INSTRUCTIONS 1

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 that may cause undesired operation.

Information is power.

Your SDM Triax 100 watch is designed to tell you how fast and how far you have run, and provide quick, one-touch access to a variety of critical information during training and in competition.

Nike Techlab is proud to be the first to provide athletes with this revolutionary new training tool. Never before has the technology been sufficient for a runner to accurately determine their pace and distance. Using an ultra-modern accelerometer technology combined with an RF (Radio Frequency) transceiver, the SDM Triax 100 can provide speed and distance information to runners that is more than 97% accurate.

This manual combines step-by-step operational instructions to help you identify the programmable features and functions of each specific mode. It is not the goal of this manual to provide all of the information necessary to embark upon a training regimen. There are numerous books on the subject, good information on the Internet, and professional trainers affiliated with most health clubs. Remember, this speed and distance monitor is just one part of an intelligent exercise plan.

Before beginning any exercise regimen, you should consult your physician or health professional. There are numerous factors to consider when determining your pace limits and exercise intensity level. Some of these factors include your age, the frequency with which you exercise and your overall physical fitness.

Throughout this manual, look for the symbol to identify especially useful and important information.

CONTENTS

We've tried to make this watch as easy as possible to use. Great care has been taken to make the button functions consistent and clear. Even if you don't read the whole manual, you should be able to work your watch if you understand, in general, how the buttons work.

BUTTON FUNCTIONS, LEFT SIDE

ADJUST/EXIT

Think of ADJUST/EXIT as the button to use when you want to adjust, set or reset something. For example, if you want to adjust the time, or reset the chronograph. This button is a little different than the other buttons because you usually have to press and hold it for a few seconds. This is so you don't accidentally reset or adjust something.

MODE/NEXT

The MODE/NEXT button will normally move you to the next mode. When you are making adjustments or setting something, the MODE/NEXT button will move you to the next adjustable element.

BUTTON FUNCTIONS, RIGHT SIDE

The buttons on the right hand side of the watch have more functions than the buttons on the left side. For that reason, we've included all the details for quick reference.

START/LAP

You can think of the START/LAP button as the "go," "plus," or "move forward" button. It also functions as an on/off switch in some modes.

- In TIME mode, press to turn the chime on and off.
- In CHRON mode, press to start the chronograph and mark lap completion.
- In TIMER mode, press to start the countdown timer.
- In GRAPH mode, press to move forward through the list of data points.
- In DATA mode, press to move forward through the list of data points.
- In ALARM mode, press to turn the alarm on and off.
- When making adjustments, press to advance the blinking element.

STOP

The STOP button is the opposite of the START/LAP button. Think of it as the "stop," "minus," or "go backwards" button. This button will also allow you to alternate selections in some modes.

- In TIME mode, press and hold to select time zone 1 or 2.
- In CHRON mode, press to stop the chronograph and save run data to memory.
- In TIMER mode, press to stop the countdown timer.
- In ALARM mode, press to select alarm 1 or 2.
- In DATA mode, press to select run number.
- When making adjustments, press to reverse the blinking element.

ELECTROLITE BUTTON

The ELECTROLITE button is used to turn on the light.

If you press and hold the ELECTROLITE button, you can make the light come on at the press of any button. It's great for night use. We call it auto-Electrolite.

THE SPEED SENSOR

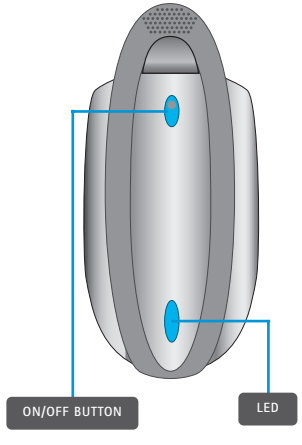
The core of the SDM Triax 100 watch technology is housed in a speed sensor, which you attach to one sneaker. A patented technology calculates your speed and distance and transmits that information to your watch. Of course, you can always use your watch without the speed sensor as a multi-function sport timepiece. When running or walking, your speed and distance information is automatically transmitted to your watch.

FIRST USE SETUP

IMPORTANT

The first time you use the speed sensor, when you change the watch battery, or when you reset the watch by pressing all buttons, you will have to "train" the watch to recognize the speed sensor. (Reset the watch when you replace the speed sensor with a new one or borrow a friend's speed sensor.)

