

# EPSON

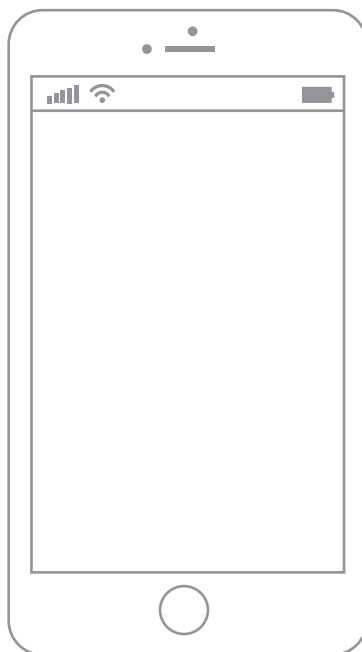
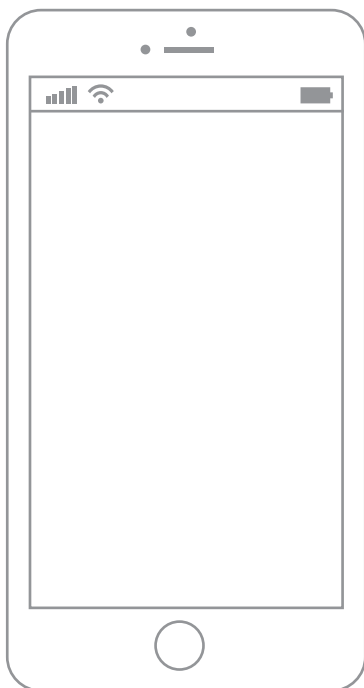
GPS Sports Monitor

## RUNSENSE

**SF-710 | SF-510 | SF-310**

### Smartphone User's Guide for iPhone

«Run Connect Ver. 1.2.0 later»



## Introduction

---

# Introduction



---

Thank you very much for purchasing this GPS Sports Monitor "RUNSENSE".

To use the product correctly, make sure you read the Smartphone User's Guide with the Quick Start Guide and User Manual.

The illustrations and screens shown in the Smartphone User's Guide are for the SF-710.

### Descriptions in the Smartphone User's Guide

 <b>Important:</b>	Indicates things you must or must not do. Ignoring these instructions or mishandling this device could cause malfunction or operational problems to the device.
<b>Note:</b>	Indicates additional explanations and related information.
Menu Name	Indicates menu items displayed on the screen of the device.
<b>A/B/C/D</b>	Indicates the device buttons.
	Indicates related pages. Click the link in blue text to display the related page.

### Trademarks

EPSON and EXCEED YOUR VISION are registered trademarks of the Seiko Epson Corporation.

iPhone is a trademark of Apple Inc. registered in the U.S.A. and other countries.

App Store is the name of a service provided by Apple Inc. that allows iPhone users to download application software.

The trademark IOS is used according to the Cisco's licence in the U.S.A. and other countries.

The Bluetooth® word mark and logos are the registered trademarks owned by Bluetooth SIG, Inc. and any use of such marks by the Seiko Epson Corporation is under licence.

Other product names are the trademarks or registered trademarks of their respective companies.

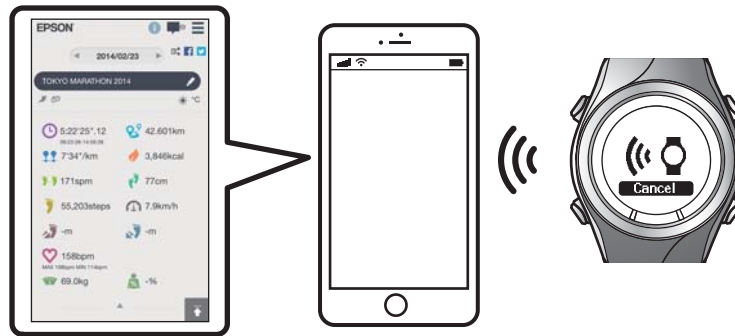
### Cautions:

- Unapproved copying of part or all of this guide is strictly forbidden.
- The content of this guide is subject to change without prior notice.
- Although every effort has been made to ensure the accuracy of this guide, contact us if you have any questions or notice any errors in descriptions in the content of this guide.
- Despite the preceding clause, we cannot accept any responsibility for mishandling due to errors in this guide.
- We cannot accept any responsibility for any injuries or obstructions that were caused by ignoring the contents of this guide, inappropriate handling of the device, or repairs or modifications performed by a third party who is not appointed by us.

## Introduction

# What you can do with this smartphone APP

This app allows you to communicate using Bluetooth with your RUNSENSE product and share data wirelessly with the RUNSENSE View web application for analysis. You can also send and save product settings to and from the RUNSENSE device and your phone.



**Note:**

This guide describes how you can transfer the data to iPhone and manage it with the web application (RUNSENSE View). Refer to the User Manual for how you can manage the data via a personal computer.

### Supported devices

iPhone 4S, iPhone 5, iPhone 5C, and iPhone 5S

\* Use iPhones that support Bluetooth 4.0 to communicate with this product.

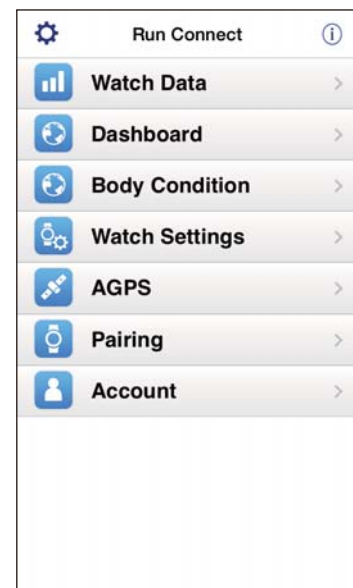
### Supported iOS

iOS 6 or later

### iPhone application (Run Connect)

Run Connect has the following features.

- Upload measurement data to the web application (RUNSENSE View)
- Access the web application (RUNSENSE View) to view the measurement data
- Access the web application (RUNSENSE View) to enter the body weight and body fat information.
- Update measurement settings such as AT Lap, Target Pace, Waypoint, and Interval, user settings, and system settings.
- Reduces the GPS positioning time (iPhone only)
- Pairs RUNSENSE device and iPhone to communicate via Bluetooth
- Manage your RUNSENSE account settings.



---

## Contents

### **Introduction**

What you can do with this smartphone APP. . . . . 3

### **Preparation**

Install the Run Connect app to your iPhone. . . . . 6

Create and configure your RUNSENSE View  
account. . . . . 7

    Creating an account. . . . . 7

    Configuring the account. . . . . 9

Enabling Bluetooth on your iPhone. . . . . 10

Pair the RUNSENSE device with your iPhone. . . . . 11

### **Uploading and Checking**

#### **Measurement Data**

Uploading Measurement Data. . . . . 14

Checking Uploaded Measurement Data. . . . . 17

    About Web Application (RUNSENSE View)  
    . . . . . 18

Entering Weight and Body Fat. . . . . 18

### **Changing the Settings**

Settings. . . . . 21

    How to Configure. . . . . 21

    List of Settings. . . . . 24

Advanced Settings (SF710 Only). . . . . 29

    Displaying the Advanced Settings. . . . . 29

    Setting the AT Lap Function. . . . . 30

    Setting the Target Pace Function. . . . . 33

    Setting the Waypoint Function. . . . . 37

    Setting the Interval Function. . . . . 39

Reducing the GPS Positioning Time (AGPS). . . . . 43

### **Troubleshooting**

Problem Solving. . . . . 46

Unpairing Devices. . . . . 48

    Operations on the iPhone. . . . . 48

    Operations on the Product. . . . . 50

Contacting us About this Product. . . . . 51

## Preparation





---

# Preparation

---

For important safety and operation instructions for RUNSENSE devices please refer to the main product User Manual.

You need to make the following preparations before use.

-  ["Install the Run Connect app to your iPhone" on page 6](#)
-  ["Create and configure your RUNSENSE View account" on page 7](#)
-  ["Enabling Bluetooth on your iPhone" on page 10](#)
-  ["Pair the RUNSENSE device with your iPhone" on page 11](#)

## Preparation

# Install the Run Connect app to your iPhone

Access the App Store and install Run Connect.



## Preparation

# Create and configure your RUNSENSE View account

## Creating an account

You need to create an account for the Web application (RUNSENSE View.)

**Note:**

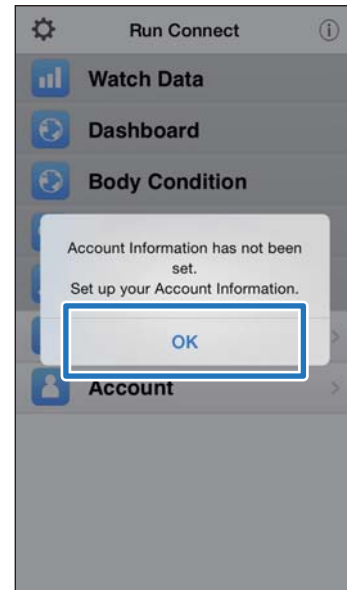
If you already have a RUNSENSE View account, you can use it with this device.

 ["Configuring the account" on page 9](#)

**1** Start Run Connect on your iPhone.

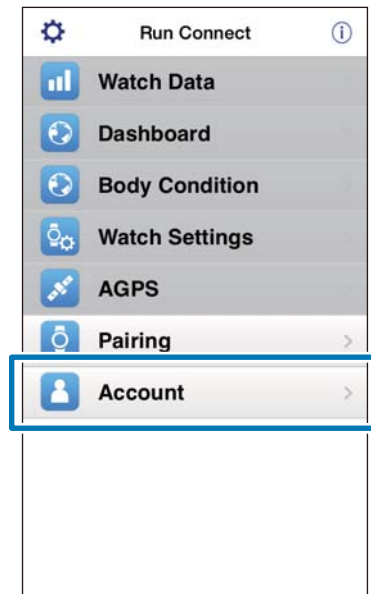


**2** Tap OK.



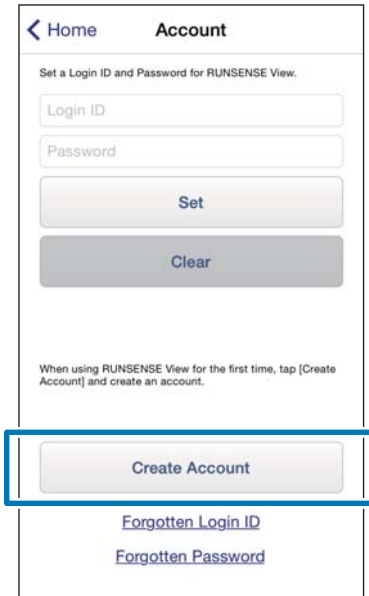
**Note:**

The following screen is displayed if you start Run Connect the second time onwards. Tap **Account** and proceed to step 3.



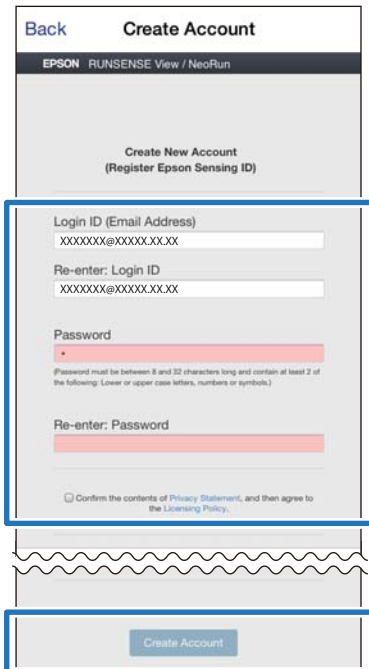
Preparation

**3** Tap **Create Account**.



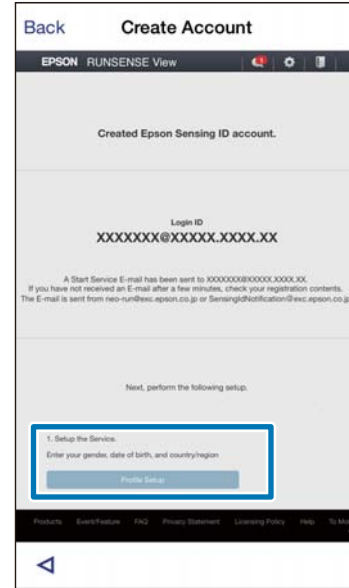
**4** Create an account.

