

**TIMEX<sup>®</sup> IRONMAN<sup>®</sup>**

**EASY TRAINER<sup>™</sup>**

**GPS**

**SPEED+  
DISTANCE  
WATCH**

**USER  
GUIDE**

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## INTRODUCING YOUR WATCH

Congratulations on your purchase of the Timex® Ironman® Easy Trainer™ GPS watch. As a serious road runner, you'll appreciate the accurate speed, pace, and other data the watch provides you. The watch's GPS technology finds satellites from almost anywhere in the world so you have the information you need to train efficiently.

## FEATURES

- GPS – Obtain fixes on satellites to provide workout data. Your speed, distance, and pace are determined based on how your position changes relative to the satellites. Set the time zone using the GPS.
- Run mode – Track data during workouts. View your workout data while a workout is in progress, and save data for later review. Freely switch between Run, Chrono, and Interval Timer modes while the workout is running.
- Chrono mode – Take splits during workouts, and save lap data for later review.
- Interval Timer mode – Program the timer to go through up to 5 timed segments and track up to 99 repetitions of the sequence.
- Workout review – Save to memory for review when the workout is reset. Store more than 20 hours of workout data. View all data tracked for the entire workout, as well as data for individual laps.
- Hands-free auto-lap – Automatically take a split when you reach one of 6 selectable distances.
- Alarm – Set up to 5 alarms that will sound at your specified time each day.
- Indiglo® night-light with Night-Mode® feature – Press a button to light the watch face for 10 seconds.

## CHARGING THE WATCH



Before you use the watch for the first time, charge the battery for at least 4 hours.

Plug the large end of the USB cable into a powered USB port on your computer, and attach the charging clip to the watch so that the 2 pins on the clip touch the 2 outermost metal contacts on the back of the watch.

## BASIC OPERATION



### INDIGLO® NIGHT-LIGHT BUTTON

Press to turn on the night-light for 10 seconds.

### GPS ON/OFF

Press and hold to turn on the GPS or turn off the GPS.

### MODE

Press to cycle through each mode. In settings screens, press to move to the next item.

### START/SPLIT/+

In Time mode, press to go to Run mode. In Run, Chrono, and Interval Timer modes with the workout stopped, press to start. In Run and Chrono modes with the workout running, press to take a split. In settings screens, press to increase values or move to the previous item in a list.

### VIEW/OK





In Run or Chrono modes, press to change the display view. In settings screens, press to confirm the flashing option. In Time mode, press to view the second time zone, or hold to make the secondary time zone primary.

### STOP/SAVE/-

When workout is running, press to stop. When the workout is stopped, hold to reset and save the workout. In settings screens, press to decrease values or choose the next item in a list.

## ICON DESCRIPTIONS

These icons indicate the watch status.

	GPS Search & Connection Strength	<b>Solid:</b> GPS has a satellite fix. <b>Flashing:</b> GPS is seeking a satellite fix. More bars indicate a stronger satellite fix.
	Button Beep	Indicates button sounds are on.
	Alarm	An alarm is set and will sound at the specified time.
	Battery	Indicates the remaining battery power. More dark segments indicate a higher charge.

## GETTING STARTED

### SETTING THE TIME

You can set time for two time zones. The time is set by the GPS, but you choose the time zone (GMT offset), daylight saving (ON or OFF), time format (12- or 24-hour), and date format (month-day or day-month).

**NOTE:** The GMT offset is the number of hours difference between your time zone and Greenwich Mean Time. Each GMT offset is listed with the abbreviated name of a major city in that time zone (for example, London is displayed as LON). If you do not know your GMT offset, find your city or a nearby one in [Time Zones](#).

1. Press MODE until SET displays.
2. Press - or + to select TIME, then press OK.
3. Press + or - to select the time zone to set (TIME 1 or TIME 2), then press OK.
4. Press + or - to select AUTO (to allow the GPS to set the time), then press OK.
5. Press + or - to select your time zone, then press OK.
6. Repeat step 5 for DST (daylight saving), time format, and date format.
7. Press MODE to exit.

**NOTE:** You can also set the time manually, preventing the GPS from setting the time. See [Setting the Time Manually](#) for more information.

### SETTING DISPLAY UNITS

You can display units in English (miles, feet, inches, pounds) or metric (kilometers, meters, centimeters, kilograms) measurements.

