TomTom Runner & Multi-Sport Reference Guide

Contents

Welcome

This Reference Guide explains everything you need to know about your new TomTom GPS sports watch.

Here are some good starting points:

- Getting Started
- About your watch
- Starting an activity
- Training programs
- Settings

Getting started

Before you start training, it's a good idea to charge your watch, download any software updates and download QuickGPSfix. QuickGPSfix helps your watch get a GPS fix and find your location quickly.

1. Download TomTom MySports Connect from tomtom.com/getstarted/sports and install it on your computer. TomTom MySports Connect is available for free.
2. Place your watch in the desk dock and connect the dock to your computer.

    Follow the instructions that TomTom MySports Connect gives you.
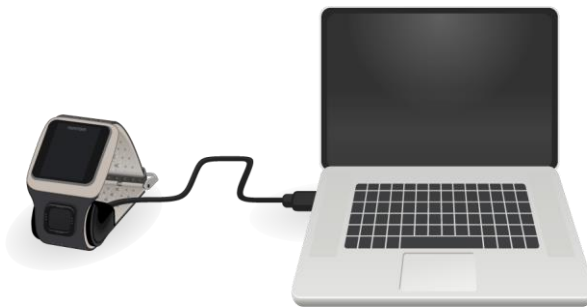
After your watch is charged, you can start your first activity.

You should connect your watch to your computer regularly to charge it, download software updates and download QuickGPSfix information.

Battery life

When the battery is fully charged, your watch can be used for up to 10 hours of activities that need GPS reception, such as running and cycling. The battery is used more quickly if you use the backlight on your watch frequently or all the time, or connect the watch to accessories, such as the Heart Rate Monitor or Cadence Sensor.

The following tips will help your watch go longer on a battery charge:

- Turn off night mode and use the touch sensor to turn on the backlight only when you need it.
- Turn off sensors that you are not using. Your watch keeps searching for sensors even if you are not using a sensor.

Your watch

When you use your watch, you start from the clock screen. This screen shows the time and date. The hour number is shown slightly dimmed and the minutes are shown brighter so you can see the precise time more clearly.

Use the button to move up, down, left or right to other screens on your watch.

1. Left - opens the status screen.
2. Down - opens the settings screen.
3. Right - opens the activities screen.
4. Up - from the clock, moving up doesn't open another screen.
5. GPS receiver. While you train, the GPS receiver should face upwards.
6. Touch this area of the screen to turn on the back light.

The clock screen shows the time and date. You can choose to show the time in 12 hour or 24 hour format by moving down to open the settings screen, then selecting **Clock**.

Using your watch

Move up or down to select items in a menu.

Move right to select an item and open the menu for that item.

Move left to exit a menu.

To select an option in a menu, make sure it is highlighted when you leave the menu. Your watch remembers the option you highlighted.

If an option in a menu switches on and off, move right to change the setting.

Using the desk dock

You can use the desk dock when your watch is in the wrist strap or remove your watch from the wrist strap first.

To remove the watch from the wrist strap, hold the watch in one hand and lift the strap upwards away from the watch. The wrist strap pops off the front of the watch.

To place your watch in the desk dock, slide the watch into the dock, following the curve of the back of the watch.

To remove your watch from the desk dock, push underneath the screen of the watch. The watch will slide out, following the curve of the back of the watch. Do not lift the watch from the top as this can damage the desk dock.

Using the bike mount

Note: The bike mount is included with some products and available as an accessory for others.

The bike mount consists of a holder for your watch and a handlebar strap to attach the clip to your handlebars.

To use the bike mount, do the following:

1. Attach the handlebar strap to the back of the holder.
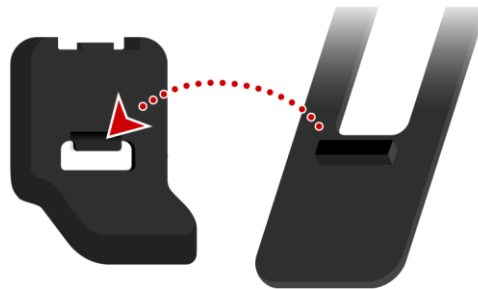
2. Place the strap on your handlebar and wrap it around the bar.

