

Bluetooth 4.0  
Running Watch

User Manual

# Runaid 10



**ALATECH**  
www.alatech.com

Thank you for purchasing **ALATECH** Runaid 10, Bluetooth Running Watch (BRW)!

Your BRW employs low power Bluetooth 4.0 technology for you to exercise together with mobile devices or sensor accessories.

It helps a lot in your daily exercise training program.

**About this manual**

- Please read this manual carefully before using this product for its correct and effective use.
- Icons you may find in this manual:

<b>BRW</b>	BRW is an abbreviation of Bluetooth Running Watch.
	Notes.
	Tips and remarks.
<b>Appendix</b>	For other information and battery replacement, please refer to appendix.

- Please download and view the latest release of this manual at [www.alatech.com](http://www.alatech.com).

**Items included with your product**

- Runaid 10, Bluetooth 4.0 Running Watch (BRW)
- Quick Start Guide
- Warranty Card

**Trademark**

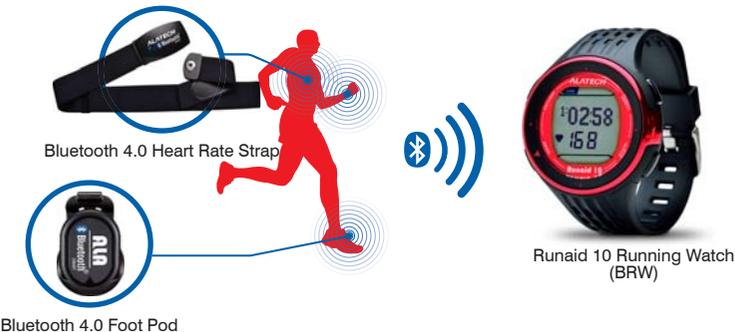
- Bluetooth® is the registered trademark of Bluetooth SIG, Inc.
- Apple, Mac OS, iPhone, iPad, Multi-Touch are trademarks of Apple Inc.
- "HTC ONE" is a registered trademark of HTC Corporation.
- Android is a trademark of Google Inc.

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Please refer to the following application and operation index to know more about using your Runaid 10 BRW.

Use with sensor alone:

Your BRW may connect to two sensors with low power Bluetooth 4.0 technology<sup>Note 1</sup> at the same time.



Exercise together with your smartphone:

Exercise together with your smartphone or mobile devices connected with low power Bluetooth 4.0 technology<sup>Note 2</sup>.



- Note 1: Compatible with ALATECH Heart Rate Strap (model CS009/CS010/CS011/CS012) ALATECH Foot Pod (model GS002BLE)
Note 2: Compatible with any device running iOS 5.0 or Android 4.3 or later and featuring Bluetooth 4.0 (require installation of App: ALA COACH+).
For more information on compatible mobile devices and supported accessories, please refer to page 28 or browse web site at www.alatech.com.

Application cross reference table:

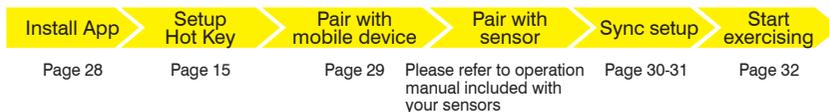
Table with columns: Application, Exercise readings (Heartbeat, Calories, Distance, Speed, Pace, Cadence), Recording method (Track, Diagram, Summary). Rows include 'Exercise together with your smartphone' and 'Use with sensor alone'.

Operation index:

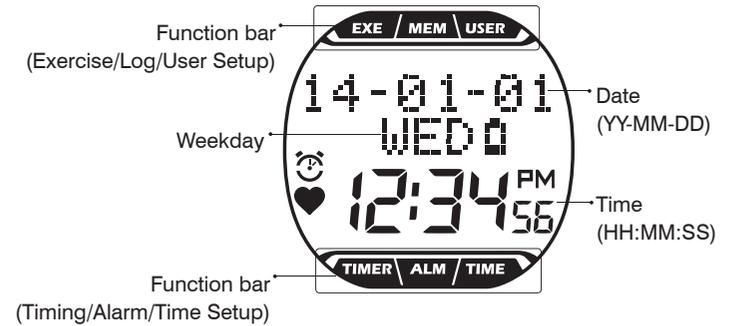
Use with sensors



Exercise together with your smartphone



- Please pair the optional sensor device with your BRW before its first use.
Please complete the following pairing before using it together with smartphone for the first time:
1.Pair this watch with your smartphone or mobile device.
2.Pair the optional sensor with your smartphone or mobile device.



Key	Name	Function
<b>A</b>	<b>ESC/LIGHT</b>	<ul style="list-style-type: none"> <li>• Press to exit</li> <li>• Press and hold to turn on the backlight</li> <li>• End exercising in Exercise (EXE) mode</li> </ul>
<b>B</b>	<b>ENTER/▼</b>	<ul style="list-style-type: none"> <li>• Press to enter and confirm</li> <li>• In the main screen, this may be the Exercise Hot Key or Smartphone Hot Key</li> <li>• Start exercising in Exercise (EXE) mode</li> </ul>
<b>C</b>	<b>RESET/+</b>	<ul style="list-style-type: none"> <li>• Scroll pages</li> <li>• Setup (increase) values</li> <li>• Reset Stopwatch or Countdown Timer</li> </ul>
<b>D</b>	<b>ST/STP/-</b>	<ul style="list-style-type: none"> <li>• Scroll pages</li> <li>• Press to decrease setup values</li> <li>• Press to start/stop the Stopwatch or Countdown Timer in TIMER mode</li> </ul>

Symbol	Name	Symbol	Name
	Alarm	<b>EXE</b>	Exercise Mode
	Heartbeat	<b>MEM</b>	Log Function
<b>AM</b>	AM	<b>USER</b>	User Setup
<b>PM</b>	PM	<b>TIMER</b>	Timer Function
	Battery Low Indicator	<b>ALM</b>	Daily Alarm Setup
	Target Achievement Trophy	<b>TIME</b>	Date/Time Setup

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

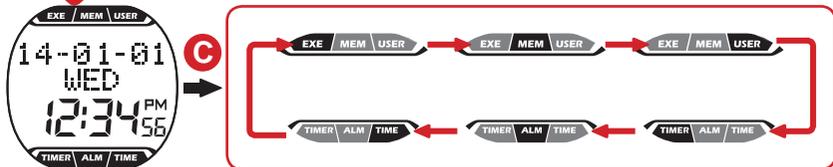
• The main screen display full function bar at top and bottom of screen along with current date and time.  
 • The screen displays symbol of currently active mode or the one you are about to enter into.

## 1-4 Switch the Function Mode

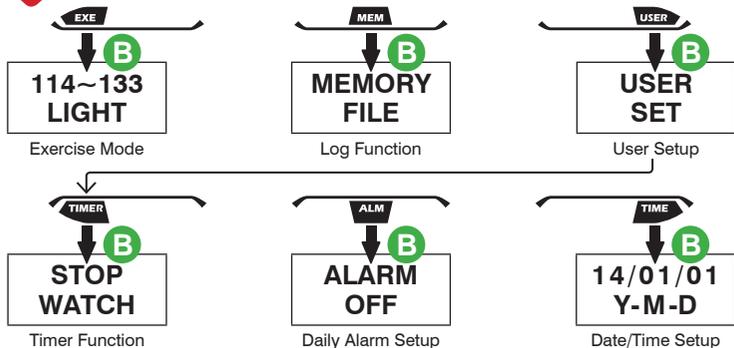


When using your product for the first time, press any key to turn on Runaid 10 BRW and use Key C or D to select to LANGUAGE: ENG. (English), DEU. (Deutsch), FRAN. (Français), Español, ITA. (Italiano), PORT. (Português)<sup>Note 1</sup>, press Key B to confirm and complete **LANGUAGE SETTINGS**. After completing the language selected at the first time, please refer to below instructions for use this product.

