

SUUNTO BIKE POD

INSTRUCTION MANUAL


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1. INTRODUCTION

Suunto Bike Pod is an accessory for your Suunto t6 wristop computer. It is a light-weight, wireless speed and distance sensor that combines new speed and distance functions with the detailed heart rate analysis and training benefits of your Suunto t6, creating one of the most advanced cycling-specific training tools available.

Suunto Bike Pod measures your cycling speed and distance via a separate spoke magnet. Measurement is effortless and when properly calibrated, also very accurate.

Suunto Bike Pod adds new features to your Suunto t6. When you have paired the Bike Pod with your Suunto t6, the wristop computer displays your current speed, the distance from start and the lap distance. Furthermore, it stores lap times automatically according to the distance set by the user, alarms for too fast or too slow speed, and offers a distance-based interval training function.

NOTE: The Suunto t6 functions related to the use of your Suunto Bike Pod are explained in the Suunto t6 instruction manual. You can download the latest version of the manual in www.suunto.com.

2. BEFORE USE

2.1. PAIRING YOUR BIKE POD

Before you can use your Suunto Bike Pod, you have to pair it with your Suunto t6. This process can be compared to the tuning of a normal radio. To be able to listen to a specific radio station, you have to tune the radio to the correct frequency. Similarly, to be able to use your Suunto t6 with a specific Bike Pod, you must pair them with each other. This is only necessary when you use your Bike Pod for the first time.

To pair your Bike Pod with your Suunto t6:

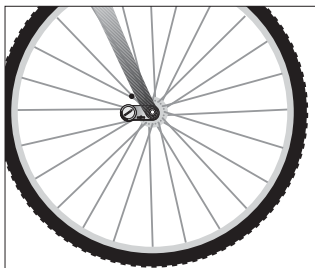
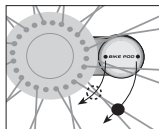
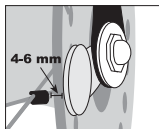
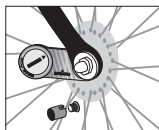
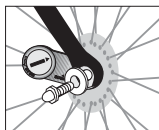
1. Remove the Bike Pod battery.
2. Short-circuit the - and + metal plates in the battery compartment by connecting them with a metal instrument.
3. Select *Pair* in the Training menu of your Suunto t6.
4. Select *Bike POD*. The message 'TURN ON NEW DEVICE' is displayed.
5. Insert the battery in the battery compartment and wait for acknowledgement. Within 30 seconds, either 'PAIRING COMPLETE' or, if pairing failed, 'NO DEVICES FOUND' is displayed.
6. If pairing is successful, close the battery compartment cover. If pairing fails, remove the battery and repeat steps 2-5.

3. USING YOUR BIKE POD

3.1. ATTACHMENT

Suunto Bike Pod is attached to the hub of the front wheel, and the spoke magnet is attached to a spoke as close to the Bike Pod as possible.

1. Loosen the front wheel attachment mechanism. (You can attach the Bike Pod to forks that use both the quick-release mechanism and traditional axle bolts.)
2. Position your Bike Pod horizontally on the front axle between the fork and the hub in a way that the Bike Pod logo points towards the wheel.
3. Fasten the wheel attachment mechanism.
4. Attach the spoke magnet to a spoke of the front wheel at the same level as the sensor. The magnet must be facing the speed sensor, and pass it at a correct distance. A suitable distance is 4-6 mm (0.2").



3.2. ACTIVATION AND DEACTIVATION

Your Bike Pod is activated automatically when the spoke magnet passes the speed sensor i.e. when the front wheel spins. It stays active throughout the cycling trip and for half an hour after the sensor has stopped getting readings from the magnet.