3. Use the clip on the bottom of the holder to attach the handlebar strap to it.

The strap should now be attached securely around the handlebar.
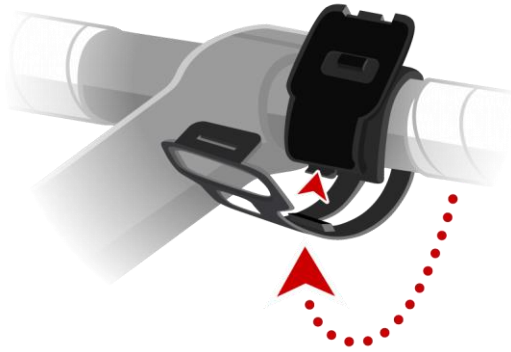
4. Remove your watch from the wrist strap and place it in the holder. Make sure it clips securely into place.
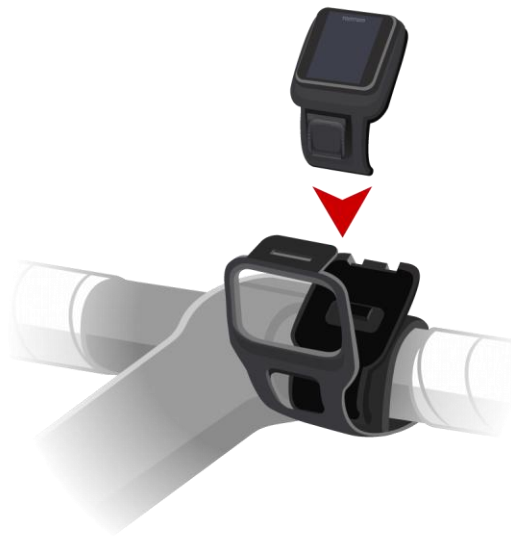
5. Close the handlebar strap over the top of the watch, attaching it to the top of the holder using the clip.
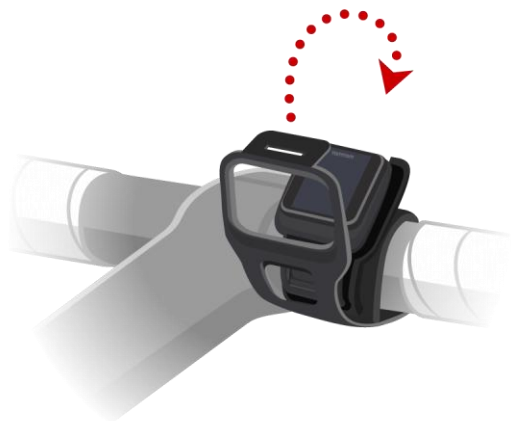
Watch status

From the clock screen, move left to open the status screen.

The status screen shows the following information:

- **Battery** - the battery power left on your watch.

    To charge the battery, place the watch in the desk dock and connect the dock to your computer.

- **Storage** - the amount of free space available on your watch.

    If you are running out of space, connect your watch to your computer. TomTom MySports Connect transfers the history of your activities to your computer. You can select that the history is uploaded automatically to your account on the TomTom MySports website, or another website you have chosen.

- **QuickGPS** - the status of the QuickGPSfix information on your watch.

    QuickGPSfix helps your watch find your precise location quickly so that you can start your activity. To update the QuickGPSfix information on your watch, connect your watch to your computer. TomTom MySports Connect automatically updates QuickGPSfix on your watch. QuickGPSfix information is valid for three days after you download it.

    These symbols are used to show the status of QuickGPSfix:

QuickGPSfix on your watch is up-to-date.

or

QuickGPSfix on your watch is out-of-date. If the QuickGPSfix information on your watch is out-of-date, your watch still works as usual. It may, however, take longer to get a GPS fix when you want to start an activity.

- **Version** - the software version number and serial number of your watch. You may need this information if you contact Customer Support. Every time you connect your watch to your computer, TomTom MySports Connect checks if a software update is available for your watch.

Activities

About activities

On the activities screen, you can start one of the activities available on your watch:

- Run
- Cycle
- Swim
- Treadmill
- Stopwatch

Note: Not all activities are available on all watches.

When you select **Run** or **Cycle**, your watch uses its internal GPS receiver to measure your speed, and to record the route you have taken.

When you select **Swim** or **Treadmill**, your watch uses its internal motion sensor to measure your strides on the treadmill, and strokes and turns in the swimming pool. Your watch uses this information to estimate your speed and the distance you have covered.

When you select **Stopwatch**, you can use your watch to show elapsed time, mark laps and see times for your current and previous laps.

Starting an activity

To start an activity on your watch, do the following.

1. From the clock, move right.
2. Select one of the activities, then move right.
   - **Run**
   - **Cycle**
   - **Swim**
   - **Treadmill**
   - **Stopwatch**

   Note: Not all activities are available on all watches.

3. For **Run** and **Cycle** activities, until your watch has a GPS fix, you see the message, **Please wait**, and the GPS icon flashes in the bottom left hand corner of the screen. When it's ready to start an activity, your watch shows the message, **GO** and the GPS icon stops flashing.

