



Nike+ SportWatch GPS

POWERED BY **TOMTOM** 

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Welcome

Welcome to your Nike+ SportWatch GPS, powered by TomTom. Your watch works with GPS and the Nike+ Sensor in your shoe to record your distance, pace, elapsed time and calories burned while you run. You can tap the screen to record laps as you run. After your workout, connect the watch to a USB port on your computer to upload your runs to nikeplus.com, see where you ran, set personal goals, challenge your friends, and find great routes.

Getting Started

TO USE YOUR NIKE+ SPORTWATCH GPS, YOU MUST HAVE:







- A Macintosh with built-in USB. Mac OSX v10.4.8 or later or
- A PC with built-in USB or a USB card installed. Windows XP Home or Professional (SP2) or later, or Windows Vista or Windows 7.
- Internet access. Broadband is recommended; fees may apply. Usage is subject to the terms of a software license.

WHAT'S INCLUDED



1. Nike+ SportWatch GPS
2. Nike+ Sensor
3. USB cable
4. Quick Start Guide
5. Nike+ Connect Software

Icons

-  Satellite: GPS satellite signal
-  ShoePod: Nike+ Sensor for your shoe
-  Heartrate: heart rate transmitter (sold separately)
-  Battery: battery charge
-  Warning: battery or memory is low
-  Alarm: Alarm is set

Scroll, Select, Tap



As you use your SportWatch GPS, you'll tap, select and scroll.

1. Scroll: review your options, up or down.
2. Select: chose an option on the screen, or pause your run
3. Tap: mark laps as you're running, or turning on the backlight. Your watch is designed for quick, but strong taps, to avoid light, accidental taps while you're running. This isn't a touch screen.

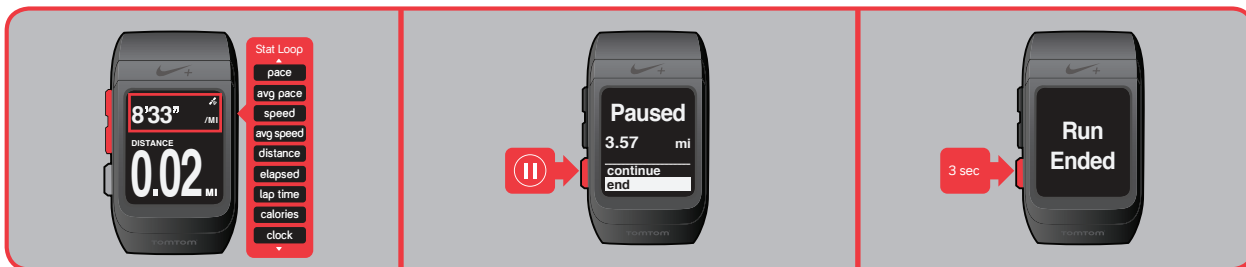
The Fastest Way to Get Up & Running



Press and hold the Select button for 3 seconds.

The satellite icon will blink until a signal is found. You can't use GPS unless you're outside.

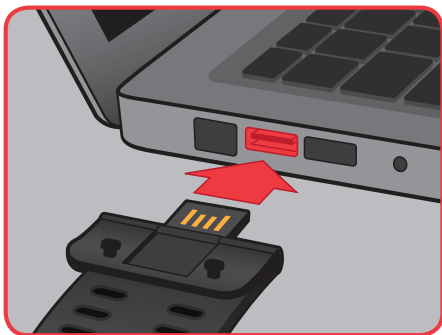
When you see "Ready," press the Select button to start your run.



As you run, use the scroll button to toggle through your distance, pace, average pace, elapsed time, calories or time of day.

Press the Select button anytime you want to pause your run.

Press and hold the Select button for 3 seconds to end your run.



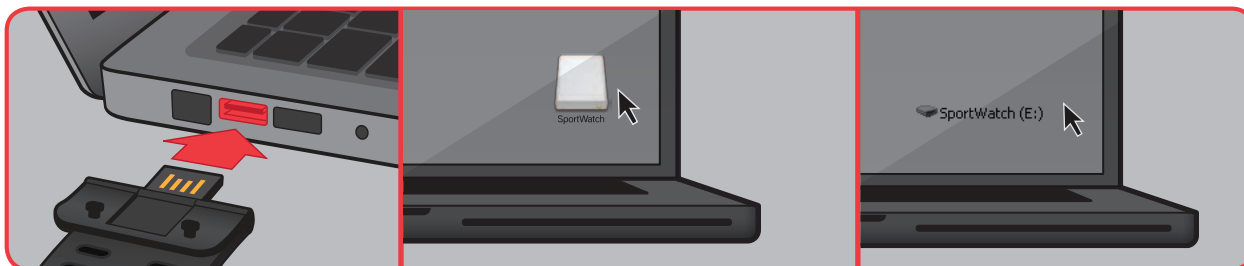
After your run, plug the watch strap into a USB port on your computer, and upload your run info to nikeplus.com

Note: To use your watch indoors, place the shoe sensor under the sock liner of your Nike+ Ready shoe.

Before Your Run

You can run with your watch, right out of the box, but to get the most out of your run, plug your watch into a USB port on your computer and customize your settings using the Nike+ Connect software.

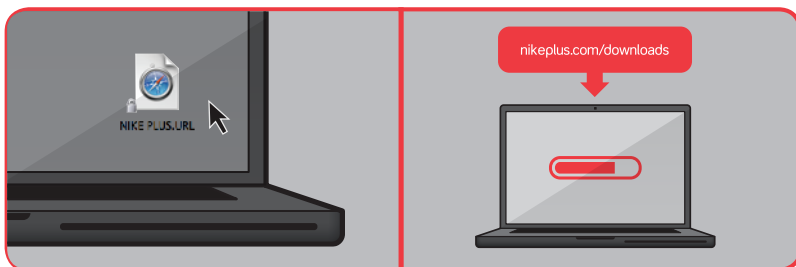
Using the Nike+ Connect Software



First, plug your watch into a USB port on your computer. You can also use the USB cable that came with your watch.

If you're using a Mac, click the SportWatch icon on your desktop.

If you're using a PC, click the SportWatch icon located in My Computer. Or, it might launch automatically.



Double click the icon of the drive to open it, then double click the "nikeplus" file.

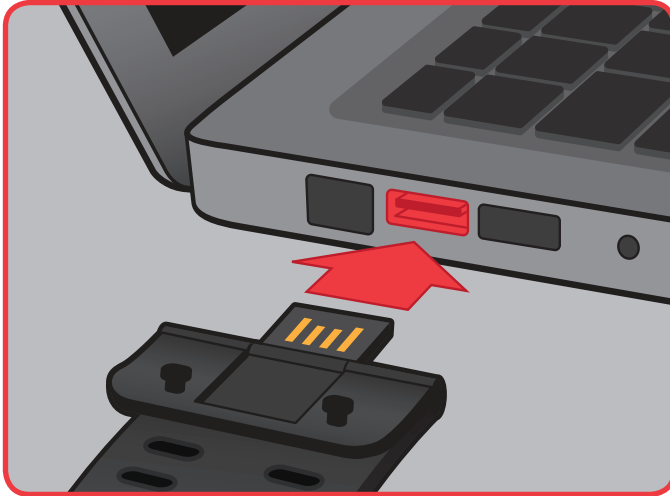
You'll automatically be sent to a website where you can download the Nike+ Connect software.

Note: Make sure the USB connector is dry before you plug it into your computer.

Download the Nike+ Connect software to your computer. Each time you connect your watch to that computer, (fig. 02) the software will automatically launch, uploading your runs to nikeplus.com, and removing them from the watch's memory.

