

# ENDURO

TRAIL RUNNING INSTRUMENT



TRAILHEAD



## INTRODUCTION

Congratulations on your purchase of **ENDURO SERIES OUTDOOR INSTRUMENT**. These products represent the state-of-the-art in recreational instruments.

Please keep in mind, your unit is a sensitive technical instrument. With proper care and maintenance, it will last for many years. However, improper care and handling can cause the various sensors to be damaged and to stop functioning.

This manual is prepared in easy-to-read sections to familiarize you with setting and operating the instrument's functions. Please read all sections of this manual carefully and become fully familiar with the operation of the instrument before using it in the field.

**Proper setup and operation will greatly enhance the instruments usefulness and your enjoyment.**

## WARNINGS AND CAUTIONS

**WARNING:** Before starting any exercise program or performing any vigorous physical activity, we strongly suggest you visit your doctor for a complete physical and to discuss your plans.

**CAUTION:** Your instrument is designed to be water resistant to a static pressure of 5 ATM and can be worn while showering and light swimming. However, we recommend that extensive use of the unit in the water be avoided whenever possible.

**CAUTION:** Care should be taken not to press any keys while the unit is wet or submerged as this can force moisture past the key seals and damage the unit.

**CAUTION:** Exposure to strong magnetic fields will cause the compass unit to malfunction and may even permanently damage the compass sensor. Keep the unit away from magnetic sources.

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## HOW TO USE THIS MANUAL

Enduro instruments have many unique features and functions. Be sure to read each section carefully so that you will fully understand how the units and its features work.

The manual is divided into sections outlining each of the major functions of the instrument. A drawing of the instrument screen that represents the starting point or other important screen for each operational process is shown adjacent to the instructions for the process; important keys are shown in color indicating **PRESS & HOLD** and **PRESS**. The steps for the programming or operation are adjacent to the screen illustration. Key points and important information are shown in highlighted blocks.

The instrument itself is an important part of this manual as it prompts you through its operation.

## CARE & MAINTENANCE

Your Enduro instrument should be protected from shocks, extreme heat and extended exposure to direct sunlight. You should only perform service procedures related to the changing of the battery as shown in this manual. **NEVER** attempt to disassemble. Store your instrument in a clean, dry area at room temperature.

Clean your instrument using a moist cloth. Care should be taken when cleaning the lens not to rub dirt into the surface as it can become scratched and hard to read.

## REPLACING THE BATTERY

The Enduro instruments use a common CR2032 3v Lithium battery. Normal battery life is approximately 1yr.

**NOTE:** Heavy usage of the Compass or Backlight system may significantly reduce battery life.

**NOTE:** A blank display or inaccurate compass readings are indications that the battery is getting weak and should be replaced.

1. Remove the 4 screws using a small phillips-head screwdriver.
2. Remove battery door.
3. Carefully remove the old battery. Do not damage the O-ring seal.
4. Place a fresh battery in the battery compartment with the positive (+) side facing up.
5. If the O-ring has been damaged, replace it before reinstalling the battery door. Most jewelers and instrument shops should have replacement O-ring seals.
6. Replace battery door and fasten the 4 screws.



**NOTE:** Extreme care should be taken when replacing the battery to ensure the unit remains fully water resistant. Failure to properly replace the battery and correctly seal the unit may cause the unit to become damaged and may void the warranty

**NOTE:** It is recommended that you have the battery replaced by a jeweler or watch repair shop.

## RESETTING THE INSTRUMENT

To reset the instrument back to its default values **PRESS** the **MODE, SET/CLEAR, START/LAP** and **STOP/NEXT** keys down at the same time. The display will light up showing all segments followed by a sequence of screens showing various numbers. The instrument will then automatically change to the time of day screen at 12 o'clock on the first of January.

Resetting the instrument will clear any information stored in the instrument. This should be done only as a last resort.



