

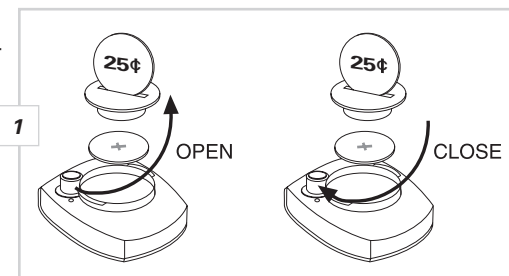
Thank you for your purchase of an E3™ cycle computer. With all the features that a professional rider needs to keep track of a ride, the F11C is the perfect accessory for any cyclist. The cadence function makes the F11C an excellent choice for improving road training as well.

Battery Installation

To help you get started quickly, the computer battery has been installed at the factory. Under normal usage a battery should last approximately one year. The F11C uses a 3V CR2032 button cell battery, which is available at most camera and electronic shops.

NOTE: Most problems that occur with cyclocomputers are caused by a dead or weak battery. Should you need to replace the battery, follow the steps below.

1. Remove the battery cap from the bottom of the computer using a small coin. See Figure 1.
2. Install the battery in the battery compartment with the positive (+) side facing the battery cap.
3. Reinstall the battery cap and tighten securely. **NOTE:** During a battery change, all data will be cleared from memory. Make a note of your current wheel size setting and cumulative odometer mileage before replacing the battery so you can reprogram these values once the new battery is installed (see "Program Wheel Size" and "Set the Odometer").
4. If for some reason the screen is blank or shows an irregular display after a battery change, press the reset button on the underside of the computer head. See Figure 6.



Computer Functions

CURRENT SPEED (m/h or km/h)

Displays current speed, up to 105mph (168km/h). Accurate to 0.1m/h or km/h. Always displayed at the top of the screen.

SPEED DISPLAY BAR

Provides a graphic display of current speed. Additional segments of bar illuminate as current speed increases.

CLOCK (TIME)

Displays time of day in a 12 hour or 24 hour format.

AUTOMATIC RIDE TIMER (ATM)

Auto start/stop timer is activated by front wheel movement and records actual ride time up to 9:59:59.

TRIP DISTANCE (DST)

Displays distance traveled during current ride (or since last reset), up to 999.9 mi. or km.

ODOMETER (ODO)

Displays cumulative ride distance, up to 99,999 mi. or km.

SPEED COMPARISON (▲ ▼)

Compares current speed to average speed. As you ride, a (▲) or (▼) will appear next to current speed to indicate whether your current speed is above (▲) or below (▼) your average speed. This function is automatic, requires no programming and cannot be disabled.

AVERAGE SPEED (AVG)

Calculates average speed based on ride time (ATM) & trip distance (DST).

MAXIMUM SPEED (MAX)

Displays highest speed attained during a ride (or since last reset), up to 105m/h (168km/h).

STOPWATCH (STP)

Manual stopwatch allows you to time any portion of a ride, up to 9:59:59.

CADENCE (C)

Displays crank revolutions per minute (RPM) from 30 to 240.

DUAL WHEEL SIZE SETTINGS

Wheel circumference is used to calculate speed and distance. The F11C includes two wheel size settings (① and ②), allowing you to switch your computer between two bikes with different wheel sizes (e.g. your road bike and mountain bike).

AUTO SLEEP

To prolong battery life, the F11C will automatically enter "sleep" mode after 5 minutes of non-use. The computer will automatically restart as soon as it receives input from the speed sensor, or when any button is pressed.

SCAN MODE

Allows hands free viewing of all display screens except Cadence. When scan mode is activated, the computer will scroll through all display screens (except Cadence) on a continuous loop, displaying each screen for two seconds. To activate scan mode, press and hold the LEFT button for three seconds in any display screen except Cadence. To exit scan mode, press the LEFT or RIGHT button in any display screen.

Determine Wheel Size

The F11C uses wheel circumference (measured in millimeters) to calculate speed and distance. Before you can program the F11C you must calculate wheel circumference using one of the three methods below.

1. Select size from chart (least accurate): Use the chart to find the circumference for your tire size. The chart lists the programming sizes for some of the most popular tire sizes currently in use. These numbers are estimations which may not precisely match the circumference of your wheel, due to variations in tire size between brands and models.
2. Measure wheel diameter (more accurate): Measure your wheel diameter (including wheel and tire) in millimeters (1 inch = 25.4mm) and multiply by 3.1416. This value is your wheel circumference.

3. Perform roll-out test (most accurate): See Figure 2.

STEP 1

Stand your bicycle upright. With your tire inflated to its proper pressure, rotate your front wheel so that the valve is located at the bottom (6 o'clock position). Make a mark on the floor to indicate the valve location.

STEP 2

Roll the bicycle forward in a straight line for one complete wheel revolution, until the valve is again at the bottom (ideally, you should be on the bike). Make a mark on the floor to indicate the valve location.

STEP 3

Measure the distance between the marks in millimeters (1 inch = 25.4mm). This value is your wheel circumference.