Note: You can download and install the software to more than one computer.

fig. 02

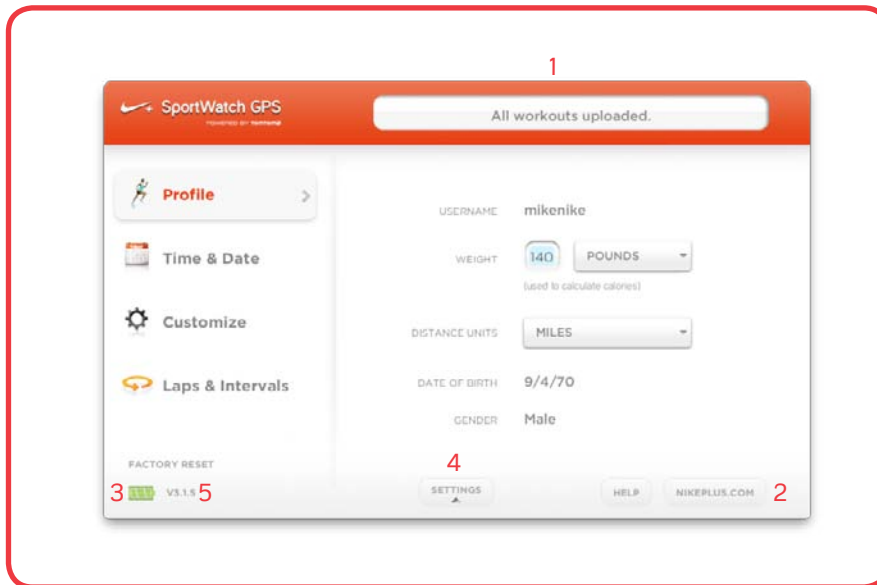


The Nike+ Connect software allows you to customize your settings, and automatically saves your info, and closes when you unplug your watch

If you're already a Nike+ member, click on "login" and log in to your account, once the website is launched. Otherwise, click "Create an account" to create a new Nike+ account. Then you can customize your watch by clicking through the Settings.

Here's what you'll see in the main window (fig. 03):

fig. 03



1. The status area gives you a status report, in real time. For example, "All workouts uploaded."
2. Clicking the "nikeplus.com" button takes you to nikeplus.com.
3. The battery icon shows you the charge level of the battery.
4. The "settings" button opens the setting drawer, where you can customize the settings on your Nike+ SportWatch GPS.
5. Clicking "version number" shows you detailed information about which version of software and firmware you're using on both your Nike+ SportWatch GPS and Nike+ Connect

Settings Button

fig. 04



To close the "settings" window, click the "settings" button (fig. 04). To open it, click it again, then click through the tabs on the left-hand side to customize your watch.

GETTING HELP

Clicking on "Help" takes you to the Support section of nikeplus.com, where you can download the user's manual, read frequently asked questions, view tutorials and share feedback.

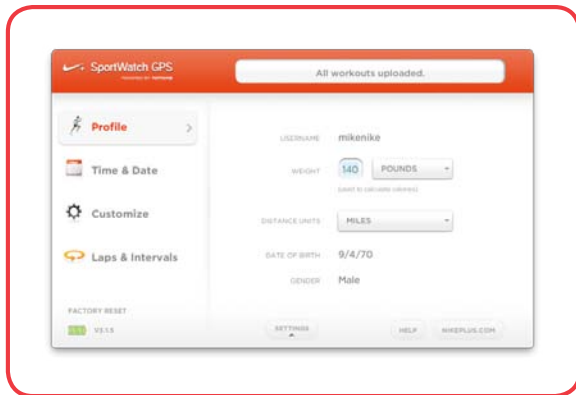
RESETTING THE WATCH TO FACTORY SETTINGS

If you want to reset all the settings back to the original factory defaults, click "Factory Reset." This will clear your user settings, time, calibration information and "weekly" distance numbers, your account info, personal records and history.

Note: When you reset the Factory Settings, the run info you've already uploaded to nikeplus.com won't be erased.

Profile Tab

fig. 05



YOUR USERNAME

Your username will automatically appear as “pending” until you login or register at nikeplus.com. Once you’re a nikeplus.com member, and you’ve logged in through the Nike+ Connect software, your username will automatically show up. This username is specifically associated with your watch.

ENTERING YOUR WEIGHT TO TRACK CALORIES BURNED

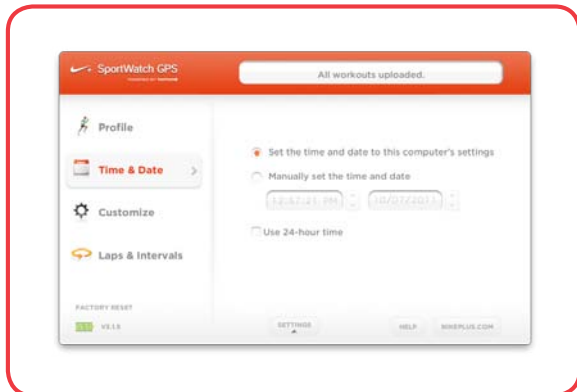
To track your calories burned while you run, enter your current weight. Type in your weight, (fig. 05), then use the drop-down menu to choose pounds or kilograms.

Note: If you don’t enter your weight in the Profile tab, your watch will assume a weight of 150 pounds for calculating calories. Make sure to update this with your current weight for a more accurate calorie count.

SETTING THE UNITS OF DISTANCE

You can adjust the units of distance to miles or kilometers. This will only affect the units of measurement on your Nike+ SportWatch GPS.

fig. 06



SETTING THE TIME

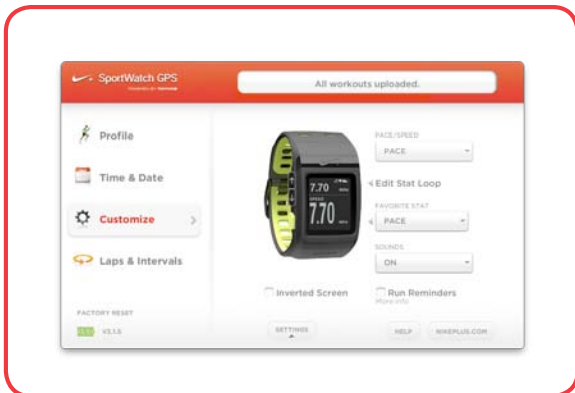
Your watch will automatically be set to the current time and date on your computer, once you plug your watch strap into a USB port. To adjust the time manually, click on the Time & Date tab (fig. 6), then click "Manually set the time and date" to make adjustments.

You can also set the time and date on your watch. The "Manually set the time and date option" will stay selected unless you choose to set the time and date to your computer's settings.

Check the box "Use 24-hour time" for 24-hour time mode.

Customize Tab

fig. 07



PACE/SPEED

Your watch can measure your current pace — “Pace” — or how fast you’re running — “Speed.” Use the drop down box to choose the one you prefer.

Note: This change will automatically update the info in your Favorite Stat and Stat Loop.

fig. 08



EDIT STAT LOOP

Check all the metrics you want to see in the upper portion of your watch’s display as you run (fig. 08). You’ll push the scroll button up or down to review this info. Your options include: distance, pace or speed, average pace or average speed, elapsed time, lap time, calories, clock and heart rate. Use the scroll buttons on the image of the watch to preview what the stat loop will look like

during your run. Choose "Auto Loop" if you want to see your selected stats scroll automatically as you run.

