INSTALLATION

SpeedCoach OC Mounting Plate

For the best mounting results, you will want to choose a spot where the mounting plate is flush to the deck. You will also want to ensure that the SpeedCoach will be clear of your paddle blade when switching hands and does not force you to look downward and your paddle path.

After choosing a mounting location, clean this location with the provided alcohol swabs to remove all dirt and debris from the area. Allow a minimum of 5 minutes for the alcohol to evaporate from the board. Unclip the mounting plate from the SpeedCoach bracket. Remove the paper liner from the mounting plate tape. Press down and hold the mounting plate in the chosen mounting location for at least 30 seconds.

IMPORTANT! Wait at least 12 hours before clipping the SpeedCoach bracket into the mounting plate or attaching the SpeedCoach Heart Rate Monitor©

Wrap the excess lanyard around the base of the mount, making sure you leave enough slack on the lanyard to attach to the leash mount. Mount on one side of the deck where the leash mount can be installed. Use alcohol as above to clean this spot on the board. Press down and hold the leash mount in place to install. Pull lanyard through the leash mount opening and wrap the lanyard loop around the SpeedCoach unit to hold in place (Fig2).

SpeedCoach Heart Rate Monitor®

The heart rate monitor belt connects to your unit via Bluetooth® Low Energy technology. Attach belt across the lower portion of your chest, as shown in the figure to the right and adjust the strap to fit your body snugly. To change your strap to your unit, please see Setup Menu option.

NOTE! Your SpeedCoach OC DOES NOT FLOAT! To prevent a loss, keep the NK “Life preserver” foam float attached to your SpeedCoach at all times. When paddling, loop the lanyard around the mounting dock. NK is not responsible in the event your SpeedCoach sinks and is lost.

BASIC OPERATION

Turn On - Hold for 2 seconds.

Satellite Lock Indicator - It is recommended to turn the unit on when outside and wait for this icon to go from a hollow satellite icon to a solid satellite icon. A solid (i.e., filled in) satellite icon indicates that you have adequate GPS satellite coverage and can begin your row (approx. 1-3 minutes).

Start - Press once. A checked READY bar will appear on the screen. The READY bar will disappear and the stroke rate, speed/split, and flex windows will start to run when the unit detects a stroke.

Stop - Press Timer - Hold for 2 seconds until the RESET bar appears, then release. Press again to Start.

Turn Off - Hold for 3 seconds until TURN-OFF bar appears (after STOP and RESET), then release. Your SpeedCoach OC will be reset at any time by the user. Please note: a “Unit Odometer” is found in the About screen.

Change Flex Field Measurement - Press up to change the left right flex field window.

Note: You can also change the top windows through our Setup->Display Setup option (firmware 2.12 or higher). Please see the Setup section on how to change these fields.

DISTANCE - Accrued distance since reset in your selected units of measure.

AVERAGE - Average Split or Speed since reset calculated as a function of the distance traveled over the elapsed time.

COUNT - Count of strokes detected since reset.

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

HEART RATE® - Current heart rate in beats per minute (bpm).

ELAPSED TIME - Amount of time since start of paddle.

CALS - Average calorie burn per hour paddled.

CAL/HOUR - Amount of time since start of paddle.

BATTERY - Total number of calories burned.

GPS FUNCTION AND ACCURACY

Your SpeedCoach OC employs a high-precision 5-Hz GPS receiver. This means it receives GPS position and speed data from the GPS satellite 5 times a second. This update rate 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 good satellite signal. A higher setting for speed-smoothing strokes will dampen both the initial error and the return to valid readings. Note that your total distance, elapsed time and average speed will not 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. The GPS receiver provides speed accuracy of +/- 0.1 m/s, which translates to +/- 0.3 seconds at a 2:00/500M split pace. Distance accuracy is +/- 2.5M over any distance.

MEMORY

The total memory that the unit can store is approximately 25 hours. Every stroke is stored in memory and the memory can be reviewed by 100 meter increments. Stroke by stroke details can be exported with the LiNK application.

