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ABOUT THE DASH



Please read through the important product information, including [device care](#) and [warnings](#), before operating the Stages Dash.

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SPECIFICATIONS

The Dash L50 and M50 have very similar specifications and features, with the L50 featuring a larger display and battery capacity. Consult the table below for a full list of specifications for both devices.

Specification	L50	M50
Size (Length x Width)	85 x 73mm	78 x 51mm
Height	19mm	23mm
Weight	120g	90g
Battery Life	~15h	~12h
Flash Storage		16 GB
Waterproofing		IPX7
Data Transfer		USB and Bluetooth LE
Sensor Communication		ANT+ and Bluetooth LE
Base Map	14GB Cycling Optimized OSM Based with free access to entire globe.	

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DEVICE CARE

Periodic cleaning: Use only a water dampened cloth to wipe off dirt and debris. Never use any harsh cleaning chemicals that may damage the plastic housing. No submersion, no spraying of any liquid or water into device seals, and no harsh scrubbing/scratching of surfaces.

Maintenance: Internal items of the Dash unit cannot be serviced. No items are serviceable and no attempt should be made to adjust or alter any internal items.

Water resistance: The Stages Dash is designed to provide excellent water resistance and tested to resist dust and water ingress up to the IPX7 standard (up to 1 meter). This provides outstanding water resistance for cycling conditions on and off-road. Please keep in mind this is an electronic device and the overall condition and age of the specific device can diminish its water resistance.

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WARNINGS

Battery warnings and device care:

This device contains a lithium-ion battery. The below guidelines must be followed in order to maintain expected useful life of the device, and to reduce risk of damage to device or personal injury.

⚠ Battery Warning: Only power adaptors with output of 5V DC, and maximum 500mA, should be used to avoid device damage and/or electrical fire. The use of USB splitters and hubs, or other voltage DC output than 5V DC, should be used with extreme caution. It's also recommended to use only direct plug-in sources, or splitters and hubs with only one device inserted for charging.

⚠ Recycling/Disposal of device and battery warning:

This device includes a lithium ion battery. This device must not be mixed with general household waste. For proper treatment, recovery and recycling, please take this product(s) to designated collection points where it will be accepted free of charge. In compliance with your local laws and regulations, please contact local authorities for end of life disposal of this product and battery. WEEE and other compliance information is available, see Stages Cycling® help site for further information.

Health Warning:

Before beginning exercise or modifying any exercise program, consult your physician. If you have a pacemakers or other internal electronic devices, also consult your physician before using any wearable exercise device.

Navigation Hazards:

The Stages device may have features that show and recommend off-road/trail routes, please use extreme caution when following directions that are not navigationally marked or suggest routes that are dangerous. Always be aware of safety hazards whether on-road or off-road.

This device does not authorize anyone to disregard traffic laws or other regulations. Always be aware of hazards while momentarily viewing on-screen data. Come to a complete stop before using this device, which includes any manipulation of menus or data viewing.

Environmental:

California Proposition 65: The enclosed hardware and its packaging contain chemicals the State of California has found to cause cancer, birth defects or reproductive harm.

See [Important Product Information](#) insert provided with product for additional important safety and product information.

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GETTING STARTED

Before you set off on your first ride with the Stages Dash, you'll need to walk through installing the mount on your bike, getting to know the buttons and [user interface](#), and the [set up wizard](#).

We highly recommend starting an account on [Stages Link](#) and installing the [Stages Link mobile app](#) before your first ride. Entering in your personal information on Stages Link will allow you to set up your new Dash easier and quicker, as well as streamline uploading. If you already have an account with Stages Link, follow the steps in the set up wizard to pair your new Dash.

Power On/Off.

To power on the device, press and hold the start/stop button for 1 second. To power off the device, press this button for 2 seconds.

Menu Navigation

Navigate menus using forward and backward buttons. To change a setting or access a new menu page, press the select button when the correct menu item is highlighted. To return to the previous menu or exit a menu, press the lap/back button.