Enter Login ID (e-mail address) and Password.  
Read the Terms of Use, select the checkbox, and tap **Create Account**.



**Note:**  
The entry does not satisfy the conditions when the entry field is displayed in red. Check the message on the screen and make sure your entry satisfies the conditions.

**5** When you have created an account, follow the instruction on the screen to configure the account.



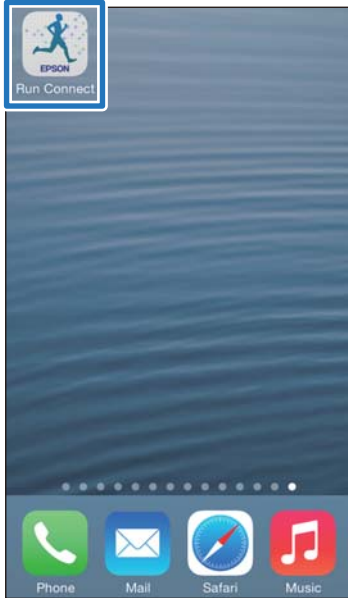


**Preparation**

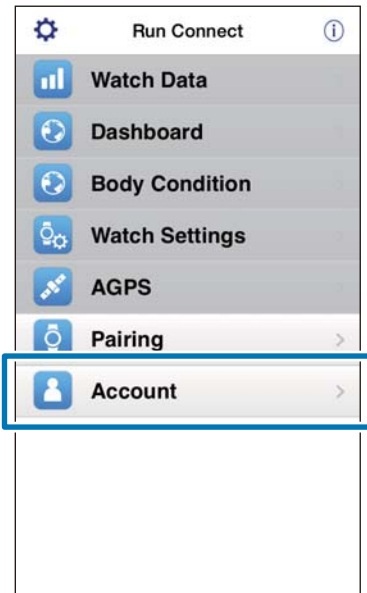
**Configuring the account**

Configure the account you have created.

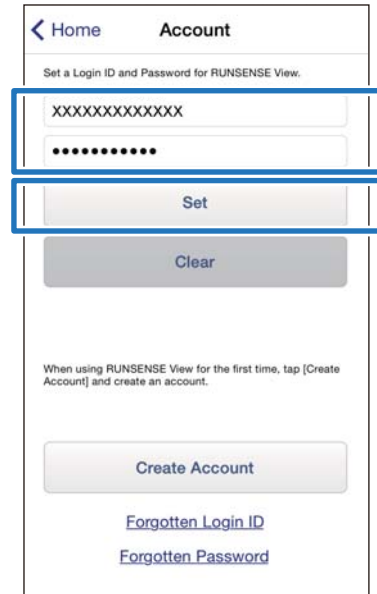
**1** Start Run Connect on your iPhone.



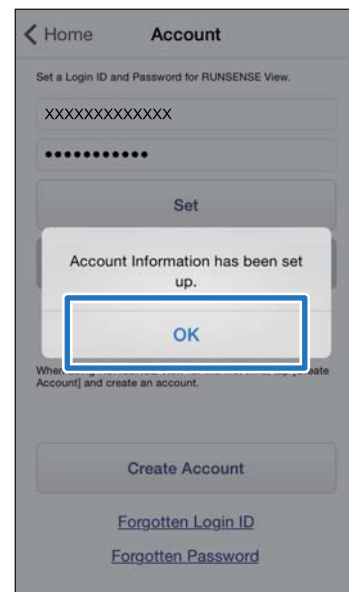
**2** Tap **Account**.



**3** Enter Login ID and Password, and then tap **Set**.



**4** Check that you have configured your account and tap **OK**.

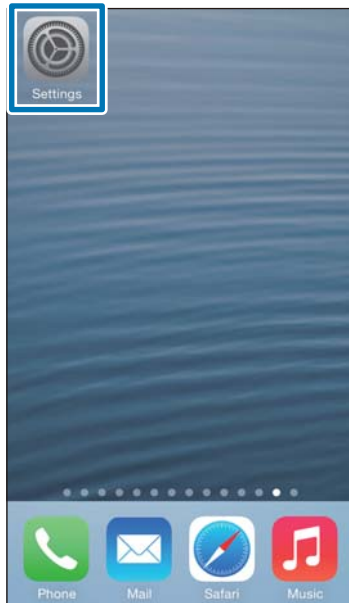


## Preparation

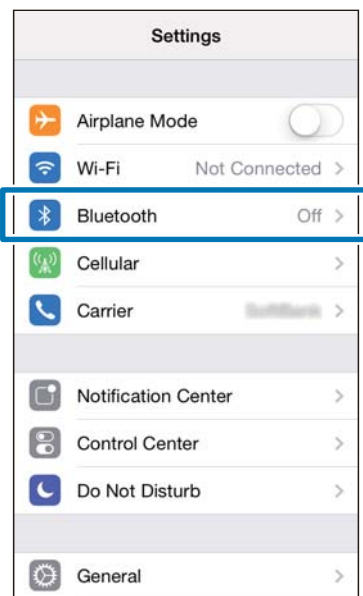
## Enabling Bluetooth on your iPhone

You need to enable Bluetooth settings on your iPhone before communicating with this device.

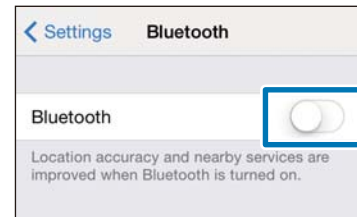
- 1 Tap **Settings** on the iPhone.



- 2 Tap **Bluetooth**.



- 3 Enable **Bluetooth**.



## Preparation

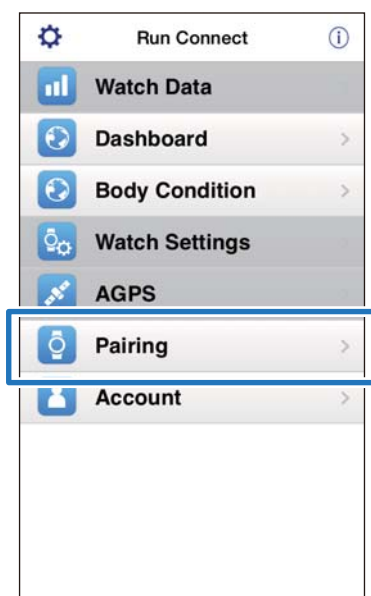
## Pair the RUNSENSE device with your iPhone

You need to register this product to your iPhone before communicating with the iPhone.

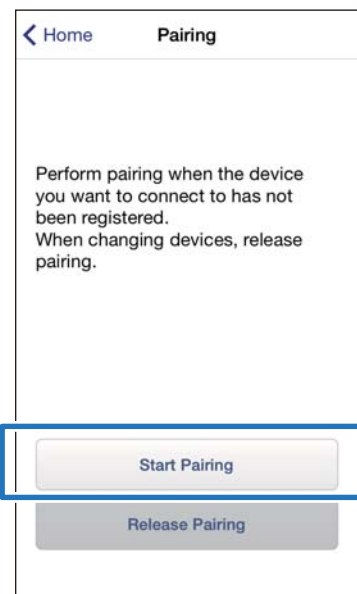
### 1 Start Run Connect on your iPhone.



### 2 Tap **Pairing**.

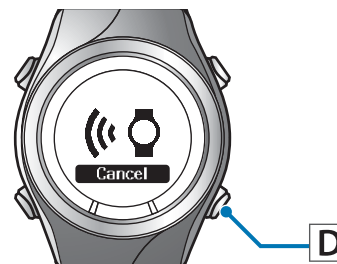


### 3 Tap **Start Pairing**.



### 4 Hold down **D** on this product.

Bluetooth communication starts.

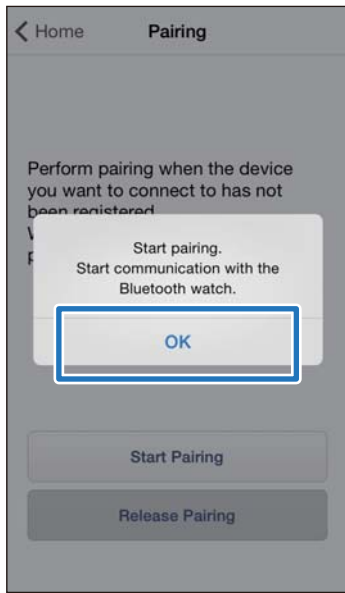


**Note:**

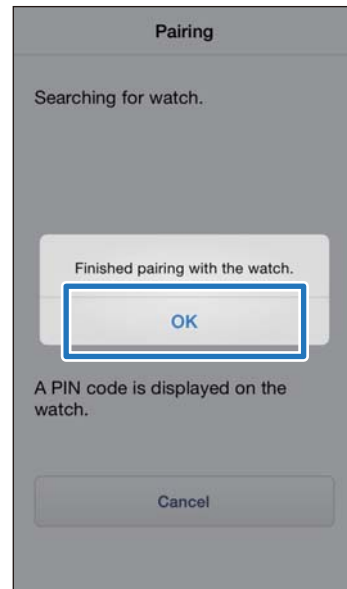
You can also start Bluetooth communication from the Settings menu on this product. Refer to "Settings" in the User Manual for details.

**Preparation**

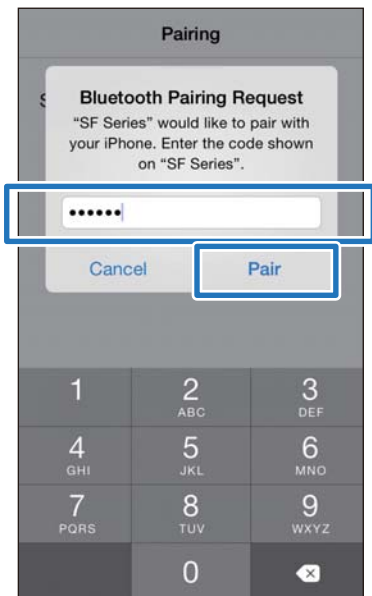
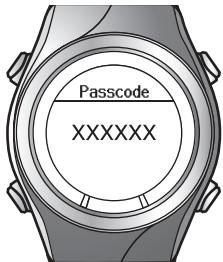
**5** Tap **OK** on the iPhone.



**7** Check that pairing has completed and tap **OK**.



**6** Enter the Passcode (6-digit number) to the iPhone and tap **Pair**.



**Note:**  
The screen differs slightly on iOS 6. Tap **Pairing**.

## Uploading and Checking Measurement Data

---

# Uploading and Checking Measurement Data

---

This chapter describes how to upload and check measurement data.

 ["Uploading Measurement Data" on page 14](#)

 ["Checking Uploaded Measurement Data" on page 17](#)

 ["Entering Weight and Body Fat" on page 18](#)

## Uploading and Checking Measurement Data

# Uploading Measurement Data

Upload measurement data to the web application (RUNSENSE View.)

Take the following two steps to upload data via an iPhone.

### Uploading outline data

Upload data such as the distance, speed, HR, and calories.

### Uploading detailed data

Upload the running route in addition to the outline data.



#### Important:

- ❑ You need to log in to RUNSENSE View and register this product to the iPhone.

👉 ["Preparation" on page 5](#)

- ❑ Enable Bluetooth on the iPhone before uploading measurement data.

👉 ["Enabling Bluetooth on your iPhone" on page 10](#)

#### Note:

It is recommended to upload the data via a personal computer by setting this device in the cradle when uploading data worth several hours such as measurement data of a full marathon (uploading 4-hour worth data with iPhone takes roughly 12 minutes.) Refer to "Data Management Using the Web Application (RUNSENSE View)" in the "User Manual" for how to upload data via a personal computer.