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## DISPLAY SYMBOLS

symbol	description	what it means
	<b>"AUTO-EL" BACKLIGHT</b>	Auto-El Backlight is active when displayed
	<b>CHRONOGRAPH</b>	Chronograph is active when displayed
	<b>TIMER</b>	Timer is active when displayed
	<b>HOURLY CHIME</b>	Hourly chime is active when displayed
	<b>ALARM ON</b>	Alarm is active when displayed
	<b>DEGREES</b>	Compass is active when displayed

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## MODE SYMBOLS

symbol	description	what it means
<b>SPL</b>	<b>SPLIT INDICATOR</b>	Displays when Chronograph is running and Lap Detail in Chronograph memory
<b>LAP</b>	<b>LAP INDICATOR</b>	Displays when Chronograph is running and Lap Detail in Chronograph memory
<b>STOP</b>	<b>CHRONO STOPPED</b>	Displays when Chronograph is stopped
<b>PM</b>	<b>PM INDICATOR</b>	Indicates PM Time
<b>AM</b>	<b>AM INDICATOR</b>	Indicates AM Time
<b>T<sub>2</sub></b>	<b>TIME ZONE 2</b>	Indicates Time Zone 2 on display

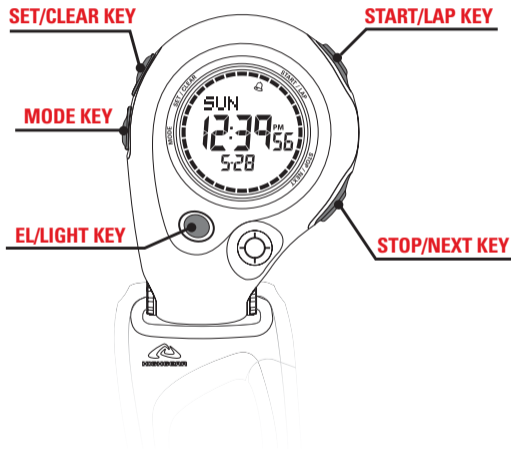
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## BATTERY SYMBOLS

symbol	battery status	what it means
none	<b>GOOD</b>	Battery is in good condition.
	<b>MEDIUM</b>	Battery is half full.
	<b>LOW</b>	Battery needs to be replaced

## KEYS AND THEIR FUNCTIONS

The Enduro has 5 individual keys. Each key has several functions. The drawing identifies the keys and their names as used in this manual.



## KEYS AND THEIR FUNCTIONS

### MODE KEY

- Advances display through the various operational modes
- Selects variable in setting mode

### SET / CLEAR KEY

- Enter/Exit setting sequence for each function
- Clear Chronograph and memories
- Enter Compass Calibration sequence
- Quick Access to Compass when operating in Chronograph or Timer modes

### START / LAP KEY

- View/Select Time 1 / Time 2 in Time mode
- Increases variable in Setting sequence
- Start/Lap/Split action in Chronograph mode
- Starts recall and scrolls through information in Memory mode
- Starts Timer(s)
- Turns Daily Alarm On/Off
- Activates compass reading in Compass mode
- Selects Key Beep On/Off in Time setting sequence

### STOP / NEXT KEY

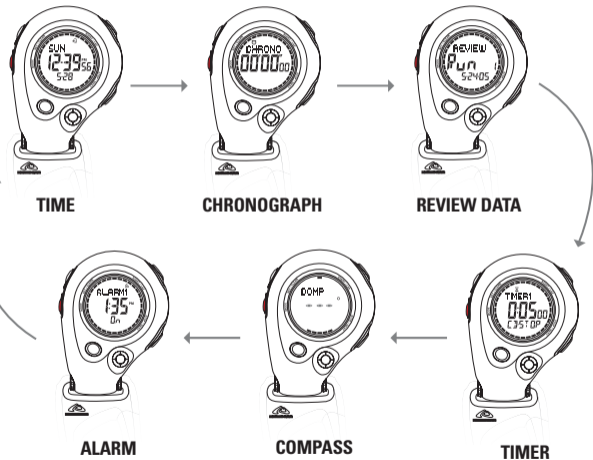
- Stops Chronograph
- Stores Chronograph data to memory
- Decreases variable in Setting sequence
- Advances to next data file in Review mode
- Stops Timer
- Activates compass reading in Compass mode
- Scrolls through Daily Alarms
- Selects Key Beep On/Off in Time setting sequence

