

# runScribe

Model No.: RS0067

## EN Instruction Manual

### 1.0 Introduction

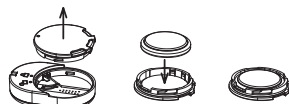
runScribe is a light weight, low profile running foot pod that captures advanced metrics using sensor technology and a proprietary footsteps model. Unlike conventional fitness trackers and pedometers, it measures kinematic metrics, including Impact and Braking forces, Pronation, Contact Time and Footstrike Type. runScribe also calculates a runScore, a stress score based on the user's kinematic metrics. runScore is unique to the user, and is designed to help individuals identify which kinematic metrics are changing against historical averages.

**NOTE:** runScribe is designed to be worn on shoes and used to measure kinematics associated with running, jogging and walking. It is not provide accurate readings for other sports or activities.

### 2.0 Install the battery



Twist the cover counter-clockwise until it is loose enough to remove



Remove the cover, place the battery into the cover with positive side facing the inside of cover.



Replace cover by aligning the dots and rotating clockwise

### 3.0 Attaching the runScribe footpod

runScribe comes with three cradles that offer options for mounting runScribe to the user's running shoe. runScribe can be mounted on the back heel using either the clip-on or silicone cradles, or under the laces using the laces cradle. To ensure accurate measurements, ensure runScribe is securely in place, and cannot move around.

**Laces Cradle :** Install the laces cradle (with the runScribe removed) under the laces, with the tab pointing towards your ankle. Insert the runScribe footpod into the laces/clips cradle by lifting the tab, inserting runScribe until the foot pod clicks into place.

**Clip-On Cradle :** Insert the runScribe foot pod into the laces/clips cradle by lifting the tab, inserting runScribe until the foot pod clicks into place. The Clip-On Cradle is supplied with 4 different width metal clips. Select the appropriate width based on how securely it fits onto the heel of the shoe. The metal clips are removed by pushing the tab in the center of the cradle towards the metal clip. The metal clip can now be removed by sliding towards the top of the cradle. Insert a new metal clip by sliding it into the slot on the back of the cradle. Then insert runScribe footpod into the cradle until it clicks into place. Slip the clip over the heel of the shoe.

**Silicone Adhesive Cradle :** Silicone adhesive requires time to set. Open the package of silicone adhesive and work the adhesive into a ball. Press the adhesive firmly into the center of the silicone adhesive cradle (with the perforated back). Press the adhesive and cradle into the back of the shoe, working the adhesive around the edges of the cradle, smoothing out any lumps. Let the silicone adhesive set for at least 9 hours. Do not test the adhesive while it sets, as it may loosen.

Once the cradle is securely fastened, clip the runScribe footpod into the cradle, by lifting the tab and inserting the runScribe until it clicks.

**NOTE:** Silicone adhesive can be removed after application, but cannot be reused. Simply push a thin object (like the included guitar pic), underneath the adhesive, and pop off the adhesive and cradle.

### 4.0 Using runScribe

runScribe automatically turns on when it senses motion, and automatically turns off when motion stops. Ensure that runScribe is securely fastened in the mounts and cradles, and enjoy your run.

### 5.0 Uploading & Accessing runScribe Data

runScribe requires a Bluetooth Smart compatible iOS or Android device to upload data from the footpod to the user's my.runscribe.com account. Users do not need to have the Bluetooth Smart device with them during the run, the data is stored on runScribe until it is sync'd with the runScribe app.

### Establishing a runScribe User Account

Users must sign up for a runScribe user account at my.runscribe.com. During the account sign up process, users choose their username and password, which will then be used to connect the runScribe application with the user's my.runscribe account.

### Downloading the runScribe Application

The runScribe app can be found in the Apple App Store and the Google Play Store, and is called runScribe by Scribe Labs.

### Connecting to the runScribe App

Once the runScribe app is installed, the user must pair runScribe(s) with the application. To do so, ensure that Bluetooth is turned on in your smartphone or tablet device. Open up the runScribe application. The application will guide you through set up, asking for the user's my.runscribe username and password. The set up process also allows the user to establish names for multiple runScribes, which make it easy to track Left and Right runScribes for those users tracking simultaneous footstep data.

Once the devices are set up, data upload will be automatic, and accessible via the user's my.runscribe.com account

### The runScribe Dashboard

Once runScribe data has been uploaded from the runScribe application, users can access their run data, and run history, via the my.runscribe.com account. The runScribe dashboard has a number of data analysis tools, including access to runScore measurements, details on users kinematics, shoe profiles and comparative analysis tools. The runScribe Dashboard also allows users to compare their metrics and data against others in the runScribe community.

### 6.0 Updating your runScribe

On a regular basis, Scribe Labs plans to update runScribe to make improvements, fix bugs and introduce new features. All updates will be done through the runScribe application. Users will receive a notification through the runScribe app that updates are available. Users should install these updates to ensure optimal runScribe performance and full feature functionality.

### 7.0 Replacing the CR2032 Battery

The runScribe is designed to sleep when it is not active, but the current demands of the application are such that the battery will need to be replaced on a regular basis. To do so, remove the runScribe footpod from the cradle, then rotate the battery door on the rear of the runScribe counter-clockwise -- using a thumbnail or the included guitar pic.

### 8.0 Technical Specifications

#### Weight

runScribe: 8g, including battery;  
Shoe Mount options: Clip-on, adhesive, and laces cradle: 6g, Silicone cradle + adhesive: 7g  
Dimensions: 35 x 25 x 7.5 mm  
Water Resistance: 1m (IP7 Standard)  
User replaceable battery: CR2032 lithium battery  
Operating Temperature: -20°C / 70°C  
Battery life: Approximately 30 hours active life  
Transmission range: 10m typical indoors  
Frequency: 2.4GHzhelp.

**Note:** The maximum operation temperature of the products is 70°C

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#### 9.3. PATENT NOTICE

This product includes patents have been applied for in the US and other countries.

### 10 DISCLAIMERS

#### 10.1. USER'S RESPONSIBILITY

This instrument is intended for recreational use only. Scribe Lab's runScribe foot pod must not be substituted for obtaining measurements that require professional or industrial precision.

#### 10.2 CE

This product complies with the requirement of the 1999/5/EC and 2009/48/EC directive.

#### 10.3 ICES

This device complies with Industry Canada licence - exempt RSS standard(s). Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device.

### CAN ICES-3(B)/NMB-3(B)

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radioexempts de licence. L'exploitation est autorisée aux deux conditions suivantes :

- (1) l'appareil ne doit pas produire de brouillage;
- (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

#### 10.4 FCC STATEMENT

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) This device must accept any interference received, including interference that may cause undesired operation.

The grantee is not responsible for any changes or modifications not expressly approved by the party responsible for compliance. Such modifications could void the user's authority to operate the equipment.



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