3.3. CONNECTION

To use your Bike Pod, you must establish a connection between it and your Suunto t6. This can be compared to listening to a radio. To be able to receive the radio broadcast signal, you need to switch the radio on. Similarly, for your Suunto t6 to be able to receive the signal from your Bike Pod, the devices must be connected. You need to establish the connection every time you want to use your Suunto t6 with your Bike Pod.

1. Spin the front wheel so that the spoke magnet passes the sensor.
2. Select *Connect* in the Speed/Distance menu of your Suunto t6. Suunto t6 informs you when the device has been found.

If the connection fails, Suunto t6 displays the message 'NO DEVICES FOUND'. In this case, spin the front wheel again to ensure that the Bike Pod is active and try again.

3.4. CALIBRATION

Suunto Bike Pod measures your bike's speed and distance from the rotation of the front wheel. Since a single rotation of a smaller wheel does not take you as far as that of a larger wheel, your Suunto t6 needs a specific calibration factor that takes the tire size into consideration. For the measurements to be accurate, you need to adjust the calibration factor of your Suunto t6 to match that of your wheel size.

To define the exact calibration factor, measure the tire circumference or calibrate your Bike Pod using a known distance.

3.4.1. Measuring the circumference manually

1. Set a measuring cord on the floor.
2. Ride along the cord so that the tires rotate fully at least once. (The measurement is more accurate if you sit on your bike and do not just push it along the cord.)
3. Measure the covered distance with the accuracy of a millimeter. (Divide the distance with the number of rotations if more than one rotation.)
4. Divide the circumference by 2050 (e.g. $2096 / 2050 = 1.022439 = 1.022$).



3.4.2. Calibrating the Bike Pod using a known distance

1. Select *Connect* in the SPD/DST menu of your Suunto t6.
2. Reset the distance measurement at the startline.
3. Press *START/STOP* in SPD/DST mode and cover a known distance with your bike.
4. Press *START/STOP* to stop the measurement.
5. Select *Calibrate* in the SPD/DST mode.
6. Select *Bike POD* and replace the measured distance with the correct distance.

3.4.3. Calibrating the Bike Pod using the calibration factor table

You can also calibrate the Bike Pod using the calibration factor table. The data in the table comes from various tire manufacturers and the European Tire and Rim Technical Organisation. Because of the differences in the tire pressure, tread pattern, and measurement methods, the table is only indicative.

1. Check your tire size, and find the appropriate calibration factor in the table (see Appendix).

2. In the Speed/Distance menu, select *Calibrate*.
3. Select *Bike POD*.
4. Select *Cal*.
5. Set the correct calibration factor with UP/DOWN.



3.5. REPLACING THE BATTERY

The average battery life is approximately 300 hours. When your Bike Pod does not work properly any more, you may need to change the battery.

1. Open the battery compartment cover with a coin.
2. Remove the old battery.
3. Place the new battery into the battery compartment with the positive side facing up and close the cover.

NOTE: Replace the battery with extreme care to ensure that your Bike Pod remains water-resistant. Careless battery replacement may void warranty.

NOTE: To reduce the risk of fire or burns, do not crush, puncture or dispose of used batteries in fire or water. Only replace them with manufacturer-specified batteries. Recycle or dispose of used batteries properly.

NOTE: Suunto recommends that the battery cover and the O ring are changed simultaneously with the battery to ensure that your Bike Pod remains water resistant. Replacement covers are available with replacement batteries.



4. SUUNTO TRAINING MANAGER (STM)

Your Suunto Bike Pod also adds new features to the Suunto Training Manager. To be able to use these features, you must update your STM software using the mini-CD supplied with the Suunto Bike Pod package.

You can also download the latest version of the Suunto Training Manager from www.suunto.com.

4.1. UPDATING YOUR SUUNTO TRAINING MANAGER

To update Suunto Training Manager:

1. Insert the Suunto Training Manager mini-CD into the drive.
2. Wait for the installation to begin and follow the instructions.

NOTE: If the installation does not automatically start, click *Start --> Run* and type *D:\setup.exe*.