### EL / LIGHT KEY

- Activates EL/Backlight
- Hold 3 Sec. Activates/deactivates Automatic Backlight

## ENDURO MAIN DISPLAY MODES

Advance through the modes below using **QUICK PRESSES** of the **MODE** key.



## EL/BACKLIGHT SYSTEM

Activate the **BACKLIGHT** system at any time by **PRESSING** of the **EL/LIGHT** key. The backlight will remain active for a period of 2 seconds.

## AUTO EL/BACKLIGHT

Auto-EL mode automatically illuminates the backlight for 2 seconds whenever any key is pressed. This is convenient when operating the instrument at night or in other low light situations.

To activate/deactivate the **AUTO-EL MODE**, **PRESS & HOLD EL/LIGHT** key for 2 seconds. Auto-El status is indicated by  icon in upper center of display.

**NOTE:** Excessive use of the backlight system will result in shorter battery life.



## VIEW TIME ZONE 1 / TIME ZONE 2

Your Enduro instrument allows you to set two separate time zones. In **TIME MODE**, Time Zone 2 can be viewed by a **PRESSING** the **START/LAP** key. When viewing Time Zone 2, the display will indicate **T2** in the upper left of the display. **PRESS & HOLD** the **START/LAP** key to change primary time zone display.

## NOTES FOR SETTING THE INSTRUMENT

**NOTE:** When in setting sequence, the variable being set will blink.

**NOTE:** When in setting sequence, "+" and "-" icons are displayed whenever it is possible to increase or decrease a variable that is being set.

**NOTE:** If no key is pressed for 60 seconds while in setting mode, setting mode automatically exits and changes will not be saved.

**NOTE:** **PRESS SET/CLEAR** key to exit setting sequence.



## SETTING TIME/DATE

1. Advance to **TIME** screen by **PRESSING** the **MODE** key.
2. **PRESS & HOLD** the **SET/CLEAR** key to enter the setting sequence.
3. Adjust **HOURS** by **PRESSING** the **START/LAP** or **STOP/NEXT** keys.
4. Advance to set **MINUTES** by **PRESSING** the **MODE** key. Adjust by **PRESSING** the **START/LAP** or **STOP/NEXT** keys.
5. Advance to set **SECONDS** by **PRESSING** the **MODE** key. Adjust by **PRESSING** the **START/LAP** or **STOP/NEXT** keys.
6. Advance to set **YEAR** by **PRESSING** the **MODE** key. Adjust by **PRESSING** the **START/LAP** or **STOP/NEXT** keys.

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## SETTING TIME/DATE (CONTINUED)

7. Advance to set **MONTH** by **PRESSING** the **MODE** key. Adjust by **PRESSING** the **START/LAP** or **STOP/NEXT** keys.
8. Advance to set **DAY** by **PRESSING** the **MODE** key. Adjust by **PRESSING** the **START/LAP** or **STOP/NEXT** keys.
9. Advance to select **12 OR 24-HOUR** mode. Select by **PRESSING** the **START/LAP** or **STOP/NEXT** keys.
10. Advance to set **HOURLY CHIME** by **PRESSING** the **MODE** Key. Turn **ON/OFF** by **PRESSING** the **START/LAP** or **STOP/NEXT** keys.
11. Advance to set **KEY BEEP** by **PRESSING** the **MODE** Key. Turn **ON/OFF** by **PRESSING** the **START/LAP** or **STOP/NEXT** keys.
12. **PRESS** the **SET/CLEAR** key to exit the setting sequence and return to Time of Day screen.

