint

You can register waypoints on the map using the Waypoint function.

#### Interval

You can set variable intervals using the Interval function.

∠ Setting the Interval Function" on page 40

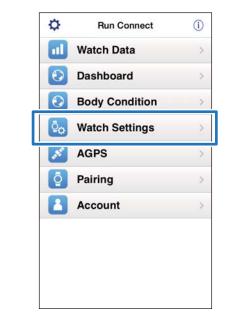
## Displaying the Advanced Settings



Start Run Connect on your iPhone.



```
Tap Watch Settings.
```





#### Tap Advanced Settings.

Settings	>
Advanced Settings	>
The Advanced settings are only available fo and above.	r the SF-710



#### Hold down **D** on this product.

Bluetooth communication starts.

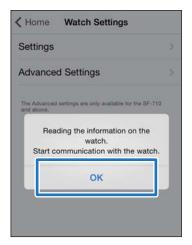


#### Note:

You can also start Bluetooth communication from the Settings menu on this product. Refer to "Settings" in the User Manual for details.



#### Tap **OK** on the iPhone.



Note:

*Try again if the communication fails.* 

Continue the configuration as the following procedures.

- ∠ Setting the AT Lap Function" on page 31
- ∠ Setting the Target Pace Function" on page 34
- ∠ Setting the Waypoint Function" on page 38
- ∠ Setting the Interval Function" on page 40

## **Setting the AT Lap Function**

You can specify the time or distance to divide laps using the AT Lap function.

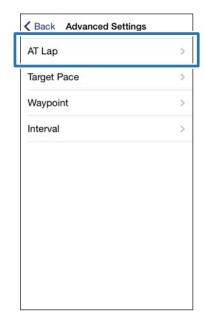


## Display the Run Connect **Advanced Settings** screen.

∠ "Displaying the Advanced Settings" on page 30



#### Tap **AT Lap**.





Hold down **D** on this product.

Bluetooth communication starts.

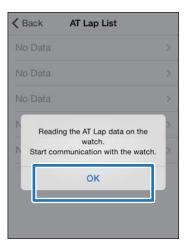


#### **Changing the Settings**

6



Tap **OK** on the iPhone.



#### Note:

*Try again if the communication fails.* 

## 5 Tap **No Data** when you are adding a new setting.

Tap the setting if you want to edit an existing setting.

SETTING01	
	>
SETTING02	>
No Data	>
No Data	>
No Data	>

### Enter or edit the title.

Enter the title using letters, numbers, spaces, hyphens, and underscores.

< Bac	K Back AT La		ack AT Lap		
set05		G		۲	
Progra	ammable		(	$\mathbb{D}$	
Lap No	).	Distanc	e/Time		
		05'00"		>	
-	_			_	
$\rightarrow$	@#/&_	ABC	DEE		



7

Turn **Programmable** ON if you want to combine multiple laps.

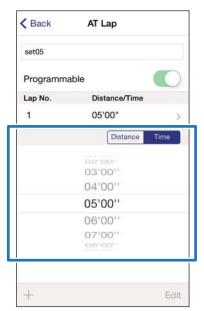
set05				0
Progr	ammable			
сар м	0.	Distanc	e/ i ime	
1		05'00"		>

10



## Tap the lap and specify the **Distance** or **Time**.

Go to step 10 if you are not setting more than one lap.





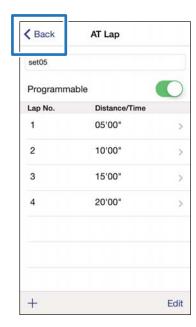
Tap + to add a lap and specify the **Distance** or **Time** for the lap.

Programma	able	
Lap No.	Distance/Tim	e
1	05'00"	>
2	10'00"	>
3	15'00"	>
4	20'00"	>

#### Note:

You can delete and reorder laps by tapping **Edit**.

Tap **Back**.





### Tap Write to Watch.

SETTING02 set05 No Data	>
	2 
No Data	>
No Data	
No Data	>

## 12 Tap **OK**.

Settings are written to the device.



13 Check that writing to the watch has completed and tap **OK**.

## **Setting the Target Pace Function**

You can specify the target pace and an alarm will notify you when you fall outside the target pace window.