Note: Heart rate won't show up here unless your watch has previously been linked to a heart rate monitor. See more on this in the section "Adding heart rate to your run."

FAVORITE STAT

Your Favorite Stat is the largest metric you'll see while you run. Use the drop down box to choose distance, pace or speed, average pace or average speed, elapsed time, manual laps or auto laps, calories, clock and heart rate (if you've already linked to a heart rate monitor).

SOUNDS

Your watch uses several different tones to signal key presses, lap marks, alerts and warnings. Use the menu to turn sounds "on," "in run only," or "off." (fig.07).

RUN REMINDER

Run Reminder: Turn this on if you want your watch to remind you to go for a run after you haven't worked out in a while.

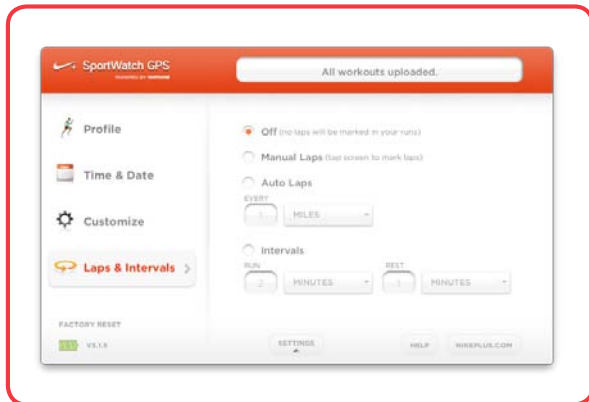
fig. 09



INVERTED SCREEN

Inverted Screen: Choose between white text against a black background or black text against a white background.

fig. 10



You can customize laps and intervals through Nike+ Connect (fig. 09). Select "off" if you don't want to keep track of laps. Choose "Manual Laps," to mark your laps by tapping the screen on your watch during your run. "Auto Laps" will automatically mark your laps for you (i.e. every 1 mile, or every).

For Interval Training, simply choose how long or how far you want your run interval to be (i.e. every 2 minutes) and how long you want to rest (i.e. 1 minute). Your Run and Rest intervals can be in either distance or time increments.

Note: You can also turn laps and interval training on or off on the watch itself (in the watch menu, select "run" then "options:")

Quickstart

It might take a couple of minutes to find a GPS signal. For example, you're running in a new location and your watch needs to reestablish a connection with the satellite.

To start a run before a GPS signal is found, you can use the quickstart feature, which uses the Nike+ sensor (in your shoe) to track your run info.

Use this option by going to **run > Shoe Pod > on > quickstart**.

fig. 11



Note: In quickstart workouts, your speed and distance will be recorded by your Nike+ shoe sensor.

Using the Nike+ Sensor

fig. 12



Place the Nike+ Sensor underneath the sock liner of your left Nike+ ready shoe. The Nike+ sensor will work with your watch to continuously track your run info when a GPS signal is weak, or when you're running indoors.

ABOUT THE SHOE SENSOR'S BATTERY LIFE

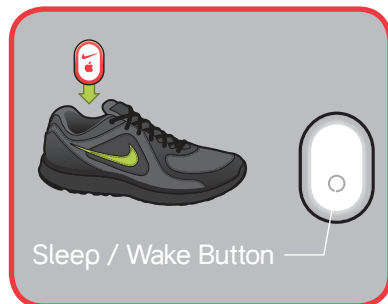
The sensor contains a non-replaceable battery with a life of more than 1000 active hours. The sensor has a built-in power management system, which only consumes power when active (that is, when it senses motion).

You can leave the sensor in your shoe when you aren't working out, but be aware that the sensor will be active anytime you're walking or running. If you plan to wear your shoes for a long time without working out, we recommend replacing the sensor with the foam insert to save battery life.

Note: You can buy a replacement sensor through nikestore.com or apple.com.

PUTTING THE SENSOR TO SLEEP

fig. 13



The sensor is awake and on by default. If you want to store the sensor for a long period of time or make it stop transmitting, you can put it to sleep or take it out of your shoe.

To put the sensor to sleep: Use a pen or a paper clip to press and hold the Sleep/Wake button for three seconds. (fig. 12)

Important: Put the sensor to sleep before taking it on an aircraft, to comply with applicable government regulations.

To wake the sensor: Use a pen or a paper clip to press the Sleep/Wake button.

The Nike+ Sensor also works with the Nike+ SportBand, iPod nano, iPod Touch, and iPhone.

Your SportWatch GPS - The Main Menu

fig. 14



When you push the scroll button up or down from the current time of day, you'll get to the main menu — "clock," "run," "history," "records" and "stopwatch."

fig. 15



Select "clock" to set the time, date, alarm and turn the alarm on or off.

fig. 16



To change the time, select "Set Time." Use the scroll buttons to choose the hour, press Select then scroll and press Select to set the minutes. Press Select when you're done to get back to the main menu.

Your SportWatch GPS - The Main Menu

fig. 17



To change the date, select "Set Date." Use the scroll buttons to choose the month, press Select, then scroll and press Select to set the date and the year. Press Select when you're done to get back to the main menu.

fig. 18



To set an alarm, select "Set Alarm." Use the scroll buttons and press Select to set the alarm. Press Select again to get back to the main menu.

fig. 19



Select "Alarm" to turn your alarm "on" or "off."

fig. 20



"Run" gives you the option to start a run. You can also choose which sensors you want to run with, select lap options, or set interval preferences. To turn GPS on or off, simply scroll to GPS then push the select button to choose "on" or "off." To activate the Nike+ Sensor, go through the same steps for "Shoe Pod."

fig. 21



In "Options," you can change your "laps" preference from "off" to "auto" or "manual." "Auto" will automatically mark laps based on the distance or time parameters chosen in the Nike+ Connect Customize Tab. "Manual" will mark a lap whenever you tap the screen.

fig. 22



You can change your "Intervals" preference from "off" to "on." Your watch will use intervals as chosen in the Nike+ Connect Customize Tab. When intervals are turned on, you'll see the word "run" on the main screen as your run time counts down, then you'll see your interval count down. The "Run" and "Rest" times will switch back and forth until you've reached your goal.

Note: Laps and Intervals can't be used at the same time.

In "Options," you can also link to a new Nike+ Sensor, or a heart rate monitor.

fig. 23



"History" keeps track of up to 50 of your most recent runs, placing the most recent runs at the top. You'll see the date and distance of each run. When you highlight a run in the list, all the stats from that specific run will automatically scroll across the screen. If you press the Select button on a highlighted run, you can review all the stats on that screen.

Note: If it's a heart rate only run, you'll see calories burned instead of distance.

fig. 24



"Records" keeps track of your total miles, fastest mile, fastest km, fastest 5k, fastest 10k, fastest half marathon, fastest marathon and longest run. Your watch pulls these Records directly from your nikeplus.com account. Your records will automatically scroll down for you, or you can review them using the scroll button.

fig. 25



Select the "Stopwatch" option to use your watch as a stopwatch. You can start, stop, pause or mark up to 50 laps just by tapping the screen. Once you're done, review your total time, best lap time, average lap time or individual lap time. This data will be stored on your watch until you reset it. Workouts recorded with the Stopwatch will not be uploaded to nikeplus.com.

Checking Your Metrics

fig. 26



While you run, use the scroll button to click through your stat loop (at the top of the display) and check your info: elapsed time, distance, current pace, average pace, speed, average speed, calories burned, lap time, time of day, heart rate (as bpm for beats per minute, if you're using a heart rate monitor), lap time (if laps are turned on) and Run/Rest counters (if you're in interval mode).

