USE YOUR LANYARD – To prevent loss of your SpeedCoach GPS with Heart Rate, make sure to locate your lanyard around any secure part of your boat. There are a lot of electronics packed into the unit and IT DOES NOT FLOAT. NK is not responsible in the event that your unit sinks.

INSTRUCTIONS

INSTALLATION

Strap Mounting
Use the provided strap mount to attach your SpeedCoach GPS to a rigger, foot stretcher or any other convenient location in any boat you row. The mount base rotates to allow you to install the strap vertically or horizontally.

SpeedCoach Harness Dock Mounting
If your boat is equipped with a SpeedCoach harness, you can mount your unit on the dock. Your SpeedCoach GPS will always use its internal accelerometer to calculate stroke rate so a seat switch and magnet are not necessary. If an impeller is present, you have the option to select “Impeller” for speed and distance input. Otherwise, the harness dock will serve as a secure holder and your unit will use its internal GPS receiver to calculate speed and distance.

SpeedCoach Heart Rate Monitor
The heart rate monitor belt connects to your unit via Bluetooth technology. Adjust the straps to fit your body snugly. Attach belt across the lower portion of your chest, as shown in the figure to the right. To pair your strap to your unit, please see Setup Menu option.

ADDITIONAL FUNCTIONS AND OPTIONS

NAVIGATING THE MENUS

Main Menu
Press once to access the Main Menu. From there, you can Recall Data, Erase Data, enter the Setup Menu or view the About screen for firmware version number.

Move/Adjust
Use the up and down buttons to navigate within a menu OR adjust a selected value.

Select
On any menu, select the highlighted option to enter the submenu or adjust the value.

Go Back/Exit
Press to exit from any screen or menu to the previous screen.

ADVANCED SETUP MENU

Impeller Calibration
To change your Calibration Value or run the calibration routine (see the reverse side).

GPS Spd Smoothing, Strokes
The Speed Smoothing feature will average the last number of strokes selected. If “2” is selected, for example, the Speed/Split displayed will be an average of the last two strokes, updated every stroke.

Stroke Rate Setup
Options are Timer Start Acceleration, Noise Filtering and Axis. Timer Start Acceleration governs the degree of acceleration that must be detected by the accelerometer to start the rowing. Noise Filtering governs the degree of noise that will register changes in acceleration as a stroke. The default value of 3 is generally the best for all types of rowing. A lower value will increase the variability of the stroke rate. The Noise Filtering option allows you to select a value from 1 to 5.

Turn Off
Hold for 3 seconds until TURN OFF bar appears (after STOP and STOP). Press once to switch OFF, after that last stroke is detected. If the Auto Pause is “OFF,” the timer and other windows will all stop six seconds after you stop rowing. If Auto Pause is “ON,” the timer will keep running whether or not you are rowing. To stop the timer when Auto Pause is off, press and hold the Stop button until the Timer bar goes to zero.

Distance
Accrued distance since reset in your selected units of measure.

Count
- Count of strokes detected since reset.

DIST/STROKE
Distance per stroke calculated on a stroke-by-stroke basis.

Heart Rate
Displays current heart rate in beats per minute (bpm).

ELAPSED TIME
- Amount of time passed.

USING THE MEMORY

The SpeedCoach GPS can store 200 memory points at a fixed interval of 100 meters. It will also store a snapshot of your data each time you start and stop your timer during your row. At each memory point, the SpeedCoach GPS stores the distance and elapsed time as well as the instantaneous stroke rate, speed/split and distance per stroke from the last complete stroke prior to the memory point. The cumulative average speed to that point is also stored.

Recall Data
Select Recall Data from the Main Menu. The display will return to the normal window arrangement with a RECALL bar displayed. The Interval count is displayed in the top right corner.

Step through Data
The screen will advance to the next point with each press.

Change the Flex Fields
At any data point, you may change the flex fields to see the other stored values.

GETTING STARTED

From the Main Menu, use the  and select Setup. From there, use the menu navigation steps described above to navigate, select, adjust and exit setup options:

Input
The Speed (and distance) Input setting can be set to GPS or Impeller. Please note that you will need a wiring harness and impeller to use the Impeller mode.

HRM Setup
Clicking the setup button will automatically attempt to pair the Heart Rate Monitor (HRM) belt with the SpeedCoach unit. The HRM will turn on automatically when attached to your body. If your HRM belt is not found, place two fingers on the metal strap buckles to activate.

Speed/Distance Setup
Options are Speed Mode (where you can select Speed, which is your distance for a time), or Split, which is predicted for your selected interval and units (Change to select which units of measure you wish to be displayed).