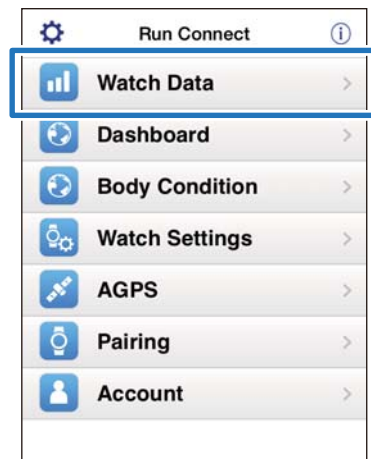
1

Start Run Connect on your iPhone.



2

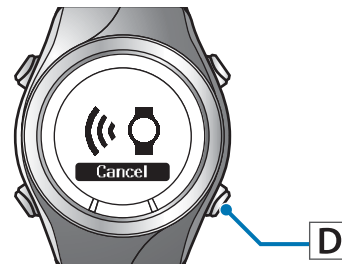
Tap Watch Data.



3

Hold down **D** on this product.

Bluetooth communication starts.



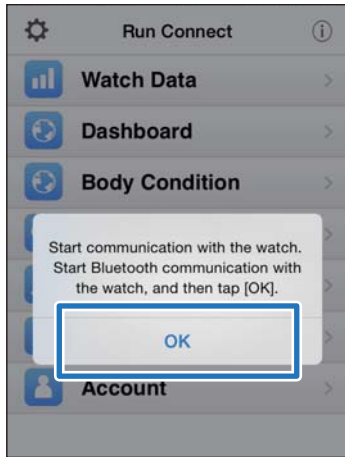
### Uploading and Checking Measurement Data

**Note:**

You can also start Bluetooth communication from the Settings menu on this product. Refer to "Settings" in the User Manual for details.

**4** Tap **OK** on the iPhone.

The alarm on the product sounds and the outline data upload starts.



**Note:**

Try again if the communication fails.

**5** Tap **Get Next Data** when you have a large volume of measurement data.

**Get Next Data** is displayed only when there is a large volume of measurement data.



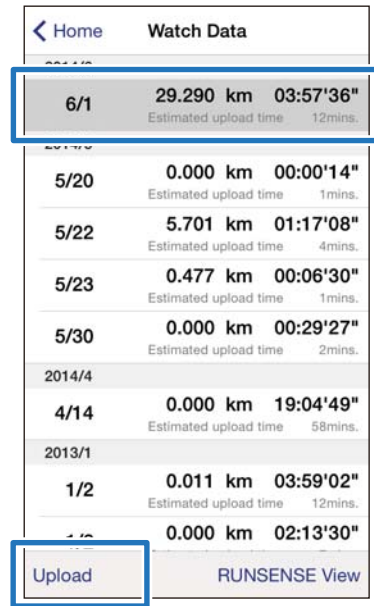
Uploading outline data is complete.

To review the outline data select the item you want to check from **Watch Data** List and tap **RUNSENSE View** at the bottom right to display.

☞ ["About Web Application \(RUNSENSE View\)"](#) on page 18

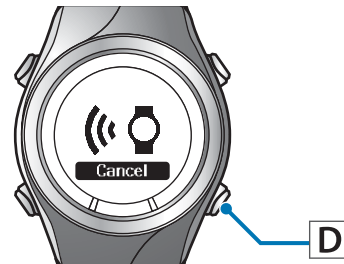
Proceed to step 6 if uploading detailed data.

**6** Tap the data item you want to upload and tap **Upload**.



**7** Hold down **D** on this product.

Bluetooth communication starts.

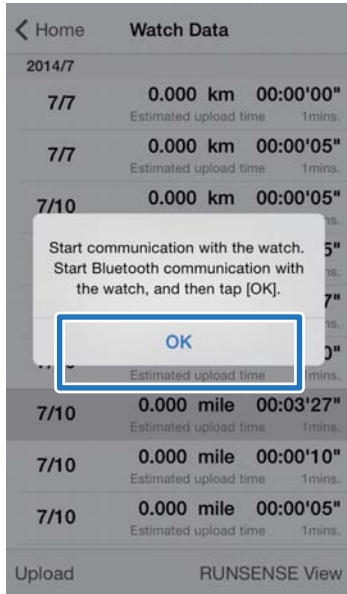


**Note:**

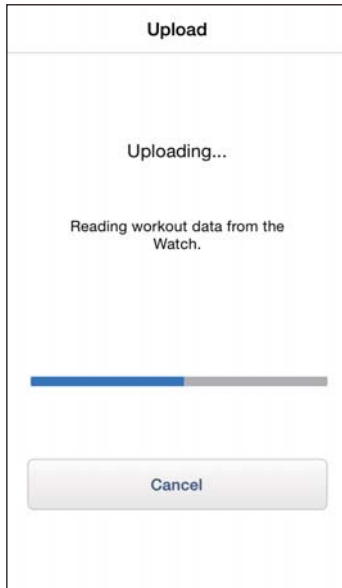
You can also start Bluetooth communication from the Settings menu on this product. Refer to "Settings" in the User Manual for details.

## Uploading and Checking Measurement Data

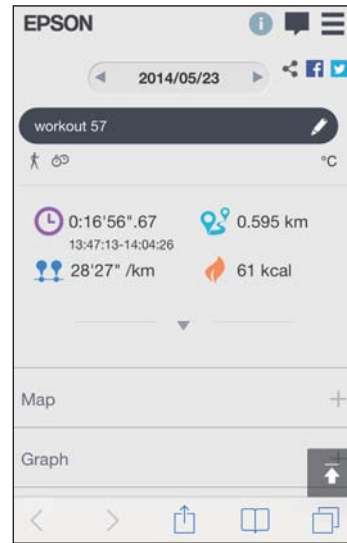
**8** Tap **OK** on the iPhone.



The alarm on the product sounds and the detailed data upload starts.



The RUNSENSE View screen is displayed when the upload has completed.



**Note:**

- Try again if the communication fails.
- The uploaded detailed data item is deleted from **Watch Data List**.
- Repeat step 6 to 8 if you are uploading more than one detailed data item from **Watch Data List**.



## Uploading and Checking Measurement Data

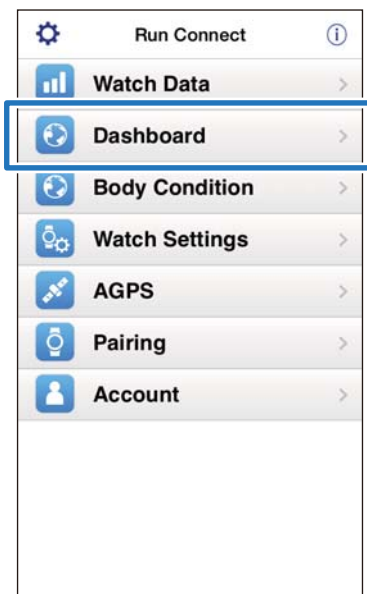
### Checking Uploaded Measurement Data

Access the web application (RUNSENSE View) to check the uploaded measurement data.

- 1 Start Run Connect on your iPhone.




- 2 Tap Dashboard.



- 3 Tap the data item you want to check.



**Note:**

Measurement data items with the  icon indicate they contain the outline data only. Upload the detailed data if you want to check the running route.

[“Uploading Measurement Data” on page 14](#)

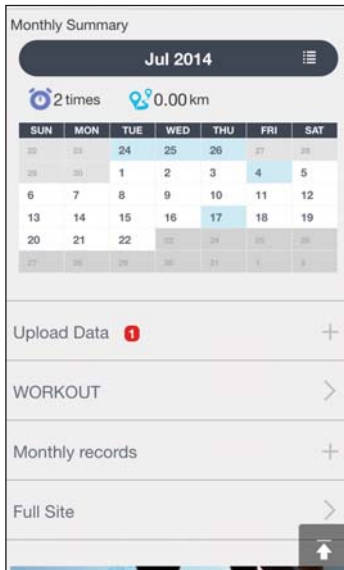
## Uploading and Checking Measurement Data

### About Web Application (RUNSENSE View)

You can view the data in the following ways with the web application (RUNSENSE View) on the iPhone.

#### Dashboard

Manage records in calendar format. This allows you to easily review past runs.



#### Workout

This displays data such as the distance, pace, HR (when the Heart Rate Monitor: ON)\*, running route, and calories. This allows you to analyse training from different angles.



\* Optional heart rate monitor required for SF-310, SF-510 and SF810.

#### Map

Review your run route on the map.

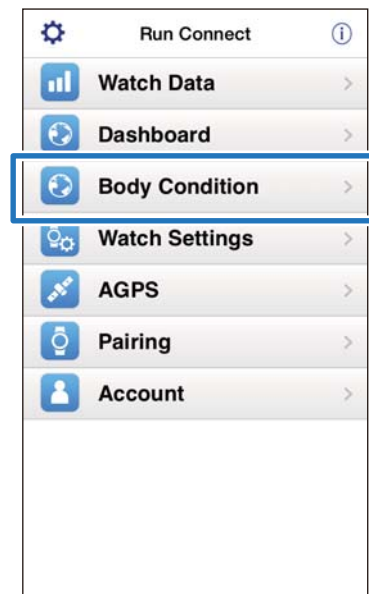
### Entering Weight and Body Fat

You can register your weight and body fat data to the web application(RUNSENSE View.)

- 1 Start Run Connect on your iPhone.



- 2 Tap Body Condition.



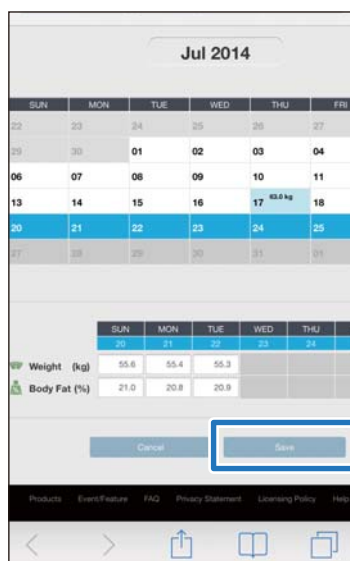
## Uploading and Checking Measurement Data

- 3** Tap the entry field of **Weight** or **Body Fat** and enter the value.



- 4** Tap **Save**.

The entered **Weight** or **Body Fat** is now registered.



## Changing the Settings

---

# Changing the Settings

---

You can change measurement settings such as AT Lap, Target Pace, Waypoint, and Interval, user settings, and system settings.

**Important:**

*Functions may not be available if the firmware version on your device is old. Check the firmware version on the device.*

- Settings (SF-710, SF-510, SF-310): Firmware version 1.4 or later*
- Advanced Settings (SF-710 only): Firmware version 1.3 or later*
- Reducing the GPS positioning time (SF-710, SF-510, SF-310): Firmware version 1.4 or later*

 ["Settings" on page 21](#)

 ["Advanced Settings \(SF710 Only\)" on page 29](#)

 ["Reducing the GPS Positioning Time \(AGPS\)" on page 43](#)

Changing the Settings

# Settings

You can change various device and measurement settings.

The following items can be configured.

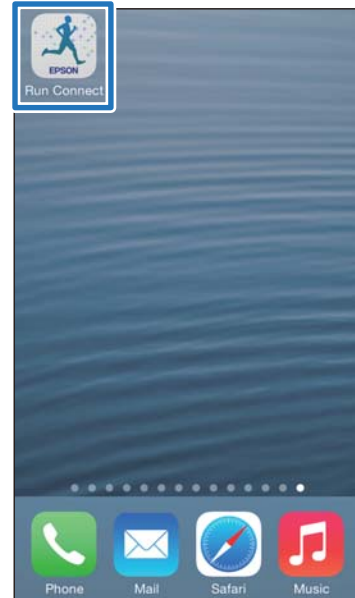
 [“List of Settings” on page 24](#)

Category	Setting items	
User Settings	Height	
	Weight	
	DOB	
	Gender	
	HR Zone 1 to 5	
Sys. Settings	Distance Units	
	Clock	
	DST	
	Time Zone	
	Date Format	
	Invert Disp.	
	Contrast	
	Auto Sleep	
	AT Light	
	Alarm	
	Key Tones	
	Meas.Settings	Activity Type
		Interval
AT Lap		
AT Pause		
Target Pace		
Waypoint*		
HR		
Tap		
Screen		

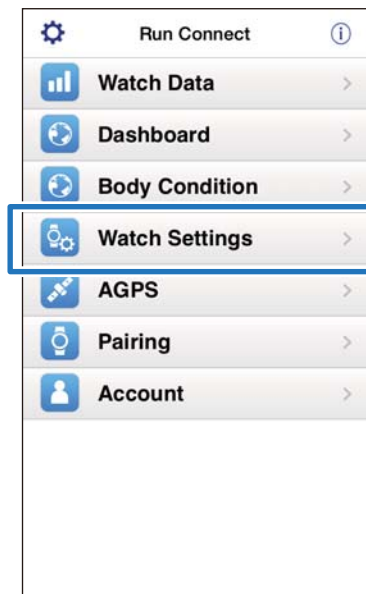
\* Only displayed for the SF-710.