Note: You can customize your stats by going to the Customize Tab of the Nike+ Connect software.

Warnings

If the battery or memory is getting low, you'll hear an alarm. You'll hear three tones, and the backlight will be lit for 5 seconds. You'll also see one of the following messages: Low Memory, Memory Full and/or Low Battery. Push the Select button once to dismiss the alarm.

fig. 27



"Low Memory" appears when the amount of data on your watch is close to its maximum capacity. You will still be able to start your run, but you could reach maximum capacity during your run, at which point your run will end and your run info will be saved.

fig. 28



"Memory Full" may appear when you try to start a run with no memory remaining. You will automatically be returned to the previous screen. You should upload your run data to clear the current data on the watch, and free up the memory.

fig. 29



"Low Battery" appears when the battery level is equal to or below its memory reserve of one hour. You'll have approximately another hour of run time before the battery will run out.

When you see any of these screens, or hear these alarms, plug your watch into a USB port of your computer to upload your run data and/or to recharge the battery. These three alarm messages may also appear when you end a run.

Note: You'll only hear these alarms if you have sound turned on in the Customize tab of Nike+ Connect.

Adding Heart Data to your Run

fig. 30



You can track your heart rate with your watch when you link it to a heart rate monitor (such as the Polar Wearlink+ Transmitter, sold separately). The electrode areas on the inside of the strap detect your heartbeat, and the monitor sends it to your watch. (fig. 24)

WEARING A HEART RATE MONITOR

fig. 31

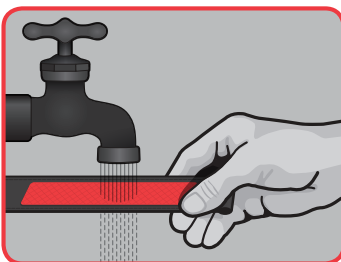


fig. 32



fig. 33

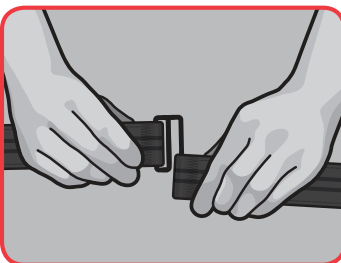
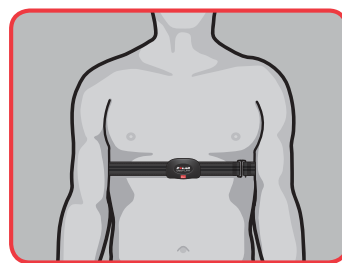


fig. 34



1. Moisten the electrode areas (on the inside) by placing them under running water. (fig. 31)
2. Attach the transmitter to the strap, adjusting the length as needed to fit snugly and comfortably around your chest. (fig. 32)
3. Place the strap around your chest, adjusting the length just under the chest muscles, and attach the hook to the other end of the strap. (fig. 33)
4. Make sure the electrode areas are pressed firmly against your skin, with the logos on the transmitter in a central, upright position. (fig. 34)

LINKING THE HEART RATE TRANSMITTER TO YOUR WATCH

Before using your heart rate transmitter for the first time, you'll need to link it to your Nike+ SportWatch GPS.

fig. 35



Go to run > Options > New Sensor. You'll see a "looking for sensor" message then a "walk around" message. When the heart rate transmitter is linked, you'll see a heart icon, along with the message "Sensor Found."

RUNNING WITH THE HEART RATE TRANSMITTER AND YOUR WATCH

fig. 36



Use both your shoe sensor and heart rate transmitter to get the most out of your run (pace, distance, time, calories burned, and beats per minute).

Wear the Heart Rate Monitor as instructed above.

Go to the main menu on your watch, then go to "run" and make sure your heart rate transmitter is around your chest. It must have been linked to your watch previously, before it will show up in your menu. Select "continue" and the watch will link to the appropriate sensor (GPS, shoe and/or HRM). Once your sensors are linked, select "start" to begin your run. You'll see bpm (beats per minute) as part of your run info.

Note: Detach the connector from the strap and rinse the strap under running water after every use. Dry and store the strap and connector separately. Wash the strap regularly in a washing machine at 40c/104f, or at least every fifth use.

HEART RATE ONLY WORKOUTS

You can run with the heart rate transmitter only to get beats per minute, calories burned, and elapsed time.

Scroll to run, and make sure "heartrate" is "on" then select "continue." Your watch will show the messages "linking sensors." When it finds your heart rate monitor, you'll see the message "Sensor Found!"

fig. 37



Once the heart rate sensor is found, the word "ready" will appear. Select "start" to begin your workout. You'll see your heart rate in beats per minute (bpm) as you run.

Note: To turn off your heart rate monitor, go to "run", "Heartrate", "off".

Starting Your Run

RUNNING OUTDOORS

fig. 38



If you're going to run outdoors without a shoe sensor, go to the main menu and select "run." The satellite icon will blink until your watch finds a satellite signal, then you'll see "Ready." Choose "start" to start your run. (Read more on page 28).

fig. 39



If you're going to run outdoors with a shoe sensor, select run > Shoe Pod > on > continue. The satellite and shoe icons will blink until a link is established. When you see "Ready" press "start" to start your run. Using a Nike+ Sensor outdoors will improve accuracy when a GPS signal is weak (i.e. dense foliage, a tunnel.)

RUNNING INDOORS

If you're going to run indoors, finding a GPS signal will be difficult, so you should use your shoe sensor. Make sure you have the sensor underneath the sock liner of your Nike+ ready shoe.

fig. 40



Select run > Shoe Pod > on > continue. Select run > GPS > off. The shoe icon will blink until a link is established. When you see "Ready," press "start" to start your run.

fig. 41



You can bypass the menu and start a run from the clock screen simply by pressing and holding the select button for 3 seconds.

If you use this shortcut, your run will start with the same settings used for your most recent run.

You can instantly end your run by pressing and holding the Select button for 3 seconds.

Running with GPS and Shoe Sensor

To improve overall accuracy and record every step of your run turn the GPS and shoe sensor "on." You'll want to do this if you're running in a tunnel, or a forest, where the satellite signal might, temporarily, get lost.

By default, the GPS function is "on." If you want to turn it off, go to **run > GPS > off**.

To link to a shoe pod, go to **run > Shoe Pod > on**.

fig. 42



Note: You can link your watch to up to 7 other shoe sensors, and 7 other heart rate monitors. (Go to run > Options > New Sensor.)

Losing Connection to a Sensor

If you lose the connection to a sensor, your watch will go into a paused state automatically. If the paused state is on for an additional 30 minutes, then your watch will end the run.

Pausing Your Run

To pause your run, press the Select button. If you enter the paused state intentionally, your watch will end your run after 30 minutes.

Ending a Run

To end a run, press the Select button, scroll to "end," then press the Select button again. You'll see a summary of your run, and any personal records you've achieved.

fig. 43



A shortcut to ending a run is to press and hold the select button for 3 seconds.

AUTO CALIBRATION

Your shoe sensor is calibrated automatically, using GPS. In order to calibrate your shoe sensor, you'll need to run outside, where there's a strong GPS signal for at least half a mile. Calibration will get better over time.

After Your Run

Reviewing Your Run History

Your watch displays stats for your 50 most recent runs.

fig. 44



From the main menu, scroll to "history" to see your runs in reverse chronological order. You'll see the date and distance of each run, and, if a run is highlighted, you'll see your other stats automatically scroll across the screen.

Press the Select button for a screen summary of your run.

Note: For heart rate only runs, calories will replace distance.

Post Workout Alarms

If the sound is turned on and your memory or battery is getting low, you might hear an alarm, once you've completed a run.