1. Press MODE until SET displays.
2. Press - or + to select UNIT, then press OK.
3. Press + or - to select MI for English, or KM for metric, then press OK.
4. Press MODE to exit.

## SETTING UP THE USER PROFILE

Enter your gender, age, weight, and height to ensure accurate calorie calculations.

1. Press MODE until SET displays.
2. Press + or - to select USER, then press OK.
3. Press + or - to select gender, then press OK.
4. Repeat step 3 for age, weight, and height.
5. Press MODE to exit.

## TURNING ON THE GPS

Before you can use the watch to collect speed, pace, and distance data, you must turn on the GPS and acquire a satellite fix.

1. Take the watch outside and away from buildings and tall trees.
2. Make sure the watch is facing the sky; do not block the GPS antenna in the bottom part of the watch face.
3. Stand still.
4. Press and hold ON/OFF.

The  icon flashes when the GPS is searching for satellites. It turns solid when the fix is achieved, and more "bars" in the  icon indicate a stronger fix.

**NOTE:** Heavy cloud cover or rain may make it difficult to acquire a satellite fix.

## USING RUN MODE

Use Run mode when you need to be able to view speed, distance, pace, or calorie data while a workout is in progress. You might want to view this data to help you build endurance at a specific speed, or to focus on completing a 5k race within a particular goal time. You cannot view data for your current lap from Run mode.

Run mode and Chrono mode share the timer, so you can switch freely between the two modes while the workout is running by pressing MODE. Switch to Chrono mode if you want to view lap data.

**NOTE:** You can take splits in Run mode, but you can view individual lap data only in Chrono mode.

When the workout is running, several types of information about the workout are displayed:

- Workout time
- Distance
- Pace
- Speed
- Calories burned
- Current time

**NOTE:** For the most accurate speed, distance, and pace calculations, use the watch in clear weather.

## STARTING, STOPPING, AND SAVING A WORKOUT

### STARTING A WORKOUT

1. Press MODE until RUN displays.
2. Press + or - to select GPS (to use the GPS to record workout data) or INDOOR (to record time data only), then press OK.

A battery life message appears. Press OK to acknowledge it. If the battery life is too low, charge the watch as described in [Charging the Watch](#).

A memory remaining message appears. Press OK to acknowledge it. If there is not enough estimated memory remaining to record your intended workout, delete some workouts to free memory space as described in [Deleting Workouts](#).
3. Press START.

### CHANGING THE DISPLAY VIEW

While a workout is in progress, you can cycle through several view screens that each display different data about your workout.

There are four displays in Run mode. All of the displays show the elapsed time and the total distance traveled, but data in the third line of the display is different for each. The first shows current pace, the second shows current speed, the third shows calories burned, and the fourth shows the primary time zone.

Use the displays to know how to change your workout to achieve your goals. For example, if your pace is too fast, you may get tired before your run is complete. Slow down to make your time goal and still finish the run.

- Press VIEW to cycle through the display views.

## STOPPING A WORKOUT

1. While the workout is running, press STOP to pause.
2. If the workout is paused, but has not been reset, press START to resume.

## SAVING AND RESETTING A WORKOUT

When you reset a workout, the workout data is saved in memory so you can review it later.

1. While the workout is paused, hold SAVE to save the workout and reset.  
All collected data is saved. See [Reviewing Workouts](#) for instructions on viewing saved data.

## TAKING SPLITS

### WHAT ARE LAP AND SPLIT TIMES?

Lap time is the length of an individual segment of your workout. Split time is the time elapsed from the beginning of your workout through the current segment.

When you “take a split”, you have completed timing one segment (such as one lap) and are now timing the next segment.

The graph below represents the lap and split times for a workout in which 4 laps were taken.

LAP 1	LAP 2	LAP 3	LAP 4
7:11 MIN	7:50 MIN	7:08 MIN	7:30 MIN
7:11 MIN			
SPLIT 1	15:01 MIN		
	SPLIT 2	22:09 MIN	
		SPLIT 3	29:39 MIN
			SPLIT 4

## TAKING A SPLIT

- While the timer is running, press SPLIT to take a split.

The lap and split time for the lap you completed is displayed, and the watch begins timing the new lap.