Memory Storage:

When the memory is full, the unit will stop recording data. When nearing or at full data, delete all session data to continue recording (see below). The amount of memory used can be found on the bottom of the Recall Menu. An alert message will appear when memory log is nearly full.

Data Recall:

Select Data Recall from the Main Menu to review stored data. Recall memory will be formatted in sessions according to date and time. Just row sessions will have the JustGo prefix whereas a Workout session will just show the pieces run.

Please note: a session is not complete until: a) Just row, you reset the counter (b) In Workout, the workout is completed or cancelled. Clear Memory, Erase All Data

This selection will delete ALL memory if chosen. Sessions cannot be deleted individually.

Viewing Sessions:

Selecting a session/workout will bring up the Workout Summary (Figure 1). This overview will provide the overall stats for all measurements during the entire session. Pressing the Details button brings up the Interval Summary page. See Figure 2. An overview of the various intervals that were performed during the entire session will be shown. If you select a specific interval, the Detailed Interval Review screen (Figure 3) will be shown. This screen shows the interval breakdown by a specified period (time or distance). Select MORE to view additional measurement values not currently shown on the screen.

Data LiNK™

Select this to connect your unit to your PC or MAC for Firmware updates or uploading data to your computer. Please go to www.nkh.co/support/rowing-and-sports-support/manuals-and-downloads/ to download the LiNK application and follow instructions.

Please note: Bluegiga Bluetooth Low Energy dongle required.

SPECIFICATIONS

<table>
<thead>
<tr>
<th>SPECIFICATION</th>
<th>VALUE</th>
</tr>
</thead>
<tbody>
<tr>
<td>WEIGHT</td>
<td>0.5 oz (150 g)</td>
</tr>
<tr>
<td>SIZE</td>
<td>Measures 3.62x0.51x1.2 in (92x13x31 mm) with bumper</td>
</tr>
<tr>
<td>BROWANCY</td>
<td>Does not float. Use NK float.</td>
</tr>
<tr>
<td>WATER RESISTANT</td>
<td>Waterproof (IP-67)</td>
</tr>
<tr>
<td>MEMORY</td>
<td>25 hours of memory. Stores every stroke.</td>
</tr>
<tr>
<td>BATTERY CAPACITY</td>
<td>One rechargeable lithium-poly battery provides up to 8 hours of battery life.</td>
</tr>
<tr>
<td>BATTERY LIFE EXPECTANCY</td>
<td>After 300 full charge and discharge cycles, expected capacity is 80% of original.</td>
</tr>
<tr>
<td>ENVIRONMENTAL</td>
<td>The SpeedCoach OC is ROHS (Reduction of hazardous substances) compliant and marked in accordance with the WEEE (Waste Electrical And Electronic Equipment) directive. Please do not dispose of the unit or battery in your municipal trash. Return to NK, an NK dealer or a designated recycling center for proper recycling and disposal.</td>
</tr>
</tbody>
</table>

MENU NAVIGATION AND SETTING BUTTON USE

Access Menu/Select

Press once to access the Main Menu.

From there, you can select a Workout or Recall, View Data Recall, enter the Setup Menu or view the About screen for firmware version number and other information. On any menu, select the highlighted option to enter the submenu or enter adjustment mode. You can also move to the next menu item adjustment.

Move/Adjust

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

Go Back/Exit

Press to exit from any screen or menu to the previous screen.

Odometer

A running total of the distance paddled since last reset. These distances can be reset at any time by the user. Please note: a “Unit Odometer” is found in theAbout menu option. The Unit Odometer shows the lifetime distance of the unit and cannot be reset by the user.
ADVANCED SETUP MENU

Gps Speed Smoothing, Strokes
The Speed Smoothing feature will average the last number of strokes selected. If this is selected for example, the Speed Smoothing 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.

