

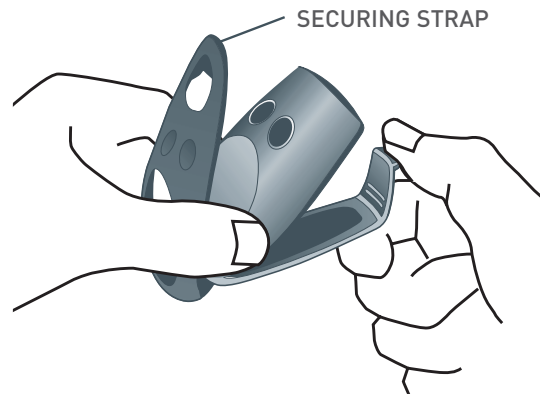
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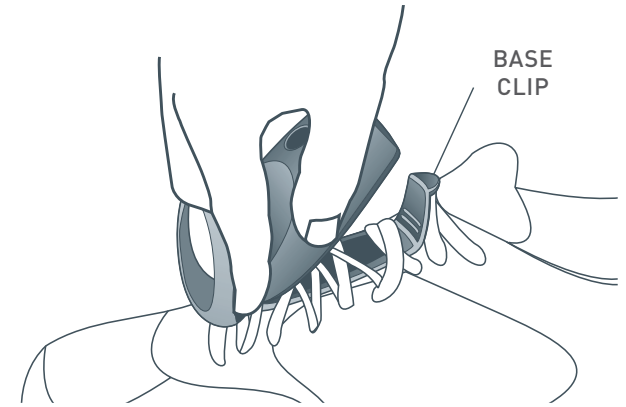
This document with updates is available online at www.nike.com/manuals

Quick Start

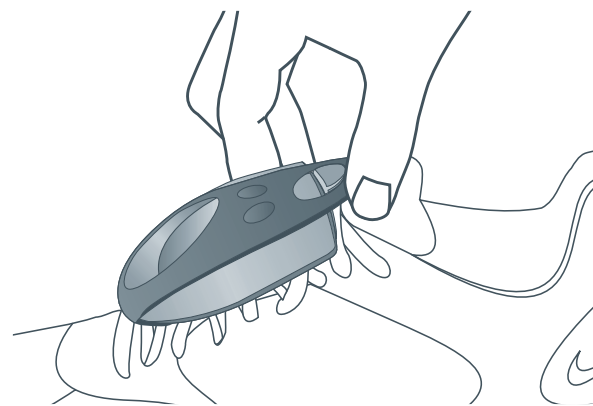
Follow steps 1 through 7 to position the SDM tailwind and go for a run.



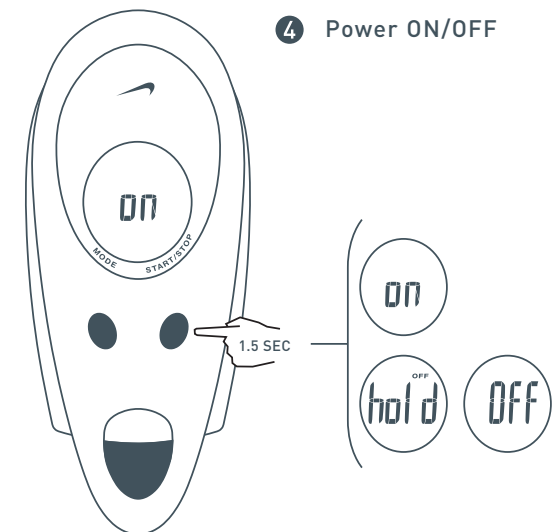
1 Unfasten the securing strap and lift hinged speed sensor from base.