   For **Cycle** activities, if you are using a [cadence sensor](), once your watch is connected to the sensor, your watch shows the message **GO**. The cadence sensor is then used to provide speed and distance information about your activity.Your watch may not have a GPS fix at this point. If you would like to track the route of your activity, wait until the GPS icon stops flashing before starting your activity.

   Note: It can take a short time to find your GPS position, especially the first time you use your watch or if the QuickGPSfix information is not up-to-date. To ensure good GPS reception, make sure you are outdoors with a clear view of the sky. Large objects such as tall buildings can sometimes interfere with reception.

From this screen, move in one of these directions to choose an option:

- Right - start your activity, once your watch has a GPS fix.
- Down - select a training program or set the information displayed while you train.
- Up - see a history of your past activities.
- Left - go back to the list of activities.

Move right to start your activity.

4. When you are doing an activity, your watch shows information, such as the distance, time and pace. Use the up and down buttons to change the information that you see.

5. When you've finished, move left to stop the clock.

If you're just taking a break, move right to start the clock again.

To stop completely at the end of your activity, move left again.

For each type of activity, you can select different training programs, and select to see different information while you are training.

Pausing and stopping an activity

During an activity, move left to stop the clock and pause your activity.

Note: If the activites screen Lock is on, you see a timer screen when you move left. Hold the button until the timer screen has gone. Your activity is then paused or stopped. You can turn Lock on and off in the Options settings.

To restart the activity again, move right.

To stop the activity completely, move left two times.

Settings for Cycle activities

Note: **Cycle** is available on the TomTom Multi-Sport.

If you are using a cadence sensor, you should set the **Wheel size** setting to help increase the accuracy of the metrics provided by the sensor. This setting is the circumference of your rear tyre in millimetres (mm).

To set your wheel size, do the following:

1. From the activity start screen, move down to open the **Settings** screen.
2. Select **Wheel size**, then move right.
3. Set the size so it's correct for your rear wheel.

To find the circumference of your rear wheel, you can either measure the wheel yourself using a tape measure, or look up the value in an online calculator. For example, on this site you can find the circumference using the diameter of the wheel and the thickness of the tyre:
www.bikecalc.com/wheel_size_math

For example, if your bicycle has 700 rims and the tyres are 20 mm thick, the circumference is 2079 mm. This is the value you should enter.

Settings for Swimming activities

Note: **Swim** is available on the TomTom Multi-Sport.

Before you start a swimming activity, you should check two settings:

- The **Pool size** setting for the pool where you are swimming. This setting is the length of the pool in metres.
- The **Wrist** setting for the wrist you wear your watch on.

As you swim, your watch registers your strokes and the number of turns you make in the pool. To calculate the distance you have swum and your speed, your watch uses the pool size and the number of turns you have made. If the pool size is not set correctly, the metrics for your swimming activity cannot be worked out correctly. Your watch needs to know which wrist you wear your watch on so it can register your strokes correctly.

To change the **Pool size** and **Wrist** settings, do the following:

1. From the activity start screen, move down to open the **Settings** screen.
2. Select **Pool size**, then move right.
3. Set the size so it shows the correct length for the pool.
4. Move left to go back to the settings menu.
5. Select **Wrist**, then move right.
6. Change the setting to the wrist you wear your watch, if necessary.
7. Move right to go immediately back to the activity screen.

When you select **Swim**, your watch does not use its internal GPS receiver.

Settings for Treadmill activities

Before you start an activity on the treadmill for the first time, you should set your height. You can do this in your TomTom MySports account or on your watch.

As you run on a treadmill, your watch registers the number of times you swing your arm back and forward and how quickly. This matches the number of strides you make as you run. Your watch uses your height to calculate the length of your stride, and from this the distance you have run and your pace.

To set your height on your watch, do the following:

1. From the clock, move down to open the **Settings** screen.
2. Select **Profile**, then move right.
3. Select **Height**, then move right.
4. Set your height.

Calibrating your watch for Treadmill activities

The distance measurements your watch makes for Treadmill activities is less accurate than for Run activities. When you run outdoors, your watch uses GPS to measure the distance you cover.

If you calibrate your watch, the distance measurements for Treadmill activities become more accurate.

To calibrate your watch, do the following:

1. During your first Treadmill activity, after your have run for a short time, pause your watch and the treadmill.
   To pause your watch, move left during the activity.
2. On your watch, move down to open the **Settings** menu.
3. Select **Calibrate** then move right.
4. Change the distance to match the distance shown on the treadmill.
5. Move right to go immediately back to the activity screen.