Axis allows you to select a minimum and maximum value then set your height, weight and age for accurate calorie burn information. The Calorie Burn feature is relevant if you are using your SpeedCoach OC with a handheld or speed

IMPELLER CALIBRATION
Calibration is only relevant if you are using your SpeedCoach OC with a warp harness and speed impeller. The Calibration Value is an adjustment factor that compensates for any difference between your impeller's speed measurement and the "standard base" upon which the SpeedCoach calculators are based. Calibration applies only when in Impeller mode for speed and distance can average out any impact of current or tide to improve the accuracy of the calibration results.

Enter Impeller Calibration
Select "Impeller Calibration" from the Advanced Setup Menu.

Enter a Calibration Value Manually
If you know your boat's speed for a known distance, you can enter it manually. From the Calibration Menu, press (2) to select the Calibration Value, then press (3) to adjust the value, and (4) to accept the value.

Running the Calibration Routine
The SpeedCoach OC does not need a measured course to be calibrated. Because the SpeedCoach OC knows both the GPS and Impeller distance measured, it can self-calibrate. Calibration simply involves moving the selected distance in two directions. Your distance options are 500 to 1000M. Although a longer distance will somewhat improve the accuracy of your calibration, it is important to choose a distance calibration that is a relatively straight line in both directions. Ideally, it will also have relatively consistent current throughout. The Calibration Routine requires that you row your course in both directions so that you can average out any impact of current and tide to improve the accuracy of the calibration data.

To run the calibration routine, press (2) to highlight Run on the Calibration Menu, then press (3) to select the routine. From the calibration screen, press (2) to start each calibration leg and follow the screen prompts. On each leg, the distance will count up until the selected distance is reached in the land distance window (bottom left). Note that there will be a three- or four-stroke delay at the start of each leg while the GPS and impeller readings are synchronized. At the end of the run, the newly calculated Calibration Value will be displayed. Press (1) to exit the routine and exit the routine, or press (2) to exit the routine without changing your Calibration Value.

BATTERY USE AND CHARGING
A fully charged battery will provide approximately 6-8 hours of operation, depending on backlight use. Each bar on the battery indicator represents 20% of battery life, and approximately 1.5 to 1.5 hours. To charge your unit, press firmly into the charging dock of your SpeedCoach OC charger until it clicks and you see "Charging..." on the screen. The battery indicator will flash and the bars will automatically save and exit the workout when finished.

Creating an Interval Workout
First select a pre-existing workout to edit. Use (2) and (3) to select a field. Press (1) and (2) to modify the selected field. Press (4) to accept the value and (3) to return to field selection. Please note: the (2) and (3) will automatically save and exit the workout when finished.

Intervals:
Determine the number of intervals in the workout. If you select Equal, all work intervals will be equal in time and value and all rest intervals will be equal in type and duration.

Work:
Defines the first work interval of the workout. Work can be time based or distance based. If more than one interval is being performed, a number will be added to this entry (i.e., Work1, Work2, Work3, etc). Rest:
Defines the amount of rest in between work intervals.

Time and Date:
Use to change the format of the date and time displayed. Please note: only one time shows on the display; date will be shown on data recall screen. Please note in most U.S. locations daylight savings time is in the summer and OFF in the winter.

WAVELENGTH LIQUID-ION POLY BATTERY HAZARDS
Your SpeedCoach OC contains a lithium-ion poly battery pack. Lithium-ion batteries contain flammable liquid electrolyte that may vent, ignite and produce flames when subjected to high temperatures or when damaged or overcharged. If ignited, batteries may burn rapidly with a flare effect and may produce irritant, corrosive and/or toxic gases, including toxic hydrogen fluoride gas, which may cause distress or suffocation. Contact with battery electrolyte may be irritating to skin, eyes and mucous membranes. If you receive a battery warning on the screen while the unit is inside these temperature limits, immediately remove the unit from the charging dock and contact NK for service. Further attempts to charge may result in fire or permanent damage.

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