SPEED SENSOR



FIRST TIME USE: "Training" the speed sensor to recognize the watch

1. Proceed to RUN mode by pressing MODE on the watch until RUN appears.

* The watch will prompt you to press and hold the button on the speed sensor when it recognizes that there is a new speed sensor present. "HOLD speed sensor button" will be displayed on the watch.

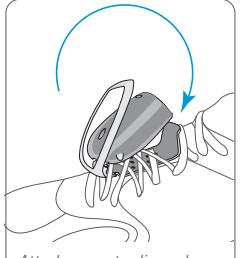
2. When the speed sensor is off, press and hold the button until the watch stops scrolling the message. The "training" takes just a few seconds, after which, your Triax SDM is ready to use.

ATTACHING THE SPEED SENSOR TO YOUR SNEAKER

You can attach the speed sensor to either sneaker. It is important to be consistent in how you attach it. Make sure it is attached it to the laces securely enough that there is no "wobble" when you are running. Finally, it should be aligned with the foot and secured well enough that the alignment does not change during a run.

Lace the speed sensor clip into your sneakers before you attach the sensor itself

1. Lace the speed sensor clip into your sneakers before you attach the speed sensor itself.
2. Then attach the speed sensor to the clip as shown.



Attach sensor to clip as shown.

DIRECTIONS FOR NORMAL USE

Follow these instructions for normal use of the speed sensor.

The speed sensor is equipped with a power button. When not in use, store the speed sensor with the power off to conserve battery life.

TURN POWER ON

Press the power button. A light will indicate that the speed sensor is activated. The watch will begin linking when it receives a signal from the speed sensor. When running or walking, your speed and distance information is automatically transmitted to your watch.

TURN POWER OFF

Press and hold the power button. The light will turn off, indicating that the power is off.

CHANGING THE CHANNEL

In the event that you receive "crosstalk" from another Triax SDM, you can select a different channel.

With the power on, briefly press the button on the speed sensor. The watch and speed sensor will begin linking on a new channel.

CALIBRATION

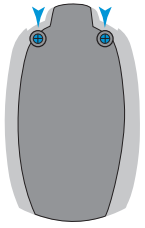
The SDM Triax 100 watch provides accurate speed and distance information for most runners. However, if you have a non-standard gait, like a pronating stride, you can calibrate the speed sensor by running a known distance and adjusting its display accordingly.

1. Go to a running track of any length. A 400 meter track is recommended as the most common, but a longer track is better.
2. Press MODE/NEXT to select RUN mode.
3. Press and hold ADJUST/EXIT until "Hold to Set" stops blinking.
4. Press MODE/NEXT until "Calib." appears.
5. Press START/LAP and circle the track on the inside lane at a comfortable pace.
6. Press STOP when you pass the 400 meter mark. The SDM Triax 100 will calculate the distance that you have traveled.
7. If this does not equal the actual distance you ran, use the START/LAP and STOP buttons to adjust the distance display so that it matches the distance you traveled.
8. Press MODE/NEXT to complete setup. Your speed and distance will be automatically calculated using the new calibration.

   Or, press ADJUST/EXIT to return to the original factory calibration.

ADJUSTING THE DISPLAY

If necessary, you can calibrate your watch by running a known distance and adjusting the display accordingly.



BATTERY CHANGE

Remove the two battery screws to access the batteries.

BATTERY CHANGE

To replace the batteries, remove the two battery cover screws on the speed sensor clip. Pull off the battery cover and replace with 2 AAA batteries. Make sure the batteries are correctly aligned. Then replace the battery cover and battery cover screws.

Low battery power is indicated by a rapidly flashing LED.

MODES

The various features of your watch are grouped into 8 different modes.

CYCLE TO A MODE

Press MODE/NEXT repeatedly until desired mode appears.

TIME

Time and calendar information for two time zones.

RUN

View pace, speed and distance, set and view zone training information and calibrate the speed sensor.

GRAPH

View graphic display of speed.

CHRON (CHRONOGRAPH)

Measure and record lap and split times.

DATA

Recall lap, split and speed/distance.

TIMER

5-segment countdown timer.

ALARM

Features 2 alarms.

CYCLE TO A MODE

Press MODE/NEXT to select desired mode.

DEMO mode provides a brief demonstration of each mode. While in TIME mode, press START/LAP and STOP simultaneously. You will hear the sound demonstration. The watch will cycle through the modes, briefly demonstrating the functions of each. Press any button to exit DEMO mode.

MAKING ADJUSTMENTS TO MODE SETTINGS

Within each mode, there are various settings which you can adjust. All these settings are adjusted in a similar way.