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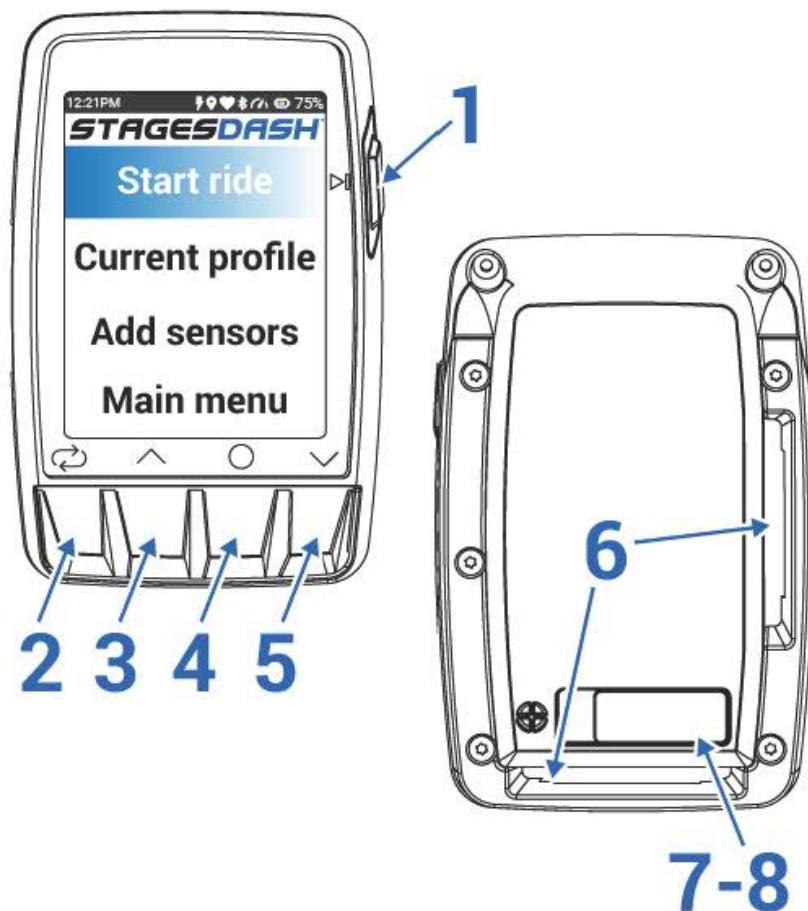
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USER INTERFACE

Press the Start/Stop button on the side to power on the device and begin using the Dash. When you first power on the Dash, the [Set up Wizard](#) will give a brief explanation of how to use each button.

Use the table below to familiarize yourself with the buttons and other features on the exterior of the Dash.



1



Start/Stop, Power: Press to power device on, then press to start/stop an activity. To power the device off, hold

2		or start a new lap during a ride.
3		Arrow key: Use this button to scroll through ride pages and menus.
4		Select: Use this button to select items on the display. Press this button during a ride to access the in ride menu or press and hold this button to access the shortcuts menu .
5		Arrow key: Use this button to scroll through ride pages and menus.
6		Mounting Locations: Two rear mounting locations allow for use in portrait or landscape mode
7		USB Dust Cover: When installed properly, protects the Micro-USB Plug from the elements
8		Micro-USB Port: For device charging and data transfer

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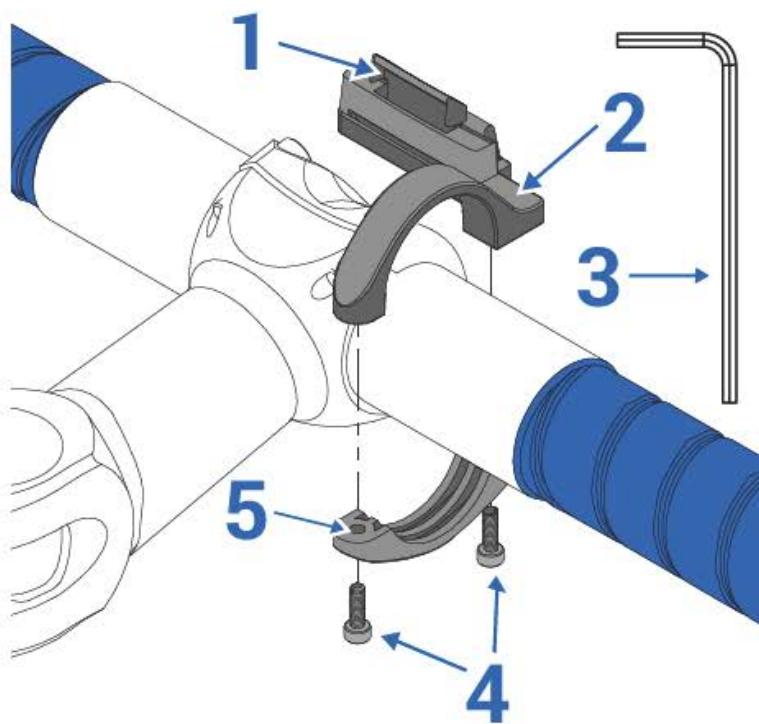
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INSTALLING THE MOUNT

Once you're ready to ride, you will need to install your Stages Dash mount onto your bicycle to get going. Each Dash comes with an out-front style road mount, with several other after market mounts available for purchase. A 2.5mm hex wrench will be required to install the Dash mount on your handlebars.