**STEP 1** Select function indicator: Press Key C or D to select desired mode in function bar.



**STEP 2** Enter mode: Press Key B at selected function indicator to enter the mode.



**STEP 3** Adjust settings: Press Key C or D to change settings, → press Key B.

**STEP 4** Exit: Press Key A<sup>Note 2</sup> 2~3 times in any window to exit to the main screen.

- Note 1: If you have already setup the Language Settings once, you can change it by going to **USER SET > LANGUAGE**. (Page 13)
- Note 2: Press and hold key A to turn on backlight. Press, instead of press and hold, it to exit or the backlight would be turned on.

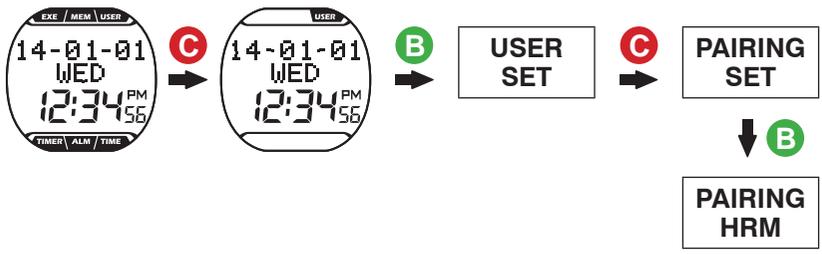
## 1-4 Switch the Function Mode

### Function modes:

Function indicator	Symbol name	Description
	<b>EXERCISE</b> (Exercise Mode)	<ol style="list-style-type: none"> <li>1.Your BRW comes with low, moderate, and high exercise intensity and customizable training programs including: target heart rate zone and target time, distance, steps, and calories. (Page 18-19)</li> <li>2.Execute training program and view instant exercise information. (Page 20-21)</li> </ol>
	<b>MEMORY</b> (Log Function)	<ol style="list-style-type: none"> <li>1.You can keep up to 18 records.</li> <li>2.Browse, upload, and delete file. (Page 22-23)</li> <li>3.View total exercise amount including accumulated exercise time, distance, steps and energy total burnt. (Page 24)</li> </ol>
	<b>USER SET</b> (User Setup)	<ol style="list-style-type: none"> <li>1.Setup personal data and change language settings. (Page 13)</li> <li>2.Sensor setup. (Page 14)</li> <li>3.Pairing. (Page 10-11)</li> <li>4.Calibrating with your Foot Pod. (Page 25)</li> <li>5.Switch Hot Key. (Page 15)</li> <li>6.Exercise setup page. (Page 16-17)</li> <li>7.Sync. with smartphone. (Page 30-31)</li> </ol>
	<b>TIMER</b> (Timer Function)	<ol style="list-style-type: none"> <li>1.Timing with stopwatch. (Page 26)</li> <li>2.Enter the countdown timer screen. (Page 26)</li> </ol>
	<b>ALARM SET</b> Daily Alarm Setup	Open and Setup alarm. (Page 27)
	<b>TIME SET</b> (Date/Time Setup)	Setup date and time. (Page 12)

### 2-1 Pair with Your HRM

**STEP 1** Press Key C to point to **USER** in the function bar → Key B → Key C to point to **PAIRING SET** → Key B.



- STEP 2** Pairing steps:
- PAIRING HRM** window → press Key B to create Bluetooth connection and start pairing.
  - Paired successfully, message **OK** prompts, → press Key A to exit. Pairing failed, message **NO DEV** prompts, → press Key A to exit to **PAIRING HRM** → starts from STEP 2 again.
  - Pairing completed, press Key A to return to the main screen.

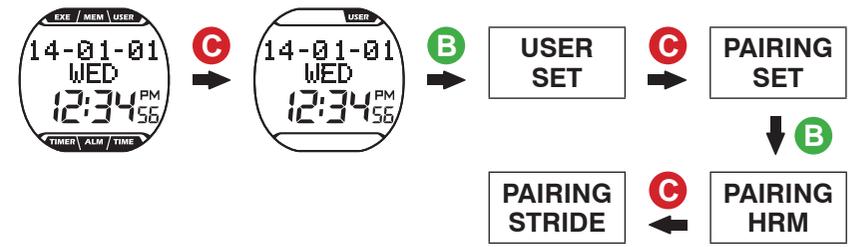


Please refer to the heart rate strap manual on wearing it properly, or press and hold the metal button at the back of the heart rate sensor (HRM) with both hands until the "OK" message prompts in your BRW.

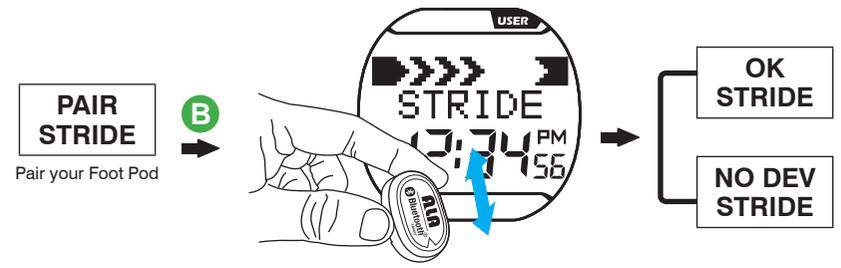
- Make sure **HRM** is set to "ON" in the Sensor Setup window. (Page 14)
- Keep your heartbeat sensor and BRW within 10cm from each other. Keep both away from other Bluetooth devices to prevent incorrect pairing.

### 2-2 Pair with Your Foot Pod

**STEP 1** Press Key C to point to **USER** in the function bar → Key B → Key C to point to **PAIRING SET** → Key B → Key C to point to **PAIRING STRIDE**.



- STEP 2** Pairing steps:
- PAIRING STRIDE** window → press Key B to create Bluetooth connection and start pairing.
  - Paired successfully, message **OK** prompts, → press Key A to exit. Pairing failed, message **NO DEV** prompts, → press Key A to exit to **PAIRING STRIDE** → starts from STEP 2 again.
  - Pairing completed, press Key A to return to the main screen.



Please shake your Foot Pod up and down until the "OK" message displays in your BRW.

