

Getting to know your Runaid 10

This product employs low power consumption **Bluetooth®** Smart (Bluetooth 4.0) wireless technology and supports a full range of Bluetooth 4.0 Heart Rate Strap and Foot Pod. When working with the Bluetooth 4.0 mobile device, it displays heartbeat, calorie consumption, cadence, speed per minute and per hour.

Items contained in the package:

- Runaid 10 Bluetooth Running Watch (FB006)
- Quick Start Guide
- Warranty Card

Optional accessories:

- ALATECH Bluetooth 4.0 Foot Pod (GS002BLE)
- ALATECH Bluetooth 4.0 Heart Rate Strap (CS009, CS010 or CS011)

Keys (there are four operating keys)

ESC/LIGHT

- Press to exit.
- Press and hold for 2 seconds to turn on the back light.
- Press to end exercise in **EXE** mode.

A

RESET/+

- Press to turn pages.
- Press to increase setup values.
- Press to reset the second or countdown **TIMER**.

C

ENTER/OK

- Press to enter and accept.
- While in the main screen, press this key to quickly start exercise, or as a hotkey to wirelessly connect with your iPhone.
- Press to start exercise in **EXE** mode.

B

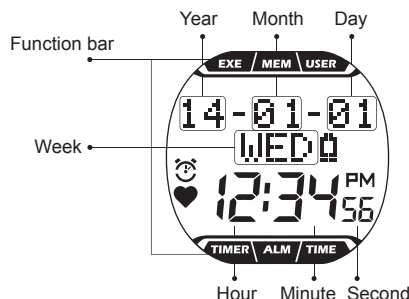
ST.SP/-

- Press to turn pages.
- Press to decrease setup values.
- Press to start/stop the second or countdown **TIMER**.

D

Note: The back light may be too dim to be noticed under direct sun light.

Main screen and icons

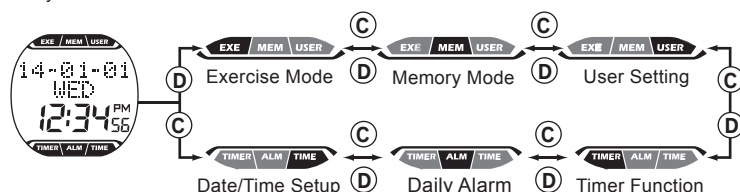


	Alarm
	Heartbeat
	AM
	PM
	Battery low
	Exercise Mode
	Memory Mode
	User Setting
	Timer Function
	Daily Alarm Setup
	Date/Time Setup

Note: Only icons of the running mode, or the mode you are switching to, is displayed.

Switch the function mode

Press C or D key to select a mode from the function bar in the screen and press the B key to switch to the selected mode:



Note: Press the A key repeatedly to return to the main screen from any function mode.

Set up your product before first use

Date/Time Setup

1. Press D key in the main screen to change the function bar to **TIME** → Press B key to enter.
2. Press B key to select setup fields, press C/D key to set up.
3. Press A key twice to → return to the main screen after set up.

User Setting

1. Press C key in the main screen to change the function bar to **USER** → Press B key to enter.
2. Press C/D key to change values or options, press B key to accept and move to the next setup field.
3. Press A key three times to → return to the main screen after set up.

Note: Please enter correct personal data including gender, height, and weight to obtain an accurate analysis on exercise results. Or you may synchronize the user settings in the ALA COACH+ App to your Runaid 10 watch. Please visit our web site for further information and download the complete operation manual.

Pair with optional accessories

You may purchase the optional Bluetooth 4.0 Foot Pod to work with your product for number of steps (STEP), hourly speed (KPH), PACE (min/km or min/mile), and step frequency (SPM) tracking. An optional Bluetooth 4.0 Heart Rate Strap is also available for heartbeat and calorie consumption tracking during exercise. Please pair these optional devices with your product before use them for the first time.



Recommended Foot Pod model:
GS002BLE



Recommended Heart Rate Strap model:
CS009, CS010, or CS011

1. Press C key in the main screen to change the function bar to **USER** → Press B key to enter.
2. Press C/D key to point to **PAIRING SET** → Press B key to enter.
3. Press C/D key to point to **PAIRING HRM** (for Heart Rate Strap) or **PAIRING STRIDE** (for Foot Pod) → Press B key to start pairing with your product.
4. After the device is paired with your product successfully → An **OK** Message will appear on your watch → Press the A key three times to back to the main screen. In case the pairing fails → Message **NO DEV HRM** or **NO DEV STRIDE** appears on your watch → Press the A key to pair again from step 3.

Pairing with a mobile device

This product is compatible with Bluetooth 4.0 receiving devices including iOS 5.0 or later devices and Android 4.3 or later devices. Make sure your device and system version are compliant with the Bluetooth version.

Go to to download and install the ALA COACH+ App(required iOS 5.0 or above).

Follow the steps below to set up your Runaid 10 watch before any pairing operation:

1. Press C key in the main screen to change the function bar to **USER** → Press B key to enter.
2. Press C/D key to point to **HOT KEY SET** → Press B key to enter.
3. Press C/D key to point to **CONNECT PHONE** → Press A key three times to return to the main screen.

Follow the steps below to set up your Apple mobile device before any pairing operation:

Enable the Bluetooth® function

Initiate the pairing operation:

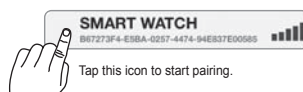
1. Open the ALA COACH+ App > Setup > Sensor > Sports watch > Setup > Add new sensor. → Press B key in the main screen to start pairing.



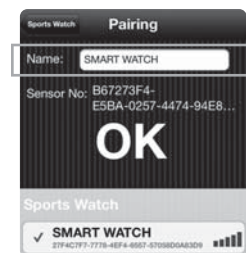
The device turns on after being paired successfully.



2. Validate the sensor scanned by the App, tap this icon to pair with it. Device is paired successfully → The App prompts an OK message → Press A key to exit to the main screen.



Tap this icon to start pairing.



You may rename it.

Note: Please pair optional sensors and mobile devices with your product respectively. Please keep them within 10 centimeters from your Runaid 10 watch and away from any Bluetooth sensor devices for at least 20 meters.

For further information on compatible mobile devices, please visit our web site.

CAUTION
RISK OF EXPLOSION IF BATTERY IS REPLACED BY AN INCORRECT TYPE.
DISPOSE OF USED BATTERIES ACCORDING TO THE INSTRUCTIONS.

• Bluetooth® is a registered trademark of Bluetooth SIG Inc.
• iPhone is a registered trademark of Apple Inc.
• App store is a service mark of Apple Inc.

Federal Communications Commission (FCC) Statement

15.21

You are cautioned that changes or modifications not expressly approved by the part responsible for compliance could void the user's authority to operate the equipment.

15.105(b)

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. 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.

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

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

FCC RF Radiation Exposure Statement:

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. End users must follow the specific operating instructions for satisfying RF exposure compliance. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

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