Individual lap data is saved when you save and reset the workout. See [Viewing Workout Data](#) for instructions on viewing saved lap data.

You can press VIEW while in Chrono mode to view data for a lap in progress. See [Changing the Display View](#) for instructions on changing Chrono mode display screens.

## USING CHRONO MODE

Use Chrono mode when you need to be able to view time and distance data only for the lap in progress. For example, you might use this data to measure consistency of times among 1-mile legs of the same run.

All data tracked in Run mode is still tracked when you are in Chrono mode, but the data you can view in Chrono mode is more limited; you can only view data about the current lap in Chrono mode.

Chrono mode and Run mode share the elapsed time clock, and you can press MODE to switch between the two modes. Switch to Run mode if you want to view speed, distance, pace, or calorie data for the entire workout.

**NOTE:** For the most accurate speed, distance, and pace calculations, use the watch in clear weather.

## STARTING, STOPPING, AND SAVING A CHRONO WORKOUT

### STARTING A WORKOUT

1. Press MODE until CHRO displays.
2. Press + or - to select GPS (to use the GPS to record workout data) or INDOOR (to record time data only), then press OK.  
A battery life message appears. Press OK to acknowledge it. If the battery life is too low, charge the watch as described in [Charging the Watch](#).  
A memory remaining message appears. Press OK to acknowledge it. If there is not enough estimated memory remaining to record your intended workout, delete some workouts to free memory space as described in [Deleting Workouts](#).
3. Press START.

## **CHANGING THE DISPLAY VIEW**

While a lap is in progress, you can switch between two view screens that each display different data about the lap.

Both displays show the lap and split times, but one display shows the lap number while the other shows the distance traveled during the lap.

- Press VIEW to switch the display views.

## **TAKING SPLITS, STOPPING, AND SAVING A CHRONO WORKOUT**

Take splits, stop the timer, and save and reset the workout as described in [Using Run Mode](#).

## **USING INTERVAL TIMER MODE**

Use Interval Timer mode when you need to be able to vary the intensity of your workout for pre-determined amounts of time. For example, you can run for one period of time and walk for another in order to recover before starting to run again. This will allow you to repeat the sequence and complete a certain distance without having to run the entire way or walk for an extended time.

## **SETTING UP THE INTERVAL TIMER**

The Interval Timer allows you to set the duration of up to 5 segments that can be repeated in sequence.

1. Press MODE until SET displays.
2. Press + or – to select TIMER, then press OK.
3. Press + or – to select the “flashing” segment number (1 of 5), then press OK.
4. Press + or – to change the Hours duration of that segment, then press OK.
5. Press + or – to change the Minutes duration of that segment, then press OK.
6. Press + or – to change the Seconds duration of that segment, then press OK.
7. Change the other segment times by repeating Steps 3-6.
8. Press OK to go through the settings to allow you to change any of the previous settings.
9. When done, press MODE to exit TIMER SET mode, and press MODE again to exit SET mode.

**NOTE:** To review the settings, press MODE until INT TIMER displays. Press STOP repeatedly to see each segment and its times.

## **STARTING, STOPPING AND RESETTING THE INTERVAL TIMER**

### **STARTING AN INTERVAL TIMER SESSION**

When you run the Interval Timer, it automatically goes through each segment's time and counts the number of times that the sequence repeats.

1. Press MODE until INT TIMER displays.

**NOTE:** If the display does not show SEG-1 and its full time, hold STOP to reset the Interval Timer to its original settings.

**NOTE:** To review the settings, press STOP repeatedly to see each segment and its times.

2. Press START to begin the Interval Timer session. The first segment (SEG-1) begins counting down, as displayed on the watch.
3. As each segment time runs out, the watch beeps and the next segment begins counting down.
4. When SEG-1 is reached again, the repetition (R) counter increments by 1 and continues until the Interval Timer is stopped.

**NOTE:** If you want to capture Distance, Pace, Speed and/or Elapsed Time data during an Interval Timer workout, you will need to see the section on [Using Run Mode](#). Start the Run mode just before the Interval Timer workout begins, and stop and save Run mode just after the Interval Timer workout ends.

### **STOPPING AN INTERVAL TIMER SESSION**

1. While the workout is running, press STOP to pause.
2. If the workout is paused, but has not been reset, press START to resume.