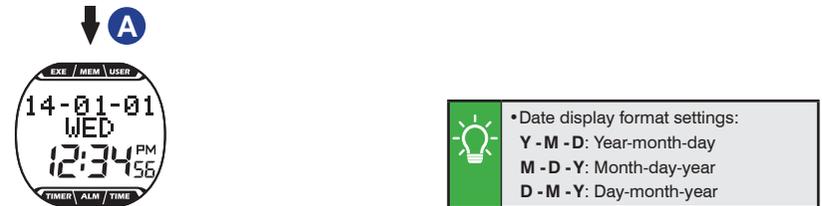
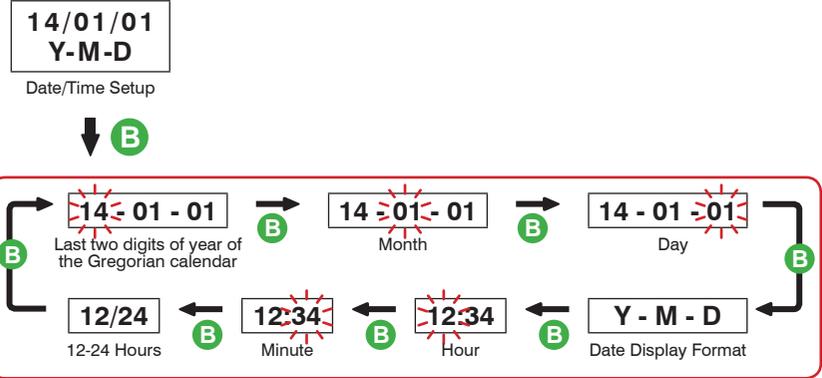
- Make sure **STRIDE** is set to "ON" in the Sensor Setup window. (Page 14)
- Activate your Foot Pod before pairing (shake it or run or walk for some 20 steps). Your Foot Pod remains awake for one minute. It goes back to sleep mode again if no Bluetooth connection is enabled.
- Keep your Foot Pod and BRW within 10cm from each other. Keep both away from other Bluetooth devices to prevent incorrect pairing.

**Please Setup your basic data before using your BRW.**  
 You may Setup your basic data with the ALA COAH+ App on your mobile phone or devices and synchronized it to your BRW. See Page 30-31 for its operation.

**STEP1** Press Key D to point to **TIME** in the function bar → press Key B.



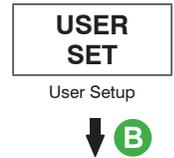
**STEP2** Setup steps:  
 1. Press Key B to point to the flashing item.  
 2. Press Key C or D to select desired settings.  
 3. Setup is completed, press Key A to return to the main screen.



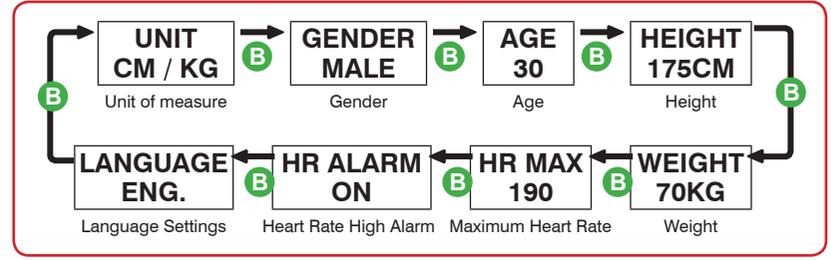
**STEP1** Press Key C to point to **USER** in the function bar → press Key B.



**STEP2** Setup steps:  
 1. Press B key to change setup page.  
 2. Press Key C or D to select desired settings.  
 3. Setup is completed, press Key A to return to the main screen.



**!** Please enter your age, gender, height, and weight accurately as these may determine the accuracy in calculating your target training heartbeat and burnt calories range.  
 • The maximum heart rate is derived from the "Age formula: 220 - Age" formula automatically. It is highly recommended to change these settings only with more accurate values arrived with physicians and professional lab monitoring.



**💡** • UOM option: metric CM / KG or Imperial FT / LB  
 • Gender: MALE or FEMALE  
 • Age: 10-99 year-old  
 • Height: 120-230 cm (3' 11" ~ 7' 5")  
 • Weight: 30-150KG (67-330LB)  
 • Maximum Heart Rate: 130-220bpm  
 • Heart Rate High Alarm: ON or OFF

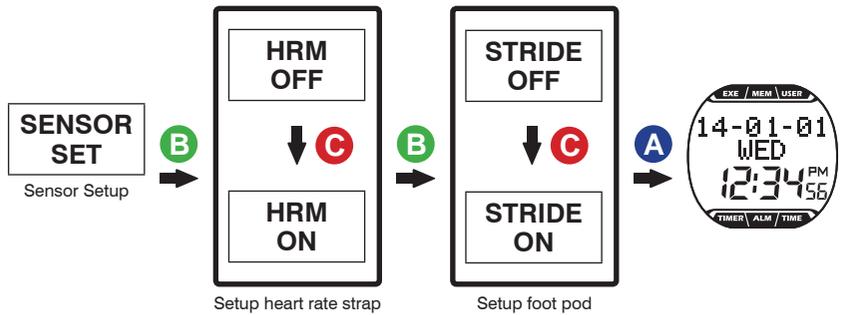
### 3-3 Sensor Setup

**STEP 1** Press Key C to point to **USER** in the function bar → Key B → Key C to point to **SENSOR SET**.



**STEP 2** Setup steps:

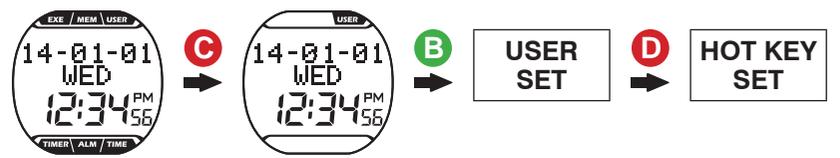
1. Press Key B to switch between **HRM** or **STRIDE** setup window.
2. Press Key C to select **ON** (connect) or **OFF** (disconnect).
3. Setup is completed, Press Key A to return to the main screen.



•Your BRW can connect to two Bluetooth 4.0 sensors (heart rate strap and foot pod) at one time.  
 •Please only connect sensors required by specific exercises to save time in search for Bluetooth connections..

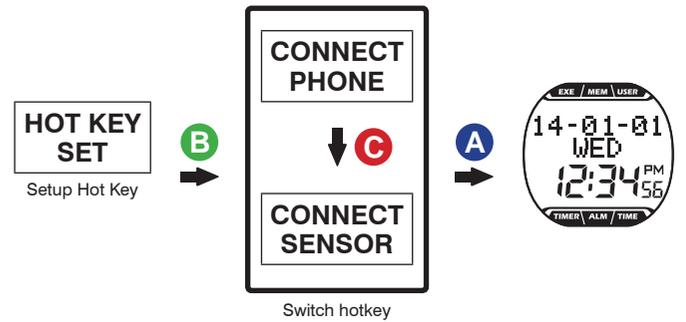
### 3-4 Hot Key Setup

**STEP 1** Press Key C to switch the function bar to **USER** → Key B → Key D to point to **HOT KEY SET**.



**STEP 2** Setup steps:

1. Press Key B to enter the **HOT KEY SET** window.
2. Press Key C to switch between Hot Keys:  
**CONNECT PHONE** (Smartphone Hot Key) or  
**CONNECT SENSOR** (Exercise Hot Key)
3. Setup is completed, press Key A to return to the main screen.

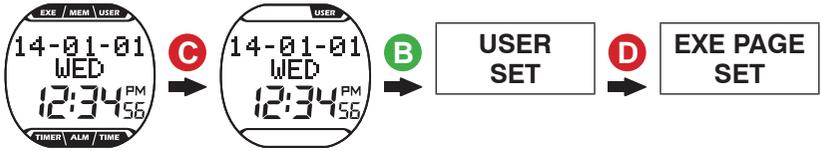


•After **CONNECT PHONE** is set to the HOT KEY, press Key B in the main screen to enter the smartphone exercise sync. screen. (See Page 32 Smartphone Exercise Sync. for detail.)  
 •After **CONNECT SENSOR** is set to the HOT KEY, press Key B in the main screen to enter the Training with sensors. (See page 20-21 for sensor tutorial.)