## How to Configure

**1** Start Run Connect on your iPhone.

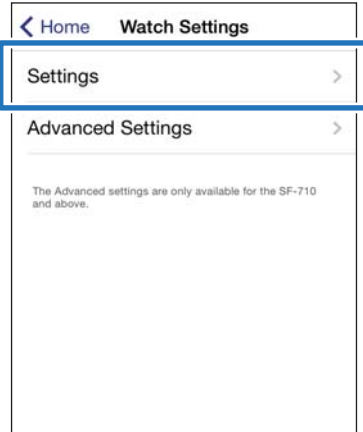


**2** Tap Watch Settings.



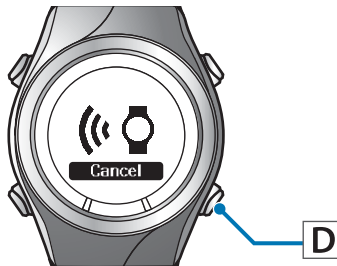
### Changing the Settings

**3** Tap **Settings**.



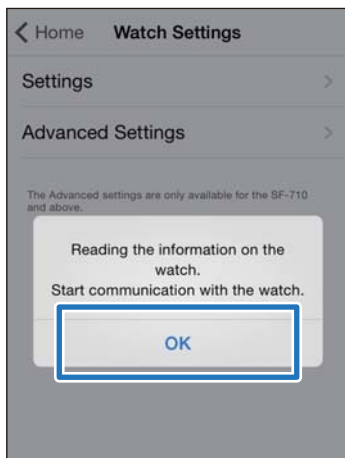
**4** Hold down **D** on this product.

Bluetooth communication starts.



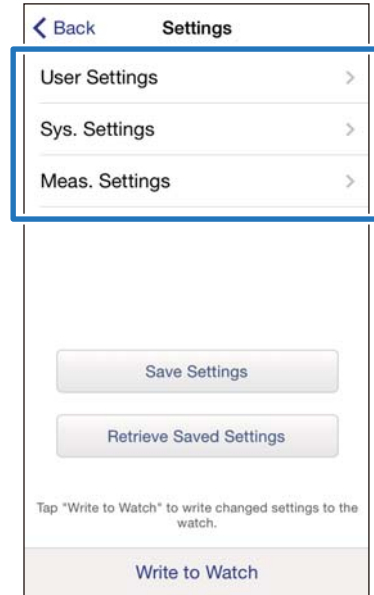
**Note:**  
 You can also start Bluetooth communication from the Settings menu on this product. Refer to "Settings" in the User Manual for details.

**5** Tap **OK** on the iPhone.



**Note:**  
 Try again if the communication fails.

**6** Tap the category you want to configure.



**7** Tap the item you want to configure.

The screenshot shows **User Settings**.



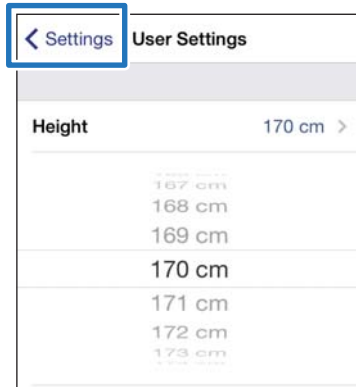
## Changing the Settings

### 8 Change the setting.

The screenshot shows **Height**.

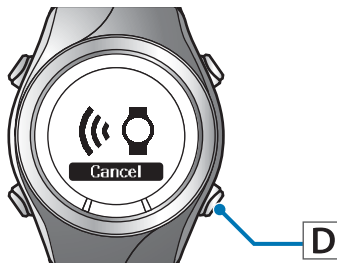


### 9 Tap Settings.

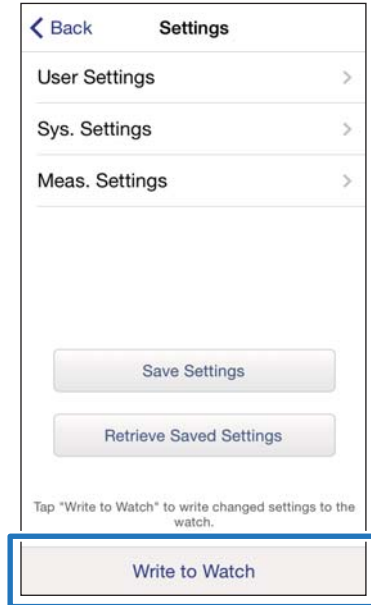


### 10 Hold down **D** on this product.

Bluetooth communication starts.



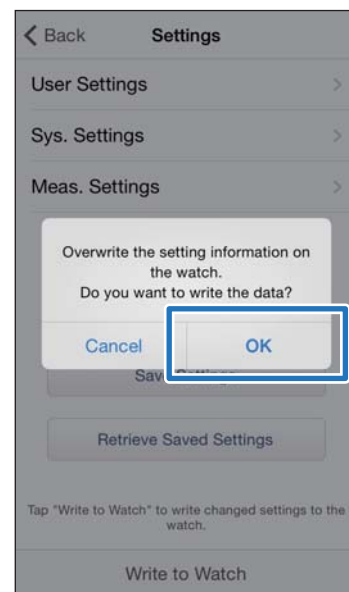
### 11 Tap Write to Watch.



**Note:**

You can save the current setting under a specified **Setting Name** by tapping **Save Settings**. You can select the saved setting by tapping **Retrieve Saved Settings**. This allows you to switch between settings to suit your training contents.

### 12 Tap OK.



### 13 Check that writing to the watch has completed and tap **OK**.

## Changing the Settings

### List of Settings

#### User Settings

Set the user information.

The value in brackets ( ) is the default setting.

Setting items	Value	Explanation
Height	(170 cm)	Set the height.
Weight	(60 kg)	Set the weight.
DOB	(1975.01.01)	Set your date of birth.
Gender	Male (default)	Set your gender.
	Female	
HR Zone	HR Zone 1 (30 to 100 bpm)	Set the maximum and minimum heart rate. You can set five zones to suit the exercise intensity.
	HR Zone 2 (101 to 130 bpm)	
	HR Zone 3 (131 to 160 bpm)	
	HR Zone 4 (161 to 190 bpm)	
	HR Zone 5 (191 to 240 bpm)	



## Changing the Settings

### Sys. Settings

Make settings for the device's system.

The value in brackets ( ) is the default setting.

Setting items	Value	Explanation
Distance Units	km (default)	Set the display units for distance.
	mile	
Clock	12 Hour (default)	Set the format for the display time.
	24 Hour	
DST	ON	Set summer time.
	OFF (default)	
Time Zone	Auto (default)	<p>Sets the time zone for your location.</p> <p>When you specify <b>Auto</b> the time zone is automatically set as you perform <b>Time Adjust</b>.</p> <p>When <b>Auto</b> is turned off, you can specify <b>Time Difference</b> with a value between -12:00 and +14:00.</p>
Date Format	Day. Month	Set the display format for the date.
	Month. Day (default)	
Invert Disp.	ON	<p>Set the display format for the screen.</p> <p>When <b>ON</b> is selected, white text is displayed over a black background.</p> <p>When <b>OFF</b> is selected, black text is displayed over a white background.</p>
	OFF (default)	
Contrast	(4)	Set the contrast for the screen.
Auto Sleep	ON (default)	<p>When you leave the device for a while, this function automatically puts the device into sleep status.</p> <p>Entering sleep status reduces the amount of power consumption.</p>
	OFF	
AT Light	ON	When the screen changes, this function automatically turns on the light. When a specified time has passed, the light automatically turns off.
	OFF (default)	
Alarm	Tones (default)	Set the alarm type.
	Vib. (vibration)*	
	Tones & Vib. (vibration)*	
	OFF	

**Changing the Settings**

<b>Setting items</b>	<b>Value</b>	<b>Explanation</b>
Key Tones	ON (default)	Turn on or off the Key Tones.
	OFF	

\* Only displayed for the SF-710.

## Changing the Settings

### Meas.Settings

Setting items	Value	Explanation
Activity Type	Run (default)	Set when running or jogging.
	Walk	Set when walking.
	Bike	Set when performing exercises that do not require you to swing your arms, such as riding a bike.
Interval	SETTING 01 to 03	Set the contents of high-intensity training (sprint) and low-intensity training (recovery) and the number of times they are repeated.
AT Lap	SETTING 01 to 05	When a time or distance set in advance is reached, this function records laps automatically.
	OFF (default)	Set the lap time or distance. You can set five times or distances within the following range. Time: 01'00" to 60'00" (in increments of 1 minute) Distance: 0.1 to 10.0 km (in increments of 0.1 km)
AT Pause	ON	This function automatically stops measuring when you stop running, and resumes when you continue running.
	OFF (default)	
Target Pace	SETTING 01 to 03	Set the target time and pace range for one kilometer/mile. An alarm sounds if you are outside the set pace range. You can set three target paces within the following range. Target Pace: 1'00" to 15'00"/km (in increments of 1 second) Pace Range: 00'05" to 03'00"/km (in increments of 1 second)
	OFF (default)	
Waypoint*1	ON	You can specify a registered waypoint to display the direction, distance, and altitude difference*2 to that point. As you approach the specified point, an alarm sounds.
	OFF (default)	
HR*3	ON	You can measure your heart rate by wearing the heart rate monitor (optional).
	OFF (default)	
Tap*4 (Only for the measurement screen)	Lap	You can perform one of the functions specified in this item by tapping the screen while measuring. When <b>Bike</b> is selected as the <b>Activity Type</b> , the tap function may operate automatically depending on the condition of the road surface. If this occurs, we recommend to change the setting to <b>OFF</b> .
	Light	
	Screen Chg.	
	OFF (default)	

## Changing the Settings

Setting items	Value	Explanation
Screen	Screen1	You can display up to four measurement screens. You can change the screen pattern and the measurement items displayed for each screen.  You can also change the <b>Display Lap Screen</b> , but this is not displayed for the interval function.
	Screen2	
	Screen3	
	Screen4	
	Display Lap Screen	

- \*1 Only displayed for the SF-710.
- \*2 You need to enter the altitude when setting a waypoint on the iPhone.
- \*3 Displayed after registering the heart rate monitor.
- \*4 Only displayed for the SF-710/SF-510.

## Changing the Settings

# Advanced Settings (SF710 Only)

You can configure Mes.Settings such as AT Lap, Target Pace, Waypoint, and Interval from smartphones.

### AT Lap

You can set programmable laps using the AT Lap function.

[“Setting the AT Lap Function” on page 30](#)

### Target Pace

You can set variable target pace using the Target Pace function.

[“Setting the Target Pace Function” on page 33](#)

### Waypoint

You can register waypoints on the map using the Waypoint function.

[“Setting the Waypoint Function” on page 37](#)

### Interval

You can set variable intervals using the Interval function.

