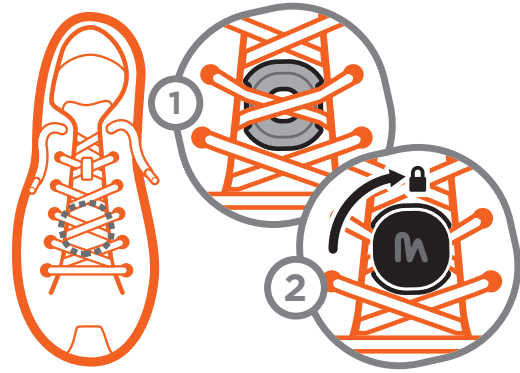


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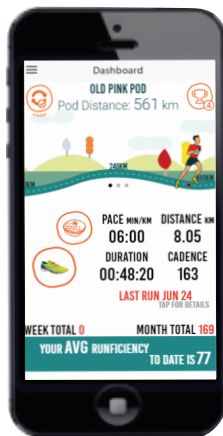
Welcome to your MilestonePod Quick Start

Prepare your Pod:

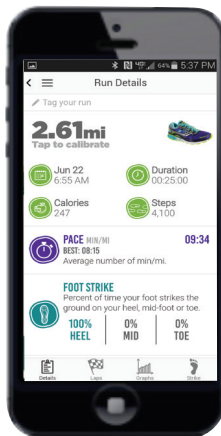
1. Insert the battery with the “+” side up
2. Replace the battery cap
3. Slide the holder under the laces of either shoe, $\frac{3}{4}$ of the way down toward your toe, as shown.
4. Twist the Pod clockwise onto the holder until you hear a **CLICK**



Dashboard



Run Detail



Prepare the Free MilestonePod App:

1. Download the MilestonePod App
2. Turn on Bluetooth
3. Register using email (or Facebook)
4. On the Dashboard menu, choose “Add a Pod”
5. Find your Pod on the list, matching the last two digits on the bottom of your box (also on the sticker on your Pod’s battery cap): D0:11:11:A0:11:31
6. Enter your shoe information

Run or Walk: Just head out the door!

- No buttons to push
- No need to recharge
- No need to run with your phone
- Works the same indoor or out
- Wirelessly “tap to sync” afterwards
- “Tap to calibrate” distance, if needed, after your first run. This will push an updated algorithm to the Pod based on your personal gait.



58mm

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FCC Statement

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:

1. This device may not cause harmful interference, and
2. This device must accept any interference received, including interference that may cause undesired operation.

Note:

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules.

These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation.

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FCC Statement

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.

Caution:

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

58mm



Fcc Paper

Scale 1:1

06.7.2016

Size A4

tiko