Program the Computer

Before using your F11C, you must program wheel size (see "Determine Wheel Size," above), select a speed scale (miles or kilometers), set the odometer (if desired), input your weight and set the clock. The first step is to select the speed scale.

Select Miles or Kilometers, Program Wheel Size & Set the Odometer

The F11C is capable of displaying speed and distance information in either miles or kilometers. Also, the odometer can be set so that cumulative mileage can be restored after a battery change or transferred from another computer.

(SELECT MILES OR KILOMETERS)

STEP 1

Press the RIGHT button to advance to the Odometer display screen (ODO). In the Odometer display screen (ODO), press and hold the RIGHT button for three seconds.

STEP 2

"km/h" or "m/h" will appear on the right side of the screen. Press the LEFT button to select miles (m/h) or kilometers (km/h).

STEP 3

Press the RIGHT button to confirm your selection and advance to the wheel size setting screen.

(PROGRAM WHEEL SIZE)

STEP 4

After the speed scale has been selected, the computer will automatically advance to the first wheel size programming screen (❶). The digit at the right of the screen will flash. Press the LEFT button to adjust the flashing digit according to the wheel circumference value determined above. Press the RIGHT button to advance to the next flashing digit.

STEP 5

Repeat this sequence until the correct wheel size has been entered. Then press the RIGHT button to advance to the second wheel size setting screen (❷).

STEP 6

The digit at the right of the screen will flash. Press the LEFT button to adjust the flashing digit. Press the RIGHT button to advance to the next flashing digit.

STEP 7

Repeat this sequence until the second wheel size has been entered. Then press the RIGHT button to advance to the odometer setting screen.

(SET THE ODOMETER)

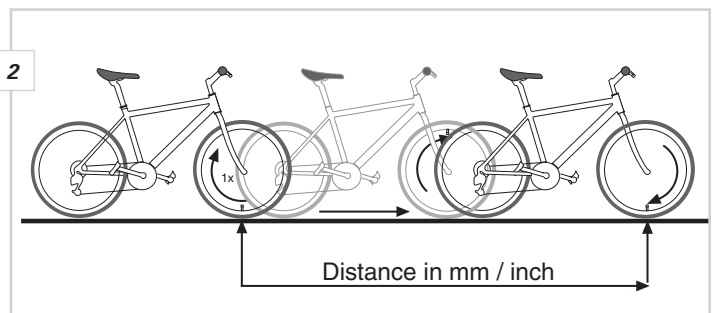
STEP 8

After programming wheel size, the computer will automatically advance to the odometer setting screen. (If you don't want to change the odometer setting, press the RIGHT button five times to exit the set-up mode.) The digit at the right of the screen will flash. Press the LEFT button to adjust the value. Press the RIGHT button to advance to the next flashing digit.

STEP 9

Repeat this sequence until the odometer has been set to the appropriate value. Then press the RIGHT button to exit the set-up mode and return to the Odometer display screen.

TIRE SIZE	CIRCUMFERENCE	TIRE SIZE	CIRCUMFERENCE
16 x 1.75	1272	27 x 1 $\frac{1}{4}$	2199
20 x 1.75	1590	28 x 1.5	2224
24 x 1 $\frac{3}{8}$	1948	28 x 1.75	2268
24 x 1.75	1907	28 x 1 $\frac{1}{2}$	2265
26 x 0.75	1954	28 x 1 $\frac{3}{8}$	2205
26 x 1.0	1973	700 x 18c	2102
26 x 1 $\frac{3}{8}$	2105	700 x 20c	2114
26 x 1.5	2026	700 x 23c	2133
26 x 1.6	2051	700 x 25c	2146
26 x 1.75	2070	700 x 28c	2149
26 x 1.9	2089	700 x 32c	2174
26 x 2	2114	700 x 37c	2205
26 x 2 $\frac{1}{8}$	2133	700 x 40c	2224



Input Weight

The F11C uses body weight to estimate calories and fat burned during a ride.

STEP 1

Press the RIGHT button to advance to the Stopwatch display screen (STP). In the Stopwatch display screen (STP), press and hold the RIGHT button for three seconds. "Lb" or "Kg" will flash in the lower line of the display. Press the LEFT button to select pounds (Lb) or Kilograms (Kg). Press the RIGHT button to confirm your selection and advance to the weight input screen.

STEP 2

The right digit will flash. Press the LEFT button to adjust the value. Press the RIGHT button to advance to the next flashing digit.

STEP 3

Repeat this sequence until you have entered your correct weight. Then press the RIGHT button to exit the set-up mode and return to the Stopwatch display screen.

Set the Clock

The F11C is equipped with a digital clock that displays time of day in a 12 hour or 24 hour format.

STEP 1

Press the RIGHT button to advance to the CLOCK display screen (TIME). In the Clock display screen (TIME), press and hold the RIGHT button for three seconds.

STEP 2

"12" or "24" will flash in the lower line of the display. Press the LEFT button to select 12 hour or 24 hour mode. Press the RIGHT button to confirm your selection and advance to the hours setting.

STEP 3

The hours will flash. Press the LEFT button (or press and hold) to advance the hours. Press the RIGHT button to advance to the minutes setting.