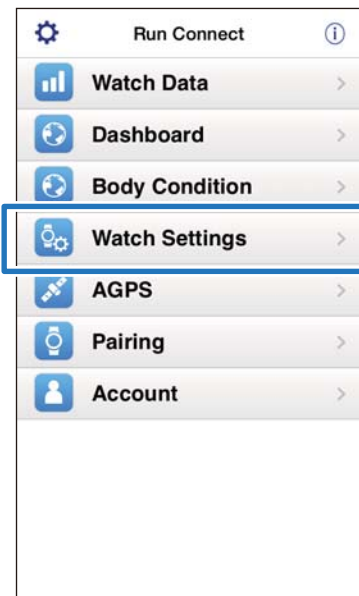
[“Setting the Interval Function” on page 39](#)

## Displaying the Advanced Settings

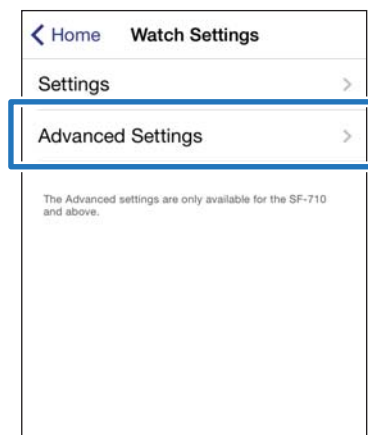
- 1 Start Run Connect on your iPhone.



- 2 Tap Watch Settings.

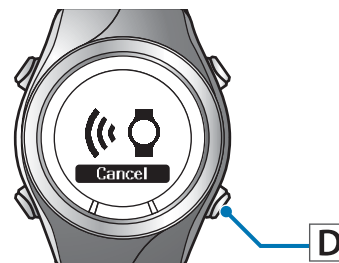


- 3 Tap Advanced Settings.



- 4 Hold down **D** on this product.

Bluetooth communication starts.

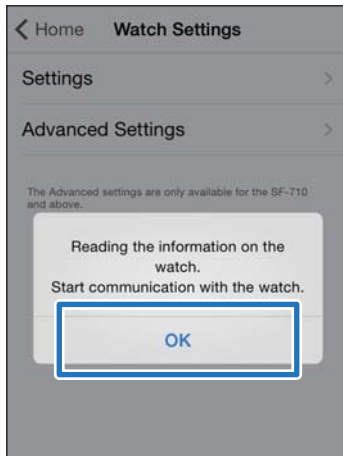


**Note:**

You can also start Bluetooth communication from the Settings menu on this product. Refer to "Settings" in the User Manual for details.





## Changing the Settings

- 5** Tap **OK** on the iPhone.



**Note:**  
Try again if the communication fails.

Continue the configuration as the following procedures.

-  [“Setting the AT Lap Function” on page 30](#)
-  [“Setting the Target Pace Function” on page 33](#)
-  [“Setting the Waypoint Function” on page 37](#)
-  [“Setting the Interval Function” on page 39](#)

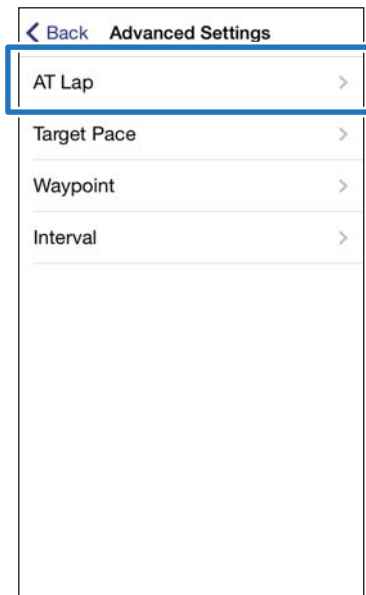
## Setting the AT Lap Function

You can specify the time or distance to divide laps using the AT Lap function.

- 1** Display the Run Connect **Advanced Settings** screen.

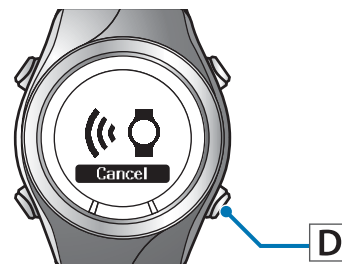
 [“Displaying the Advanced Settings” on page 29](#)

- 2** Tap **AT Lap**.



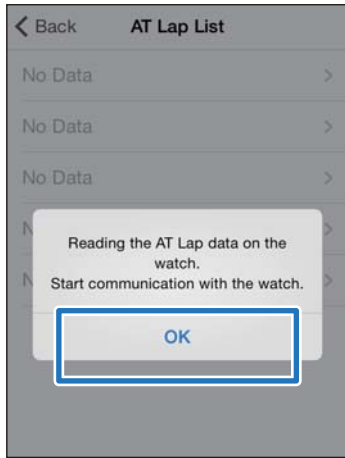
- 3** Hold down **D** on this product.

Bluetooth communication starts.



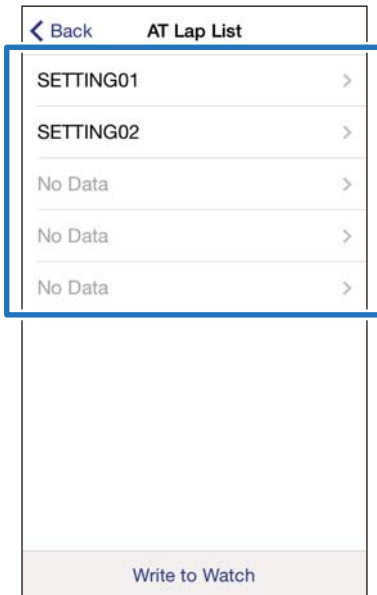
### Changing the Settings

**4** Tap **OK** on the iPhone.



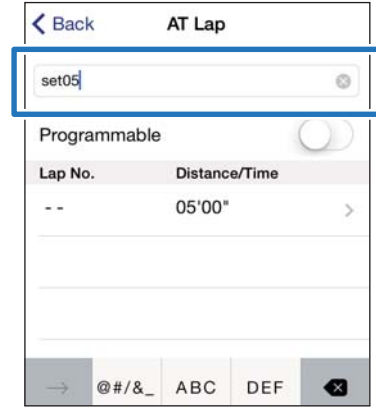
*Note:*  
Try again if the communication fails.

**5** Tap **No Data** when you are adding a new setting. Tap the setting if you want to edit an existing setting.



**6** Enter or edit the title.

Enter the title using letters, numbers, spaces, hyphens, and underscores.



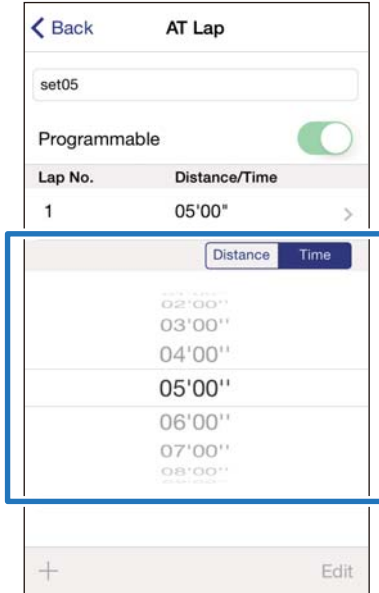
**7** Turn **Programmable** ON if you want to combine multiple laps.



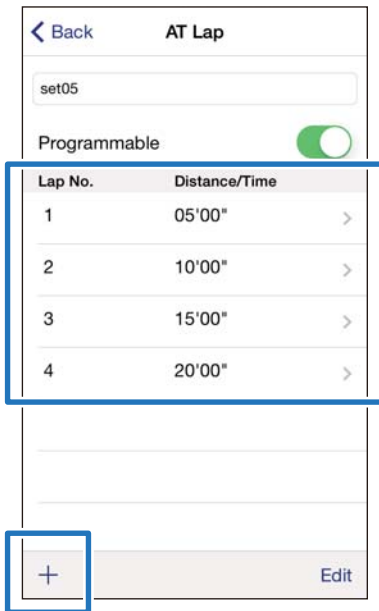
### Changing the Settings

**8** Tap the lap and specify the **Distance** or **Time**.

Go to step 10 if you are not setting more than one lap.

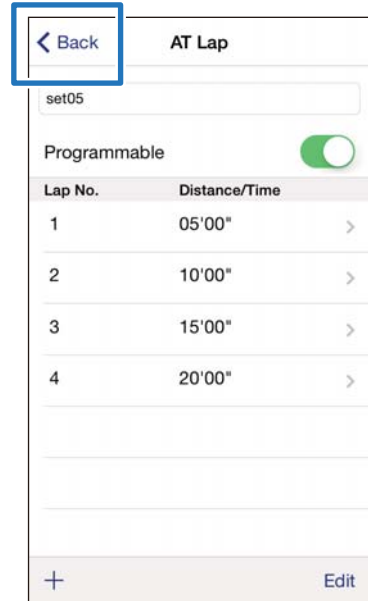


**9** Tap + to add a lap and specify the **Distance** or **Time** for the lap.

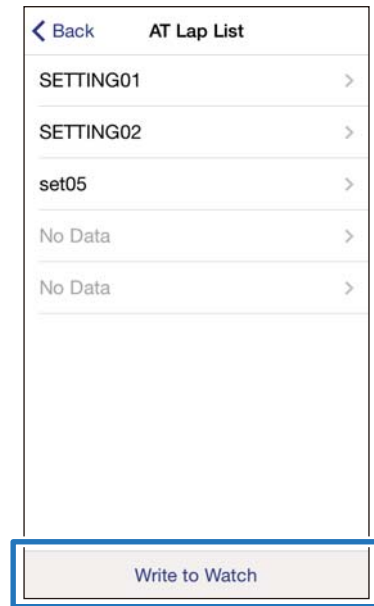


**Note:**  
You can delete and reorder laps by tapping **Edit**.

**10** Tap **Back**.



**11** Tap **Write to Watch**.

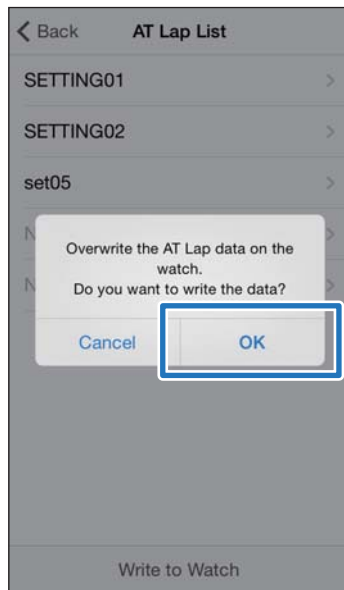




## Changing the Settings

### 12 Tap OK.

Settings are written to the device.



### 13 Check that writing to the watch has completed and tap OK.

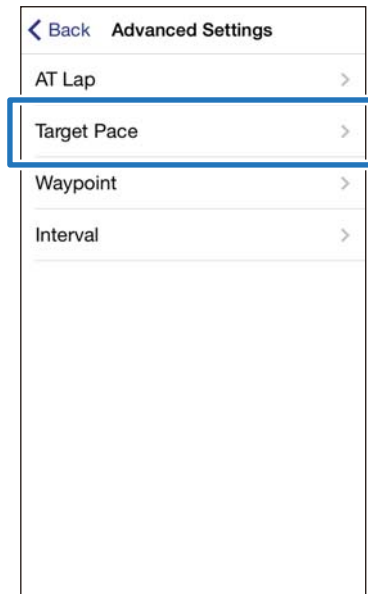
## Setting the Target Pace Function

You can specify the target pace and an alarm will notify you when you fall outside the target pace window.

### 1 Display the Run Connect **Advanced Settings** screen.

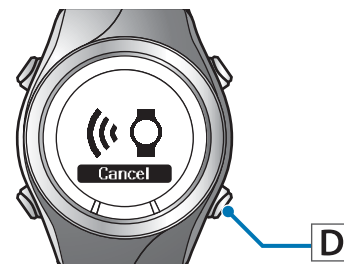
[🔗 “Displaying the Advanced Settings” on page 29](#)

### 2 Tap **Target Pace**.



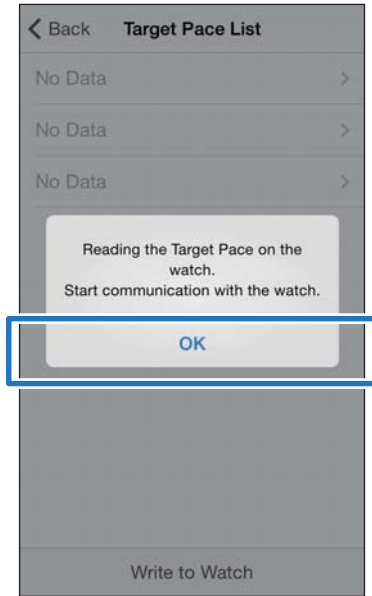
### 3 Hold down **D** on this product.