**NOTE:** You can exit the setting sequence at any time by **PRESSING** the **SET/CLEAR** key.



## SETTING THE CHRONOGRAPH

Enduro instruments are equipped with a 24-hour, 100-lap Chronograph with 1/100-second resolution. The Chronograph has 4 viewing options.

### In Chronograph mode:

**NOTE:** If there is information in the Chronograph, you must first **RESET** the Chronograph by **PRESSING** the **SET/CLEAR** key or **SAVE** to memory by **PRESSING** the **STOP/NEXT** key.

1. **PRESS & HOLD** the **SET/CLEAR** key to enter the setting sequence.
2. Select **VIEWING OPTION** by **PRESSING** the **START/LAP** or **STOP/NEXT** keys.
3. **PRESS SET/CLEAR** key to return to Chronograph mode.



## SETTING THE TIMERS

Enduro watches are equipped with 3 independent 24-hour Timers with enhanced functionality. In **TIMER MODE**, you can scroll through Timers 1 through 3 by **PRESSING** the **STOP/NEXT** key.

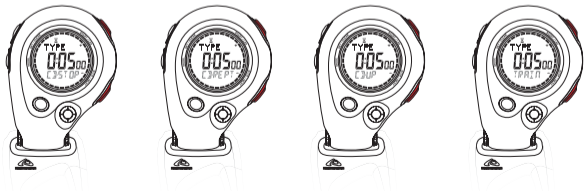
Timer options are:

**CD-STOP:** Counts down, then stops at 00:00:00.

**CD-REPEAT:** Counts down, then automatically starts to count down again.

**CD-UP:** Counts down, then automatically begins counting up. Example: you can program a 10-minute warm up followed by a 45-minute workout. The timer counts down 10 minutes, then begins timing like a regular chronograph.

**TRAIN:** Trainer mode has up to 9 settable segments. The length of each segment can be set independently. Each segment counts down to 00:00:00 and automatically advances to the next segment which begins counting down immediately in a continuous loop.



## SETTING THE TIMERS (CONTINUED)

In Timer mode:

1. Select **TIMER 1, 2 or 3** by **PRESSING** the **STOP/NEXT** key.
2. **PRESS & HOLD** the **SET/CLEAR** key to enter the setting sequence.
3. Select **TIMER MODE (CD-STOP, CD-REPEAT, CD-UP or TRAIN)** by **PRESSING** the **START/LAP** or **STOP/NEXT** keys.
4. Advance to set **HOURS** by **PRESSING** the **MODE** key. Adjust by **PRESSING** the **START/LAP** or **STOP/NEXT** keys.
5. Advance to set **MINUTES** by **PRESSING** the **MODE** key. Adjust by **PRESSING** the **START/LAP** or **STOP/NEXT** keys.
6. Advance to set **SECONDS** by **PRESSING** the **MODE** key. Adjust by **PRESSING** the **START/LAP** or **STOP/NEXT** keys.
7. **PRESS SET/CLEAR** to exit the setting sequence.

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## SETTING THE TIMERS (CONTINUED)

If **TRAIN** mode is selected:

1. **Program Segment 1:** Advance to set **HOURS** by **PRESSING** the **MODE** key. Adjust by **PRESSING** the **START/LAP** or **STOP/NEXT** keys.
2. Advance to set **MINUTES** by **PRESSING** the **MODE** key. Adjust by **PRESSING** the **START/LAP** or **STOP/NEXT** keys.
3. Advance to set **SECONDS** by **PRESSING** the **MODE** key. Adjust by **PRESSING** the **START/LAP** or **STOP/NEXT** keys.
4. Advance to **PROGRAM NEXT SEGMENT** by **PRESSING** the **MODE** key. Repeat programming sequence (up to 9 individual segments).
5. **PRESS SET/CLEAR** to exit the setting sequence at any time.