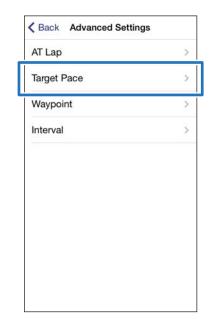


## Display the Run Connect **Advanced Settings** screen.

∠ ³ "Displaying the Advanced Settings" on page 30



#### Tap Target Pace.





#### Hold down **D** on this product.

Bluetooth communication starts.

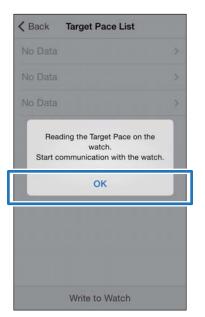


#### **Changing the Settings**

6



Tap **OK** on the iPhone.



Note:

*Try again if the communication fails.* 

5 Tap **No Data** when you are adding a new setting.

Tap the setting if you want to edit an existing setting.



Enter or edit the title.

Enter the title using letters, numbers, spaces, hyphens, and underscores.

Programm	able	$\bigcirc$
Set Range		~
Set Target	Pace Range	$\bigcirc$
Section	Target Pace	
	12'52"/mile	>



Turn **Programmable** ON if you want to combine multiple target paces.

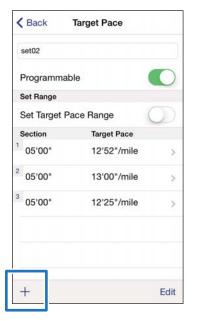
Programma	able	
oer nange		
Set Target	Pace Range	$\bigcirc$
Section	Target Pace	
1 05'00"	12'52"/mile	>

8 Tap the target pace you want to update, specify the **Time** or **Distance** of the **Section** and **Target Pace**, and tap **Back**.

Go to step 10 if you are not setting more than one lap.



Tap + to add a Section, specify the **Time** or **Distance** and **Target Pace**, and tap **Back**.



#### Note:

9

You can delete and reorder target paces by tapping *Edit*.

10

Turn **Set Target Pace Range** ON to enable the alarm that notifies you when you are off the specified pace.

Pro	ogrammat	ble	
Sat	Range		
Se	t Target Pa	ace Range	C
Tar	rget Pace	Range	1'00" 3
	ction	Target Pace	
1 0	5'00"	12'52"/mile	2
² 0	5'00"	13'00"/mile	3
³ 0	5'00"	12'25"/mile	3

11 Sp

Specify Target Pace Range.