Bluetooth communication starts.



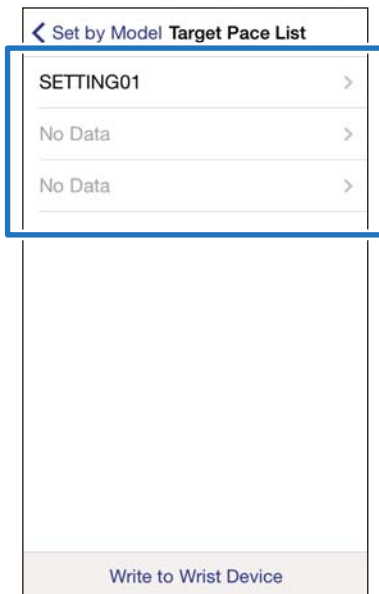
## Changing the Settings

**4** Tap **OK** on the iPhone.



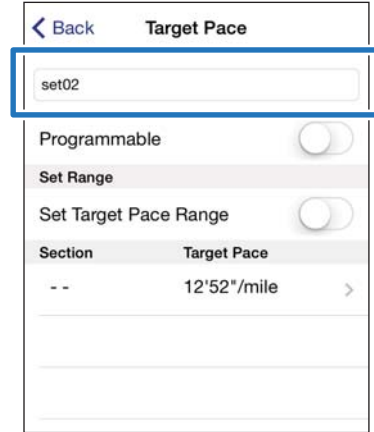
**Note:**  
Try again if the communication fails.

**5** Tap **No Data** when you are adding a new setting.  
Tap the setting if you want to edit an existing setting.

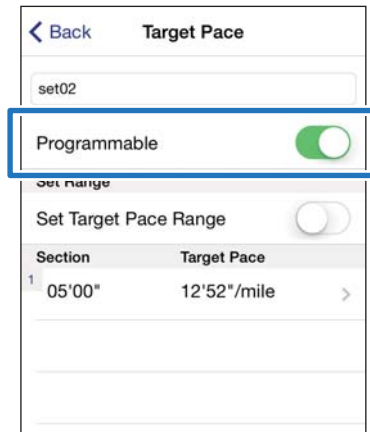


**6** Enter or edit the title.

Enter the title using letters, numbers, spaces, hyphens, and underscores.



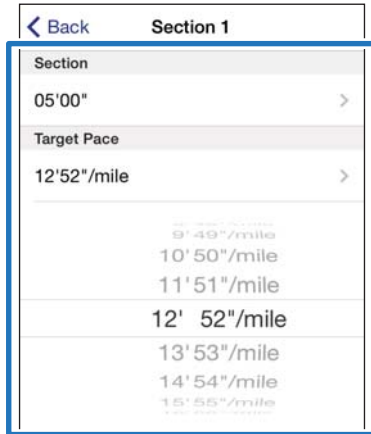
**7** Turn **Programmable** ON if you want to combine multiple target paces.



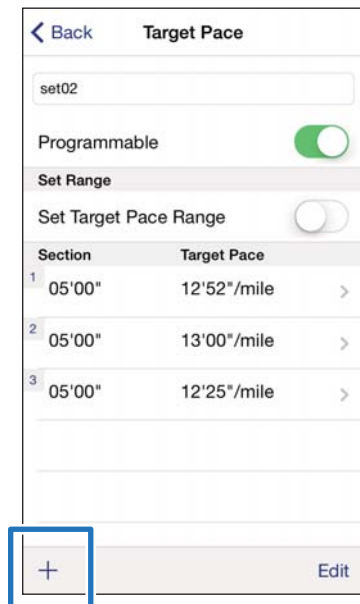
## Changing the Settings

- 8** Tap the target pace you want to update, specify the **Time** or **Distance** of the **Section** and **Target Pace**, and tap **Back**.

Go to step 10 if you are not setting more than one lap.



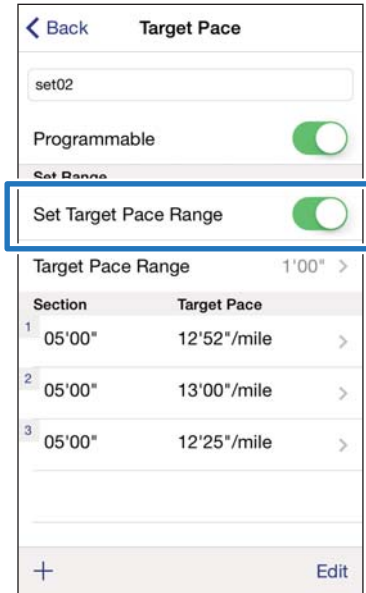
- 9** Tap **+** to add a Section, specify the **Time** or **Distance** and **Target Pace**, and tap **Back**.



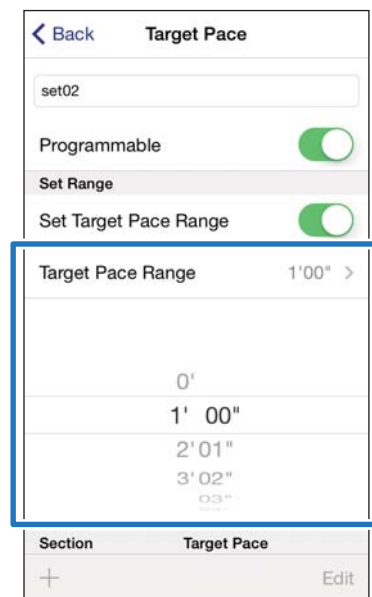
**Note:**

You can delete and reorder target paces by tapping **Edit**.

- 10** Turn **Set Target Pace Range** ON to enable the alarm that notifies you when you are off the specified pace.

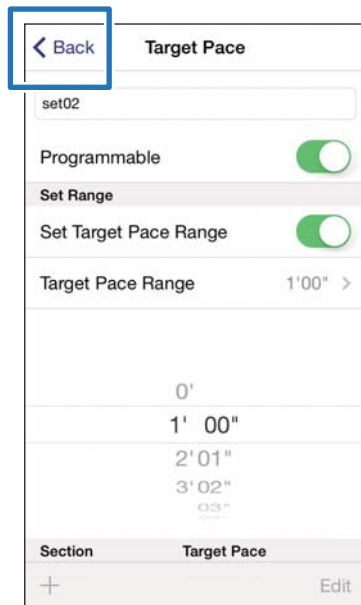


- 11** Specify **Target Pace Range**.



## Changing the Settings

**12** Tap **Back**.

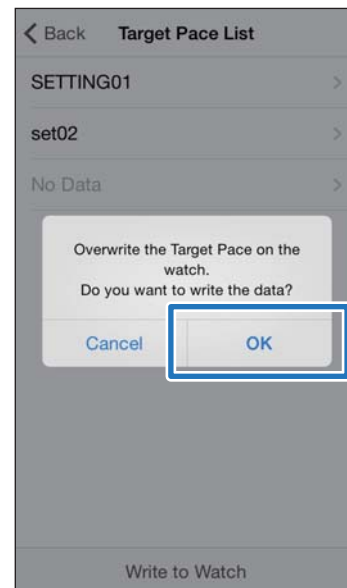


**13** Tap **Write to Watch**.



**14** Tap **OK**.

Settings are written to the device.



**15** Check that writing to the watch has completed and tap **OK**.

## Changing the Settings

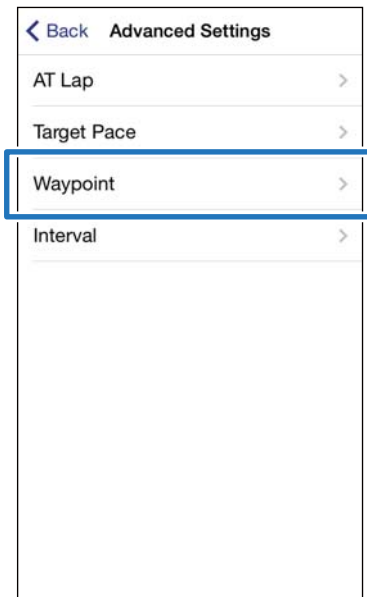
### Setting the Waypoint Function

You can add waypoints on the map.

- 1 Display the Run Connect **Advanced Settings** screen.

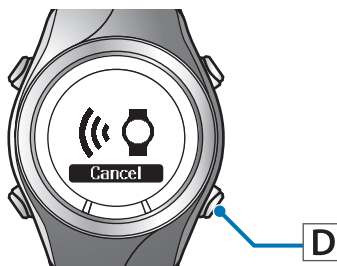
[🔗 “Displaying the Advanced Settings” on page 29](#)

- 2 Tap **Waypoint**.

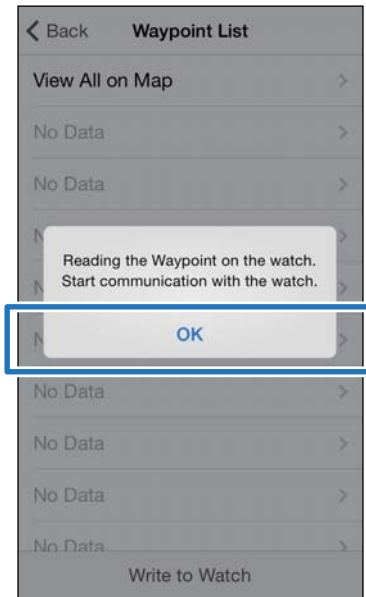


- 3 Hold down **D** on this product.

Bluetooth communication starts.



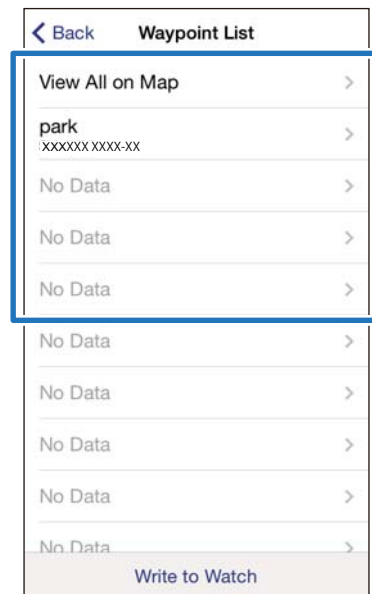
- 4 Tap **OK** on the iPhone.



**Note:**

*Try again if the communication fails.*

- 5 Tap **No Data** when you are adding a new setting.  
Tap the setting if you want to edit an existing setting.



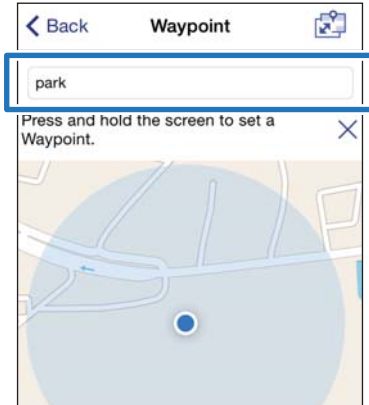
**Note:**

*You can check all registered waypoints by tapping **View All on Map**.*

## Changing the Settings

### 6 Enter or edit the title.

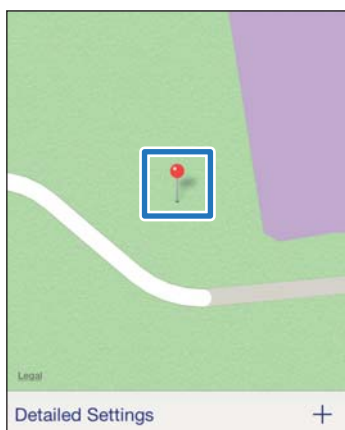
Enter the title using letters, numbers, spaces, hyphens, and underscores.



