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.

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

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.
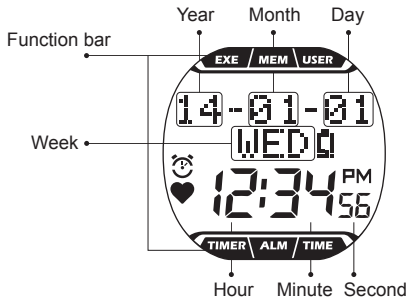- Press to start exercise in **EXE** mode.

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

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

Main screen and icons

⏰	Alarm
♥	Heartbeat
PM	AM
PM	PM
🔋	Battery low
EXE	Exercise Mode
MEM	Memory Mode
USER	User Setting
TIMER	Timer Function
ALM	Daily Alarm Setup
TIME	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:
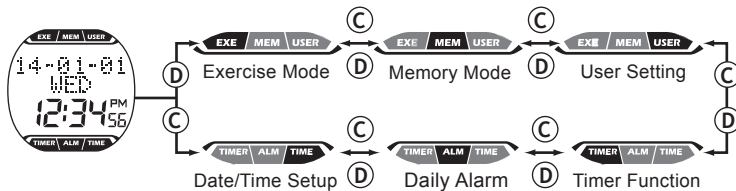
Note: Press the A key repeatedly to return to the main screen from any function mode.

Set up your product before first use

■ To start the first time by using the pop-up language setting, select your appropriate language. To change the setting, go to the user setting screen

■ 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.

Compatible Foot Pod model: GS002BLE

Compatible 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 [App Store] 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 [Bluetooth On >].

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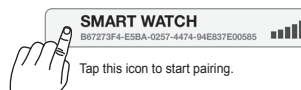
Note: Please pair optional sensors and mobile devices with your product respectively. Please keep them within 10 centimeters from your Runaid 10 watch and away from any Bluetooth sensor devices for at least 20 meters.

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

- *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.

- Please download the latest Quick User Guide and complete user manual at web site: www.alatech.com
- Please recycle your waste batteries.
- Product information in this document is for reference only.

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