### 3-5 Exercise Page Setup

**STEP 1**

Press Key C to point to **USER** in the function bar → Key B → Key D to point to **EXE PAGE SET**.



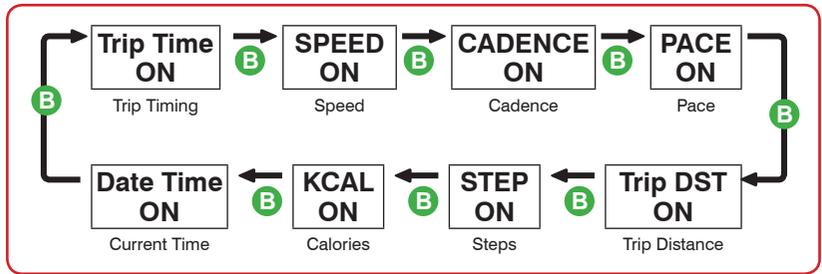
**STEP 2**

Setup steps:

1. Press Key B to change setup page.
2. Press Key C to select **ON** or **OFF**.
3. Setup is completed, press Key A to return to the main screen.

**EXE PAGE SET**

Exercise Page Setup



### 3-5 Exercise Page Setup

**Exercise page:**

Exercise page	Name	Description
<b>Trip Time</b>	Trip Timing	• Display format: HH:MM:SS
<b>SPEED*</b>	Speed *	• Kilometers (Miles) run per hour • Display in metric unit: <b>KPH</b> (KM per Hour) • Display in Imperial unit: <b>MPH</b> (Mile per Hour)
<b>CADENCE*</b>	Cadence*	• Steps per minute • In unit of stride (one step by left and right feet together) • Display unit: <b>SPM</b> (Stride per Minute)
<b>PACE*</b>	Pace*	• Minutes it takes to run one kilometer (mile) • Display in metric unit: <b>min / KM</b> • Display in Imperial unit: <b>min / ML</b>
<b>Trip DST*</b>	Trip Distance*	• The minimum metric display unit: <b>0.1 KM</b> • The minimum Imperial display unit: <b>0.1 ML</b>
<b>STEP*</b>	Steps*	• Every step, either by left or right foot, is one step
<b>♥ **</b>	Heartbeat**	• Heartbeat per minute • Display unit: <b>BPM</b> (Heartbeat per Minute)
<b>KCAL**</b>	Calories**	• Display in unit of <b>Kcal</b> (Cal.)
<b>Date Time</b>	Current Time	• Display current time and date

! \* Display together with foot pod.  
\*\* Display together with heart rate strap.

### 4-1 Setup Training Target

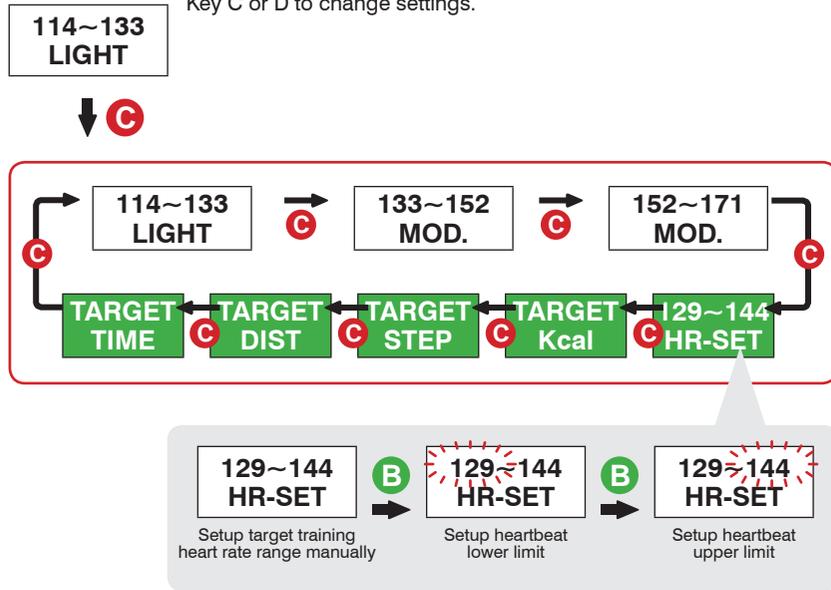
### 4-1 Setup Training Target

**STEP 1** Press Key C to point to **EXE** in the function bar → press Key B.



**STEP 2** Setup steps:

1. Press Key C to change the training program page.
2. After pointing to customizable training targets (e.g. green labeled area), → press Key B to enter and select flashing items, → press Key C or D to change settings.



**STEP 3** Setup completed:

Press Key A to exit to the main screen.

Or press Key B → to start exercising. (See page 20-21 for sensor tutorial.)

### Training program:

Training program	Name	Description
114~133* LIGHT	Light*	<ul style="list-style-type: none"> <li>• Intensity: 60~70% of the maximum heart rate.</li> <li>• Application: health upkeep and weight control.</li> </ul>
133~152* MOD.	Medium*	<ul style="list-style-type: none"> <li>• Intensity: 70~80% of the maximum heart rate.</li> <li>• Application: aerobic exercise and advanced fitness training.</li> </ul>
152~171* HARD	Strong*	<ul style="list-style-type: none"> <li>• Intensity: 80~90% of the maximum heart rate.</li> <li>• Application: sports games and athletic training.</li> </ul>
129~144 HR-SET	Setup Target Heart Rate Zone Limits Manually	<ul style="list-style-type: none"> <li>• Setup range: <b>129~144</b> (lower limit 70-144 bpm) <b>129~144</b> (upper limit 144-220 bpm)</li> </ul>
TARGET Kcal	Target Burning Calorie	<ul style="list-style-type: none"> <li>• Setup range: 50-10,000 Kcal.</li> </ul>
TARGET STEP	Target Steps	<ul style="list-style-type: none"> <li>• Setup range: 500-99,500 steps.</li> </ul>
TARGET DIST	Target Distance	<ul style="list-style-type: none"> <li>• Setup range in metric unit: 0.5-999.9 kilometer.</li> <li>• Setup range in Imperial unit: 0.5-619.5 miles.</li> </ul>
TARGET TIME	Target Training Time	<ul style="list-style-type: none"> <li>• Setup range: <b>0 : 30</b> (0-99 hours) <b>0 : 30</b> (5-55 minutes)</li> </ul>

Training targets that can be setup manually

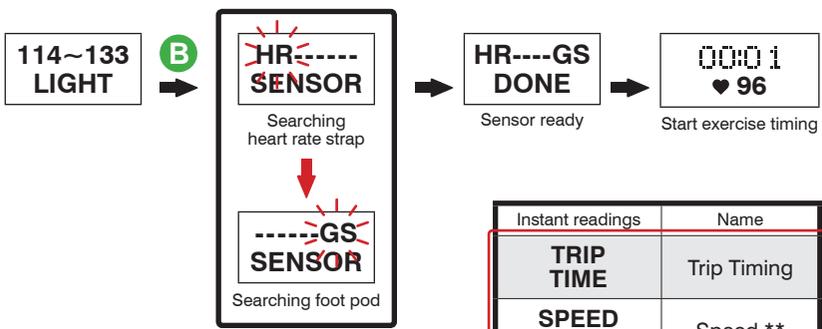
**!** Training program marked with "\*" symbol is calculated by your BRW system according to your age setup. You may customize the target heart rate range with the **HR-SET** program.