Calibrating your watch at the end of a Treadmill activity

Every time you finish a Treadmill activity, your watch asks you if you want to calibrate the distance measurement your watch has made with the distance measurement shown by the treadmill.

Select **Yes** to calibrate the distances. If you calibrate the distance, your activity record is more accurate and the metrics for your training are more accurate.
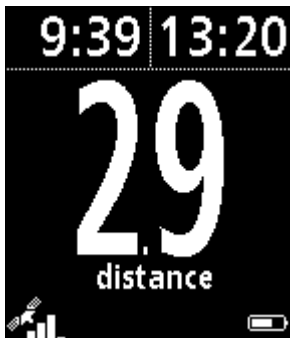
Information as you train

While you train, three different metrics are available at any one time:

- One main metric is shown in a larger figure in the main part of the screen.
- Two minor metrics are shown in smaller figures at the top of the screen.

All metrics relate to your current activity.

Some examples of metrics available:

- Duration - the length of time spent on your current activity.
- Distance - the distance covered in your current activity.
- Pace - your current pace.
- Average pace - your average pace for the current activity.
- Lap time - the length of time taken for the current lap.
- Lap distance - the distance covered in the current lap.
- Ascent - the total you have climbed while cycling. This metric is only available if you watch has a built-in barometric sensor.
- Gradient - the degree of slope of the ground on which you are cycling. This metric is only available if you watch has a built-in barometric sensor.
- Heart rate - your current heart rate. This metric is only available if you have a Heart Rate Monitor connected.
- SWOLF - this metric is only given for swimming activities. The SWOLF score is calculated by adding the time in seconds and the number of strokes you make to swim one length of the pool. SWOLF shows your swimming efficiency. The lower the score, the better. The word SWOLF is a mixture of swimming and golf.

Changing the main metric

As you train, you can change the information shown by the larger figure by pressing the up and down buttons. The text underneath the main metric shows which information is currently being displayed.

The metrics that are available depend on your current activity.

Setting the minor metrics

For each activity, do the following to choose the information shown by the smaller figures:

1. From the activity start screen, move down to open the Settings.
2. Select Display, then press the right button.
3. Select Left or Right to set the metric shown on the left or the right.
4. Select the metric to be displayed from the list.
   The metrics that are available depend on your current activity.

Icons on the screen

The following icons can be shown along the bottom of the screen while you are training:

This symbol shows the strength of GPS reception. While your watch is looking for GPS satellites, the satellite images flashes.

The heart symbol shows that your watch is connected to a Heart Rate Monitor. When your watch is trying to connect to the Heart Rate Monitor, the heart flashes.

The chainring symbol shows that your watch is connected to a Cadence Sensor. When your watch is trying to connect to the Cadence Sensor, the chainring flashes.

This symbol shows the battery status.

Training programs

About training programs

For each type of activity, the following training programs are available:

- [None](#)
- [Goals](#)
- [Intervals](#)
- [Laps](#)
- [Zones](#)
- [Race](#)

From the clock screen, do the following see the list of training programs:

1. Move right and then select your choice of activity.
2. Move right.
3. Move down and select **Training**.
4. Move right and choose a training program.

When you select a training program, your watch remembers which program you are using and any options you have selected for that program.

> **Tip**: If you want to start a program immediately after selecting it, move right to go straight to the activity screen.

None

Select this option to do your activity without using a training program. In this mode, your watch records your activity and shows metrics for your activity.

Goals

Select this option to set yourself training goals.

You can set yourself three types of goals:

- **Distance** - select this option to set yourself a distance to cover in your activity.
- **Time** - select this option to set yourself a duration for your activity.
- **Calories** - select this option to set yourself a number of calories to burn during your activity. The calories burnt can be calculated more accurately if you [set your profile](#).

Watching your progress

To see an overview of your progress towards your goal, move right from the activity progress screen.

This screen shows the percentage of your target you have reached and the remaining distance, time or number of calories.
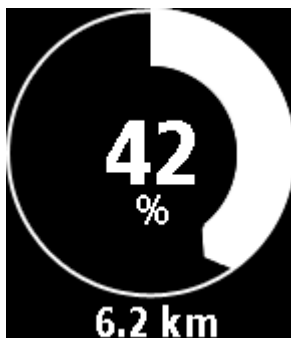
Progress alerts

When training to a goal, your watch alerts you at these stages:

- 50%
- 90%
- 100%
- 110%

Intervals

Select this option to use interval training.

Interval training is short periods of exercise followed by rest. The main aim of interval training is to improve speed and cardiovascular fitness. For example, during a 20 minute walk-jog workout you could do an 8 minute fast walk, followed by 3 sets of 1 minute running and 2 minutes walking, then a 5 minute walk to cool down.

