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SUUNTO
BIKE POD

USER'S GUIDE

SUUNTO

CUSTOMER SERVICE CONTACTS

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1. INTRODUCTION

Suunto Bike POD is an accessory for your Suunto t3, Suunto t4 or 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 wristop computer, creating one of the most advanced cycling-specific training tools available.

Suunto Bike POD measures your cycling speed and distance by calculating the relation between the circumference of your bicycle wheel and the speed at which it rotates. Measurement is effortless and, when properly calibrated, also very accurate.

Suunto Bike POD adds new features to your Suunto t3, t4 or t6 wristop computer. Once paired with the Bike POD, 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; gives alarms for too fast or too slow speed, and offers a distance-based interval training function.

NOTE: *The wristop-computer functions related to the use of your Suunto Bike POD are explained in the individual Suunto t3, t4, and t6 instruction manuals. You can download the latest version of the manuals at www.suunto.com/training.*

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 wristop computer. This process can be compared to the tuning of a 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 wristop computer 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 wristop computer:

1. Remove the Bike POD battery.
2. Short-circuit the - and + metal plates in the battery compartment of the POD by connecting them with a metal instrument, for example, by touching them with a screwdriver, knife or a paperclip.
3. **In your Suunto t3 or Suunto t4**, go to Training mode settings and select Pair a POD and then Bike.
   In your Suunto t6, go to the Training menu and select *Pair and then Bike POD* (if your device has a serial number 50500000 or higher) or *Spd sens (*if your device has a serial number 50499999 or lower). The message 'TURN ON NEW DEVICE' is displayed.
4. Insert the battery in the battery compartment and wait for acknowledgement.
5. **Your Suunto t3 or t4** will display "Paired" or, if pairing failed, return to the Pair a POD menu.
   Your Suunto t6 will display either '"PAIRING COMPLETE" or, if pairing failed, "NO DEVICES FOUND" within 30 seconds.
6. If pairing is successful, close the battery compartment cover. If pairing fails, remove the battery and repeat steps 2–5. If pairing still fails, make sure that there are no active ANT transmitters such HR belts nearby and repeat steps 2–5.

After successful pairing, you can view speed and distance-related information in the Speed/Distance mode while on the move.

If you would like to use the Suunto t6 (serial number 50499999 or lower) simultaneously with both the Bike POD and the Foot POD, Suunto offers a free update to the device at your nearest Suunto Service Center, upon presenting the Bike POD proof of purchase and after paying the postal costs for sending it to the service center.

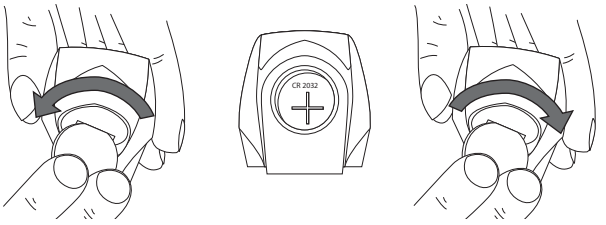
For information on Suunto Service Center locations visit www.suunto.com.

2.2. INSTALLING AND REPLACING THE BATTERY

1. Open the battery compartment cover with a coin.
2. If replacing the battery, 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. Check the condition of the seal on the battery cover each time you change the battery and replace the battery cover if the seal is damaged. Careless battery replacement may void the warranty.*

NOTE: *To reduce the risk of fire or burns, do not crush, puncture or dispose of used batteries in fire or water. The POD uses one CR2032 battery. Only use this kind of battery. Recycle or dispose of used batteries properly.*

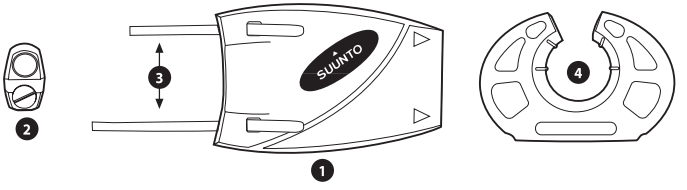


3. USING YOUR BIKE POD

There are two different Suunto Bike PODs available. The universal Suunto Bike POD is ideal for all situations, and attaches easily to all kinds of bikes. The Suunto Road Bike POD has a quick-release system and also fits on most kinds of bikes, although it is especially valued as a road-cycling Bike POD.