You'll hear three tones, then you'll see one of these screens: Low Memory, Memory Full or Low Battery.

Select "ok" then plug watch into a USB port on your computer to either send your runs to nikeplus.com and free up the memory, or charge the battery.

Personal Records

Your watch keeps track of your personal records, whether you've recorded them on your watch, or through another Nike+ enabled device.

fig. 45



The first time you plug your watch into a USB port on your computer and login to nikeplus.com, your watch will automatically sync your personal records for: fastest mile, fastest 5k, fastest 10k, and longest run.

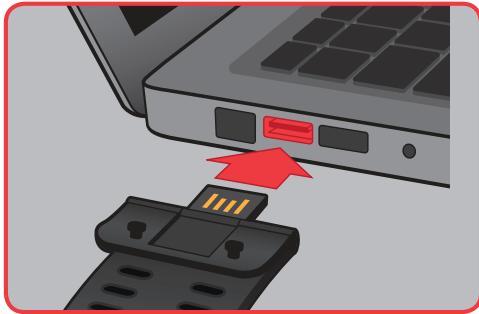
If you achieve a new personal record after a run, you'll see congratulatory message on your watch.

You can review your personal records by selecting "records" in the main menu.

Uploading Your Runs to nikeplus.com

After recording your run, you can upload your workout info to nikeplus.com, where you can track your progress, set goals, challenge others, see where you ran and find great routes. Your watch records up to 15 hours of run info.

fig. 46



1. After recording your runs, connect your watch to a USB port on a computer installed with Nike+ Connect software. Make sure the USB connector is dry before you attach it to your computer.
2. Nike+ Connect will automatically launch and upload your run info to nikeplus.com
3. Your web browser will open automatically, and take you to nikeplus.com. Meanwhile, the message "All workouts uploaded" will appear in the status bar of the Nike+ Connect software.
4. At nikeplus.com, you can track your goals, challenge your friends, share your progress through Facebook and Twitter, and more.

Note: If no Internet connection is detected, the main window will show you the message "No internet connection." Click on the Try Again button to reconnect.

5. If an Internet connection is not available, or nikeplus.com doesn't respond, Nike+ Connect will queue your runs from your SportWatch for upload at a later time, and will clear your SportWatch's memory so you can record more runs. You won't see these runs on nikeplus.com until you've successfully established an Internet connection.

Using Maps

After your run, your route will automatically be uploaded to nikeplus.com. You can see where and how fast you ran, see your elevation gain or loss, plus review your laps and splits for your runs. You can also use nikeplus.com to find great running routes, set personal goals, and challenge friends.

fig. 47



Check the nikeplus.com website all the different ways you can use maps.

Etcetera

Making Updates

It's easy to keep your Nike+ SportWatch GPS and Nike+ Connect software up-to-date. Each time you plug your watch strap into a USB port on your computer, Nike+ Connect will check for new firmware (updates for your watch) and new software (updates to Nike+ Connect).

Updating Nike+ Connect

When Nike+ Connect software updates are available, a message will say, "A newer version of Nike+ Connect is available. Would you like to download and install it now?" Clicking the Update button will update the software.

Updating your Watch

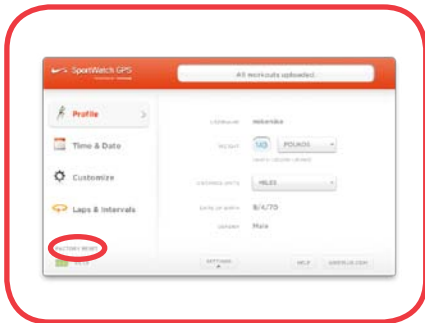
When new updates to the Nike+ SportWatch are available, a message will prompt you to make an update.

You can make updates when you see they're available, or at a later date.

To refresh your watch's connection to a GPS satellite, frequently plug your watch into a computer installed with the Nike+ Connect software. The latest satellite data will automatically be updated to your watch through the software.

Resetting the Nike+ SportWatch

fig. 48



You can reset all your settings using the Nike+ Connect software. Just plug your watch into a USB port on your computer and click on "Factory Reset," in the main screen. This will clear the user settings, time, calibration information and "weekly" distance numbers from your SportWatch.

Note: The stats you've already uploaded to nikeplus.com will not be affected.

If you're wearing your watch and it isn't responding, you can try doing a "soft reset." Press and hold the both the scroll up and select button for 5 seconds. The display will show the latest firmware version, then the current time of day. All your run info will be saved.

Note: If you reset the watch while you're running, the recording will automatically stop, but your workout info will still be stored in your watch.

Note: You can't reset your watch if it's connected to a USB port on your computer.

About the Memory

Your watch stores up to 15 hours of run info. Read more about the memory and battery states in the Alarms section of this manual.

Charging the Battery

It takes approximately 2 hours for the battery to fully charge. You can charge your watch by connecting it to your computer's USB port. The battery will last for up to 9 hours of run time before it needs to be recharged.

Another way to check the battery is to look at the icon on your watch's time of day display. The battery icon will change from empty to full, to indicate the amount of charge left on the battery.

You can also check the battery level any time using Nike+ Connect. Simply look at the icon in the lower-left corner of the main window.

About Specifications

NIKE+ SPORTWATCH SPECIFICATIONS

Your watch uses a rechargeable lithium polymer battery. In standby, from full-charge, the battery will last for up to 70 days, or up to 9 hours of run time with GPS and the sensor turned on.

- Water resistant up to 5 ATM.
- The temperature range for typical product usage is -20C to +60C.

Warning: the sensor is a potential choking hazard. Keep it away from children under three years of age.

Important: Do not attempt to open the sensor, disassemble it, or remove the battery. No user-serviceable parts are inside.

Warranty

Nike+ SportWatch Warranty ONE-YEAR LIMITED WARRANTY

Your product is warranted by Nike* and TomTom* to be free of defects in materials of workmanship, under normal use, for a period of one year from the date of purchase. This limited warranty excludes damage resulting from improper care of handling, accidents, modification, unauthorized repairs, normal wear or other causes which are not defects in materials and workmanship. If your product is defective, return it and the store receipt to the place of purchase.

If there is a covered defect, we will repair or replace the product free of charge or issue a refund at our discretion. The product is provided "AS IS AND WITH ALL FAULTS", and Nike and TomTom hereby disclaim all other warranties, conditions and the provision of or failure to provide support or other services, information, software, and related content through the product or otherwise arising out of the use of the product.

This limited warranty is in place of all other express and implied warranties of any kind, which are hereby excluded. In no event shall Nike or TomTom be liable for direct, indirect, incidental or consequential damages arising out of the use of the product, and any recovery is limited to the purchase price. No other person or company is authorized to change this limited warranty, and your dealer is solely responsible for any other additional warranties.

Some states and countries within the EEA do not allow limitation on how long an implied warranty lasts, or exclusion all or certain types of damages, so the above limitations may not apply to you. This warranty gives you specific legal rights, and you may also have other additional rights, which vary from state to state or within the EEA. The foregoing is without prejudice to other legal rights that may arise under applicable national legislation. The warranty extends only to products purchased from an authorized Nike or TomTom retailer.

*In European countries, Nike means Nike European Operations Netherlands B.V. located at Colosseum 1, 1213 NL Hilversum, The Netherlands and TomTom means TomTom International BV, located at Oosterdoksstraat 114, 1011 DK, Amsterdam, The Netherlands.