STEP 4

The minutes will flash. Press the LEFT button (or press and hold) to advance the minutes. Press the RIGHT button to set the time and return to the Clock display screen.

Installation

We recommend that you install your F11C in the following manner, starting with the sensor units on the chainstay and working up to the mounting bracket on the handlebar.

WHEEL MAGNET AND SENSOR INSTALLATION

STEP 1

Identify the two sensors and magnets. The cadence sensor is connected to the shorter cable and has "CADENCE" printed on one side. The cadence magnet is the square, flat magnet with "CADENCE MAGNET" molded on one side.

STEP 2

Using two zip-ties, mount the cadence sensor loosely (so that you can slide it around) to the outside of the left (non-drive side) chainstay. See Figure 3.

STEP 3

Use an included zip-tie to attach the cadence magnet loosely to the inside of the left crank arm directly opposite the cadence sensor. The words on the magnet should face the sensor. Adjust the position of the magnet and sensor until the magnet passes the sensor with 1mm-3mm of clearance.

STEP 4

Using two more zip-ties, mount the speed sensor loosely (so that you can slide it around) to the inside of the left (non-drive side) chainstay. See Figure 3.

STEP 5

Attach the wheel magnet loosely to one of the spokes on the same side of the wheel as the sensor. Adjust the position of the magnet and sensor to achieve 1-3mm of clearance between the two (1mm is about the thickness of a penny). See Figure 3. If the magnet and sensor are not close enough, the computer will not pick up a reading or readings will be inconsistent and erratic. Most problems that occur when installing a new computer are related to magnet and sensor alignment and spacing.

STEP 6

Once the speed and cadence sensors and magnets are aligned properly, tighten the zip-ties to secure all four in place and trim the excess zip-tie ends with scissors.

STEP 7

Route the sensor cable along the frame toward the handlebar, securing it with zip-ties or electrical tape to ensure it does not contact or interfere with the crank or wheels in any way. Be sure to leave enough slack in the cable to allow for the movement of the handlebar while steering, and the motion of the suspension fork if your bike is equipped with one.

STEP 8

Wrap the excess sensor cable around the front brake cable housing, securing with electrical tape as necessary. When finished, enough cable slack should remain for the computer mounting bracket to reach the handlebar. Check to make sure that all excess sensor cable is either taped down or wrapped around the brake cable housing so that nothing can snag it during a ride.

BRACKET INSTALLATION

Remove the backing from the small, adhesive rubber pad and apply the pad to the underside of the mounting bracket. Use two zip-ties to attach the bracket to the handlebar as shown in Figure 4. Once the bracket is securely installed, trim the excess zip-tie ends with scissors.

COMPUTER HEAD INSTALLATION

Place the computer head in the bracket and twist the head clockwise until you hear a 'CLICK', indicating that the unit is locked in the bracket. See Figure 5. To remove the computer head, twist the head counterclockwise and then lift it out of the bracket.

TEST OF INSTALLATION

Once installation is complete, test the unit to make sure everything is adjusted and working properly.

STEP 1

Install the computer head in the handlebar bracket and press the RIGHT button to advance to the Cadence (C) display screen.

STEP 2

Lift the rear of the bicycle and turn the cranks. The computer should register a speed reading and cadence reading within 1-2 seconds. If it does not, check the alignment of the speed and cadence magnets with the sensors. Make sure the space between the magnets and sensors is 3mm or less. Adjust as necessary and re-test.

Select Wheel Size

When switching your computer between bikes with different wheel sizes, don't forget to select the appropriate wheel size setting (❶ or ❷) for each bike. In the Average Speed display screen (AVG), press and hold the RIGHT button for three seconds to change between wheel size ❶ and wheel size ❷.

Using the Stopwatch

STEP 1

In the Stopwatch display screen (STP), press the LEFT button to start the Stopwatch. Press the LEFT button again to stop the Stopwatch. While the Stopwatch is running, the computer will calculate an estimate of Calories burned and Fat burned during the timed session.

STEP 2

When the Stopwatch is stopped, Stopwatch time, Calories burned (C) and Fat burned (Lb or Kg) will be displayed in a continuous loop. Remember that Calories burned and Fat burned are only calculated while the Stopwatch is running.

STEP 3

To reset the Stopwatch, advance to the Stopwatch display screen (STP) and press and hold both the LEFT and RIGHT buttons for four seconds.

Reset Display Screens

The ATM, DST, AVS and MAX display screens are reset simultaneously. In the Automatic Ride Timer display screen (ATM), press and hold both the LEFT and RIGHT buttons for four seconds to reset the data in all four screens.

The Stopwatch is reset independently. In the Stopwatch display screen (STP), press and hold both the LEFT and RIGHT buttons for four seconds to reset the Stopwatch.

Maximum Speed can also be reset independently. In the Maximum Speed display screen (MAX), press and hold both the LEFT and RIGHT buttons for four seconds to reset Maximum Speed.

To reset ALL display screens and ALL programmed settings (including Clock, Odometer, wheel size settings and weight), depress the reset button on the underside of the computer head. See Figure 6.