The upper and lower limit of heartbeat varies with your age. Please choose and set a proper training target on the basis of your physical fitness before every exercise session.

After a custom training target is achieved, a champion trophy displays along with the results, press C Key to page through the results. Press A Key to exit and choose to save the record.

**STEP 1** Enter the Exercise mode and select training program (see Step 1 and 2 on page 18).

**STEP 2** Start exercising:  
In the window of selected training program → press Key B to create Bluetooth connection, → sensor searched and ready, → start auto timing.



**STEP 3** Browse instant exercise information\*:  
Press Key C to scroll through instant information of current exercise session (see table to the right).

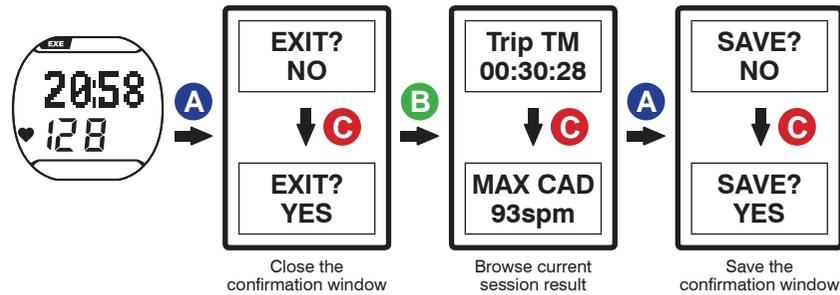


Instant exercise screen

Instant readings	Name
TRIP TIME	Trip Timing
SPEED kph	Speed **
CADENCE spm	Cadence**
PACE min/km	Pace**
Trip DST km	Trip Distance**
STEP	Steps**
KCAL Kcal	Calories***
DATE TIME	Current Time
Heartbeat	Heartbeat***

\* When browsing the current exercise session's instant information, the screen shows name of the reading for about 1 second and then its value.  
 \*\* Value of speed, cadence, pace, trip distance, and steps show up only when a foot pod is used together.  
 \*\*\* Value of heartbeat and calories show up only when a heart rate strap is used together.  
 • If you have set HOT KEY to **CONNECT SENSOR** you may skip the training program selection by pressing key B in the main screen to start exercise timing directly. (Page 15)

**STEP 4** End exercising:  
Press Key A to end, → Key C to select YES/NO to exit, → Key B to confirm, → press Key C to browse results of current exercise session, → press Key A to exit, → Key C to select YES/NO to save results, → Key B to confirm, → exit to the main screen after save.



**Results of current exercise session:**

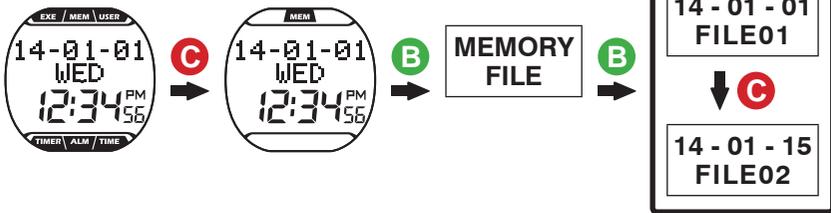
Current session result page	Name	Current session result page	Name
Trip TM 00:30:28	Exercise time	AVG SPD 6.9kph	Average speed
Trip DST 3.8km	Distance	MAX SPD 6.9kph	Maximum speed
STEP 4843	Steps	AVG PACE 08:14	Average pace
KCAL 281	Calories	MAX PACE 06:14	Maximum pace
AVG HRM 160bpm	Average heartbeat	AVG CAD 73spm	Average cadence
MAX HRM 172bpm	Maximum heartbeat	MAX CAD 93spm	Maximum cadence



- Precautions before exercising:
  1. Make sure the optional sensor has been paired with your BRW. (Page 10-11)
  2. Set the BRW Hot Key to **CONNECT SENSOR**. (Page 15)
  3. Please only connect sensors required by specific exercises to save time in search for Bluetooth connections. (Page 14)
  4. Activate your foot pod before using it (shake it or run or walk 20 steps). Your foot pod remains awake for one minute. It goes back to sleep mode again if no Bluetooth connection is enabled.
  5. In case your BRW lost connection with the sensor during exercise, the message "LINK HR or LINK GS" prompts, → press Key C to select option YES or NO, → press Key B to confirm your choice. If you choose option YES, your BRW starts searching for the sensor again, → searched successfully, → continue timing. If you choose option NO, your BRW continues the timing without searching for the sensor.

# 5-1 Browse, Upload, and Delete File

**STEP 1** Press Key C to point to **MEM** in the function bar → Key B → Key B → Press Key C to select desired file.



**STEP 2** Browse file: Press Key B to enter selected file, → press Key C to page through.

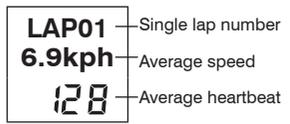
14 - 01 - 01  
FILE01

File contents page	Name	File contents page	Name
Trip TM 00:30:28	Exercise time	AVG SPD 6.9kph	Average speed
Trip DST 3.8km	Distance	MAX SPD 6.9kph	Maximum speed
STEP 4843	Steps	AVG PACE 00:08:14	Average pace
KCAL 281	Calories	AVG CAD 73spm	Average cadence
AVG HRM 160bpm	Average heartbeat	MAX CAD 93spm	Maximum cadence
MAX HRM 172bpm	Maximum heartbeat		

File contents page	Description
<b>VIEW LAPS</b>	Select to view single lap data (See STEP 3.)
<b>UPLOAD FILE</b>	Upload file (See STEP 4.)
<b>DELETE FILE</b>	Delete file (See STEP 5.)

• Maximum number of laps: 42.  
• lap equivalence: metric: one kilometer per lap. Imperial: one mile per lap.

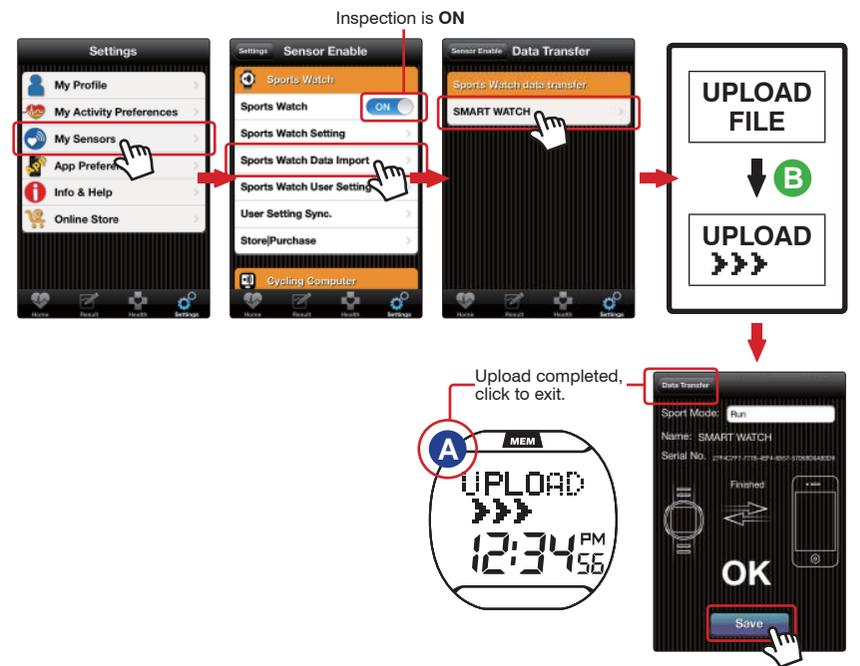
**STEP 3** Single lap data: In the **VIEW LAP** window, → press Key B to enter, → press Key C to view single lap data.