Learning More, Service and Support

For service and support, discussions, tutorials, and software downloads, go to our website: www.nikeplus.com/downloads

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규정 준수 삽지

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Notas de cumprimento anexas

NIKE



SWOOSH

Nike, Inc

United States:

This device complies with part 15 of the FCC rules. Operation is subject to the following two conditions (1) this device may not cause harmful interference, and (2) this device must accept any interference received including interference that may cause undesired operation.

FCC WARNING: any changes or modifications not expressly approved by the party responsible for compliance, could void the user's authority to operate this equipment under FCC regulations.

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

Note: The Transmitters within this device must not be co-located or operating in conjunction with any other antenna or transmitter.



EU (European Union): Declaration of Conformity with Regard to the EU Directive 1995/5/EC

Česky [Czech]: Nike tímto prohlašuje, že tento Nike+ SportWatch GPS je ve shodě se základními požadavky a dalšími příslušnými ustanoveními směrnice 1999/5/ES.

Dansk [Danish]: Undertegnede Nike erklærer herved, at følgende udstyr Nike+ SportWatch GPS overholder de væsentlige krav og øvrige relevante krav i direktiv 1999/5/EF.

Deutsch [German]: Hiermit erkläre Nike, dass sich das Gerät Nike+ SportWatch GPS in Übereinstimmung mit den grundlegenden Anforderungen und den übrigen einschlägigen Bestimmungen der Richtlinie 1999/5/EG befindet.

Eesti [Estonian]: Käesolevaga kinnitab Nike seadme Nike+ SportWatch GPS vastavust direktiivi 1999/5/EÜ põhinõuetele ja nimetatud direktiivist tulenevatele teistele asjakohastele sätetele.

Compliance Information

English: Hereby, Nike, declares that this Nike+ SportWatch GPS is in compliance with the essential requirements and other relevant provisions of Directive 1999/5/EC.

Español [Spanish]: Por medio de la presente Nike declara que el Nike+ SportWatch GPS cumple con los requisitos esenciales y cualesquiera otras disposiciones aplicables o exigibles de la Directiva 1999/5/CE.

Ελληνική [Greek]: ΜΕ ΤΗΝ ΠΑΡΟΥΣΑ Nike ΔΗΛΩΝΕΙ ΟΤΙ Nike+ SportWatch GPS ΣΥΜΜΟΡΦΩΝΕΤΑΙ ΠΡΟΣ ΤΙΣ ΟΥΣΙΩΔΕΙΣ ΑΠΑΙΤΗΣΕΙΣ ΚΑΙ ΤΙΣ ΛΟΙΠΕΣ ΣΧΕΤΙΚΕΣ ΔΙΑΤΑΞΕΙΣ ΤΗΣ ΟΔΗΓΙΑΣ 1999/5/ΕΚ.

Français [French]: Par la présente Nike déclare que l'appareil Nike+ SportWatch GPS est conforme aux exigences essentielles et aux autres dispositions pertinentes de la directive 1999/5/CE.

Italiano [Italian]: Con la presente Nike dichiara che questo Nike+ SportWatch GPS è conforme ai requisiti essenziali ed alle altre disposizioni pertinenti stabilite dalla direttiva 1999/5/CE.

Latviski [Latvian]: Ar šo Nike deklarē, ka Nike+ SportWatch GPS atbilst Direktīvas 1999/5/EK būtiskajām prasībām un citiem ar to saistītajiem noteikumiem.

Lietuvių [Lithuanian]: Šiuo Nike deklaruojama, kad šis Nike+ SportWatch GPS atitinka esminius reikalavimus ir kitas 1999/5/EB Direktyvos nuostatas.

Nederlands [Dutch]: Hierbij verklaart Nike dat het toestel Nike+ SportWatch GPS in overeenstemming is met de essentiële eisen en de andere relevante bepalingen van richtlijn 1999/5/EG.

Malti [Maltese]: Hawnhekk, Nike, jiddikjara li dan Nike+ SportWatch GPS jikkonforma mal-htigijiet essenzjali u ma provvedimenti oħrajn rilevanti li hemm fid-Dirrettiva 1999/5/EC.

Magyar [Hungarian]: Alulírott, Nike nyilatkozom, hogy a Nike+ SportWatch GPS megfelel a vonatkozó alapvető követelményeknek és az 1999/5/EC irányelv egyéb előírásainak.

Polski [Polish]: Niniejszym Nike oświadcza, że Nike+ SportWatch GPS jest zgodny z zasadniczymi wymogami oraz pozostałymi stosownymi postanowieniami Dyrektywy 1999/5/EC.

Português [Portuguese]: Nike declara que este Nike+ SportWatch GPS está conforme com os requisitos essenciais e outras disposições da Directiva 1999/5/CE.

Slovensko [Slovenian]: Nike izjavlja, da je ta Nike+ SportWatch GPS v skladu z bistvenimi zahtevami in ostalimi relevantnimi določili direktive 1999/5/ES.

Slovensky [Slovak]: Nike týmto vyhlasuje, že Nike+ SportWatch GPS spĺňa základné požiadavky a všetky príslušné ustanovenia Smernice 1999/5/ES.

Suomi [Finnish]: Nike vakuuttaa täten että Nike+ SportWatch GPS tyyppinen laite on direktiivin 1999/5/EY oleellisten vaatimusten ja sitä koskevien direktiivin muiden ehtojen mukainen.

Svenska [Swedish]: Härmed intygar Nike att denna Nike+ SportWatch GPS står i överensstämmelse med de väsentliga egenskapskrav och övriga relevanta bestämmelser som framgår av direktiv 1999/5/EG.

Íslenska [Icelandic]: Hér með lýsir Nike yfir því að Nike+ SportWatch GPS er í samræmi við grunnkröfur og aðrar kröfur, sem gerðar eru í tilskipun 1999/5/EC.

Norsk [Norwegian]: Nike erklærer herved at utstyret Nike+ SportWatch GPS er i samsvar med de grunnleggende krav og øvrige relevante krav i direktiv 1999/5/EF.



Tento produkt obsahuje baterii, která není přístupná uživateli. Nepokoušejte se otevřít plášť – v opačném případě může dojít ke ztrátě dat a k ohrožení výkonu. V případě nesprávné likvidace mohou látky obsažené v tomto produktu a/nebo jeho baterii poškodit životní prostředí a/nebo lidské zdraví. Značka popelnice na tomto produktu ukazuje, že tento produkt nesmí být likvidován společně s domácím odpadem. Buďte odpovědní a odevzdejte použitý produkt v nejbližší sběrně odpadu pro další recyklaci. Informace o nejbližší sběrně vám poskytne prodejce, u kterého jste produkt zakoupili, nebo obecní úřad.

Dette produkt indeholder et batteri, brugeren ikke har adgang til. Forsøg ikke at åbne kassen, da dette kan medføre tab af data og forringet ydeevne. Stoffer i dette produkt og/eller dets batteri kan være farlige for miljøet og/elle helbredet, hvis de bortscaffes på en forkert måde. Billedet af affaldskurven i en cirkel på produktet viser, at det ikke bør bortscaffes med husholdningsaffald. Lev op til dit ansvar og aflever det ved den nærmeste genbrugsstation for at sikre, at det bliver genbrugt. Den nærmeste genbrugsstation kan du få oplyst af den forhandler, der har solgt produktet til dig, eller hos din kommune.