You can choose from three types of interval training:

- **Simple** - basic interval training
- **Zones** - zones can be setup for each set of interval training. Zones can be based on speed or pace or cadence or heart rate or power.
- **MySports** - advanced interval training of five or more interval routines setup using the MySports website.

For warmup, work, rest and cooldown, you can set either a time or a distance. For sets, you choose the number of sets you want to include in your interval training program.

Tip: If you move right after setting the warmup details, you are then in the right place to setup the rest of that interval set including work, rest etc.

When setting up interval training using zones, you can choose between sprint, speed, fat burn and recover for the work section of the set.

During interval training, you see an alert for the next stage of internal training:
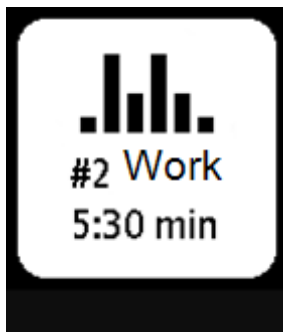
You see the number of the current set, the name of what you are doing, and how long this part of the set is in minutes.

You are also warned with beeps and buzzes when you need to switch to the next stage in your interval training.

Laps

Select this option to measure your activity against set lap times, distances or by manually recording when you complete a lap.

You can set up your watch to measure laps in three ways:

- **Time** - select this option to set a duration for a lap. After you start your activity, your watch alerts you when the time for each lap passes. If you set a lap time of 1 minute, your watch alerts you each minute and the screen shows the number of laps completed.
- **Distance** - select this option to set the length of a lap. After you start your activity, your watch alerts you whenever you reach the target distance for one lap. If you set a lap distance of 400 m, your watch alerts you after each 400 m you cover and the screen shows the number of laps completed.
- **Manual** - select this option to record yourself when you complete a lap. To mark the end of a lap, touch the right side of the watch screen, in the same place you touch to show the back light.

  Your watch shows the number of laps completed and alerts you that a lap is complete.

Zones

Select this option to train within a target zone.

You can select from the following training zones, depending on the activity:

- **Pace** - select this option to set your target time per mile or kilometre. You can set your target time and a margin above and below the target that you allow yourself.
- **Speed** - select this option to set your target speed and a margin above and below the target that you allow yourself.
- **Heart** - select this option to set your target heart rate. For your watch to be able to measure your heart rate, it must be connected to a Heart Rate Monitor. You can set your target heart rate and a margin above and below the target that you allow yourself.
- **Cadence** - select this option to set your target cadence for your cycling activity. For your watch to be able to track your cadence, it must be connected to a Cadence Sensor. You can set your target cadence and a margin above and below the target that you allow yourself. Not all watches are able to connect to a cadence sensor.

Monitoring your progress

From the activity progress screen, press the right button to see a graphical overview of how close your training is to the zone you set. The graph shows if you are above or below your target zone and by how much, throughout your activity.

You regularly receive alerts to tell you if you are in your zone or outside your zone:

- If you are outside your training zone, an alert is played and the screen shows if you are above or below your zone.
- If you are in your training zone, an alert is played and the screen shows a target symbol.
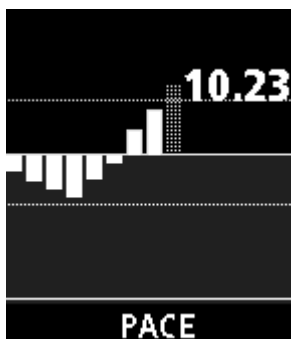
Race

Select this option to race against one of your ten most recent activities or a predefined activity from the MySports website. The predefined activities from MySports consist of a distance and a time.

When you use the Race training program, you can see if you are ahead or behind in the race and by how much, as you train.

From the activity progress screen, move right to see a representation of the race. The distance at the top of the screen shows the remaining distance in the race, and the distance at the bottom shows how much you are ahead or behind.

Your watch alerts you so you know if you are in front or behind in your race.

Using the stopwatch

To use the stopwatch, do the following.

1. From the clock, move right.
2. Select **Stopwatch**, then move right.

   Your watch shows an image of a stopwatch and the word "GO".
3. Move right to start the stopwatch.

   The stopwatch starts and shows the elapsed time.
4. To pause the stopwatch, move left. Move right to resume counting.
5. To mark each lap, touch the right side of the watch screen while the stopwatch is running, or move right.

   Your current lap time, for example lap 12 below, is shown under the elapsed time and your previous laps, here laps 11 and 10 are shown under your current lap.

   To see more of your previous laps, move down and move up.
6. To leave the stopwatch activity, move left two times.