#### **Changing the Settings**

set02 Programmable Set Range Set Target Pace Range 1'00" > Target Pace Range 1'00" > 0' 1' 00" 2'01" 3'02" 3'02" 3'02" Cancel OK Write to Watch	set02       Programmable       Set Target Pace Range       Set Target Pace Range       Set02         Set Target Pace Range       100"       Set02       No Data         O'       1' 00"       O'       O'         Section       Target Pace       Edit       O'         ''arget Pace List       SetTinkGol       O'         Set102       Set11       O'       O'         Set02       Set02       O'       O'	< Back	Target Pace		0		o the device.
Programmable   Set Range   Set Target Pace Range   Target Pace Range   1' 00"   2'01"   3'02"   Section   Target Pace   Section   Target Pace   Edit   Image Section Target Pace   Write to Watch.   Image Section Target Pace   Section   Target Pace   Section   Target Pace   Section   Target Pace   Section   Section  <	Programmable   Set Range   Set Target Pace Range   1'00"   2'01"   3'02"   Section   Target Pace				< 1	Back Targe	t Pace List
Set Range   Set Target Pace Range   Target Pace Range   1'00"   0'   1'00"   2'01"   3'02"   2'01"   3'02"   Section   Target Pace   +   Edit   15 Check that writing to the w completed and tap OK.	Set Range   Set Target Pace Range   Target Pace Range   1'00"   0'   1'00"   2'01"   3'02"   Section   Target Pace   +   Edit   10 Write to Watch.   SetTTING01   set02   10 Check that writing to the w completed and tap OK.				SI	ETTING01	
Set Target Pace Range       Image: Target Pace	Set Target Pace Range       Image: Target Pace	20104	nable		se	et02	
Overwrite the Target Pace on the watch.   0'   1' 00"   2'01"   3'02"   Section   Target Pace   +   Edit   10 Write to Watch.   Section   Target Pace List   SETTING01   set02   10 Check that writing to the watch.   10 Check that writing to the watch.	Target Pace Range       1'00" >         0'       1' 00"         1' 00"       2'01"         3'02"       3'02"         Section       Target Pace         +       Edt         OWrite to Watch.       Write to Watch         SETTING01       >         set02       >		Pace Bange		N		
p Write to Watch.	P Write to Watch.          Image: Section Target Pace       Image: Cancel Im						
O'   1' 00"   2'01"   3'02"   Garcel   Vrite to Watch. <b>Write to Watch</b> .   SECTING01   SETTING01   Set02 <b>15</b> Check that writing to the writ	0'       1' 00"         2'01"       3'02"         3'02"       03"         Section Target Pace       Edit         Write to Watch.       Write to Watch         Set02       >	Target Pac	ce Range 1'00" >		_		
1' 00"   2'01"   3'02"   Section Target Pace   +   Edit   Write to Watch.   Section Target Pace List   SETTING01   set02   15 Check that writing to the w completed and tap OK.	1' 00"   2'01"   3'02"   3'02"   Section Target Pace   +   Edit   Write to Watch.   Section Target Pace List   SETTING01   set02   15 Check that writing to the we completed and tap OK.					Do you want	t to write the data?
2'01"         3'02"         3section         Target Pace         +         Edit         Write to Watch.         Section         Section         Target Pace	2'01"   3'02"   Section   Target Pace   +   Edit   Write to Watch   Write to Watch. <b>15</b> Check that writing to the we completed and tap OK.		0'			Cancel	ок
Section Target Pace + Edit Write to Watch Write to Watch Write to Watch 15 Check that writing to the writi	Section Target Pace + Edit Write to Watch. Write to Watch. SETTING01 Set02 Note: Section Target Pace List Set02 Note: Section Target Pace List Section Target Pace Li						
Section       Target Pace         +       Edit         Write to Watch.       Use to Watch         Section       Target Pace List         SETTING01       Set02	Section Target Pace   + Edit   Write to Watch.   Write to Watch. <b>15</b> Check that writing to the we completed and tap OK.						
+ Edit   Write to Watch.   Write to Watch. <b>ID</b> Check that writing to the w completed and tap OK.	+ Edit   Write to Watch. <b>Write to Watch</b> . <b>ID</b> Check that writing to the we completed and tap OK.						
Write to Watch. Write to Watch SETTING01 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02 Set02	Write to Watch. Write to Watch. SETTING01 Set02 Write to Watch 15 Check that writing to the w completed and tap OK.						
Write to Watch.          Image: Write to Watch.         Image: Write to Watch.         Image: Write to Watch.         Image: Write to Watch.         Image: Write to Watch.         Image: Write to Watch.         Image: Write to Watch.         Image: Write to Watch.         Image: Write to Watch.         Image: Write to Watch.         Image: Write to Watch.         Image: Write to Watch.         Image: Write to Watch.         Image: Write to Watch.         Image: Write to Watch.         Image: Write to Watch.         Image: Write to Watch.         Image: Write to Watch.         Image: Write to Watch.         Image: Write to Watch.         Image: Write to Watch.         Image: Write to Watch.         Image: Write to Watch.         Image: Write to Watch.         Image: Write to Watch.         Image: Write to Watch.         Image: Write to Watch.         Image: Write to Watch.         Image: Write to Watch.         Image: Write to Watch.         Image: Write to Watch.         Image: Write to Watch.         Image: Write to Watch.         Image: Write to Watch.         Image: Write to Watch.         Imag	Write to Watch.          Image: Write to Watch.         Image: Write to Watch.         Image: Write to Watch.         Image: Write to Watch.         Image: Write to Watch.         Image: Write to Watch.         Image: Write to Watch.         Image: Write to Watch.         Image: Write to Watch.         Image: Write to Watch.         Image: Write to Watch.         Image: Write to Watch.         Image: Write to Watch.         Image: Write to Watch.         Image: Write to Watch.         Image: Write to Watch.         Image: Write to Watch.         Image: Write to Watch.         Image: Write to Watch.         Image: Write to Watch.         Image: Write to Watch.         Image: Write to Watch.         Image: Write to Watch.         Image: Write to Watch.         Image: Write to Watch.         Image: Write to Watch.         Image: Write to Watch.         Image: Write to Watch.         Image: Write to Watch.         Image: Write to Watch.         Image: Write to Watch.         Image: Write to Watch.         Image: Write to Watch.         Image: Write to Watch.         Image: Write to Watch.         Imag						
		• Write to	Edit Watch. Target Pace List	15	Check th complete	nat writin	ng to the v
No Data	No Data	• Write to	Edit Watch. Target Pace List	15	Check th complete	nat writin	ng to the v
		+ • Write to ✓ Back T SETTINGO set02	Edit Watch. Target Pace List 1 >	15	Check th complete	nat writin	ng to the v
		+ • Write to ✓ Back T SETTINGO set02	Edit Watch. Target Pace List 1 >	15	Check th complete	nat writin	ng to the v
		+ • Write to ✓ Back T SETTINGO set02	Edit Watch. Target Pace List 1 >	15	Check th	nat writin	ng to the v
		+ • Write to ✓ Back T SETTINGO set02	Edit Watch. Target Pace List 1 >	15	Check th complete	nat writin	ng to the v
		+ • Write to ✓ Back T SETTINGO set02	Edit Watch. Target Pace List 1 >	15	Check th	nat writin	ng to the v
		+ • Write to ✓ Back T SETTINGO set02	Edit Watch. Target Pace List 1 >	15	Check th complete	nat writin	ng to the v
		+ • Write to ✓ Back T SETTINGO set02	Edit Watch. Target Pace List 1 >	15	Check th complete	nat writin	ng to the v
		+ • Write to ✓ Back T SETTINGO set02	Edit Watch. Target Pace List 1 >	15	Check th complete	nat writin	ng to the v
Write to Watch	Write to Watch	+ • Write to SETTINGO set02 No Data	Edit Uarget Pace List	15	Check th complete	nat writin	ng to the v