Parts Diagram

1	Thumb Tab
2	Main Arm
3	2.5mm Hex Wrench (not provided)

Instructions:

1. Position handlebar clamp ring (5) to the right of the stem and between any cables and the 31.8mm handlebar
 2. Insert the two M2.5 screws (4) into the holes of the clamp ring (5) and use a 2.5mm hex key (3) to loosely tighten ring on handlebars
 3. Adjust mount to preferred angle
 4. Tighten screws (4) to 0.5 Nm.
- ⚠WARNING:** DO NOT OVERTIGHTEN SCREWS.

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INSTALLING/REMOVING THE DASH

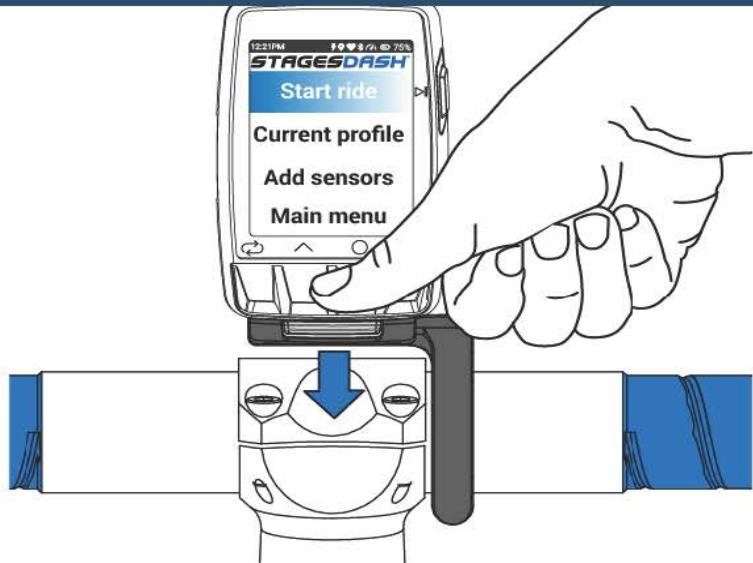


1. Install mount to proper specification (see [Installing the Mount](#)).
2. Orient device in either portrait or landscape position and line up with mount.
3. Make sure lip of the mount is behind the aluminum mounting rail.
4. Slide Dash downward until the thumb tab audibly clicks tab into place.
5. Check to make sure the thumb tab is properly seated in the mounting slot.

To remove the Dash:

Push backwards on the thumb tab while also lifting up on the Dash.

The Dash should come out easily. If you are forcing it, push further back on the thumb tab to release the Dash before lifting upward.

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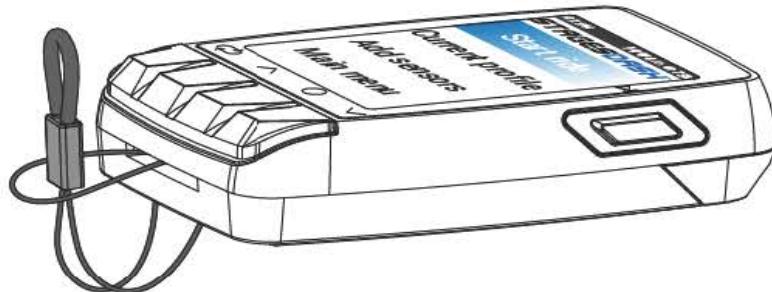
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USING THE LANYARD

To install the included safety lanyard (recommended):



1. With the Dash removed from the mount, insert the loop end of the lanyard into the hole on the unused mounting location on the Dash.
2. Pull the lanyard cord end through the loop.
3. Slip the elastic side of the lanyard over the thumb tab and mount arm.



4. Make sure the lanyard is completely clear of the thumb tab.
5. Install the Dash onto mount ([Installing/Removing the Dash](#)).