   Tip: The stopwatch does not run in the background after you leave the stopwatch activity.

   Tip: To reset the stopwatch, leave the stopwatch activity and then go back into it again.

Tracking your activities

Whenever you train, your activity is logged by your watch for that type of activity. To see the history of your training for each type of activity on your watch, do the following:

1. From the activity start screen, move up to open the **History** for that type of activity.
2. From the list, select the activity you want to look at. The list shows the date and time you started the activity.
3. Move right.

Some basic information about the activity is shown. The information available depends on the activity.

Transferring your activities to TomTom MySports

Connect your watch to your computer to transfer details of your activities to TomTom MySports or another sports website that you choose, using TomTom MySports Connect. You can also transfer details about the activity to your computer in several different file formats.

Settings

About settings

From the clock screen, move down to open the Settings screen. These settings determine the overall behaviour of your watch. For each activity, there are also settings related to that activity.

The following settings are available for your watch:

- Clock
- Sensors
- Options
- Profile

These settings are available for activities:

- Settings for Cycle activities
- Settings for Swimming activities
- Settings for Treadmill activities

Clock settings

From the clock screen, move down to open the **Settings** screen, then select **Clock** and move right to open the **Clock** settings.

Alarm

Select **Alarm** to turn the alarm on and off and to set the alarm time.

When the alarm goes off, you can choose to stop it or snooze. If you snooze the alarm, it goes off again in 9 minutes.

Time

Select **Time** to set the time on your watch. The time is either set using the 12 or 24 hour clock, depending on the setting for **24HR**.

Date

Select **Date** to set the date on your watch.

24HR

Select **24HR** to switch between using the 12 hour clock and the 24 hour clock to display and set the time. Move right to switch between **ON** and **OFF** for this setting.

Sensors

From the clock screen move down to open the **Settings** screen, then select **Sensors** and move right to open the **Sensors** menu.

You can turn on and off two types of sensors:

- **Heart** - this is a heart rate monitor.
- **Bike** - this is a cadence sensor.

Options

From the clock screen, move down to open the **Settings** screen, then select **Options** and move right to open the **Options** menu.

Units

Select **Units** to set the distance and weight units used on your watch. You can select any combination of miles or kilometres, and pounds or kilogrammes.

Click

Select **Click** to set what your watch does as you move through menus. Your watch can do the following:

- Make a clicking sound.
- Vibrate/buzz for short time.

You can turn both on or off, or turn only one on.

Demo

Select **Demo** to turn the demo mode on and off. In demo mode, your watch behaves as if it has a GPS fix and you are training, even if you are not. Any activities completed in demo mode are not added to your history of activities.

Night

Select **Night** to turn the night mode on or off. If the night mode is on, the backlight comes on and stays on during an activity. When you stop the activity, the light goes off again.

Note: The battery will run down much more quickly than normal if you use the night mode while training.

Lock

Select **Lock** to turn the activity lock function on and off. The lock function prevents your current activity being paused or stopped if you accidentally move left.

Profile

From the clock screen on your watch, move down to open the **Settings** screen, then select **Profile** and move right to open the **Profile** menu.

Select the following options to set your details in each case:

- **Weight**
- **Height**
- **Age**
- **Gender**

Information from your profile is used for the following:

- To work out the number of calories you burn during an activity.
- To set the target heart rates for you in the heart rate training zones. The zones are worked out by your TomTom MySports account.
- To work out your stride length if you are training on a treadmill.

Language

Select **Language** to set the language used for menus and messages on your watch.

Adding sensors

About sensors

Sensors are external devices which you can link to your watch to provide information about your activity. Two types of sensors can be used with your watch:

- **Heart rate monitor** - this measures your heart rate as you train. The TomTom Heart Rate Monitor is included in some products and available as an accessory for others.
- **Cadence sensor** - this measures your cadence as you cycle. The TomTom Cadence Sensor is included in some products and available as an accessory for others. TomTom Runner does not support the Cadence Sensor.

Cadence

Cadence measures the speed at which you pedal in revolutions per minute (rpm). In a low gear, you may have a very high cadence but a lower speed. In a high gear, you may have a low cadence but a higher speed. Cyclists train to find the balance between cadence and speed which allows them to cycle as efficiently as possible.
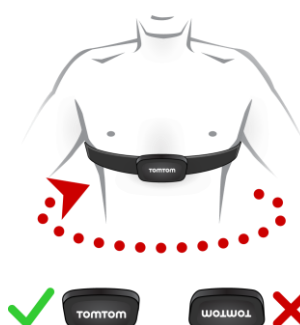
Heart Rate Monitor

To use the TomTom Heart Rate Monitor with your watch, do the following:

1. Attach the monitor to the strap.

2. Attach the strap around your chest, so the monitor sits just above the base of your chest bone.
   Make sure the monitor is the right way up so that the word 'TomTom' is the right way up for someone standing in front of you.