## **Setting the Waypoint Function**

Available settings may vary depending on the model you are using.

You can add waypoints on the map.

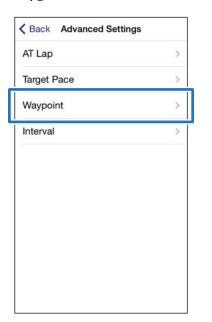


2

# Display the Run Connect **Advanced Settings** screen.

∠ ³ "Displaying the Advanced Settings" on page 30

#### Tap Waypoint.





Hold down **D** on this product.

Bluetooth communication starts.



## Tap **OK** on the iPhone.



#### Note:

5

*Try again if the communication fails.* 

Tap **No Data** when you are adding a new setting.

Tap the setting if you want to edit an existing setting.

View All on Map	>
park xxxxxx xxxx-xx	>
No Data	>

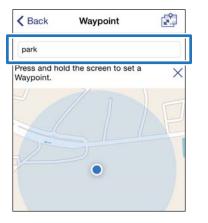
#### Note:

You can check all registered waypoints by tapping *View All on Map*.

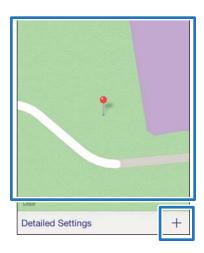


### Enter or edit the title.

Enter the title using letters, numbers, spaces, hyphens, and underscores.

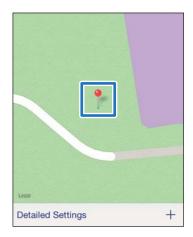


7 Either press and hold the screen at the point on the map where you would like to set the waypoint or tap +.





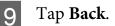
And move the pin to the location you want to set the waypoint.



#### Note:

You can specify the altitude by tapping **Detailed Settings**. Turn Altitude ON, enter the value, and tap **Apply**.

Cancel Detailed Se	ettings Apply
Eastern longitude:	137.9527705
Northern latitude:	36.1532130
Altitude:	
0	m







### Tap Write to Watch.

Back Waypoint List	2
View All on Map	>
park xxxx-xx	>
No Data	>
Write to Watch	1

### **11** Tap **OK**.

Settings are written to the device.