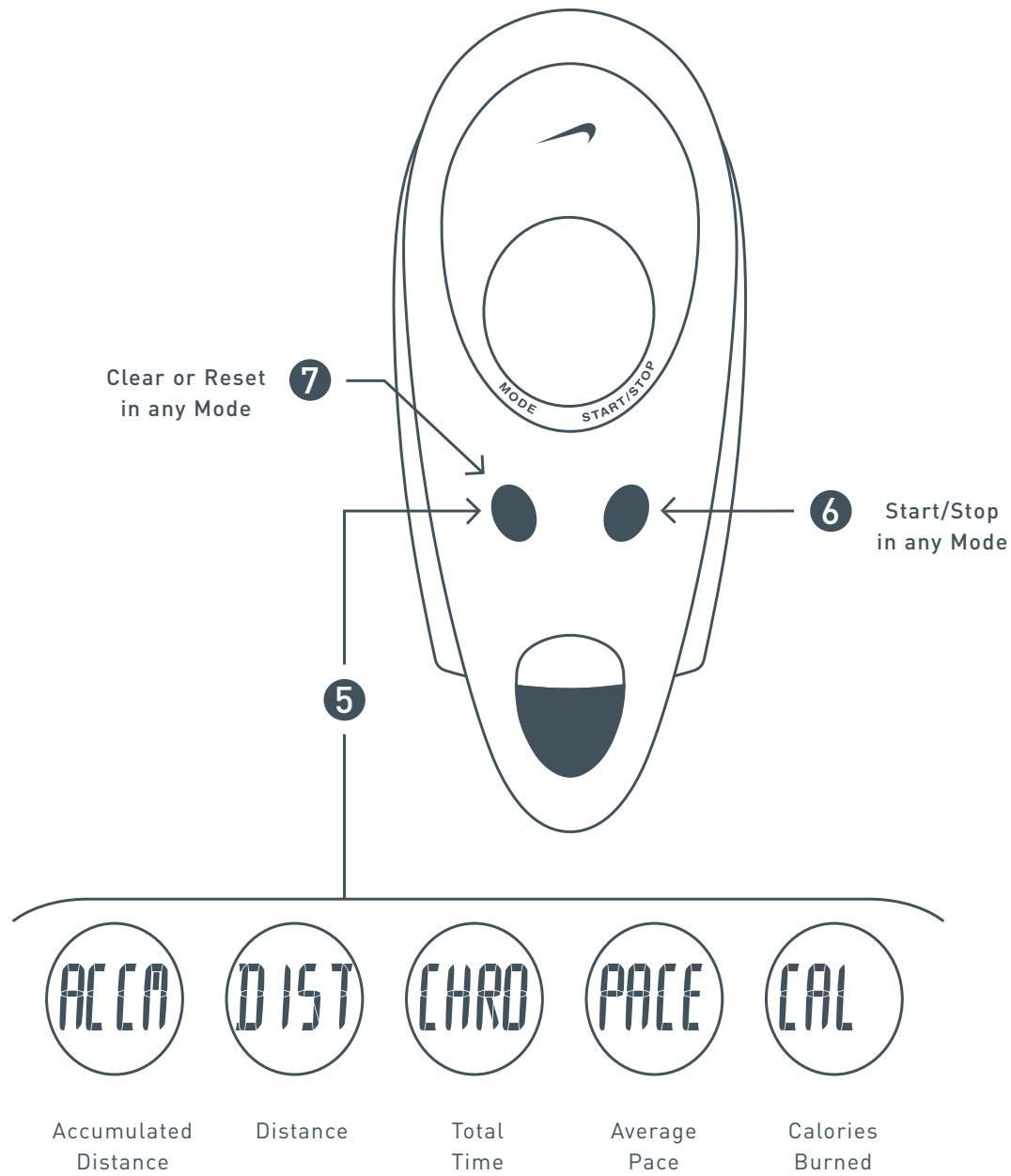
2 Slide base under laces, then press speed sensor until it clicks into place.