Auto Pause
Your auto pause selection will govern whether the timer will stop rowing automatically after you stop rowing, or continue running, allowing you to time rest intervals even if you stop rowing. If Auto Pause is “ON,” the timer and other windows will all stop six seconds after that last stroke is detected. If the Auto Pause is “OFF,” the timer will keep running whether or not you are rowing. To stop the timer when Auto Pause is off, press and hold the Stop button until the Timer bar goes to zero.

NOTE: Average Speed is calculated as a function of the distance covered in the elapsed time shown. Because the timer will continue to run while you are not rowing, turning Auto Pause “OFF” will impact the calculation of your cumulative average speed.

Advanced
To access more advanced setup options, see below.
Calibration is only relevant if you are using your SpeedCoach GPS with a wiring harness and speed sensor at the same time. The Calibration Menu is an adjustable factor that compensates for any difference between your impeller's distance measurement and the "standard boat" upon which the SpeedCoach's calculations are based. The Calibration Factor applies only when in Impeller mode for speed and distance.

Selecting Impeller Calibration

Select "Impeller Calibration" from the Advanced Setup Menu.

Entering a Calibration Value Manually

If you know your boat's SpeedCoach GPS calibration value from previous calibration (it is the same for any SpeedCoach), you may enter it manually. From the Calibration Menu, press [ ] to select the Calibration Value, then press [ ] to adjust the value, and [ ] to accept the value.

Running the Calibration Routine

The SpeedCoach GPS does not need a measured course to be calibrated. Because the SpeedCoach GPS knows both the GPS and Impeller distance measurement, it can be calibrated. Calibration is only relevant if you are using your SpeedCoach GPS with a wiring harness and SpeedCoach GPS.

The SpeedCoach GPS can only be charged with the supplied charging dock. The SpeedCoach GPS charging requires a stable charging surface. The battery indicator will show full and stop until it clicks and you see "Charging ..." on the screen. The battery indicator will flash and the backlight will dim. The expected charge time is approximately 1.2 to 1.6 hours.

Battery use and charging

A fully charged battery will provide approximately 6-8 hours of operation, depending on battery use. Each bar on the battery indicator represents 20% of battery life, or approximately 1 to 2.6 hours.

To charge your unit, plug it in on the charging screen, the battery indicator will show full and stop. The GPS receiver provides speed accuracy of +/- 0.1 m/s, which translates to +/- 0.3 seconds at a 2.00/100m split pace. Distance accuracy is +/- 2.5% over any distance.

Battery use and charging

Your SpeedCoach GPS employs a high-precision 5-Hz GPS receiver. This means it receives GPS position and speed data from the GPS satellites 5 times a second. This update rate, which is five times that of any running watch on the market, is necessary to provide the data density for accurate stroke-by-stroke rowing speed. Your GPS receiver's performance is dependent upon having an unobstructed view of the sky. After passing under a low or wide bridge, you are likely to notice erratic speed data for a stroke or two. Your unit will return to accurate values as soon as it has re-established a good satellite signal. A higher sampling rate is used during high-satellite data acquisition for additional data points for the return to valid readings. Note that your total distance, elapsed time and average speed will be affected by these few strokes of erratic speed readings. You may also notice slightly degraded speed performance (less stable readings) on extremely overcast days. Your total distance, elapsed time and average speed will return to normal values as soon as it has re-established good satellite signal.

BATTERY USE AND CHARGING

A fully charged battery will provide approximately 6-8 hours of operation, depending on battery use. Each bar on the battery indicator represents 20% of battery life, or approximately 1 to 2.6 hours. To charge your unit, plug it into the charging dock. The SpeedCoach GPS charging requires a stable charging surface. The battery indicator will show full and stop. The GPS receiver provides speed accuracy of +/– 0.1 m/s, which translates to +/– 0.3 seconds at a 2.00/100m split pace. Distance accuracy is +/– 2.5% over any distance.

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Note that when using your SpeedCoach GPS in team boats at a seat other than stroke seat, the body of the rower in front of you may interfere with the GPS signal, particularly in storms or on extremely overcast days. You will notice slightly degraded speed performance (less stable readings) on extremely overcast days. Your total distance, elapsed time and average speed will return to normal values as soon as it has re-established good satellite signal.

BATTERY USE AND CHARGING

A fully charged battery will provide approximately 6-8 hours of operation, depending on battery use. Each bar on the battery indicator represents 20% of battery life, or approximately 1 to 2.6 hours. To charge your unit, plug it into the charging dock. The SpeedCoach GPS charging requires a stable charging surface. The battery indicator will show full and stop. The GPS receiver provides speed accuracy of +/– 0.1 m/s, which translates to +/– 0.3 seconds at a 2.00/100m split pace. Distance accuracy is +/– 2.5% over any distance.

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