### **RESETTING THE INTERVAL TIMER**

1. While the workout is paused, hold STOP to reset the Interval Timer to its original settings.

## REVIEWING WORKOUTS

Every time you reset the timer in Run or Chrono modes, the workout is saved. You can view it from the Run Data screens. Compare these saved workouts against one another to track your progress and decide how to train next time.

You can view the following from the Run Data screens:

Data	Description
ST	start time
END	end time
DIST	total distance travelled
CHRONO	total time
AV PACE	average minutes per mile over entire workout

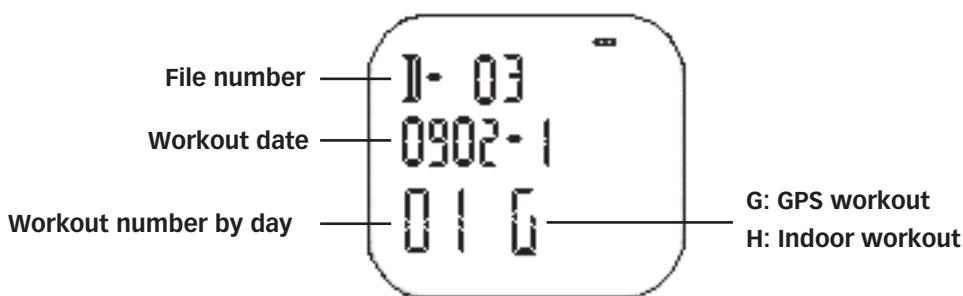
Data	Description
AV SPEED	average miles per hour over entire workout
CAL	calories burned during the workout
Lap time	elapsed time for this lap only
Lap distance	distance traveled during this lap

## CHOOSING A WORKOUT TO VIEW

Before you can view the details of a workout, select the workout you want to view. Information in the list of saved workouts helps you select a workout.

1. Press MODE until RUN DATA displays.

The most recent entry in the list of workouts displays. This diagram describes the features of a saved entry:



2. Press + or - to scroll through the list of workouts.
3. Press VIEW.

The first page of data for that workout displays.

## VIEWING WORKOUT DATA

- Press VIEW to cycle through each screen to view detailed data for that workout.

The workout data screens display in this order:

- Workout start and end times, and distance
- Elapsed time, distance, and average pace
- Average speed and total calories burned
- Elapsed time and distance of each lap

## DELETING WORKOUTS

To free up memory on the watch, you can delete one or more workouts.

### DELETING ONE WORKOUT

1. Press MODE until RUN DATA displays.
2. Press + or - to select a workout to delete, then press VIEW.
3. Press VIEW until VIEW/dEL/ALL displays.
4. Press + or - to select dEL, then press OK.

The workout is removed from memory.

**NOTE:** There is no confirmation when deleting a workout; the workout is deleted immediately when you press OK.



## DELETING ALL WORKOUTS

1. Press MODE until RUN DATA displays.
2. Press + or - to select any workout, then press VIEW.
3. Press VIEW until VIEW/dEL/ALL displays.
4. Press + or - to select ALL, then press OK.

The workouts are removed from memory.

**NOTE:** There is no confirmation; all workouts are deleted immediately when you press OK.

## SETTING ALARMS

You can set up to 5 alarms on the watch. Each of these alarms can be set to sound at a different time.

When you set the alarm, you choose on which of the time zones (T1 or T2) the alarm will be timed; the alarm will sound at the specified time in that time zone each day.

All alarms will sound regardless of which time zone is primary, but will sound at the time specified according to the time zone you selected.

## CHOOSING AN ALARM

1. Press MODE until SET displays.
2. Press + or - to select ALARM, then press OK.
3. Press + or - to select the alarm to set, then press OK.

## SETTING THE ALARM TIME

1. From the alarm setting screen, press + or - to change hours, then press OK.
2. Press + or - to change minutes, then press OK.
3. Press + or - to select the time zone on which to time the alarm (T1 or T2), then press OK.
4. Press + or - to turn the alarm ON, then press OK.
5. Press + or - to turn the KEY TONE (button beep) ON or OFF, then press OK.

**NOTE:** Even if you set KEY TONE to OFF, the alarm will still sound at the specified time; this setting affects only whether the watch beeps when you press a button.

6. Press MODE to exit.

## TURNING AN ALARM ON OR OFF

You can turn an alarm on or off from ALARM mode.