## CALIBRATING THE COMPASS

The Enduro Trailhead is equipped with a digital magnetic compass with reading in one-degree increments. The compass can be adjusted to compensate for the magnetic declination corresponding to the area where the compass is being used.

**The compass must be calibrated on a regular basis.** The compass should be calibrated any time it does not seem to be working properly. We recommend calibrating the compass prior to any activity where optimal accuracy is desired, such as a long back country trip.

**NOTE:** To save power, the compass feature of the unit only remains active for a period of 10 seconds. To reactivate the compass display, **PRESS** the **START/LAP** or **STOP/NEXT** key.

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**CALIBRATING THE COMPASS (CONTINUED)****In Compass mode:**

1. **PRESS & HOLD** the **SET/CLEAR** key to enter the calibration sequence.
2. **ROTATE CAL** will appear in the center of the display. 32-segment ring around the outside will animate clockwise to prompt the user to rotate the instrument during calibration.
3. Rotate the instrument clockwise for two complete rotations of approximately 15-seconds per rotation.

**NOTE:** For the optimum accuracy, the compass must be held completely level during the calibration process. We recommend placing the unit on top of a drinking glass while performing the calibration as this will make it easier to keep the compass level.

4. Advance to set **DECLINATION** by **PRESSING** the **MODE** key.

**NOTE:** If you do not know the Magnetic Declination for your area, leave this setting at zero.

5. Set **DECLINATION** by **PRESSING** the **START/LAP** key for **EASTERN (+)** or **STOP/NEXT** key for **WESTERN (-)**.
6. **PRESS SET/CLEAR** to exit the setting sequence.

**MAGNETIC DECLINATION**

A magnetic compass points to the earth's magnetic north pole. Depending on your location, this may be different from True North. Adjusting the Magnetic Declination allows you to compensate for this variation. Magnetic Declination for an area can be found on topographical maps. Declination can change over time and distance. Make sure the source for your declination settings is up to date. The following websites are good sources for finding local Magnetic Declination.

**FOR U.S. DECLINATIONS:**

<http://www.ngdc.noaa.gov/seg/geomag/jsp/Declination.jsp>

**FOR CANADIAN DECLINATIONS:**

[http://gsc.nrcan.gc.ca/geomag/field/mdcalc\\_e.php](http://gsc.nrcan.gc.ca/geomag/field/mdcalc_e.php)

**SETTING DAILY ALARMS**

The Enduro instruments are equipped with three individual daily alarms which can be set to the hour and minute. Alarms are active for current Time Zone selected.

**SELECTING ALARM 1, 2 OR 3**

Scroll through **ALARM 1, 2** or **3** (indicated in the upper line of the display) by **PRESSING** the **STOP/NEXT** key.

**TURNING AN ALARM ON/OFF**

**In Alarm mode:**

1. Select **ALARM 1, 2** or **3** by **PRESSING** the **STOP/NEXT** key.
2. Toggle between **ON** and **OFF** by **PRESSING** the **START/LAP** key.

**TO SET AN ALARM**

**In Alarm mode:**

1. Select **ALARM 1, 2** or **3** by **PRESSING** the **STOP/NEXT** key.
2. **PRESS & HOLD** the **SET/CLEAR** key to enter the setting sequence.
3. Adjust **HOURS** by **PRESSING** the **START/LAP** or **STOP/NEXT** keys.
4. Advance to set **MINUTES** by **PRESSING** the **MODE** key. Adjust by **PRESSING** the **START/LAP** or **STOP/NEXT** keys.
5. **PRESS SET/CLEAR** to exit the setting sequence.



## OPERATING THE CHRONOGRAPH

Enduro instruments are equipped with a 24-hour, 100-lap Chronograph with 1/100-second resolution.