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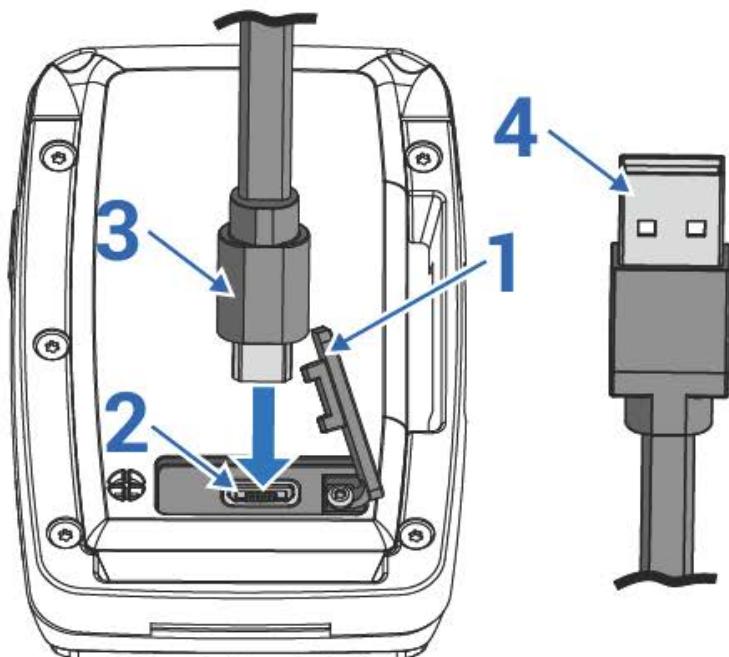
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CHARGING



To charge your Dash:

1. Lightly lift the rubber dust cover (1) to allow access to the Micro-USB port (2).
2. Insert the Micro-USB plug (3) into the port, and insert USB plug into certified USB 2.0 5V wall-mounted charger or USB 2.0 port on your computer (4).
3. The Dash will take approximately 1-3 hours* to charge when plugged into a USB 2.0 5V power source.

*Device charging time varies depending on whether the display is powered on or off.

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INITIAL SETUP

Power on the Dash to begin the initial set up wizard. Here you'll enter in basic personal preferences and user data. This information can also be set up and synced through the [Stages Link mobile app](#).

If you are already using the Stages Link mobile app, use the app to scan the QR code when prompted at initial set up.

Without the app, you can still set up all of your preferences manually as you walk through the initial set up wizard.

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SET UP WIZARD

On first use, the Dash will prompt you with an initial set up wizard to get you started riding with the Dash. Select your language and the Dash will walk you through the basic operation of the Dash buttons.

The Dash set up wizard will also walk you through pairing to your phone through the Stages Link app, which will sync over your personal details from your Link account.

If you do not yet have a Stages Link account, you can [start one now](#) and set up your profile online and sync it to the Dash at the beginning of the start up wizard. Once you're set up, install the [Stages Link mobile app](#) to sync your new Dash.

If you do not have a Link account, you can still enter all of this information through the set up wizard.

- **Units:** Choose your units preference for distance, weight, and temperature.
- **Weight:** Body weight will be used to calculate certain metrics, such as calories burned, w/kg for power, etc.
- **Age:** Age will be used to estimate FTP (functional threshold power) or FThr (functional threshold heart rate).
- **Gender:** Gender is not required, but can be used to calculate an estimate FTP and customize adaptive zones and preset workouts. You can choose male or female or remain unspecified here. All features are still available with an unspecified gender.
- **Power meter:** If you use a power meter, select yes here. We will need an FTP in order to set up power zones. If you do not know your FTP, we can estimate it here.
- **Heart rate:** If you use a heart rate monitor, select yes here. We will need to know your Threshold HR (FThr) in order to set up heart rate zones. If you do not know your FThr, we can estimate it here.
- **Workouts:** If you plan on using the workouts function, select yes here. We will use this to determine whether to include ride profiles with workout fields enabled (in conjunction with your power meter and heart rate selection).

Once the initial setup is complete, you will have activity profiles customized based on the answers to your questions during setup.