<b>&lt;</b> Ba	ack Waypoi	nt List	
Viev	w All on Map		
parl			
No	Data		
N	Overwrite the W	aypoint on the	>
Ν	wate Do you want to		>
N	Cancel	ОК	~
No	Data		×
No	Data		
No	Data		
No	Data		
	Write to	Watch	

12

Check that writing to the watch has completed and tap **OK**.

## **Setting the Interval Function**

You can specify the contents of sprint and recovery activities for the Interval function.

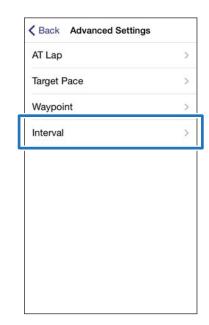


# Display the Run Connect **Advanced Settings** screen.

∠ ³ "Displaying the Advanced Settings" on page 30



#### Tap Interval.





#### Hold down **D** on this product.

Bluetooth communication starts.



#### **Changing the Settings**

6



### Tap **OK** on the iPhone.

#### Data upload starts.

	Interval List	
No Data		>
No Data		
No Data		
	ng the Interval data o watch. mmunication with the OK	

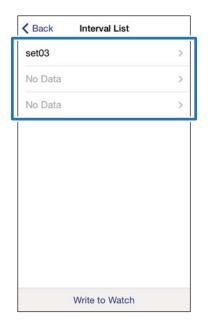
#### Note:

5

*Try again if the communication fails.* 

# Tap **No Data** when you are adding a new setting.

Tap the setting if you want to edit an existing setting.



### Enter or edit the title.

Enter the title using letters, numbers, spaces, hyphens, and underscores.

set03				0
Progra	ammable			$\bigcirc$
Interva	I List			
Spri			1.2 mile	
	Zone		Zone 1	× 3 >
	overy Zone		0.6 mile Zone 1	
$\rightarrow$	@#/&_	ABC	DEF	⊗
+ ⊅	_	ABC JKL		≪白空白
	GHI	JKL	мно	-



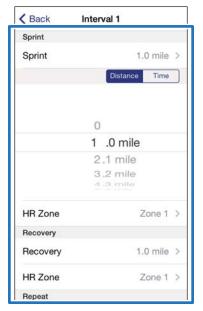
Turn **Programmable** ON if you want to combine multiple interval lists.

set03		
Programmable		
Interval List	1.0 mile	
¹ Sprint HR Zone	Zone 1	
Recovery HR Zone	1.0 mile Zone 1	×1 >
+		Edit

10

8 Tap the interval list you want to update, specify the **Sprint**, **Recovery**, and **Repeat** items, and tap **Back**.

Go to step 10 if you are not setting more than one lap.





Tap + to add a new interval list, specify the necessary items, and tap **Back**.

set03			
Programmable			
Interval List			
¹ Sprint HR Zone	1.0 mile Zone 1	×1 3	
Recovery HR Zone	1.0 mile Zone 1	×1 /	
² Sprint HR Zone	4.0 mile Zone 2		
Recovery HR Zone	4.0 mile Zone 2	×3	
+		Edi	

#### Note:

You can delete and reorder interval lists by tapping *Edit* if you have more than one interval lists.

HR Zone         Zone           Recovery         1.0 m           HR Zone         Zone           2         Sprint         4.0 m           HR Zone         Zone	< Back	Interval
Interval List ¹ Sprint 1.0 m HR Zone Zone Recovery 1.0 m HR Zone Zone ² Sprint 4.0 m HR Zone Zone	set03	
1         Sprint         1.0 m           HR Zone         Zone           Recovery         1.0 m           HR Zone         Zone           2         Sprint         4.0 m           HR Zone         Zone	Programma	ble
HR Zone         Zone           Recovery         1.0 m           HR Zone         Zone           2         Sprint         4.0 m           HR Zone         Zone	Interval List	
Recovery         1.0 m           HR Zone         Zone           2         Sprint         4.0 m           HR Zone         Zone		1.0 mi Zone
HR Zone Zone		1.0 m Zone
Becovery 4.0 m	² Sprint HR Zone	4.0 m Zone
	Recovery HR Zone	4.0 m Zone



### Tap Write to Watch.

K Back	Interval List	
set03		>
No Data		>
No Data		>



Тар **ОК**.

Settings are written to the device.