3.1. ATTACHING THE UNIVERSAL SUUNTO BIKE POD

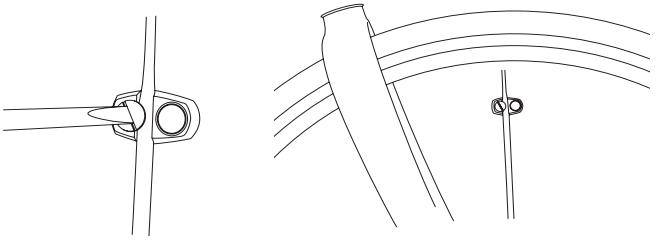
3.1.1. CONTENT OF THE UNIVERSAL SUUNTO BIKE POD PACKAGE



- Bike POD (1)
- Magnet (2)
- 2 wire ties (3)
- Holder for the wristop computer (4)

3.1.2. INSTALLING THE MAGNET BRACKET

Place the magnet bracket on a spoke on the right side of the wheel. The magnet must be turned towards the Bike POD.

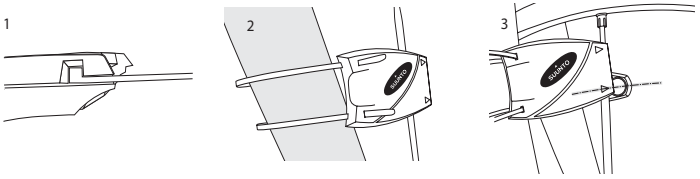


Note: *If you are using a wheel with extra flat spokes, you need to cut the tabs on the magnet bracket beforehand.*

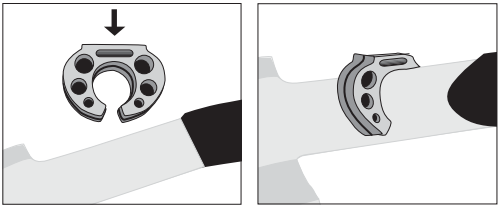
3.1.3. INSTALLING THE BIKE POD

1. Insert a wire tie into each slot designed for this purpose from the Bike POD side. The head of the wire tie must go in its slot as far as possible.
2. Place the Bike POD on the right blade of the fork (the Bike POD must be pointing forward); close the fixing collars without tightening them.
3. Adjust the position of the Bike POD so the center of the magnet is aligned with one of the arrows on the Bike POD. The distance between the magnet and the Bike POD must be less than 10 mm.

4. Tighten the wire ties and cut them flush.

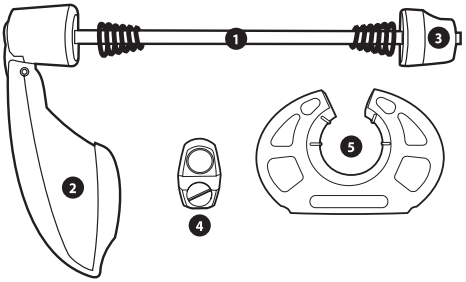


5. Attach the holder for the wristop computer to the handle bar with the flat part facing up. Place your Suunto wristop computer around it.



3.2. ATTACHING THE SUUNTO ROAD BIKE POD

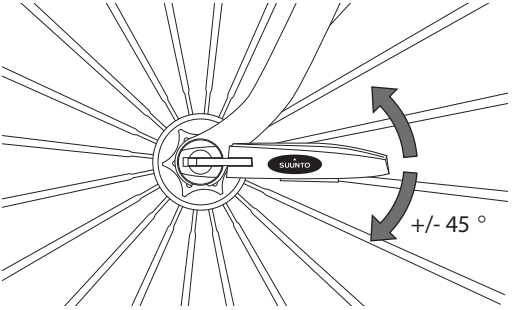
3.2.1. CONTENT OF THE SUUNTO ROAD BIKE POD PACKAGE



- Road Bike POD consisting of a skewer (1), quick-release lever (2) and nut (3)
- Magnet (4)
- Holder for the wristop computer (5)

3.2.2. INSTALLING THE LOCKING LEVER/BIKE POD

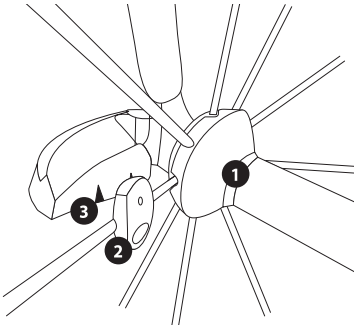
1. Fit the quick-release lever to the hub, with the lever to the left (to the right when using disc brakes). Close the lever, taking care to position it horizontally towards the rear (+/– 45°).
2. Adjust the tension on the adjusting nut so that sufficient force is applied when the locking lever is moved to the “CLOSE” position (consult your retailer).
3. When the locking lever can be moved to the “CLOSE” position too easily, the wheel is not held in place with sufficient force. If this is the case, put the locking lever in the “OPEN” position and tighten the adjusting nut to increase the force.
4. Push the locking lever to the “CLOSE” position.
5. In all cases, make sure that the nut is sufficiently screwed on. The end of the skewer should not be deeper than 2 mm (1/16 inch) inside the nut.