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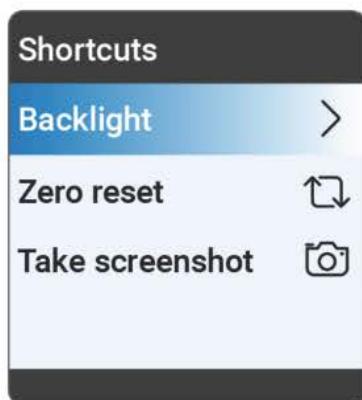
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SHORTCUTS MENU



The shortcuts menu can be accessed from any page on the Dash by pressing and holding the select button. From this menu, you select from:

- **Backlight:** Adjust the backlight setting.
- **Zero reset:** Perform a zero reset on a connected power meter.
- **Take screenshot:** Capture a screenshot of your current page (beneath the shortcuts menu). Screenshots can be accessed via USB in the *screenshots* directory.

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STAGES LINK

Stages Link is an online training platform that allows you to store and analyze your ride files (as well as other sports), create training programs and custom workouts, and build courses. The Stages Dash is fully integrated into the Stages Link platform in order to sync activities files, Dash settings, workouts, and courses between Stages Link and your Dash device. Stages Link also connects to 3rd party services to allow automatic file uploads to eliminate the need to upload your activity files to other sites.

To sign up for a Stages Link account, [click here](#).

A Stages Link account is not required to use your Dash, but highly recommended to get the most of out of its features. In conjunction with your Stages Link account, we recommend downloading the Stages Link mobile app to your iOS or Android device.

Note: Stages Link has both free and premium tiered services. Premium service is *not* required to use the Stages Link app, all Dash manager services, ride uploading, and 3rd party app connections.

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STAGES LINK MOBILE APP



The Stages Link mobile app connects your Link training platform to your Dash head unit, allowing seamless transfer of workouts, courses, and personal information between your training account and your GPS unit.

If you do not have an account on Stages Link, you can [create a new account here](#).

To get started, download and install the corresponding app to your compatible mobile device:

- [Stages Link for Android](#)
- [Stages Link for iOS](#)

Once you have the app installed, follow on-screen instructions under **Main menu > Dash settings > Phone** to pair your Dash to your mobile device.

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STAGES SYNC

Stages Sync is a desktop application that allows you to sync your device with Stages Link through the Dash's USB connection. You can use Stages Sync to transfer activity files, update Dash settings, and sync courses and workouts

Download Stages Sync

- [Windows](#)
- [Mac](#)

Note: Stages Sync is developed in conjunction with Today's Plan and will download from their server.

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UPDATING FIRMWARE

Dash firmware updates can be completed via the USB using the [Stages Sync](#) software. Updating firmware is an important way to stay on top of new features, bug fixes, and improvements.

To check for firmware updates on your device, plug the Dash into your computer using the provided Micro-USB cord and open [Stages Sync](#). Sync will check for firmware updates automatically and notify you if an update is available.

To view the firmware version of your Dash device, go to: **Main menu > Dash settings > About > Firmware: Version #**.

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RIDING WITH THE DASH

Start here to begin learning how to record your ride with the Dash, start using maps, and ride planned courses and workouts.

Before you ride

Once you've made it through the initial set up, you're ready to begin updating [ride profiles](#) and [adding sensors](#).

Ride Page Navigation

By default, all rides begin on page 1. Use the backward and forward buttons during a ride to change data pages in the current profile.

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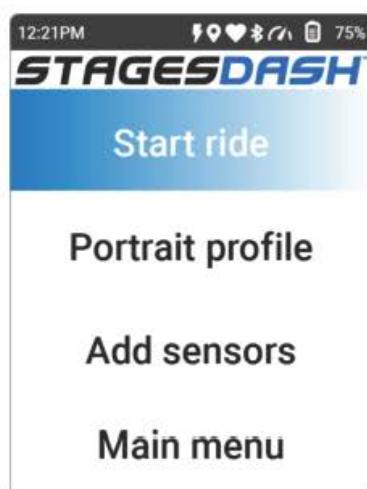
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HOME SCREEN

The Dash's home screen offers quick access to beginning a ride, selecting a profile, or adding sensors. Additional features and settings are found under the **Main menu** option.

Click through this section to explore the functions of the home screen. You will see this screen change as you add workouts or courses to your calendar, connect sensors, etc.



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START RIDE, WORKOUT, OR COURSE

Selecting this option will begin recording a ride and show the first ride page of the current activity profile. If you have selected a workout or course to follow during your ride, you will also begin it here.

Use the Start / Stop button to pause or end the activity.