1: Press MODE/NEXT to select the desired mode.

2: Press and hold ADJUST/EXIT for two seconds. A message like "HOLD to ADJUST" or "HOLD to SET" is displayed. An element begins blinking. This is the adjustable element. The symbols "+" and "-" will appear on the display, indicating that START/LAP and STOP will increase or decrease the adjustable element.

3: Press START/LAP to increase or advance the flashing element.

4: Press STOP to decrease or reverse the flashing element.

5: Press MODE/NEXT to cycle to the next adjustable element.

6: Repeat steps 3-5 until all adjustable elements are set.

7: Press ADJUST/EXIT to save changes.

When adjusting mode settings, the bottom line usually tells you what you are adjusting!

ADJUST

Press and hold ADJUST/EXIT to adjust mode settings.

ADJUSTABLE ELEMENTS IN EACH MODE

TIME MODE

Seconds, Hours, Minutes, Day, Month, Day/Month, 12/24 and Year

RUN MODE

High Zone Limit, Low Zone Limit, Select Units and Pace Alarm on/off, Calibrate Speed Sensor

GRAPH MODE

Sample Time

CHRONOGRAPH MODE

Auto Lap On/off, Auto Lap distance, Select Units (Km/Miles), Primary Display

TIMER MODE

Seconds, Minutes, Hours and Segment Number

ALARM MODE

Hours, Minutes and Time Zone

TIME

In TIME mode, you can set the time and calendar information for two time zones.

You can also set a chime to sound at the press of any button, and on the hour, every hour.

SET TIME OF DAY AND CALENDAR INFORMATION

See *Making Adjustments to Mode Settings.*

CHANGE TIME ZONES

1. In TIME mode, press and hold STOP.
   The alternate time zone information appears.
2. Release the button when the time zone indicator stops flashing.
3. Follow instructions in *Making Adjustments to Mode Settings* to set the time and calendar information for the alternate time zone.

Hold STOP for fewer than 3 seconds for a brief display of alternate time zone information.

TURN THE CHIME ON/OFF

Press START/LAP.

The ▲ toggles on and off each time the button is pressed.

Most people like easy access to TIME mode. Press and hold MODE/NEXT for one second in any mode for quick return to TIME mode.

RUN MODE

In RUN mode, you can view pace, speed and distance, access zone training information, and calibrate the speed sensor.

ADJUST RUN MODE DISPLAY

RUN mode features 3 display options.

Press START/LAP to select the display option that best displays the information you need most.

PACE DISPLAY

- Shows a graphic display of your pace. If your pace is higher than your upper limit, the word "HI" appears in the display with a . If your pace is lower than your lower limit, the word "LO" appears in the display with a .

DISTANCE DISPLAY

- Primary display shows your distance travelled in miles or kilometers.

SPEED DISPLAY

- Primary display shows your speed in miles/hour or kilometers/hour.

RESET THE DISPLAY

To reset the display at the very beginning of an exercise session, press and hold ADJUST/EXIT for about 2 seconds. "HOLD to CLEAR" is displayed. The display resets.

When the foot icon blinks, the watch is receiving a signal and the display is activated.

RUN MODE

Pace display

SET ZONE LIMITS, PACE ALARM, UNITS AND CALIBRATION

Follow directions in *Making Adjustments to Mode Settings* to set zone limits, activate an audible out-of-zone alarm, set units and calibrate the speed sensor.

Note: Unit settings are also reflected in GRAPH and CHRONO modes.

ABOUT ZONE TRAINING

You can set an upper and lower pace limit, and control the intensity of your workout so that your pace stays within that limit. This is called "Zone Training." Zone training allows you to pace yourself more accurately, avoid over-exertion and, in general, have a more targeted and therefore, more productive workout.

Zone training is just one part of a structured fitness regimen. It is very important that you train in a zone that is appropriate for your fitness level and goals. Consult a doctor or health professional in order to determine the best training zone for you.

The pace at which you run depends on your physical fitness and fitness goals. The following describes the general benefits of training at various intensity levels.

HIGH INTENSITY

Exercise at high intensity only if you are in excellent physical condition. Exercise at this intensity to:

- increase your peak performance.
- accustom your body to competition-level performance.
- increase your tolerance to lactic acid.

MEDIUM INTENSITY

Exercise at this intensity to:

- increase cardiovascular health.
- improve endurance.
- lose weight.