## In Chronograph mode:

1. **PRESS** the **START/LAP** key to **BEGIN TIMING**.
2. To **ACTIVATE A LAP**, **PRESS** the **START/LAP** key.
3. To **STOP TIMING**, **PRESS** the **STOP/NEXT** key.
4. To **RESUME TIMING**, **PRESS** the **START/LAP** key.
5. To **SAVE CHRONOGRAPH DATA**, when chronograph is stopped, **PRESS & HOLD** the **STOP/NEXT** key. File will be saved to memory and chronograph will reset to 00:00:00.
6. To **RESET CHRONOGRAPH** (without saving data), **PRESS & HOLD** the **SET/CLEAR** key.



## COMPASS QUICKACCESS

When Chronograph is running, you can access the compass by **PRESSING** the **SET/CLEAR** key. Compass will display for 10 seconds then return to Chronograph screen.



**NOTE:** When chronograph is running, and Time mode is active: **CHRONO** icon is displayed. The 32-segment ring around the outer portion of the display will indicate the chronograph is running.

## CHRONOGRAPH DATA REVIEW MEMORY

Enduro instruments have a memory that allows you to store up to 20 runs/workouts. Information recorded includes time and split for each lap, best (fastest) lap, average lap time and total time for workout. When you store a Run/Workout it is captured by the Chronograph Data Review memory.

## MANAGING THE CHRONOGRAPH DATA LOG

Runs are stored in chronological order (earliest to latest). The **center line** of the display will indicate the number **1-20** and the **lower line** will display the **DATE** the run/workout was recorded.

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## REVIEWING RUNS/WORKOUTS

## In Review mode:

1. Scroll through the **STORED RUNS** by **PRESSING** the **STOP/NEXT** key.
2. Select **FILE TO REVIEW** by **PRESSING** the **START/LAP** key.
3. View **LAP, SPLIT, BEST, AVERAGE** and **TOTAL TIMES** by **PRESSING** the **START/NEXT** key.
4. **PRESS** the **STOP/NEXT** key to exit file review and return to Review directory.
5. To **ERASE** a stored file, **PRESS & HOLD** the **SET/CLEAR** key. The display will indicate file has been erased.
6. To **CLEAR** all files in memory, **PRESS & HOLD** the **SET/CLEAR** key until display indicates "ALL ERASED".



## OPERATING THE COUNTDOWN TIMERS

Enduro instruments are equipped with 3 independent 24-hour Timers with enhanced functionality. In Timer mode, you can scroll through **TIMERS 1** through **3** by **PRESSING** the **STOP/NEXT** key.

## In Timer mode:

1. Select **TIMER 1, 2, or 3** by **PRESSING** the **STOP/NEXT** key. The **TIMER FORMAT** is indicated on the **bottom display line** (**CD-STOP, CD-REPT, CD-UP, or TRAIN**).
2. **PRESS START/LAP** to **START TIMER**.
3. **PRESS STOP/NEXT** to **STOP TIMER**.
4. When timer is stopped, **PRESS SET/CLEAR** to **RESET TIMER**.



## COMPASS QUICKACCESS

When Timer is running, you can access the compass by **PRESSING** the **SET/CLEAR** key. Compass will display for 10 seconds then return to Timer screen.

## OPERATING THE COMPASS

1. The Enduro Trailhead is equipped with a digital magnetic compass with reading in one-degree increments.
2. Advance to **COMPASS MODE** by **PRESSING** the **MODE** key.
3. To **ACTIVATE COMPASS READING**, **PRESS** the **START/LAP** or **STOP/NEXT** key.
4. Compass will be active for 10 seconds.
5. Large LCD numbers indicate **CURRENT BEARING** (arrow at top of instrument).
6. LCD indicates current direction (arrow at top of instrument): **N, NNE, NE, ENE, E**, etc.
7. Outer display ring is used to form an arrow that points north; the front of the arrow is a single segment and the back of the arrow is 5 segments.