### 7 Either press and hold the screen at the point on the map where you would like to set the waypoint or tap +.

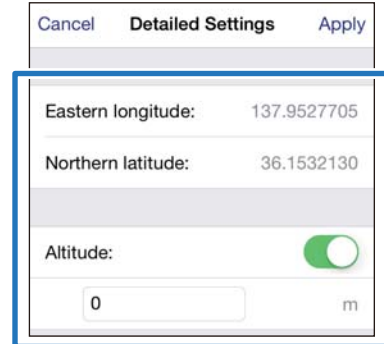


### 8 And move the pin to the location you want to set the waypoint.

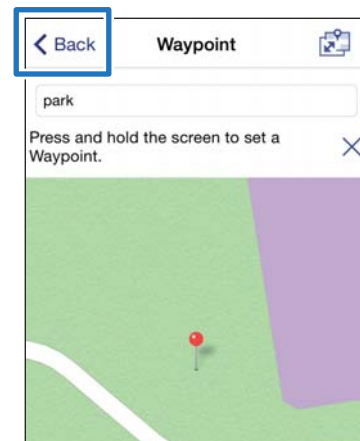


### Note:

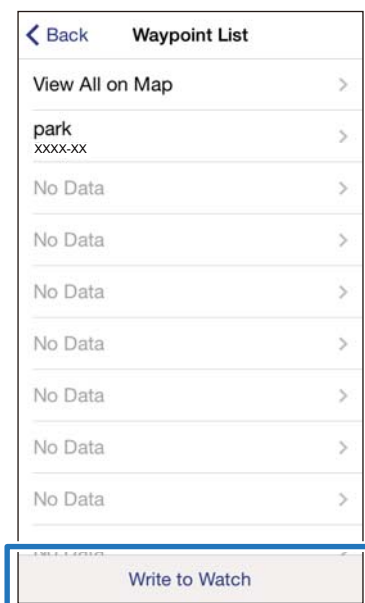
You can specify the altitude by tapping **Detailed Settings**. Turn **Altitude ON**, enter the value, and tap **Apply**.



### 9 Tap Back.



### 10 Tap Write to Watch.



## Changing the Settings

### 11 Tap OK.

Settings are written to the device.



### 12 Check that writing to the watch has completed and tap OK.

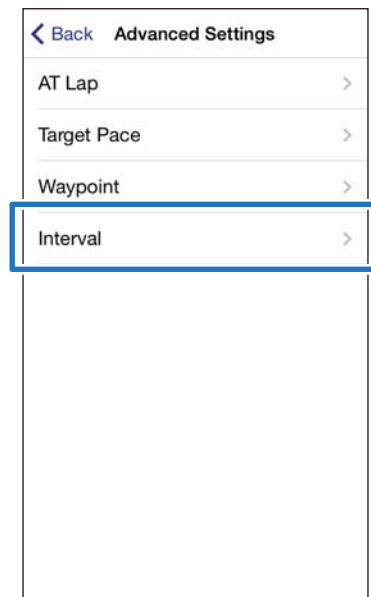
## Setting the Interval Function

You can specify the contents of sprint and recovery activities for the Interval function.

### 1 Display the Run Connect **Advanced Settings** screen.

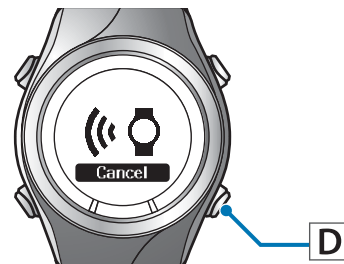
[“Displaying the Advanced Settings” on page 29](#)

### 2 Tap **Interval**.



### 3 Hold down **D** on this product.

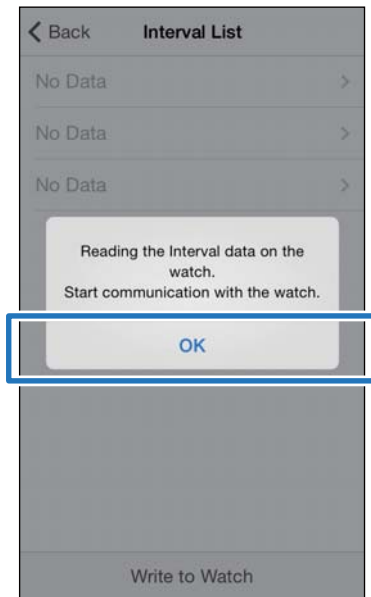
Bluetooth communication starts.



## Changing the Settings

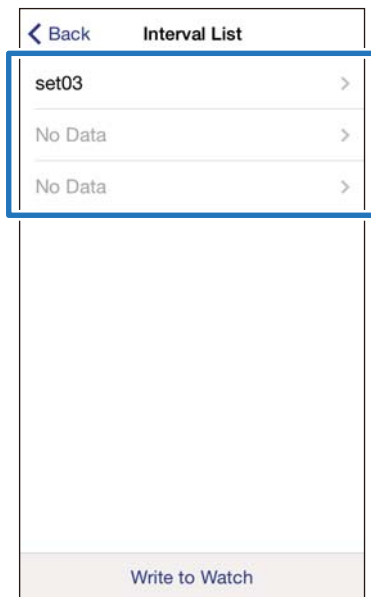
### 4 Tap **OK** on the iPhone.

Data upload starts.



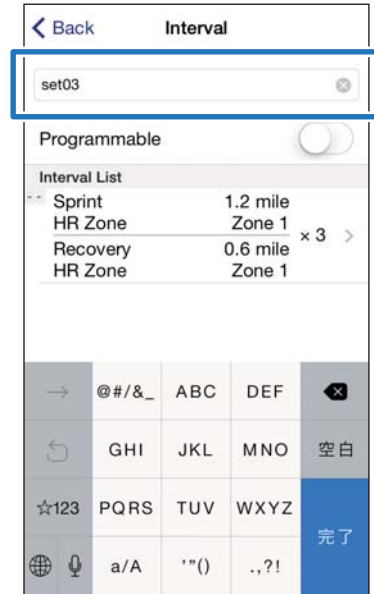
**Note:**  
Try again if the communication fails.

### 5 Tap **No Data** when you are adding a new setting. Tap the setting if you want to edit an existing setting.

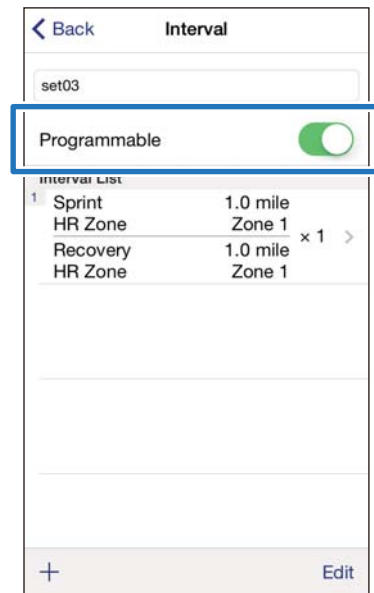


### 6 Enter or edit the title.

Enter the title using letters, numbers, spaces, hyphens, and underscores.



### 7 Turn **Programmable** ON if you want to combine multiple interval lists.

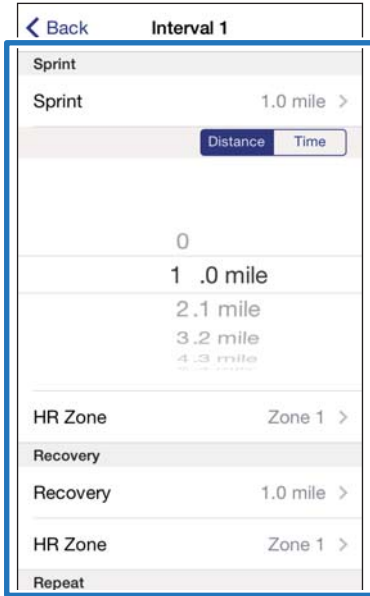




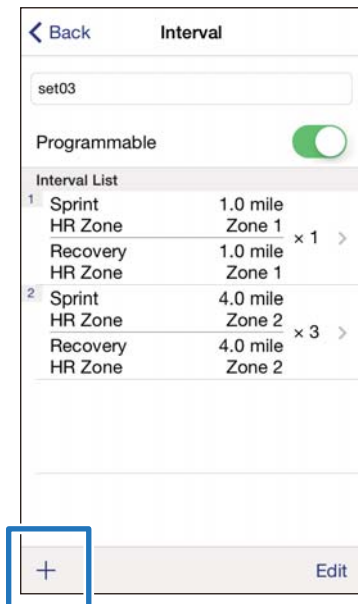
### Changing the Settings

**8** Tap the interval list you want to update, specify the **Sprint**, **Recovery**, and **Repeat** items, and tap **Back**.

Go to step 10 if you are not setting more than one lap.

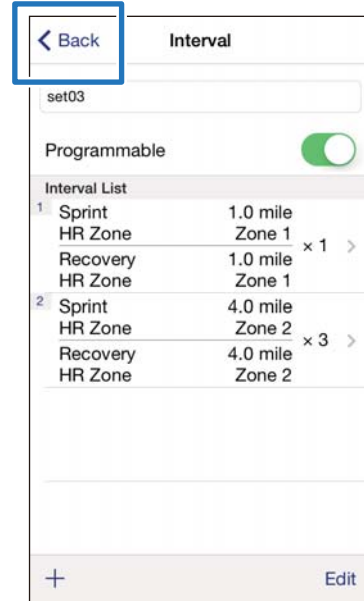


**9** Tap + to add a new interval list, specify the necessary items, and tap **Back**.

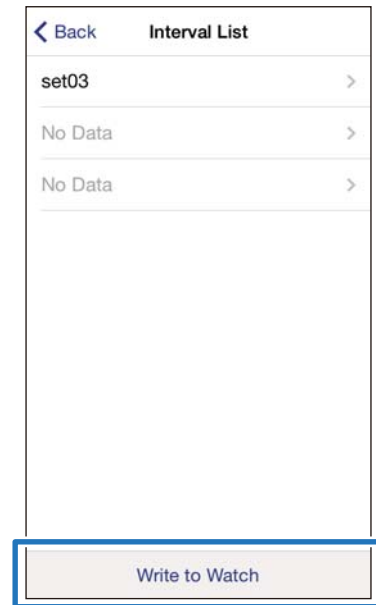


**Note:**  
You can delete and reorder interval lists by tapping **Edit** if you have more than one interval lists.

**10** Tap **Back**.



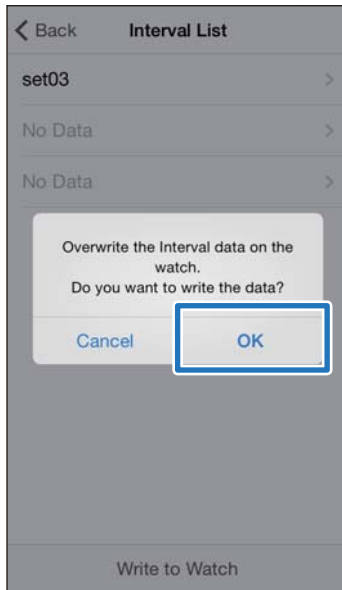
**11** Tap **Write to Watch**.



## Changing the Settings

### 12 Tap **OK**.

Settings are written to the device.



### 13 Check that writing to the watch has completed and tap **OK**.

Changing the Settings

# Reducing the GPS Positioning Time (AGPS)

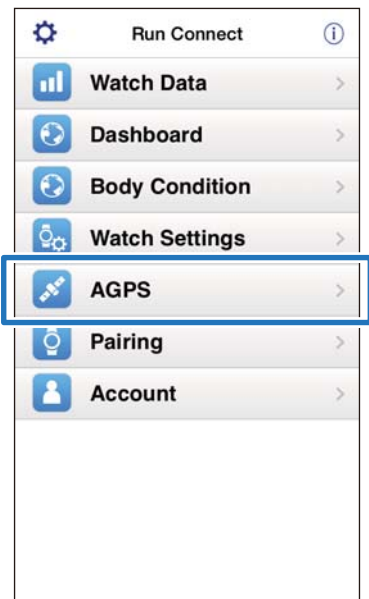
You can reduce the positioning time by downloading assistance data for the GPS satellites before running.