Dieses Produkt enthält eine Batterie, die vom Benutzer nicht ausgetauscht werden kann. Versuchen Sie nicht, das Gehäuse zu öffnen, da dies zu Datenverlust bzw. zu einer verminderten Leistung führen kann. Die in diesem Produkt bzw. dessen Batterie enthaltenen Stoffe können bei unsachgemäßer Entsorgung Umwelt- bzw. Gesundheitsschäden verursachen. Das Symbol der durchgestrichenen Mülltonne auf diesem Produkt bedeutet, dass es gesondert und nicht über den Hausmüll entsorgt werden muss. Bitte handeln Sie verantwortungsvoll und entsorgen Sie das Produkt über eine Sammelstelle in Ihrer Nähe. Nähere Informationen über die Standorte der Sammelstellen erhalten Sie bei Ihrem Händler oder bei Ihrer Gemeinde.

Compliance Information

Käesolevas tootes on patareid, millele kasutaja ligi ei pääse. Ärge üritage korpusi avada, vastasel juhul võivad andmed kaotsi minna ja jõudlus ohtu sattuda. Käesolevas tootes ja/või selle patareis sisalduvad ained võivad kahjustada keskkonda ja/või inimeste tervist kui nende äraviskamine ei toimu nõuetekohaselt. Käesolevale tootele joonistatud prügikast tähendab, et toodet ei tohi ära visata koos olmeprügiga. Palun olge kohusetundlik ja viige seade käitlemise kindlustamiseks lähimasse käitlusjaama. Kohaliku kogumispunkti leidmiseks võtke ühendust poega, kust te toote ostsite või kohaliku omavalitsusega.

This product contains a battery that is not user accessible. Do not attempt to open the case, otherwise data may be lost and performance compromised. Substances contained in this product and/or its battery may damage the environment and/or human health if disposed of improperly. The wheeled bin on this product indicates that it should not be disposed of together with household waste. Please be responsible and take it to your nearest recycling collection point to ensure it is recycled. To locate your nearest collection point, contact the retailer where you made your purchase or your local municipality.

Este producto contiene una batería no accesible para el usuario. No intente abrir el aparato, porque esto puede originar la pérdida de datos y poner en peligro el funcionamiento. Las sustancias que contiene este producto y/o su batería pueden provocar daños al medio ambiente y/o a la salud humana si no se desechan adecuadamente. El icono del cubo de basura con ruedas indica que este producto no debe desecharse junto a los residuos domésticos. Por favor, sea responsable y llévelo al punto de reciclaje más cercano. Para averiguar dónde se encuentra su punto de reciclaje más cercano, contacte con el establecimiento donde realizó la compra o con las autoridades de su municipio.

Το παρόν προϊόν περιέχει μπαταρία στην οποία η πρόσβαση δεν είναι δυνατή από το χρήστη. Δεν πρέπει να επιχειρήσετε να ανοίξετε τη θήκη, διαφορετικά μπορεί να σημειωθεί απώλεια δεδομένων και υποβάθμιση της απόδοσης. Οι ουσίες που περιέχονται στο παρόν προϊόν ή/και τις μπαταρίες μπορεί να είναι επιβλαβείς για το περιβάλλον ή/και την ανθρώπινη υγεία σε περίπτωση ακατάλληλης απόρριψης. Το σύμβολο του τροχήλατου κάδου δηλώνει ότι το προϊόν δεν πρέπει να απορριφθεί μαζί με τα λοιπά οικιακά απορρίμματα. Δείτε υπευθυνότητα και παραδώστε το στο πλησιέστερο σημείο συλλογής ανακύκλωσης για να διασφαλιστεί ότι πρόκειται να ανακυκλωθεί. Για να βρείτε το πλησιέστερο σημείο συλλογής, επικοινωνήστε με τον μεταπωλητή από όπου πραγματοποιήσατε την αγορά ή με τις τοπικές δημοτικές αρχές.

Ce produit contient une batterie non accessible par l'utilisateur. N'essayez pas d'ouvrir le boîtier, sans quoi les données pourraient être perdues et la performance du dispositif, compromise. Les substances contenues dans ce produit et/ou sa batterie pourraient nuire à l'environnement et/ou à la santé, si éliminées de manière inappropriée. Le contenant roulant sur ce produit indique qu'il ne doit pas être éliminé avec les déchets ménagers. Veuillez adopter une attitude responsable et l'apporter au site de recyclage le plus proche pour en assurer la récupération. Pour localiser le site de recyclage le plus proche, contactez votre distributeur ou votre municipalité.

Il prodotto contiene una batteria non accessibile dall'utente. Non tentare di aprire la cassa, in caso contrario i dati potrebbero andare persi e le prestazioni del prodotto potrebbero essere pregiudicate. Le sostanze contenute nel prodotto e/o nella batteria potrebbero essere dannose per

l'ambiente e/o per la salute. Il bidone dotato di ruote raffigurato sul prodotto indica che quest'ultimo non può essere smaltito insieme ai rifiuti domestici. Si raccomanda una condotta responsabile: portalo al punto di raccolta più vicino per fare in modo che i materiali di cui è composto vengano riciclati. Per sapere dove si trova il punto di raccolta più vicino, contatta il rivenditore presso cui hai acquistato il prodotto o il tuo comune.

Šis produkts satur akumulatoru, kuram lietotājs nevar piekļūt. Nemēģināt atvērt korpusu, jo tas var radīt datu zudumu un ietekmēt veiktspēju. Vietas, ko satur šis produkts un/vai tā akumulators, var nodarīt kaitējumu videi un/vai cilvēku veselībai, ja produkts vai tā komponenti tiek nepareizi iznīcināti. Uz produkta attēlotā atkritumu tvertne ar riteņiem norāda, ka to nedrīkst izmest kopā ar mājsaimniecības atkritumiem. Lūdzu, esiet atbildīgs un nogādājiet produktu uz tuvāko otreizējās pārstrādes savākšanas vietu, lai nodrošinātu to, ka produkts tiek otreizēji pārstrādāts. Lai sameklētu tuvāko savākšanas vietu, sazinieties ar mazumtirgotāju, pie kura veicāt pirkumu, vai vietējo pašvaldību.

Šiame gaminyje yra vartotojui neprieinama baterija. Nebandykite atidaryti korpuso, nes galite prarasti duomenis ir neigiamai paveikti našumą. Netinkamai atsikratytos šiame gaminyje ir/arba jo baterijoje esančios medžiagos gali pakenkti aplinkai ir/arba žmogaus sveikatai. Šiukšlių konteinerio piktograma ant šio gaminio reiškia, kad jo negalima išmesti kartu su namų ūkio atliekomis. Elkitės atsakingai ir nuneškite jį į artimiausią atliekų surinkimo ir perdirbimo punktą. Norėdami rasti artimiausią surinkimo punktą, kreipkitės į pardavėją, iš kurio įsigijote pirkinį, arba teiraukitės savivaldybėje.

Dit product bevat een batterij die niet voor de gebruiker toegankelijk is. Probeer de behuizing niet openen, anders kunnen er gegevens verloren raken en de prestaties nadelig worden beïnvloed. Stoffen in dit product en/of de batterij kunnen bij incorrecte afvalverwerking schadelijk zijn voor het milieu en/of de gezondheid van de mens. Het symbool van de vuilnisbak op wieljes op dit product

geeft aan dat het product niet samen met huishoudelijk afval mag worden weggegooid. Denk aan het milieu en breng het product naar de dichtstbijzijnde inzamelplaats om er zeker van te zijn dat het wordt gerecycled. Voor informatie over de dichtstbijzijnde inzamelplaats neemt u contact op met de winkel waar u het product hebt gekocht of met de gemeente in uw woonplaats.