> **Tip**: Wet the contact areas on the inside of the strap before placing it around your chest. This makes it easier for the monitor to pick up your heartbeat.

3. From the clock screen on your watch, move down.
4. Select **Sensors** then move right.

5. Select **Heart**, then move right button to turn it on.
6. When you begin an activity, your watch connects to the monitor and you see a heart icon at the bottom of the screen.

When your watch is trying to connect to the Heart Rate Monitor, the heart flashes.

The first time your watch tries to connect to your monitor, if it finds more than one monitor, your watch doesn't know which monitor to connect to. Move to a place where there are no other monitors within range of your watch.

When you have connected to your monitor once, your watch always reconnects to your monitor.

While you train, you can choose to show your current heart rate or change the display to see your heart rate.

You can also use a training program to train to a target heart rate zone.

You can also use the Heart Rate Monitor with other Bluetooth® Smart Ready devices and apps. See the documentation that comes with your product or app for more information.

To change the CR2032 battery on the monitor, use a coin to open the back of the monitor. The battery must be recycled or disposed of according to local laws and regulations.

Cadence Sensor

The TomTom Cadence Sensor consists of the following parts:

1. Spoke magnet
2. Crankarm magnet
3. Chainstay sensor
4. Cable ties

To use the TomTom Cadence Sensor with your watch, do the following:

1. Attach the chainstay sensor to the chainstay on your bicycle, using three of the cable ties provided. Use two ties for the main body of the sensor and one tie for the smaller part of the sensor. You may need to adjust the position of the sensors so don't tighten the ties completely just yet.

Important: The smaller part of the sensor needs to face the crankarms and should not be attached to the top of the chainstay. You may have to tilt the main body of the sensor towards the wheel depending on your bicycle. You should make this adjustment after you have attached the spoke magnet.
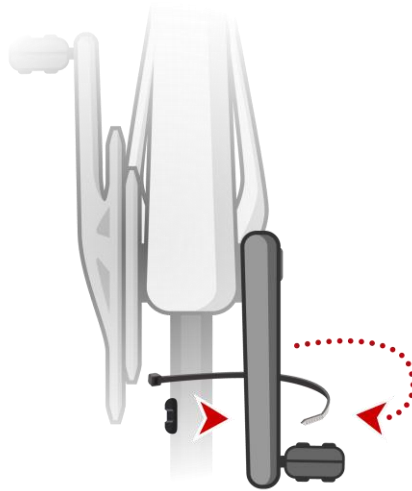
2. Attach the spoke magnet to one of the spokes on your bike. The magnet should face the chainstay where you attached the chainstay sensor.

3. Adjust the position of the spoke magnet and the chainstay sensor so that when the wheel turns, the spoke magnet passes the tip of the main body of the chainstay sensor.

Important: The distance between the chainstay sensor and the spoke magnet should not be more than 2 mm when they pass each other. On some bikes, you may have to tilt the main body of the sensor towards the wheel.

4. Attach the crankarm magnet to one of the crankarms on your bike. The magnet should face the chainstay where you attached the chainstay sensor.

Once you have adjusted the sensors to the right position, tighten the cable ties so they are held securely in place.

5. On your watch, set the wheel size to help increase the accuracy of the metrics provided by the sensor. The wheel size is the circumference of your tyre in millimetres (mm).

6. Move your bicycle or its crankarm so that at least one of the magnets passes the sensor. This switches on the sensor.

7. From the clock screen on your watch, press the down button.

8. Select **Sensors**, then move right.

9. Select **Bike**, then move right to turn it on.

10. When you begin a workout, your watch connects to the sensor and you see an icon of a chainring at the bottom of the screen.

When your watch is trying to connect to the Cadence Sensor, the chainring flashes.

The first time your watch tries to connect to your sensor, if it finds more than one sensor, your watch doesn't know which sensor to connect to. Move to a place where there are no other sensors within range of your watch.

When you have connected to your sensor once, your watch always reconnects to your sensor.

When the chainring icon has stopped flashing, your watch is ready to measure your speed and cadence. For proper GPS tracking, wait until the GPS icon has also stopped flashing before you start your cycle activity.

While you train, you can choose to show your current cadence or change the display to see your cadence.

You can also use a training program to train to a target cadence zone.

You can also use the Cadence Sensor with other Bluetooth® Smart Ready devices and apps. See the documentation that comes with your product or app for more information.