# 5-1 Browse, Upload, and Delete File

**STEP 4** Uploading file:

1. Open **ALA COACH+ App**>Settings>My Sensors>Sports Watch>Sports Watch Data Import > SMART WATCH.
2. In the BRW **UPLOAD FILE** window, press Key B to create Bluetooth connection, → connected, → press App **Start** button.
3. After the uploading is completed, the App prompts **OK**, → press the **Save** button, → press the button at upper left corner to exit, press Key A at your BRW to exit.



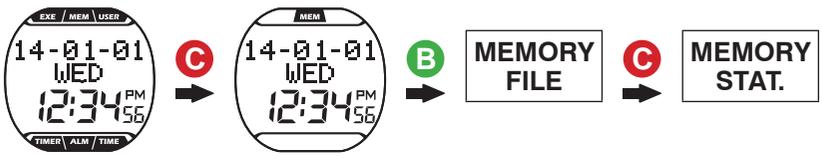
• Precautions on file uploading:  
1. Make sure the mobile device has paired with your BRW. (Page 29)  
2. Check the mobile device > Setup > Bluetooth® system and ALA COACH+ App > Settings > My Sensors > Sports Watch is ON.

**STEP 5** Deleting file:  
In the **DELETE FILE** window, press Key B to enter, → press Key C to select **NO/YES**, → press Key B to confirm.

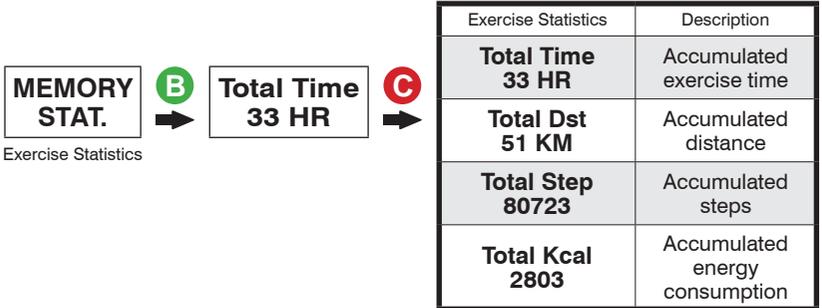
**STEP 6** Completed, press key A to return to the main screen.

### 5-3 View Exercise Statistics

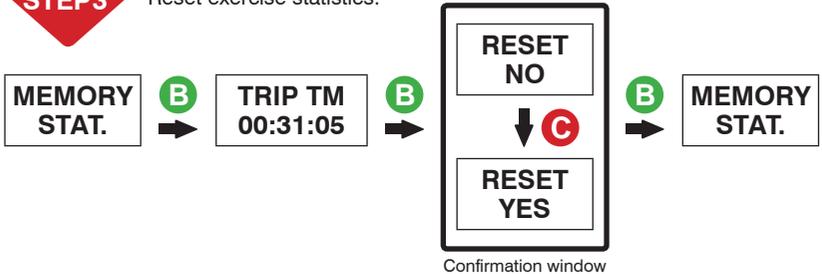
**STEP 1** Press Key C to point to **MEM** in the function bar → Key B → Key C to point to **MEMORY STAT.**



**STEP 2** View accumulated amount: Press Key B to enter the **MEMORY STAT.** page, → press Key C to page through.



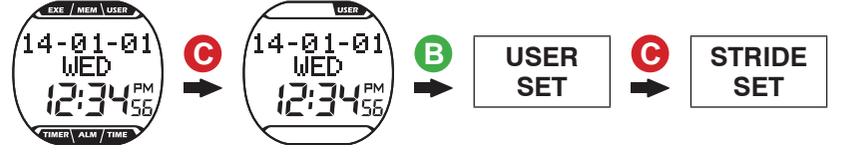
**STEP 3** Reset exercise statistics.



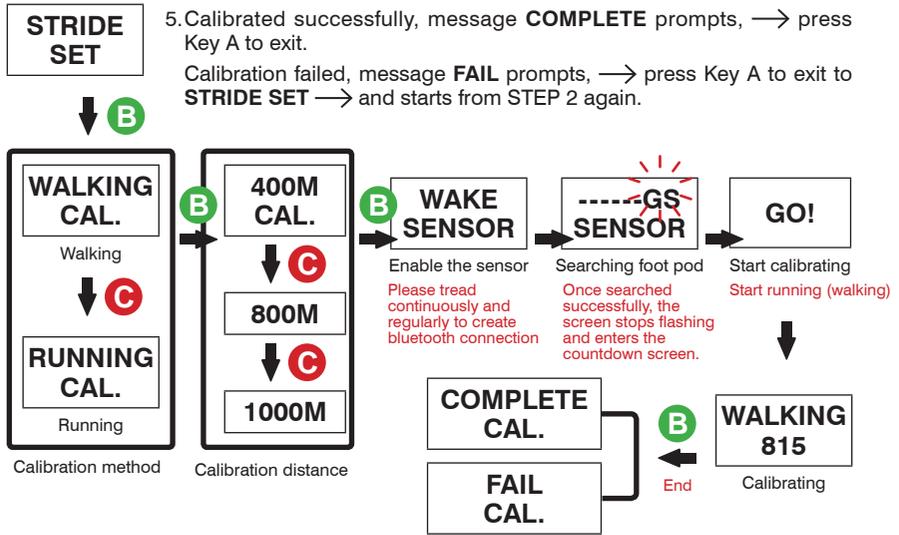
**STEP 4** Completed, press Key A to return to the main screen.

- Press **RESET** to clear total exercise amount data.
- The **RESET** function does not erase the exercise file. To delete it, go to **MEMORY FILE** and select individual file for deletion.

**STEP 1** Press Key C to point to **USER** in the function bar → Key B → Key C to point to **STRIDE SET.**



- STEP 2** Calibrating steps:
1. Press Key B to enter the **STRIDE SET** window.
  2. Press Key C to select calibration method, → press Key B to confirm.
  3. Press Key C to select distance calibration, → press Key B to confirm, → enter the **WAKE SENSOR** screen, → foot pod found, → countdown **3 2 1 GO!** → start calibrating.
  4. After running (walking) selected calibration distance, → press Key B to end.
  5. Calibrated successfully, message **COMPLETE** prompts, → press Key A to exit.  
Calibration failed, message **FAIL** prompts, → press Key A to exit to **STRIDE SET** → and starts from STEP 2 again.

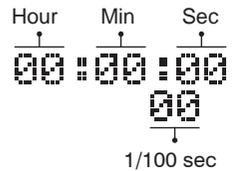


- Please calibrate at sports field with standard 400m runway. Run or walk in the inner most runway in steady speed and the same pace. Press key B to end once you have run through the selected calibration distance, and your BRW save the calibrated distance automatically.
- Please calibrate at distance 800m or more to get better calibration result.
- Accuracy of measured distance may vary with step size, road surface quality, and inclination even after calibration.