4.2. NEW FEATURES

New features include a speed graph that you can use to view the development of your cycling speed, and a possibility to view all the graphs in relation to distance instead of time.

NOTE: For more information on the new features, see the *Suunto Training Manager help*.

5. TECHNICAL SPECIFICATIONS

- **Weight:** 19g (including battery and spoke magnet)
- **Water-resistance:** 30 m / 100 ft. (ISO 2281)
- **Operating temperature:** -20°C to +60°C / -5°F to +140°F
- **User replaceable battery:** 3V CR2032
- **Transmission range:** up to 10 m / 30 ft.
- **Accuracy:** When calibrated, typically better than 1%
- **Frequency:** 2.465 GHz ANT compatible
- **Battery life:** 300 h (at 20°C / 68°F)

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7. DISCLAIMERS

7.1. USER'S RESPONSIBILITY

This instrument is intended for recreational use only. Suunto Bike Pod must not be substituted for obtaining measurements that require professional or industrial precision.

7.1.1. CE

The CE mark is used to mark conformity with the European Union EMC directives 89/336/EEC and 99/5/EEC.

7.2. FCC COMPLIANCE

This device complies with Part 15 of the FCC limits for class B digital devices. This equipment generates, uses, and can radiate radio frequency energy and, if not installed or used in accordance with the instructions, may cause harmful interference to radio communications. There is no guarantee that interference will not occur in a particular instance. If this equipment does cause harmful interference to other equipment, try to correct the problem by relocating the equipment.

Consult an authorized Suunto dealer or other qualified service technician if you cannot correct the problem. Operation is subject to the following conditions:

- (1) This device cannot cause harmful interference.
- (2) This device must accept any interference received, including interference that may cause undesired operation.

Repairs should be made by authorized Suunto service personnel. Unauthorized repairs will void warranty.

Tested to comply with FCC standards. For home or office use.

FCC WARNING: *Changes or modifications not expressly approved by Suunto Oy could void your authority to operate this device under FCC regulations.*

7.3. LIMITS OF LIABILITY AND ISO 9001 COMPLIANCE

If this product should fail due to defects in materials or workmanship, Suunto Oy will, at its sole option, repair or replace it with new or rebuilt parts, free of charge, for two (2) years from the date of its purchase. This warranty is only extended to the original purchaser and only covers failures due to defects in materials and workmanship that occur during normal use while in the period of the warranty.

It does not cover battery, battery replacement, damage or failures resulting from accident, misuse, neglect, mishandling, alteration or modifications of the product, or any failure caused by operation of the product outside the scope of its published specifications, or any causes not covered by this warranty.

There are no express warranties except as listed above.

The client can exercise the right to repair under the warranty by contacting Suunto Oy's Customer Service department to obtain a repair authorization.

Suunto Oy and its subsidiaries shall in no event be liable for any incidental or consequential damages arising from the use of or inability to use the product. Suunto Oy and its subsidiaries do not assume any responsibility for losses or claims by third parties that may arise through the use of this device.

Suunto's Quality Assurance System is certified by Det Norske Veritas to be ISO 9001 compliant in all Suunto Oy's operations (Quality Certificate No. 96-HEL-AQ-220).

7.4. AFTER SALES SERVICE

If a claim under warranty appears to be necessary, return the product, freight prepaid, to your Suunto dealer who is responsible for having your product repaired or replaced. Include your name, address, proof of purchase and/or service registration card, as required in your country. The claim will be honored and the product repaired or replaced at no charge and returned in what your Suunto dealer determines a reasonable amount of time, provided that all necessary parts are in stock. All repairs that are not covered under the terms of this warranty will be made at the owner's expense. This warranty is non-transferable from the original owner.

If it is not possible to contact your Suunto dealer, contact your local Suunto distributor for further information. You can locate your local Suunto distributor in www.suunto.com.

www.suunto.com

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