6. Attach the holder for your Suunto wristop computer to the handle bar with the flat part facing up. Place the Suunto t-series wristop computer around it. (See the figure under point 5 in section 3.1.3.)

3.2.3. INSTALLING THE MAGNET MOUNT

Position the magnet mount on a spoke so that it passes in front of one of the marks on the lever. The magnet must be turned towards the Bike POD.



- Hub (1)
- Magnet (2)
- Bike POD (3)

3.3. ACTIVATION AND DEACTIVATION

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

3.4. CONNECTION

To use your Bike POD, you must establish a connection between it and your wristop computer. 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 wristop computer 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 wristop computer with your Bike POD.

1. Spin the front wheel so that the spoke magnet passes the Bike POD.
2. **In your Suunto t6**, select *Connect* in the Speed/Distance menu.
   In your Suunto t3 or Suunto t4, enter Training mode.
3. Your wristop computer informs you when the Bike POD has been found.

Suunto t3 or Suunto t4: If the connection fails, the message “Searching” disappears from the bottom row of the display and the selected shortcut returns. In this case, spin the front wheel again to ensure that the Bike POD is active and try again.
Suunto t6: If the connection fails,”NO DEVICES FOUND” is displayed on the screen. In this case, spin the front wheel again to ensure that the Bike POD is active and try again.

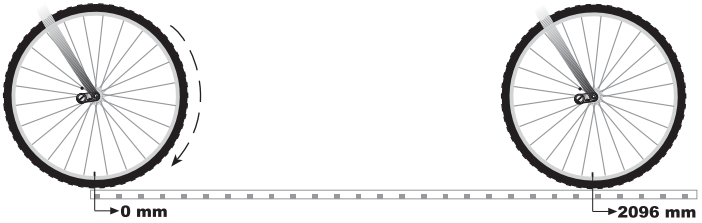
3.5. CALIBRATION

Suunto Bike POD measures your bike's speed and distance from the rotation of the front wheel. The wristop computer needs a specific calibration factor that takes the wheel size into consideration.

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

3.5.1. Measuring the circumference manually

1. Set a measuring cord on the floor.
2. Sit on your bike and ride along the cord so that the tires rotate fully at least once.
3. Measure the covered distance with the accuracy of a millimeter.
4. Divide the circumference by 2050 (for example, 2096 / 2050 = 1.022439 = 1.022).
5. Set the calibration factor in your Suunto t-series wristop computer. See steps 2 to 5 in Section 3.5.3. for setting the calibration factor.



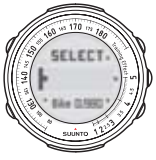
3.5.2. Calibrating the Bike POD using a known distance

1. **In your Suunto t3 or Suunto t4**, enter Training mode.
   In your Suunto t6, select Connect in the Speed/Distance menu.
2. Reset the distance measurement at the start line.
3. **In your Suunto t3 or Suunto t4**, press START/STOP in Training mode.
   I**n your Suunto t6**, press START/STOP in the Speed/Distance mode.
4. Cover a known distance with your bike.
5. Press START/STOP to stop the measurement.
6. Select *Calibrate* in the Speed/Distance mode.
7. Select *Bike POD* and replace the measured distance with the correct distance.

3.5.3. 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*. (t6 only)
5. Set the correct calibration factor with UP/DOWN.



Suunto t3
and Suunto t4

Suunto t6

4. SUUNTO TRAINING MANAGER SOFTWARE

While using Suunto Bike POD, the speed and distance data is recorded by your Suunto wristop computer. This data can be displayed in graph form and analyzed in more detail with Suunto Training Manager software. The software is included with Suunto t6 and is optional for Suunto t3 and Suunto t4 devices. You can always download the latest version of the Suunto Training Manager free of charge from www.suunto.com.

5. TECHNICAL SPECIFICATIONS

- **Weight:**
  - Universal Bike POD: 18g / 0.6oz (Including battery and magnet)
  - Road Bike POD: 69g / 2.4oz (Including skewer, battery and magnet. Adds approximately 10g / 0.4oz to your normal quick release.)
- **Water-resistance:** 10 m / 33 ft.
- **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:** up to 300 h (at 20°C / 68°F)

6. INTELLECTUAL PROPERTY

6.1. COPYRIGHT

6.2. TRADEMARK

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.