LOW INTENSITY

Exercise at this intensity:

- after an injury.
- when beginning an exercise regimen.
- during recovery sessions.
- to improve overall health.

GRAPH MODE

In GRAPH mode, you can view a graphic representation of your pace over a period of time which you determine. This feature provides you with a quick and simple view of your pace trend.

The bar graph can represent up to 28 data points. If you set a sample time of 1 minute, the bar graph can show your pace over the last 28 minutes. You can set a sampling time from 10 seconds to 10 minutes.

You can also view the exact value of each bar in the graph. The value of each bar in the graph represents your pace at the beginning of each sample time.

RESET THE BAR GRAPH

The bar graph will display your pace as soon as the watch begins receiving a signal. You may want to reset the bar graph at the very beginning of an exercise session.

Press and hold ADJUST/EXIT until the bar graph disappears.

DETERMINE SAMPLING INTERVAL

In order to adjust the sampling time, you must first reset the bar graph. Press and hold ADJUST/EXIT until the bar graph disappears. Continue to hold ADJUST/EXIT as "HOLD to SETUP" is displayed.

Follow directions in *Making Adjustments to Mode Settings* to select the sample time.

VIEW EXACT VALUE OF EACH BAR IN THE GRAPH

Press STOP or START/LAP.

The number at the base of the display represents your pace at the beginning of each sample time. The number at the top shows the time elapsed since the sample was taken. In general, more dots indicates a faster pace.

After 10 seconds, the display returns to the current pace and bar graph display.

Note: Select units (miles/Km) in RUN mode.

GRAPH DISPLAY

Example of the bar graph display

CHRONOGRAPH

In CHRONOGRAPH mode, you can view pace information, and measure and record the lap, split and pace data for individual runs. Runs are organized by date. Recorded data is accessed in DATA mode.

Lap and split times are displayed simultaneously. The primary display is centrally located and larger than the secondary display. You can select whether lap, split or distance occupies the primary display.

Lap time is the time required to go once around a track, or complete a segment of a run. Split time is the total time from the beginning of the run.

CHRONOGRAPH mode also features an Auto Lap Count feature.

START MEASURING A LAP

Press START/LAP.

MARK LAP COMPLETION AND START NEXT LAP MEASUREMENT

Press START/LAP.

Lap/split time appears for 5 seconds, then the display returns to the overall time.

STOP TIME MEASUREMENT

Press STOP.

The counting stops. The lap time and split time appear.

RESTART TIME MEASUREMENT

Press START/LAP.

The counting continues.

SAVE DATA FOR A RUN

The chronograph must be stopped to save data for a run. If the chronograph is running, press STOP.

Press and hold STOP for 2 seconds. "HOLD to NEXT" is displayed. The chronograph resets and the data is stored in memory. Your next times will be stored as part of a new run.

RESET CHRONOGRAPH

You can reset the chronograph without saving any data. The chronograph must be stopped to reset. If the chronograph is running, press STOP.

Press and hold ADJUST/EXIT for 2 seconds. "HOLD to CLEAR" is displayed. The chronograph resets.

SWITCH THE PRIMARY DISPLAY BETWEEN LAP, SPLIT AND DISTANCE

Follow directions in *Making Adjustments to Mode Settings* to adjust the chronograph display. The chronograph must be stopped and reset to adjust the display.

AUTO LAP COUNT

When activated, the Auto Lap Count feature will automatically mark lap completion when you have covered a distance which you determine. For example, if you activate the auto lap feature and set the lap distance at .4 KM (400 meters), your watch will automatically mark lap completion every 400 meters.

Follow directions in *Making Adjustments to Mode Settings* to activate the auto lap feature and set the lap distance.

This revolutionary feature lets you monitor splits on an unmarked course!

RESET
WITH SAVE

Press and hold STOP to reset and save run data.

RESET
WITHOUT SAVE

Press and hold ADJUST/EXIT to reset without saving any data.

SELECT UNITS

You can select to display speed and distance data using Miles or Kilometers.

Follow directions in *Making Adjustments to Mode Settings* to select the units.

DATA MODE

In DATA mode, you can recall timing and pace data for saved runs.

The SDM Triax 100 watch has a 100 lap memory.

SELECT A RUN

Press STOP.

The run number and date of the run are displayed.

VIEW DATA POINTS

Press START/LAP repeatedly.