## Timing with Stopwatch

1. Enter the stopwatch mode:

In the main screen, press Key D to point to **TIMER** in the function bar → Key B → press Key B to enter the **STOPWATCH** function.



2. Measure elapse time:



3. Measure split time:



4. Measure elapse time of two contestants:

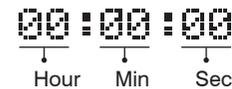


5. Measurement completed, press Key A to return to the main screen.

## Countdown Timer

1. Enter the countdown timer screen:

Press Key D to point to **TIMER** in the function bar → Key B → Key C to point to **COUNTDOWN TIMER** → press Key B.



2. Setup countdown time:

Press Key B to point to flashing setup item, → press Key C or D to setup desired value and → press Key B to confirm.

3. Use the countdown timer:

Press Key D to start countdown, → press Key D again to pause/resume countdown.

To stop timing, press Key D → Key C to reset the countdown time to its initial value.

4. After countdown to zero, your BRW buzzes, → press any Key to stop, and the countdown time resumes to its initial value.

5. Measurement completed, press Key A to return to the main screen.

1. Enter the alarm setup window:

In the main screen, press Key D to point to **ALM** in the function bar → press Key B.

2. Setup steps: Press Key C to **ON/OFF** alarm, → press Key B to move to flashing setup item, → press Key C or D to setup desired value.

3. Setup is completed, Press Key A to return to the main screen.



The alarm icons displays to the left of the screen. Once the set alarm time is reached, your BRW alarms, press any Key to stop alarming.

• Stopwatch timing unit: 1/100 second. Timing limit: 23:59:59.99.

• The stopwatch would continue timing to its limit and start timing again from zero if it is not stopped manually.

• Countdown timer timing unit: 1 second.

• Countdown time range: 1 minute to 24 hours. (You can Setup countdown time in unit of minute or hour.)

• To Setup countdown time of 24 hours, please do the following: **00:00:00**

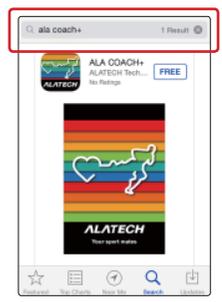
### 9-1 Install App and Enable the Bluetooth Function

Please install the ALA COACH+ App on your mobile device before connecting to it and open your mobile device's Bluetooth® function for functions including pairing, synchronizing exercises, and file uploading.

▶ Search and install: ALA COACH+



Please scan to download immediately



▶ Supported OS: Apple iOS 5.0 or later, Android 4.3 or later

▶ Compatible mobile devices:

- iPhone 4S or later
- iPod Touch 5 or later
- iPad 3 or later
- iPad mini or later
- HTC One Max
- HTC One (M8)

 Please visit us at [www.alatech.com](http://www.alatech.com) to learn more about the latest information on compatible mobile devices and supported accessories.

▶ Please make sure you have turned on your mobile device>setup>Bluetooth® system in advance.



▶ Please pair your optional sensor with the mobile device. (See user manual included with the sensor for the pairing procedure.)

### 9-2 Pair Your BRW with Mobile Device

**STEP1** Check your mobile device>Setup>Bluetooth® system is open. (see page 28)

**STEP2** Set BRW Hot Key to **CONNECT PHONE**. (see page 15)

**STEP3** Open **ALA COACH+ App**>Settings>My Sensors>Sports Watch>Sports Watch Settings>Add New Sensor.



**STEP4** Pairing steps:

1. In BRW main screen, → press Key B to create Bluetooth connection.
2. Once your BRW is discovered by the App, → press  to start pairing.
3. Once pairing is completed, the App prompts **OK**, → press the upper left button to exit the mobile device, and Key A to exit your BRW.



 • Keep your mobile device and BRW within 10cm from each other and keep both away from other Bluetooth devices to prevent incorrect pairing.

### 9-3 Synchronize with Smartphone

#### STEP 1

Check your mobile device>Settings>**Bluetooth**® system is open. (see page 28)

#### STEP 2

Make sure your smartphone or mobile device has been paired with your BRW otherwise, please pair the two in advance. (see page 29)

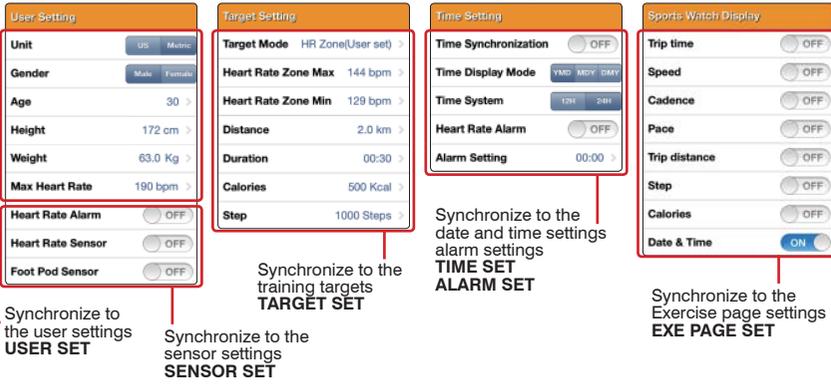
#### STEP 3

Open **ALA COACH+ App**>Settings>My Sensors>Sports Watch>Sports Watch User Setting.



#### STEP 4

Setup in sequence.



### 9-3 Synchronize with Smartphone

#### STEP 5

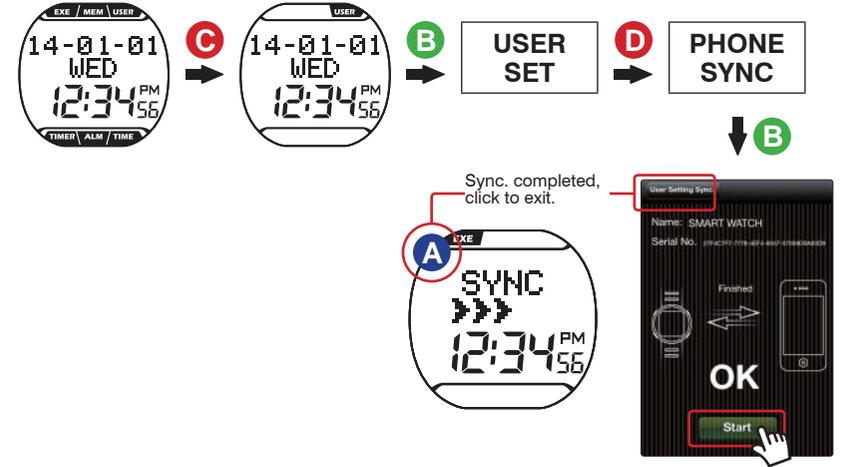
Open **ALA COACH+ App**>Settings> My Sensors>Sports Watch>User Setting Sync.>**SMART WATCH**.



#### STEP 6

Synchronization steps:

1. Press Key C to point to **USER** in the function bar, → Key B → press Key D to point to **PHONE SYNC**, → press Key B to create Bluetooth connection, after connected → press the App **Start** button.
2. Once Sync. is completed, the App prompts **OK**, → press the upper left button to exit the mobile device, and Key A to exit your BRW.



- Check the mobile device > Setup > Bluetooth® system and ALA COACH+ App>Settings>My Sensors>Sports Watch is ON.
- Keep your mobile device and BRW within 10cm from each other and keep both away from other Bluetooth devices during synchronization.