To change the CR2032 battery on the sensor, use a coin to open the back of the sensor. The battery must be recycled or disposed of properly according to local laws and regulations.

TomTom MySports Connect

TomTom MySports Connect does the following:

- Helps you set up your watch.
- Updates the software on your watch when new versions become available.
- Transfers your activity information to your TomTom MySports account or another sports website that you choose. TomTom MySports Connect can also transfer activity information to your computer in a number of file formats.
- Transfers any settings you make on TomTom MySports to your watch.
- Updates the QuickGPSfix information on your watch.

Installing TomTom MySports Connect

You can download TomTom MySports Connect for free from here: tomtom.com/getstarted/sports

Once installed, connect your watch to your computer using the desk dock.

TomTom MySports account

If you transfer your activities to a TomTom MySports account, you can store, analyse and view the history of your activities. You can view the routes you have taken and all the metrics associated with your activities.

To create an account, click the button in TomTom MySports Connect, or go directly to the website: mysports.tomtom.com

You can also choose to transfer your activities to your account on other sports websites.

Addendum

Warning

Always consult a physician before starting an exercise program. If you have a pacemaker or other implanted electronic device, consult your physician before using this product.

The use of this product while exercising might distract from your surroundings or your activity.

How TomTom uses your information

Information regarding the use of personal information can be found at tomtom.com/privacy.

Battery and Environmental information

This product uses a lithium polymer battery that is not user accessible or user replaceable. Do not open the case or (attempt to) remove the battery. Substances in the product and/or battery may be harmful to the environment or your health if disposed of improperly. The battery contained in the product must be recycled or disposed of properly according to the local laws and regulations and always kept separate from household waste.

WEEE directive

The wheelie bin symbol on the product or its packaging indicates that this product shall not be treated as household waste. In line with EU Directive 2002/96/EC for waste electrical and electronic equipment (WEEE), this electrical product must not be disposed of as unsorted municipal waste. Please dispose of this product by returning it to the point of sale or to your local municipal collection point for recycling. By doing this you will help conserve the environment.

Battery operating temperatures

Operating temperatures: -20°C (-4°F) to 60°C (140°F). Do not expose to temperatures beyond this.

R&TTE directive

Hereby, TomTom declares that TomTom products and accessories are in compliance with the essential requirements and other relevant provisions of the EU Directive 1999/5/EC. The declaration of conformity can be found here: tomtom.com/legal.

FCC information for the user

FC

THE DEVICE COMPLIES WITH PART 15 OF THE FCC RULES

Federal Communications Commission (FCC) Statement

This equipment radiates radio frequency energy and if not used properly - that is, in strict accordance with the instructions in this manual - may cause interference to radio communications and television reception.

Operation is subject to the following two conditions: (1) this device may not cause harmful interference and (2) this device must accept any interference, including interference that may cause undesired operation of the device.

This device has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

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

FCC ID: S4L8RS00

IC ID: 5767A-8RS00

FCC RF Radiation Exposure Statement

The transmitters within this device must not be co-located or operating in conjunction with any other antenna or transmitter.

Responsible party in North America

TomTom, Inc., 150 Baker Avenue Extension, Concord, MA 01742

Tel: 866 486-6866 option 1 (1-866-4-TomTom)

Emissions information for Canada

Operation is subject to the following two conditions:

- This device may not cause interference.
- This device must accept any interference, including interference that may cause undesired operation of the device.

Operation is subject to the condition that this device does not cause harmful interference.

This Class B digital apparatus complies with Canadian ICES-003. CAN ICES-3(B)/NMB-3(B).

IMPORTANT NOTE

IC Radiation Exposure Statement:

- This equipment complies with IC RSS-102 radiation exposure limits set forth for an uncontrolled environment.
- This device and its antenna(s) must not be co-located or operating in conjunction with any other antenna or transmitter.

C-tick

N14644
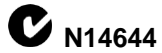
This product displays the C-tick to show it complies with relevant Australian regulations.

Notice for New Zealand

This product displays supplier code Z1230 to show it complies with relevant New Zealand regulations.

Customer support contact

Australia: 1300 135 604

New Zealand: 0800 450 973

Model names

8RS00

Copyright notices

AES code

Calorie calculations

Calorie calculations in this products are based on MET values from:

Ainsworth BE, Haskell WL, Herrmann SD, Meckes N, Bassett Jr DR, Tudor-Locke C, Greer JL, Vezina J, Whitt-Glover MC, Leon AS. 2011 Compendium of Physical Activities: a second update of codes and MET values. Medicine and Science in Sports and Exercise, 2011;43(8):1575-1581.