1. Press MODE until ALARM displays.
2. Press - to select the alarm to turn on or off.
3. Press + to switch between ON and OFF.
4. Press MODE to exit.

When any alarm is ON, the «») icon appears in the lower right of the display.

## CONFIGURING SETTINGS

The settings changes described in this section are not required, but you can use these settings to get the most out of the watch.

## SETTING UP AUTOMATIC LAPS

You can set the watch to take a split automatically during workouts. Automatic laps work in both Run and Chrono modes when the timer is running. You choose one of the preset distances, and the watch takes a split for you so you don't have to break stride or take your eyes off the road.

1. Press MODE until SET displays.
2. Press + or - to select AUTO LAP, then press OK.
3. Press + or - to select the distance at which the watch will take a split, then press OK.

You only select the number of units at which you want to take a split. The watch applies the units of measurement you selected when you set up the watch in the [Getting Started](#) section.

For example, if you chose MI when you set up the watch, and chose 1 in step 2 of this procedure, the watch takes a split every mile you travel.

4. Press + or - to set ALERT to ON (the watch will beep when a split is taken) or OFF (the watch will not beep), then press OK.
5. Press MODE to exit.

## SETTING THE TIME MANUALLY

While it is easiest to allow the GPS to set the time for you based on selected time zones, you can set either time zone manually.

1. Press MODE until SET displays.
2. Press - or + to select TIME, then press OK.
3. Press + or - to select the time zone (TIME 1 or TIME 2) to set, then press OK.
4. Press + or - to select MANUAL, then press OK.
5. Press + or - to change hours, then press OK to move to the next field.
6. Repeat step 5 for minutes, seconds, year, month, day, time format, and date format.
7. Press MODE to exit.

## SELECTING THE TIME DISPLAY

You can set two time zones on the watch to keep time in different time zones. By default, TIME 1 is the primary time zone that displays in Time mode, but you can view TIME 2 or make it the primary time zone.

- In Time mode, press VIEW to see the time in your secondary time zone.
- In Time mode, hold VIEW to make the secondary time zone primary.

## TURNING ON NIGHT-MODE® FEATURE

Normally, you must press INDIGLO® button to turn on the night-light. When the Night Mode® feature is active, any button press between the hours of 6 p.m. and 7 a.m. in the primary time zone turns on the night-light.

1. Press MODE until SET displays.
2. Press + or - to select NIGHT, then press OK.
3. Press + or - to select ON, then press OK.
4. Press MODE to exit.

## ADJUSTING CONTRAST

Contrast settings determine how dark the text on the watch screen appears. Raise the contrast setting for darker text, and lower the setting for lighter text.

1. Press MODE until SET displays.
2. Press + or - to select CONTRAST, then press OK.
3. Press + or - to select the contrast value, then press OK.
4. Press MODE to exit.

## TURNING BUTTON BEEP ON AND OFF

Select whether or not the watch emits a beep when any button is pressed.

1. Press MODE until SET displays.
2. Press + or - to select TONE, then press OK.
3. Press + or - to select ON or OFF, then press OK.
4. Press MODE to exit.

When TONE is ON, the  icon displays in the lower right of the display.

You can also set the button beep when setting the alarm. See [Setting the Alarm Time](#) for more information.

## RESETTING THE WATCH

You can return all settings to their factory defaults. Your user profile and workout data are preserved.

- Press INDIGLO®, MODE, START/SPLIT/+ and STOP/SAVE/- simultaneously and hold.

## TROUBLESHOOTING

Follow these steps to solve problems that may arise when using the watch.

### PROBLEMS WITH THE GPS

#### **HOW DO I TURN OFF THE GPS?**

If the timer is not running for 15 minutes, the GPS will turn off automatically.

To conserve battery life, you may turn off the GPS manually.

- Hold GPS ON/OFF to turn off the GPS.

#### **WHY CAN'T I GET A SATELLITE FIX?**

To obtain a good satellite fix, the GPS needs a clear line-of-sight to the satellites.

- Go outside and move away from buildings or tall trees.
- Remain stationary.
- Point the bottom of the watch face toward the sky.