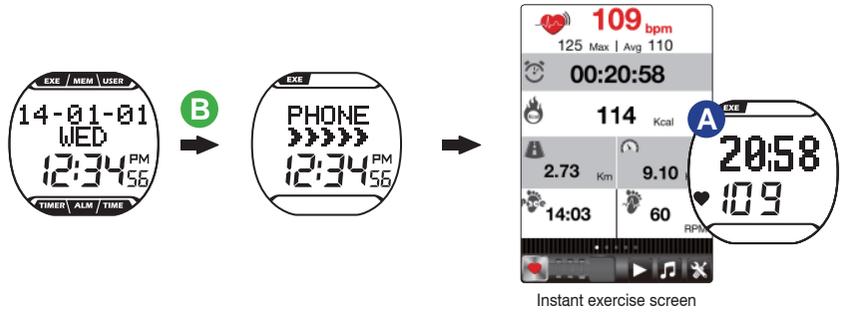
### 9-4 Smartphone Exercise Sync.

**STEP 1** Open ALA COACH+ App>Homepage, → scroll to Run → Start button.



**STEP 2** Operation steps:

1. In BRW main screen, press Key B to create Bluetooth connection.
2. When the App prompts every device is discovered and ready, → after countdown → the App and smartphone sync. starts timing.
3. To end exercise, press Key A, → your BRW exit to the main screen and the App exit to the home page and save results of the current session.



- Product: Runaid 10 Bluetooth Running Watch
- Model: FB006
- Operation temperature: -5°C to 50°C (23°F to 122°F)
- Timing accuracy: (At 25°C/ 77°F operation environment) ±1 second/day
- Water proof grade: 5 ATM
- Battery type: CR2032
- Battery life: Around one year on average  
(on the basis of exercise seven days per week and one hour per day)
- Battery low indicator
- Backlight: EL

- Transmission technology: Bluetooth 4.0 (Bluetooth® Smart)
- Receiving transmission distance: around 10 meters (line of sight)
- Compatible accessories:  
ALATECH Bluetooth 4.0 Heart Rate Strap (Optional)  
ALATECH Bluetooth 4.0 Foot Pod (Optional)
- Compatible devices:  
iOS 5.0 or later system version (iPhone 4S or later)  
Android 4.3 or later system version and featuring Bluetooth 4.0

- Dimension: L45.5×W46.2×D13.6mm
- Weight: 51g
- Material employed: ABS case and PU band

**!** Precautions on connecting smartphone for exercise data sync.:

1. Make sure your mobile device has been paired with your BRW. (Page 29)
2. Make sure your mobile device has been paired with your optional sensors. (See user manual included with the sensor for the pairing procedure.)
3. Make sure the BRW Hot Key is set to **CONNECT PHONE**. (Page 15)
4. Check the mobile device>Setup>Bluetooth® system and ALA COACH+ App>Settings>My Sensors>Sports Watch is ON.
5. Please keep your mobile device and BRW within 10 meters direct sight distance from each other during exercise sync.
6. The exercise result data would be saved in ALA COACH+ App>FILE instead of your BRW after the exercise is ended.

## ■ Precautions for use with Runaid 10

•Due to we cannot guarantee compatibility with other manufacturer's sensors, we sincerely recommend you use ALATECH Bluetooth sensors with your Runaid 10 BRW for activity tracking. Recommend compatible sensors as below:

ALATECH Heart Rate Strap (model CS009/CS010/CS011/CS012)

ALATECH Bluetooth 4.0 Foot Pod (model GS002BLE)

•To ensure sufficient transmission range from your heart rate strap to your smartphone, keep your smartphone in front of you. We recommend you do not put it in a back pocket or backpack during smartphone exercise sync.

## ■ Fail to Connect to Bluetooth Devices

•In case your Runaid 10 BRW failed to connect to a Bluetooth device, please do the following:

- 1.Check battery power in your BRW and the mobile device.
- 2.Make sure the BRW HOT KEY is set to **CONNECT PHONE**. (Page 15)
- 3.Check whether your BRW is enabled, ALA COACH+ App>Settings>My Sensors>Sports Watch.
- 4.Keep the mobile device and your BRW within 10 meters direct sight distance from each other.
- 5.If the Bluetooth indicator on the device status bar turn from white to semi-transparent , restart the mobile device, Bluetooth® system and ALA COACH+ App.
- 6.Restart the mobile device, Bluetooth® system and ALA COACH+ App.
- 7.If the problem persists, please try pairing the mobile device with other Bluetooth device to find out the cause is caused by any of your BRW, the mobile device, or the Bluetooth® system.

•If the Runaid 10 BRW failed to connect with sensors through Bluetooth, please do the following:

- 1.Check battery power in your BRW and the sensor.
- 2.Make sure the BRW HOT KEY is set to **CONNECT SENSOR**. (Page 15)

## ■ Battery Low Indicator

The battery low indicator prompts once the battery power is down to a certain level; the following functions may be affected or limited:

- Bluetooth connection lost and link with sensor or mobile device failed.
- Light failed to turn on.
- Buzzer failed to sound.



In case the power low indicator persists displaying, get the battery replaced immediately.

## ■ Replace Battery

- 1.Remove the four screws from your BRW's backcover with a Phillips screwdriver.
- 2.Release the bolt hook of the metal cover of the battery with tweezers.
- 3.Insert a new CR2032 battery with the positive pole facing upward.
- 4.Recap the metal battery cover.
- 5.Close the back cover and tighten the four screws.

(Note: Align the round flap at the back cover to the spring.)



 • Do the basic setups described in page 12-17 after every battery replacement. If you have done the BRW user setup with the ALA COACH+ App, you may re-sync settings to your BRW as described in "Phone sync." on page 30-31.

**Health Warnings (including allergy)**

- DO NOT over tighten your BRW band. This may lead to sweat and poor air circulation which, in turn, may lead to skin inflammation. Keep a finger space between your wrist and BRW band.
- Wearing BRW with sensitive skin or poor health may lead to skin inflammation. In case of skin inflammation, please keep the wand clean. Remove it and consult with your doctor immediately if there is skin inflammation or rash symptom.
- Consult your doctor before starting or changing your exercise program.

**Precautions on the Use of Battery**

Button battery in your BRW may suffer shortened life cycle or cause damage to the core, fire, chemical burns, electrolyte leakage, and/or personal injury.

- DO NOT expose your device to a heat source or high temperatures.
- DO NOT burn or drill your device or its battery.
- Please store your device in environment with a temperature range from -5°C to 50°C (23°F to 122°F) if it is not to be used for long time.
- DO NOT use your device in environment with temperatures exceeding -5°C to 50°C (23°F to 122°F).
- Please check local regulations for disposal of your device / battery or contact local waste disposal agencies.

Warnings on replaceable batteries:

- DO NOT remove batteries with pointed object.
- Keep batteries out of children's reach.
- DO NOT disassemble, drill, or damage batteries.
- Please replace batteries with correct ones. Fail to do so may lead to fire or explosion.
- Replaced button battery may contain perchlorate substance and require special disposal. Warnings on non-replacement battery: DO NOT try to remove non-replacement battery.

**FCC Declaration of Conformity**

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

- 1.Devices may not cause interference.
- 2.Must accept interference from other sources, including interference that may cause undesired operation. 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.

**CAUTION**

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



Please check local waste disposal regulations to dispose your wasted battery.



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