K Back Interv	al List
set03	×.
No Data	
No Data	÷.
wa	erval data on the tch. write the data?
Write to	Watch

13 Check that writing to the watch has completed and tap **OK**.

3

Tap Update.

< Home

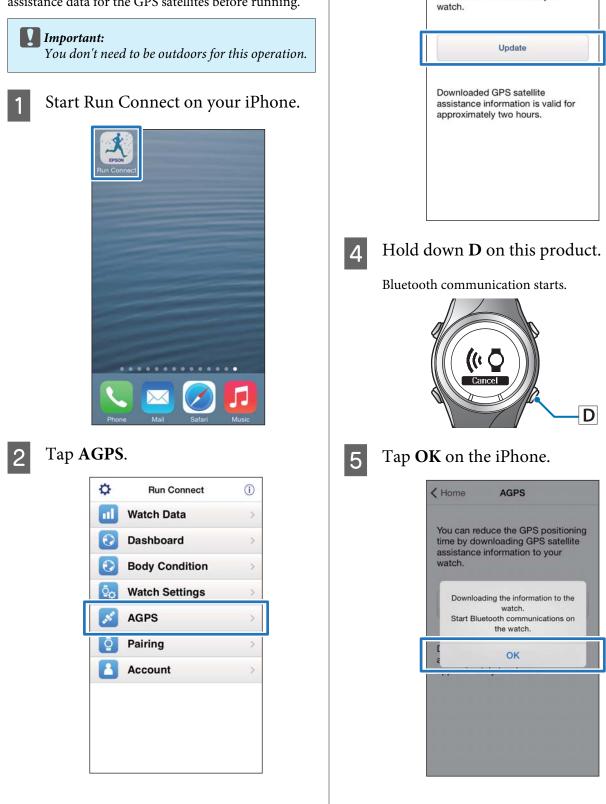
AGPS

You can reduce the GPS positioning

time by downloading GPS satellite assistance information to your

## Reducing the GPS Positioning Time (AGPS)

You can reduce the positioning time by downloading assistance data for the GPS satellites before running.



#### Note:

*Try again if the communication fails.* 

6 Check that writing to the watch has completed and tap **OK**.

# Troubleshooting

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

- ∠ Problem Solving" on page 47
- ∠ "Unpairing Devices" on page 49
- Contacting us About this Product" on page 52

## **Problem Solving**

Check each item.

Screen	Problem	Message contents	Solution
Watch Data List Upload Watch Settings AGPS	Communications to the watch was cut off.	Communication with the watch has been disconnected. Acquire the list again.	<ul> <li>Try the following and tap the menu item again.</li> <li>Charge the watch</li> <li>Establish the communications with the watch and keep close to you</li> <li>Turn Bluetooth ON in the iOS</li> <li>If the problem persists even after you have tried the above, unpair and pair the devices again, and then tap the menu</li> <li>""Unpairing Devices" on page 49</li> </ul>
Watch Data List Watch Settings AGPS	Cannot communicate with the watch.	Cannot detect the watch. Turn on Bluetooth in the settings on your iOS device, start Bluetooth communication on the watch, and then access again. Cannot access a watch that has been paired. Try accessing again. Cannot read information on the paired watch. Upload again. Cannot access the watch. Turn on Bluetooth in the settings on your iOS device, and then acquire the list again. The watch is not responding. Start Bluetooth communication on the watch, and then acquire the list again.	<ul> <li>Try the following and tap the menu item again.</li> <li>Charge the watch</li> <li>Establish the communications with the watch and keep close to you</li> <li>Turn Bluetooth ON in the iOS</li> <li>If the problem persists even after you have tried the above, unpair and pair the devices again, and then tap the menu</li> <li>* "Unpairing Devices" on page 49</li> </ul>

Screen	Problem	Message contents	Solution
Upload	Cannot communicate with the watch.	Cannot detect the watch. Turn on Bluetooth in settings on your iOS device, start Bluetooth communication on the watch, and then upload again. Cannot access a watch that has been paired. Try accessing again.	<ul> <li>Try the following and tap</li> <li>Upload again.</li> <li>Charge the watch</li> <li>Establish the communications with the watch and keep close to you</li> <li>Turn Bluetooth ON in the iOS</li> </ul>
		Cannot Reading information on the paired watch. Upload again.	If the problem persists even after you have tried the above, unpair and pair the
		Cannot access the watch. Turn on Bluetooth in the settings on your iOS device, and then upload again.	devices again, and then tap <b>Upload</b> .
		The watch is not responding. Start Bluetooth communication on the watch, and then upload again.	