3 Fasten securing strap over speed sensor.

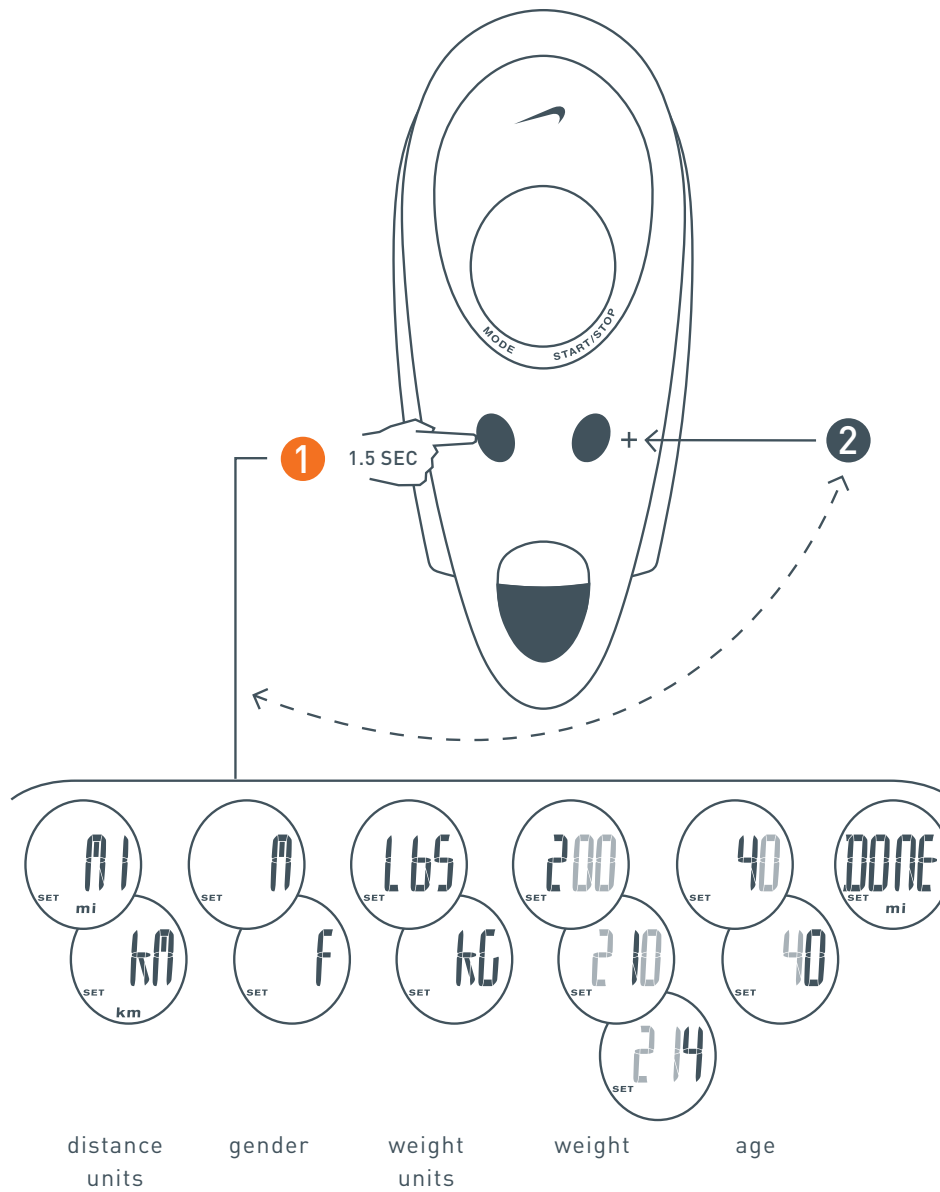


4 Power ON/OFF



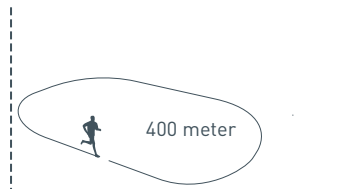
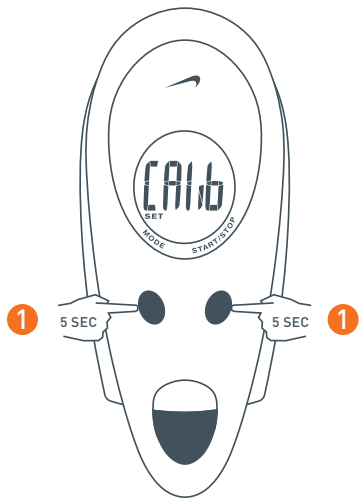
Set-Up

Follow steps 1 through 2 to personalize your SDM tailwind.