The following information is displayed:

- Total accumulated distance while running in RUN, GRAPH or CHRON mode
- Date of run, run #, total run distance
- Lap and split times and distance at each lap count
- Maximum and average speed for each run
- Best lap time and average lap time

ERASE DATA FOR AN INDIVIDUAL RUN

The chronograph must be stopped to erase data.

Press the STOP button to select the run that you want to erase.

Press and hold ADJUST/EXIT. "HOLD to CLEAR" flashes and you will hear a confirmation tone to indicate that the data for the selected run has been deleted.

Note: When you delete a run, the next run takes its place. For example, if you delete RUN 3 from memory, RUN 4 replaces RUN 3. If DATA memory becomes full during a run, delete that run and begin a new run.

ERASE ALL DATA

Press and hold ADJUST/EXIT button for an additional 4 seconds after erasing an individual run.

You will hear a continuous tone. "HOLD to CLEAR ALL" flashes in the display. After 7 seconds, [-- --] indicates that all data has been erased.

TIMER

TIMER mode features a 5 segment countdown timer. You can use this as an interval training tool by exercising at a higher intensity for a certain period of time, followed by a recovery interval at a lower intensity level.

You can set up to 5 timed segments for your workout. As each timer segment is completed, the next begins. Set unused segments to zero.

SELECT A TIMER

Press STOP.

The selected timer will be the first to count down.

SET THE TIMERS

Follow directions in *Making Adjustments to Mode Settings* to set each countdown timer.

START THE COUNTDOWN TIMER

1. Set any or all 5 segments.
2. Press STOP to advance to the segment you want to start with.
3. Press START/LAP.

Countdown begins. When the countdown reaches zero, the timer beeps, and the countdown begins for the next segment. The number of completed timer cycles appears below the countdown display.

NOTE: When the countdown is complete for all 5 segments, the cycle repeats. For example, when segment 1 is completed, segment 2 will begin. If segments 3, 4 and 5 are set to zero, segment 1 will begin at the completion of segment 2.

STOP THE TIMER DURING COUNTDOWN

Press STOP.

RESET TIMER

When timer is stopped, press ADJUST/EXIT.

Display returns to the original starting point.

ALARM

In ALARM mode, you can set two distinct alarms that will sound for 20 seconds, or until any button is pressed.

SET AN ALARM

See *Making Adjustments to Mode Settings.*

Note: Each alarm is active only in the time zone for which it is set.

ADVANCE TO THE NEXT ALARM

Press STOP.

The next alarm number appears at the bottom of the display.

TURN THE ALARM ON AND OFF

Press START/LAP.

The word ON toggles off and on each time you press the button.

NIKE ELECTROLITE DISPLAY

ILLUMINATE THE DISPLAY

You can illuminate the display by pressing ELECTROLITE.

Activating the auto-Electrolite display feature illuminates the display at the press of any button.

ACTIVATE THE AUTO-ELECTROLITE FEATURE

Press and hold ELECTROLITE for about 2 seconds.

The symbol appears. The Electrolite display will illuminate at the press of any button.

DE-ACTIVATE THE AUTO-ELECTROLITE FEATURE

Press and hold ELECTROLITE for about 2 seconds. The symbol disappears.

Note: To conserve battery life, the auto-Electrolite feature will automatically turn off after 12 hours.

SPECIFICATIONS

MODEL	Mode Limits	H_2O Resistance	Materials	Battery Type
SDM Triax 100	Timer = 23:59'59" Chrono = 23:59'59"	Watch = 5ATM Speed Sensor= Splash Resistant	CRYSTAL = Mineral Glass CASE = Plastic Resin CASEBACK = Stainless Steel STRAP = Polyurethane BUCKLE = Stainless Steel	Watch: CR2032 Battery life: Approximately 1-2 years. Speed Sensor: Battery life: 20 hours on 2 AAA batteries.

WARRANTY

One Year Limited Warranty

Your NIKE watch is warranted to be free of defects in materials or workmanship, under normal use, for a period of one year from the date of original retail purchase. This limited warranty excludes the battery, crystal, strap, or damage resulting from improper care or handling, accidents, modification, unauthorized repairs, or normal wear.

Return the defective watch and the store receipt to the place of purchase. If there is a covered defect, the defective parts or watch will be repaired or replaced, at NIKE's option, with the same product (if available) or a similar product of equal price.

This limited warranty is in lieu of all other express or implied warranties, and excludes refund of the purchase price. In no event shall NIKE be liable for direct, indirect, incidental, or consequential damages arising out of the use of the watch, 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 warranties.