### PROBLEMS WITH THE BATTERY

#### **THE BATTERY INDICATOR DOES NOT MATCH THE ACTUAL CHARGE**

If the display appears too light or the GPS shuts off unexpectedly, but the battery indicator appears full:

1. Allow the battery to run down completely so that the watch shuts off automatically.
2. Fully charge the watch without interruption.

**NOTE:** Even when the watch is not in use, fully charge the watch every 1 or 2 months to preserve battery life.

## SAFETY

**CAUTION:** Do not wear this watch while swimming. Prolonged submersion in water can cause electrical shorting which may cause skin irritation and minor burns.

## WATER RESISTANCE

The watch is water resistant to 50 meters.

Water-Resistance Depth	p.s.i.a. *Water Pressure Below Surface
50m /160ft	86

\*pounds per square inch absolute

If the watch is submerged, before using or charging, wipe the watch dry and allow to air dry completely.

## CLEANING AND STORAGE

You can clean the watch with a damp cloth and a mild detergent. Wipe dry completely before using or charging.

**NOTE:** Do not use any chemical cleaners or solvents that may damage plastic components.

To avoid permanent damage to the watch, do not store the watch in extreme high or low temperature environments for extended periods.

## TIME ZONES

Consult this chart for guidance in setting your time zones. If your city is not listed, and you do not know your GMT offset, select the city that is nearest to you.

GMT Offset	City Code	City	GMT Offset	City Code	City	GMT Offset	City Code	City
-11	PPG	Pago Pago	0	LON	London	+5.5	BOM	Mumbai
-10	HNL	Honolulu		DUB	Dublin	+6	DAC	Dhaka
	PPT	Papeete		LIS	Lisbon		CMB	Colombo
-9	ANC	Anchorage		CAS	Casablanca	+6.5	RGN	Yangon
-8	YVR	Vancouver		DKR	Dakar	+7	BKK	Bangkok
	SFO	San Francisco	+1	ABJ	Abidjan		JKT	Jakarta
	LAX	Los Angeles		PAR	Paris		PNH	Phnom Penh
	LAS	Las Vegas		MIL	Milan		HAN	Hanoi
	SEA	Seattle		ROM	Rome	+8	SIN	Singapore
	US-P	Pacific Standard Time		BER	Berlin		HKG	Hong Kong
-7	DEN	Denver		MAD	Madrid		KUL	Kuala Lumpur
	ELP	El Paso		FRA	Frankfurt		TPE	Taipei
	US-M	Mountain Standard Time		AMS	Amsterdam		PER	Perth
-6	MEX	Mexico City		VIE	Vienna		PEK	Beijing
	CHI	Chicago		ALG	Algiers		MNL	Manila
	HOU	Houston		STO	Stockholm		SHA	Shanghai
	DFW	Dallas/Fort Worth		HAM	Hamburg	+9	SEL	Seoul
	MSY	New Orleans		ZRH	Zurich		TYO	Tokyo
	YWG	Winnipeg	+2	IST	Istanbul	+9.5	ADL	Adelaide
	US-C	Central Standard Time		CAI	Cairo		DRW	Darwin
-5	MIA	Miami		JRS	Jerusalem	+10	GUM	Guam
	NYC	New York		ATH	Athens		SYD	Sydney
	YUL	Montreal		HEL	Helsinki		MEL	Melbourne
	DTW	Detroit		DAM	Damascus	+11	NOU	Noumea
	BOS	Boston	+3	CPT	Cape Town		WLG	Wellington
	PTY	Panama City		JED	Jeddah	+12	CHC	Christchurch
	HAV	Havana		MOW	Moscow		NAN	Nadi
	ATL	Atlanta		KWI	Kuwait		AKL	Auckland
	YYZ	Toronto		ADD	Addis Ababa			
	WAS	Washington		NBO	Nairobi			
	US-E	Eastern Standard Time	+3.5	THR	Tehran			
-4	CCS	Caracas		SYZ	Shiraz			
	LPB	La Paz	+4	DXB	Dubai			
	SCL	Santiago		AUH	Abu Dhabi			
-3	RIO	Rio de Janeiro		MCT	Muscat			
	GRU	Sao Paulo	+4.5	KBL	Kabul			
	BUE	Buenos Aires	+5	KHI	Karachi			
	BSB	Brasilia		MLE	Male			
	MVD	Montevideo	+5.5	DEL	Delhi			

## WARRANTY AND SERVICE

### Timex International Warranty (U.S. Limited Warranty)

Your Timex® GPS watch is warranted against manufacturing defects by Timex for a period of ONE YEAR from the original purchase date. Timex Group USA, Inc. and its worldwide affiliates will honor this International Warranty.