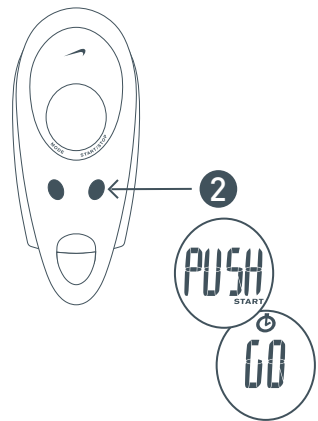


Calibration

Go to a 400 meter marked track and follow steps 1 through 6 to calibrate SDM tailwind.



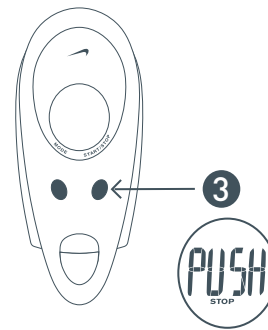
Go to a 400 meter marked track.



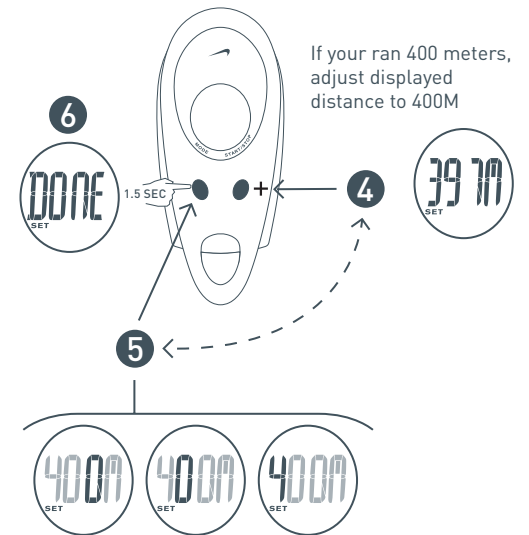
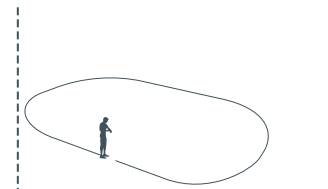
Push start button



Run at your usual pace on the inside lane. Complete 1-2 laps (400-800 meters).



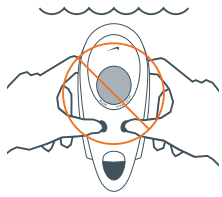
Push stop button when you finish the lap.



If your ran 400 meters, adjust displayed distance to 400M

Water Resistance

Splash Proof



ATTENTION: Water damage will occur if watch buttons are pressed while underwater!

Mode Limits

Chronograph: 23:59'59"

Material Specifications

Crystal: Polycarbonate

Strap: Polyurethane

Case: Plastic Resin

Clip: Plastic Resin

Battery

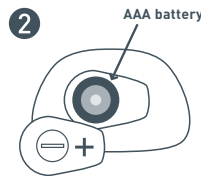
Battery Type: 1 AAA

Battery Life: About 70 hours

Battery Replacement: Follow the steps below to replace your SDM tailwind battery. *For best results, you can have Nike's authorized service center change the SDM tailwind battery. See page 7 for service center information.*



1 Open the battery lid on the pod with a coin by turning counter-clockwise.



2 Insert a AAA battery with the + mode facing you.



3 Replace the battery lid.

Troubleshooting:

Attachment to shoe: make sure SDM tailwind is attached 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.

Orthotics:

People who wear orthotics or have extreme pronation or supination in their stride may experience reduced accuracy. Try re-calibrating for improved accuracy.

Varying Paces:

People who run at varying paces within a run may experience reduced accuracy. Try calibrating at the speed you usually run.