7.2. CE

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

7.3. ICES

This Class [B] digital apparatus complies with Canadian ICES-003.

7.4. 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.*

7.5. 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).

7.6. AFTER SALES SERVICE

If a claim under warranty appears to be necessary, return the product, freight prepaid, to your Suunto representative 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 representative 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.
You can locate your local Suunto representative at www.suunto.com.

8. DISPOSAL OF THE DEVICE

Please dispose of the device in an appropriate way, treating it as electronic waste. Do not throw it in the garbage. If you wish, you may return the device to your nearest Suunto representative.

APPENDIX / ANNEXE / ANHANG / ANEXO
APPENDICE / BIJLAGE / LIITE / BILAGA

Tire size [ETRTO] Taille de la roue [ETRTO] Reifengröße [ETRTO] Tamaño de neumático [ETRTO] Misura dei copertoni [OTECC] Bandenmaat [ETRTO] Pyörän koko [ETRTO] Hjulstorlek [ETRTO]	Tire size [inches] Taille de la roue [pouces] Reifengröße [Zoll] Tamaño de neumático [pulgadas] Misura dei copertoni [pollici] Bandenmaat [inch] Pyörän koko Hjulstorlek	Circumference [mm] Circonférence [mm] Umfang [mm] Circunferencia [mm] Circonferenza [mm] Wielomtre [mm] Ympärysmitta [mm] Omkrets [mm]	Calibration factor Taux d'étalonnage Kalibrierungsfaktor Factor de calibración Fattore di taratura Kalibratiefactor Kalibrointikerroin Kalibreringsfaktor
44-288	*14 x 1.75*	*1055*	*0,515*
40-330	*16 x 1.50*	*1185*	*0,578*
47-305	*16 x 1.75*	*1195*	*0,583*
40-355	*18 x 1.50*	*1340*	*0,654*
47-355	*18 x 1.75*	*1350*	*0,659*
47-406	*20 x 1.75*	*1515*	*0,739*
37-451	*20 x 1-3/8*	*1615*	*0,788*
37-484	*22 x 1-3/8*	*1770*	*0,863*
40-484	*22 x 1-1/2*	*1785*	*0,871*
25-507	*24 x 1*	*1753*	*0,855*
28-520	*24 x 1-1/8*	*1795*	*0,876*
32-547	*24 x 1-1/4*	*1905*	*0,929*
47-507	*24 x 1.75*	*1890*	*0,922*
54-507	*24 x 2.00*	*1925*	*0,939*
54-507	*24 x 2.125*	*1965*	*0,959*
22-559	*26 x 7/8*	*1920*	*0,937*
30-559	*26 x 1.25*	*1953*	*0,953*
28-584	*26 x 1-1/8*	*1970*	*0,961*
37-590	*26 x 1-3/8*	*2068*	*1,009*
37-584	*26 x 1-1/2*	*2100*	*1,024*
37-559	*26 x 1.40*	*2005*	*0,978*
40-559	*26 x 1.50*	*2010*	*0,980*
44-559	*26 x 1.75*	*2023*	*0,987*
47-559	*26 x 1.95*	*2050*	*1,000*
50-559	*26 x 2.00*	*2055*	*1,002*
54-559	*26 x 2.10*	*2068*	*1,009*
54-559	*26 x 2.125*	*2070*	*1,010*
57-559	*26 x 2.35*	*2083*	*1,016*
75-559	*26 x 3.00*	*2170*	*1,059*
25-630	*27 x 1*	*2145*	*1,046*
25-630	*27 x 1-1/8*	*2155*	*1,051*
32-630	*27 x 1-1/4*	*2161*	*1,054*
37-630	*27 x 1-3/8*	*2169*	*1,058*
35-590	*650 x 35A*	*2090*	*1,020*
38-571	*650 x 38A*	*2125*	*1,037*
38-571	*650 x 38B*	*2105*	*1,027*
18-622	*700 x 18C*	*2070*	*1,010*
19-622	*700 x 19C*	*2080*	*1,015*
20-622	*700 x 20C*	*2086*	*1,018*
23-622	*700 x 23C*	*2096*	*1,022*
25-622	*700 x 25C*	*2105*	*1,027*
28-622	*700 x 28C*	*2136*	*1,042*
30-622	*700 x 30C*	*2170*	*1,059*
32-622	*700 x 32C*	*2155*	*1,051*
19-632	*700C Tub*	*2130*	*1,039*
35-622	*700 x 35C*	*2168*	*1,058*
38-622	*700 x 38C*	*2180*	*1,063*
40-622	*700 x 40C*	*2200*	*1,073*

www.suunto.com