Please note that Timex may, at its option, repair your Timex® product by installing new or thoroughly reconditioned and inspected components or replace it with an identical or similar model.

**IMPORTANT:** PLEASE NOTE THAT THIS WARRANTY DOES NOT COVER DEFECTS OR DAMAGES TO YOUR PRODUCT:

1. after the warranty period expires;
2. if the product was not originally purchased from an authorized Timex retailer;
3. from repair services not performed by Timex;
4. from accidents, tampering or abuse; and
5. lens or crystal, strap or band, sensor case, attachments or battery. Timex may charge you for replacing any of these parts.

THIS WARRANTY AND THE REMEDIES CONTAINED HEREIN ARE EXCLUSIVE AND IN LIEU OF ALL OTHER WARRANTIES, EXPRESS OR IMPLIED, INCLUDING ANY IMPLIED WARRANTY OF MERCHANTABILITY OR FITNESS FOR PARTICULAR PURPOSE.

TIMEX IS NOT LIABLE FOR ANY SPECIAL, INCIDENTAL OR CONSEQUENTIAL DAMAGES. Some countries and states do not allow limitations on implied warranties and do not allow exclusions or limitations on damages, so these limitations may not apply to you. This warranty gives you specific legal rights and you may also have other rights which vary from country to country and state to state.

To obtain warranty service, please return your GPS watch to Timex, one of its affiliates or the Timex retailer where the GPS watch was purchased, together with a completed original Repair Coupon or, in the U.S. and Canada only, the completed original Repair Coupon or a written statement identifying your name, address, telephone number and date and place of purchase. Please include the following with your GPS watch to cover postage and handling (this is not a repair charge): a US\$ 8.00 check or money order in the U.S.; a CAN\$7.00 cheque or money order in Canada; and a UK£3.50 cheque or money order in the U.K. In other countries, Timex will charge you for postage and handling. NEVER INCLUDE ANY ARTICLE OF PERSONAL VALUE IN YOUR SHIPMENT.

For the U.S., please call 1-800-328-2677 for additional warranty information. For Canada, call 1-800-263-0981. For Brazil, call +55 (11) 5572 9733. For Mexico, call 01-800-01-060-00. For Central America, the Caribbean, Bermuda and the Bahamas, call (501) 370-5775 (U.S.). For Asia, call 852-2815-0091. For the U.K., call 44 208 687 9620. For Portugal, call 351 212 946 017. For France, call 03 81 63 42 51 (from 10AM to 12 Noon). Germany/Austria: +43 662 88921 30. For the Middle East and Africa, call 971-4-310850. For other areas, please contact your local Timex retailer or Timex distributor for warranty information. In Canada, the U.S. and in certain other locations, participating Timex retailers can provide you with a postage-paid, Repair Mailer for your convenience in obtaining factory service.

TIMEX INTERNATIONAL WARRANTY REPAIR COUPON	
Original Purchase Date:	_____
(attach a copy of sales receipt, if available)	
Purchased by:	_____
(name, address, telephone number)	
Place of Purchase:	_____
(name and address)	
Reason for Return:	_____
_____	

## DECLARATION OF CONFORMITY

**Manufacturers Name:** Timex Group USA, Inc.

**Manufacturers Address:** 555 Christian Road  
Middlebury, CT 06762  
United States of America

declares that the product:

**Product Name:** Timex® Easy Trainer™ GPS Watch

**Model Numbers:** M033

conforms to the following specifications:

**R&TTE: 1999/05/EC**

**Standards:** ETSI EN 300 440-1  
ETSI EN 300 440-2  
ETSI EN 301 489-1  
ETSI EN 301 489-3

**LVD: 2006/95/EC**

**Standards:** CENELEC EN 60950-1

**Digital Device Emissions**

**Standards:** FCC Part 15, Subpart B  
ICES-003 Issue 4; February, 2004  
SAI AS/NZS 4268

Agent:



Sam Everett  
Quality Regulatory Engineer  
Date: 09 April, 2013; Middlebury, Connecticut, U.S.A.

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