Dan il-prodott fih batterija li mhijieg aċċessibbli għall-utent. Tipprovax tiftaħ il-kaxxa, inkella tista' tintilef xi dejta u l-prodott jiġsta' ma jahdimx sew. Is-sustanzi li jinsabu f'dan il-prodott u/jew fil-batterija tiegħu jistgħu jagħmlu ħsara lill-ambjent u/jew lis-saħħa tal-bniedem jekk ma jintremewx kif suppost. Il-barmil bir-roti fuq dan il-prodott jindika li m'għandux jintrema flimkien ma' skart domestiku. Jekk jogħġbok kun responsabbli u hudu fl-eqreb punt ta' għbir għar-riċiklar sabiex tagħmel ċert li jiġi rriċiklat. Biex issib il-punt ta' għbir li huwa l-eqreb għalik, jekk jogħġbok ikkuntattja lill-ħanut minn fejn xtrajt il-prodott jew il-kunsill lokali tiegħek.

Ez e termék felhasználók által nem hozzáférhető akkumulátort tartalmaz, ezért ne tegyen kísérletet az akkumulátortartó kinyitására. Ellenkező esetben adatvesztés következhet be, és a teljesítmény csökkenhet. A termékben, illetve az akkumulátorban lévő anyagok helytelen leselejtezés esetén a környezetre és/vagy az emberi egészségre károsak lehetnek. A termékben elhelyezett kerekes kuka szimbólum azt jelzi, hogy a terméket nem szabad a háztartási hulladékokkal együtt leselejtezni. Az újrafelhasználhatóság biztosítása érdekében legyen körültekintő, és vigye el a terméket az újrafelhasználáshoz kijelölt legközelebbi gyűjtőhelyre. A legközelebbi gyűjtőhelyről a terméket értékesítő viszonteladónál vagy a helyi önkormányzatnál kaphat felvilágosítást.

Ten produkt zawiera wbudowaną baterię, do której użytkownik nie ma dostępu. Nie próbuj otwierać obudowy. Może to spowodować utratę danych i obniżenie jakości pracy urządzenia. W przypadku niewłaściwej utylizacji, substancje zawarte w tym produkcie i/lub baterii mogą być szkodliwe dla środowiska i/lub zdrowia ludzi. Symbol kubła na kółkach umieszczony na produkcie wskazuje, że nie należy do wyrzucac razem z domowymi odpadami. Prosimy zanieść urządzenie do najbliższego punktu recyklingu, aby zapewnić jego właściwą utylizację. Aby znaleźć najbliższy punkt zbiórki tego typu urządzeń, skontaktuj się ze sprzedawcą sklepu, w którym dokonales zakupu urządzenia lub z przedstawicielem władz lokalnych.

Este produto contém uma bateria que o usuário não pode manipular. Não tente abrir a caixa, do contrário dados podem ser perdidos e o desempenho prejudicado. As substâncias contidas neste produto e/ou na sua bateria podem danificar o ambiente e/ou a saúde humana se descartadas incorretamente. O símbolo da lixeira com rodas neste produto indica que ele não deve ser descartado junto com o lixo domiciliar. Seja responsável e leve-o ao ponto de coleta de reciclagem mais próximo para garantir sua reciclagem. Para encontrar o ponto mais próximo de coleta, contate o revendedor onde você fez sua compra ou a prefeitura local.

Izdelek vsebuje baterijo, ki ni dostopna uporabniku. Ne poskušajte odpirati ohišja, ker bi lahko to povzročilo izgubo podatkov in napačno delovanje. Snovi, ki jih vsebuje izdelek oz. njegove baterije, so lahko pri

neprimernem načinu odlaganja škodljive za okolje ter za zdravje ljudi. Podoba smetnjaka s kolesci na tem izdelku pomeni, da ga ne smete odlagati skupaj z gospodinjskimi odpadki. Zagotovite njegovo recikliranje tako, da ga odnesete na najbližje zbirališče odpadkov za recikliranje. Obrnite se na prodajalca na drobno, pri katerem ste kupili ta predmet, ali na občinsko komunalno službo, kjer vam bodo povedali, kje se nahaja najbližje zbirališče.

Tento výrobok obsahuje batériu, ku ktorej používateľ nemá prístup. Nepokúšajte sa otvoriť puzdro. V opačnom prípade môže dôjsť k strate údajov a zníženiu výkonu. Látky, ktoré výrobok a batéria obsahujú, môžu poškodiť životné prostredie a zdravie ľudí, ak sa výrobok nezlikviduje správnym spôsobom. Kontajner s kolieskami označuje, že výrobok sa nesmie likvidovať spolu s komunálnym odpadom. Prosíme vás o zodpovedný prístup. Výrobok odneste do najbližšieho recyklačného zberového strediska, aby sa zabezpečilo recyklovanie. Informácie o polohe najbližšieho recyklačného zberového strediska sa dozviete od obchodníka, od ktorého ste výrobok kúpili, alebo od miestnych orgánov.

Tuote sisältää pariston, joka ei ole käyttäjän käsiteltävissä. Kotelo ei saa yrittää avata. Avaaminen voi aiheuttaa tietojen katoamisen ja vaikuttaa tuotteen toimintaan. Tuotteen ja/tai pariston sisältämät materiaalit voivat olla haitallisia ympäristölle ja/tai terveydelle, jos ne hävitetään asiaankuulumattomalla tavalla. Tuotteessa oleva roskasäiliö-symboli tarkoittaa, että tuotetta ei saa hävittää kotitalousjätteen mukana. Vie tuote lähimpään keräyspisteeseen kierrätystä varten. Kysy paikkakunnan viranomaiselta tai tuotteen myyjältä tietoja lähimmästä keräyspisteestä.

Den här produkten innehåller ett batteri som användaren inte har tillgång till. Försök inte öppna höljet, eftersom detta kan medföra förlust av data och att prestandan påverkas. Ämnen som finns i den här produkten och/eller i dess batteri kan skada miljö och/eller människors hälsa vid olämplig avyttring. Behållaren med hjul på den här produkten anger att den inte ska avyttras tillsammans med hushållsavfall. Agera ansvarsfullt och ta med den till närmaste uppsamlingsplats för återvinning för att säkerställa att produkten återvinns. Återförsäljaren eller din kommun kan ge upplysningar om var närmaste uppsamlingsplats finns.

Þessi vara inniheldur rafhlöður sem eru ekki aðgengilegar notanda. Reyndu ekki að opna hulstrið, annars geta gögn tapast og stofnað frammistöðu í hættu. Innihaldsefni þessarar vöru og/eða rafhlöður hennar geta valdið umhverfinu skaða og/eða heilsu manna ef því er fargað á óviðeigandi hátt. Ruslafatan á þessari vöru gefur til kynna að henni eigi ekki að farga ásamt venjulegu heimilissorpi. Vinsamlegast sýnið ábyrgð og farið með hana í næstu söfnunarstöð til endurvinnslu. Til að finna næstu endurvinnslustöð hafðu samband við söluaðila þar sem varan var keypt eða viðeigandi bæjarfélag.

Dette produktet inneholder et batteri som ikke er tilgjengelig for brukeren. Ikke forsøk å åpne produktet, ettersom dette kan føre til tap av data og yteevnen kan svekkes. Dette produktet og/eller dets batteri inneholder stoffer som kan skade miljøet og/eller menneskelig helse hvis ikke dette avhendes på korrekt måte. Avfallsbeholderen på dette produktet betyr at det ikke bør avhendes sammen med husholdningsavfall. Vennligst vis ansvar og ta det med til en stasjon for gjenvinning, for å sikre at det resirkuleres. Kontakt forhandleren hvor du kjøpte produktet eller din bostedskommune, for å finne en gjenvinningsstasjon nær deg.