**NOTE:** To save power, the compass feature of the unit only remains active for a period of 10 seconds. To reactivate the compass display, **PRESS** the **START/LAP** or **STOP/NEXT** key.



## GENERAL

Operational Temperature -10°C to +50°C/ 14°F to 120°F  
 50 Meter Water Resistant  
 Watch Battery CR 2032 3v Lithium  
 EL Backlight System with Auto EL-Feature  
 Approximate battery life: 1 year

## WATCH

Auto Calendar 2006-2054  
 Time of Day – 12 or 24-hr. formats with 1-second resolution  
 Daily Alarm – 24 hours with 1-minute resolution

## CHRONOGRAPH

24 Hour Chrono 1/100 second resolution  
 100 Laps with up to 20 sessions of Workout Memory  
 100 Split Time with Workout Memory / 20 sessions  
 Training Log with Best/Average Lap and Total Training Time  
 Split/Lap Display user selectable

## TIMER

3 Independent Timers  
 9 interval Timers  
 Maximum setting time 23h 59m 59s

## COMPASS CARDINAL POINTS

**N** : 348 – 359 ; 0 – 10  
**NNE** : 11 – 32  
**NE** : 33 – 55  
**ENE** : 56 – 77  
**E** : 78 – 100  
**ESE** : 101 – 122  
**SE** : 123 – 145  
**SSE** : 146 – 167  
**S** : 168 – 190  
**SSW** : 191 – 212  
**SW** : 213 – 235  
**WSW** : 236 – 257  
**W** : 258 – 280  
**WNW** : 281 – 302  
**NW** : 303 – 325  
**NNW** : 326 – 347

## TROUBLE SHOOTING BASIC

Your Enduro instrument is a very sensitive and sophisticated instrument. If properly cared for it should last and remain accurate for many years. However, from time to time problems may occur. It has been our experience that the majority of the problems seen by consumers with products such as the Enduro are related to dead or dying batteries.

While the estimated life of a fresh battery in the unit is approximately 1 year, this can be shortened considerably if the backlight feature of the unit is used extensively. Whenever you are experiencing issues related to the function of the unit, it is recommended that you install a fresh battery as a first course of action, especially if it has been more than a half a year since the last time the battery was replaced.

**BE AWARE:** Lithium batteries of the type used in this instrument are very susceptible to improper storage. Many times, batteries purchased as new are dead or weak before they are purchased. Do not assume that batteries in stores are good. If you try a new battery and problems persist, please try a second battery from another source, just to be certain.

## TROUBLE SHOOTING BASIC

If the battery on the instrument is failing it may show itself in several ways. Indications of a weak battery are:

A fading or blank display. Also if the display goes blank when the backlight is operated and then comes back on when the backlight system turns off.

Inaccurate readings from the compass.

If the display goes blank when the EL system is operated and then comes back on when the EL system turns off.

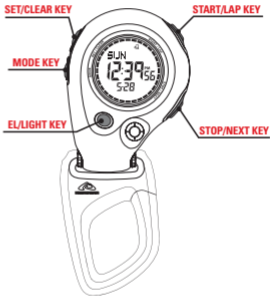
The display of your instrument may "freeze" due to static electricity or battery replacement. If this occurs, remove the battery and re-insert it. This will erase the data in the memory and reset the instrument to factory settings.

Enduro instruments are equipped with a display which allow them to be used in a wide variety of environments. However, if the unit is used in extreme cold (<32°F or 1°C) the function of the display may be slower than normal. If exposed to extreme heat or cold, the display may also darken. The display should return to normal once the temperature returns to normal levels.

Because the compass is magnetic it may be affected by local sources of electromagnetic radiation (EMI). Avoid using the compass near appliances, in cars, near home security systems and other sources of EMI.

# ENDURO

TRAIL RUNNING INSTRUMENT



## TRAILHEAD

HIGHGEAR USA/TECHTRAIL INC.

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