**!** *Important:*  
You don't need to be outdoors for this operation.

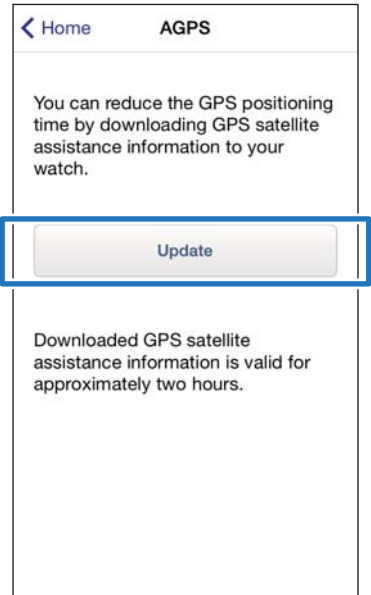
**1** Start Run Connect on your iPhone.



**2** Tap AGPS.

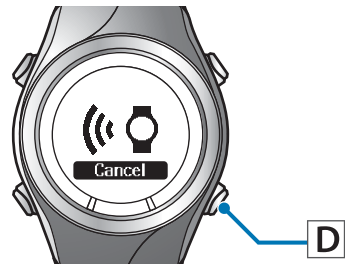


**3** Tap Update.

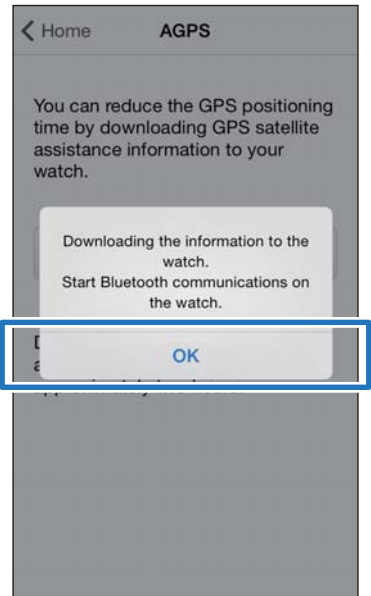


**4** Hold down **D** on this product.

Bluetooth communication starts.



**5** Tap **OK** on the iPhone.



## Changing the Settings

**Note:**

*Try again if the communication fails.*

- 6 Check that writing to the watch has completed and tap **OK**.

---

# Troubleshooting

---

This section explains how to solve problems that occur during use.

 ["Problem Solving" on page 46](#)

 ["Unpairing Devices" on page 48](#)

 ["Contacting us About this Product" on page 51](#)

## Troubleshooting

# Problem Solving

Check each item.

Screen	Problem	Message contents	Solution
Watch Data List Upload Watch Settings AGPS	Communications to the watch was cut off.	Communication with the watch has been disconnected. Acquire the list again.	Try the following and tap the menu item again. <ul style="list-style-type: none"> <li><input type="checkbox"/> Charge the watch</li> <li><input type="checkbox"/> Establish the communications with the watch and keep close to you</li> <li><input type="checkbox"/> Turn Bluetooth ON in the iOS</li> </ul> If the problem persists even after you have tried the above, unpair and pair the devices again, and then tap the menu <a href="#">👉 "Unpairing Devices" on page 48</a>
Watch Data List Watch Settings AGPS	Cannot communicate with the watch.	Cannot detect the watch. Turn on Bluetooth in the settings on your iOS device, start Bluetooth communication on the watch, and then access again. Cannot access a watch that has been paired. Try accessing again. Cannot read information on the paired watch. Upload again. Cannot access the watch. Turn on Bluetooth in the settings on your iOS device, and then acquire the list again. The watch is not responding. Start Bluetooth communication on the watch, and then acquire the list again.	Try the following and tap the menu item again. <ul style="list-style-type: none"> <li><input type="checkbox"/> Charge the watch</li> <li><input type="checkbox"/> Establish the communications with the watch and keep close to you</li> <li><input type="checkbox"/> Turn Bluetooth ON in the iOS</li> </ul> If the problem persists even after you have tried the above, unpair and pair the devices again, and then tap the menu <a href="#">👉 "Unpairing Devices" on page 48</a>

## Troubleshooting

Screen	Problem	Message contents	Solution
Upload	Cannot communicate with the watch.	Cannot detect the watch. Turn on Bluetooth in settings on your iOS device, start Bluetooth communication on the watch, and then upload again.	Try the following and tap <b>Upload</b> again. <ul style="list-style-type: none"> <li><input type="checkbox"/> Charge the watch</li> <li><input type="checkbox"/> Establish the communications with the watch and keep close to you</li> <li><input type="checkbox"/> Turn Bluetooth ON in the iOS</li> </ul> If the problem persists even after you have tried the above, unpair and pair the devices again, and then tap <b>Upload</b> . <a href="#">👉 "Unpairing Devices" on page 48</a>
		Cannot access a watch that has been paired. Try accessing again.	
		Cannot Reading information on the paired watch. Upload again.	
		Cannot access the watch. Turn on Bluetooth in the settings on your iOS device, and then upload again.	
		The watch is not responding. Start Bluetooth communication on the watch, and then upload again.	

If you cannot solve the problem even after trying the points above, contact our service center.

## Troubleshooting

# Unpairing Devices

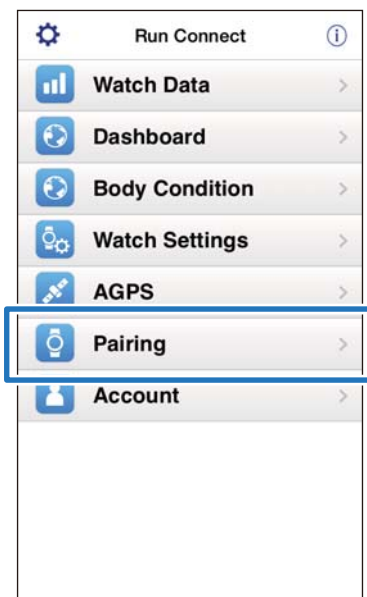
Unpair the devices if the iPhone and this product are not communicating properly or you want to pair the iPhone with another product.

## Operations on the iPhone

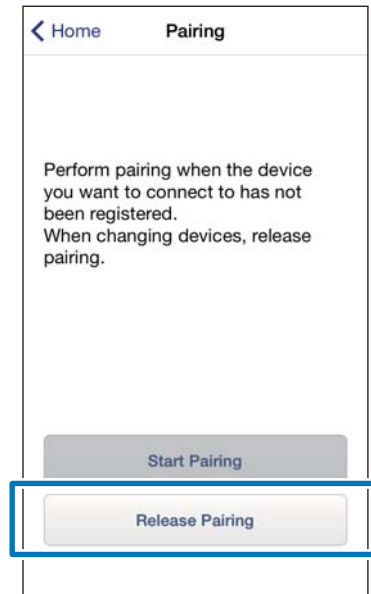
- 1 Start Run Connect on your iPhone.



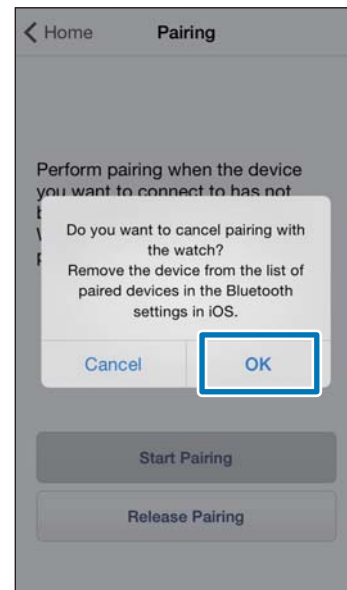
- 2 Tap **Pairing**.



- 3 Tap **Release Pairing**.



- 4 Check that the devices are unpaired and tap **OK**.



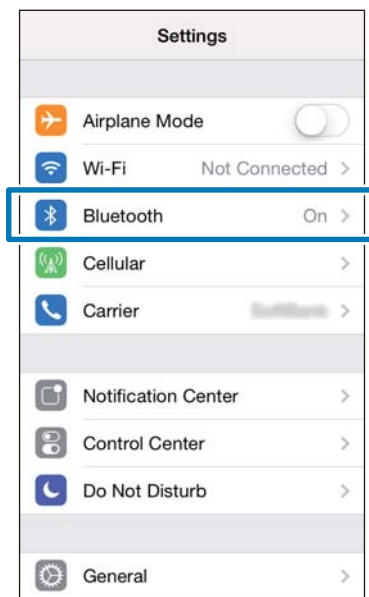


## Troubleshooting

**5** Tap **Set** on the iPhone.

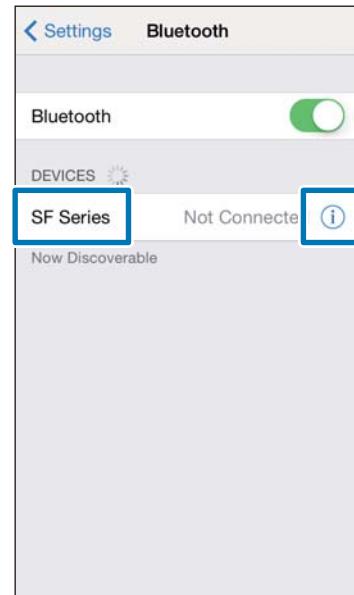


**6** Tap **Bluetooth**.



**7** Tap **i** for **SF Series**.

Note that the appearance of the icon is different in iOS6.

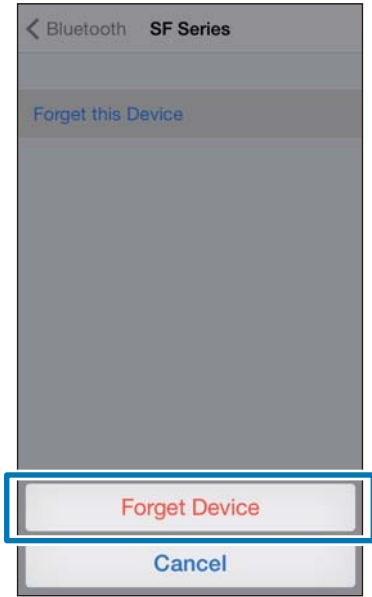


**8** Tap **Forget this Device**.



**Troubleshooting**

**9 Tap Forget Device.**



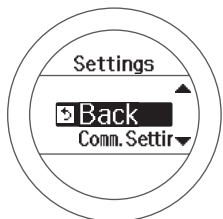
**Operations on the Product**

**Operation buttons**



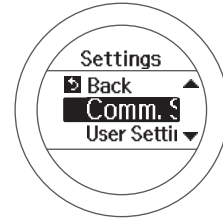
**1 Displays the Settings menu.**

Hold down **B** on the time screen.



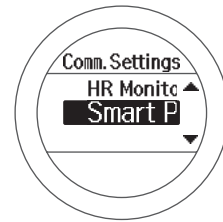
**2 Select Comm. Settings.**

Use **C/D** to select, and then press **A**.



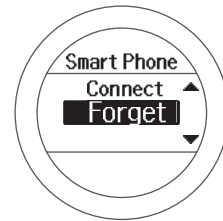
**3 Select Smart Phone.**

Use **C/D** to select, and then press **A**.



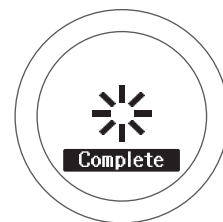
**4 Select Forget Device.**

Use **C/D** to select, and then press **A**.



**5 Complete the communication settings.**

Press **A**.



**6 Complete the settings.**

Hold down **A**.

Displays the time screen.

## Contacting us About this Product

Go to [www.epson.eu/runsense](http://www.epson.eu/runsense) for service contact details.

EPSON EUROPE B.V.

Address: Atlas Arena, Asia Building, Hoogoorddreef 5,  
1101 BA Amsterdam Zuidoost, The Netherlands  
<http://www.epson.com/europe.html>

**EPSON**  
EXCEED YOUR VISION

GPS Sports Monitor

**RUNSENSE**

**SF-710 | SF-510 | SF-310**

[www.epson.eu/runsense](http://www.epson.eu/runsense)



412805800

©2014 Seiko Epson Corporation. All rights reserved.