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

3

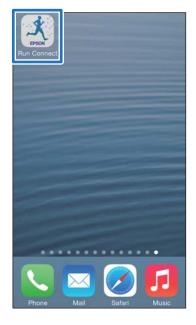
## **Unpairing Devices**

Unpair the devices if the iPhone and this product are not communicating properly or you want to pair the iPhone with another product.

## **Operations on the iPhone**

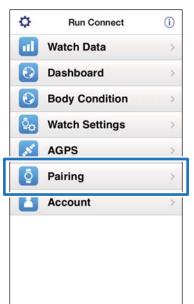


Start Run Connect on your iPhone.



## 2

## Tap **Pairing**.



## Tap Release Pairing.

Home	Pairing	
you wa been re	n pairing when the device int to connect to has not egistered. changing devices, release	
	Start Pairing	
	Release Pairing	

4

Check that the devices are unpaired and tap **OK**.

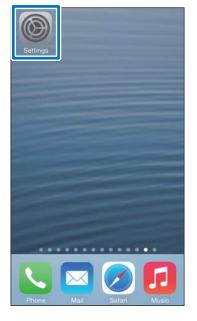
< Home	Pairing
you want to t Do you wa Remove th paired de	ing when the device connect to has not nt to cancel pairing with the watch? the device from the list of svices in the Bluetooth tettings in IOS.
Cance	ок
	Start Pairing
R	elease Pairing

#### Troubleshooting



6

## Tap Set on the iPhone.



### Tap **Bluetooth**.



## 7 Tap

## Tap **i** for **SF Series**.

Note that the appearance of the icon is different in iOS6.

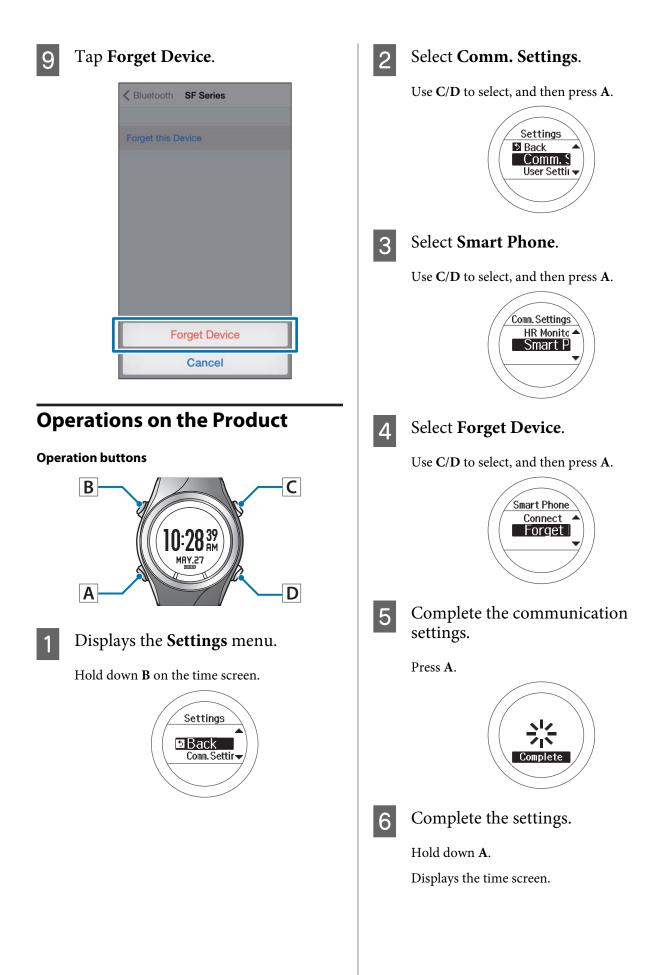
Settings	Bluetooth
Bluetooth	
DEVICES	_
SF Series	Not Connecte
	able



### Tap Forget this Device.

Bluetooth SF Series	
Forget this Device	

#### Troubleshooting



## Contacting us About this Product

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

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