See Also: [User Interface](#), [Deactivate a Workout](#), [Deactivate a Course](#).

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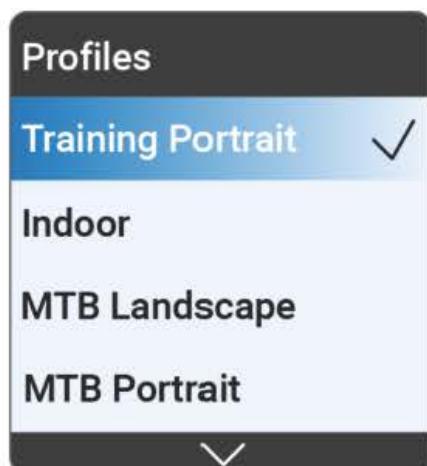
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HOME SCREEN: CHANGE PROFILE

Use the select button to change ride profiles from the home screen. From the change profile menu, the currently selected profile will be indicated by a check mark. The profile can also be changed under **Main Menu > Change Profile**.

See [Profile Settings](#) for more information on how to set up your ride profiles.



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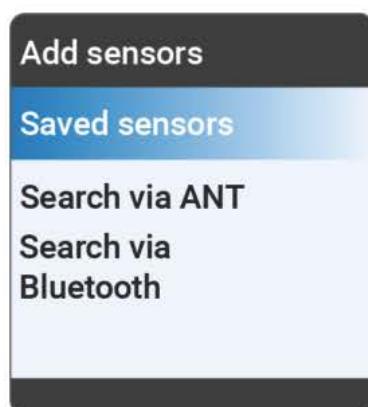
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HOME SCREEN: ADD SENSOR

Before beginning a ride, you can add new sensors to your current profile from the **Add sensors** menu on the home screen.



Sensors can also be added at any point at: **Main menu > Manage sensors > Add sensors**.

See Also: [Manage Sensors](#)

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MAIN MENU



Access the main menu by selecting **Main Menu** from the home screen.

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RECORDING A RIDE

Once you have installed the Dash mount to your bike, learned how to operate the user interface, and set up your personal information, you are ready to head out on a ride.

This section will walk you through the basic functions to record a ride from start to finish.

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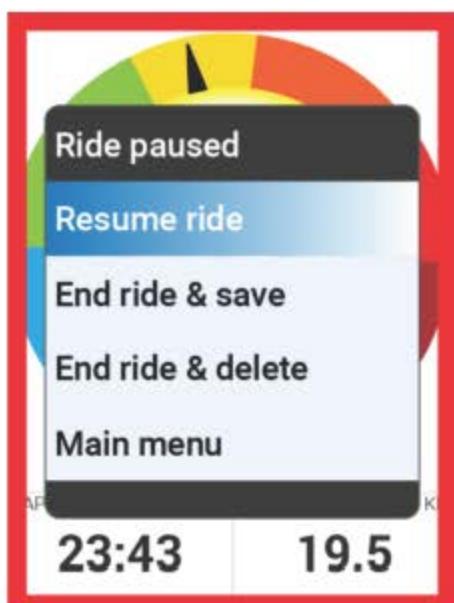
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STARTING/STOPPING A RIDE

Press the start/stop button to begin a ride.

To complete a ride, press the start/stop button, then select **End ride and save** from the menu.



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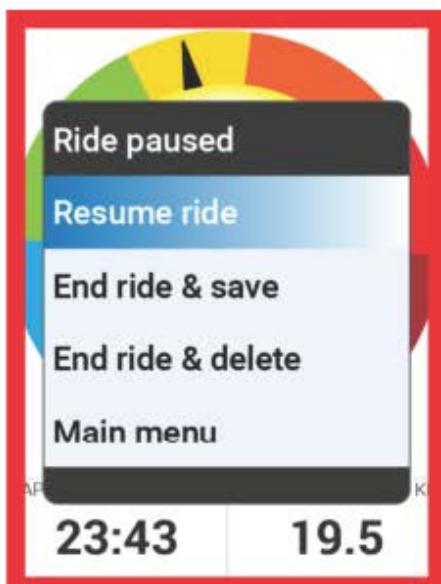
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PAUSE/RESUME RIDE



The start/stop button will pause a ride that is in progress. From the ride pause menu, you can:

- Resume the ride.
- End the ride and save.
- End the ride and delete (Discard the ride).
- Access the **Main menu**.

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LAPS

The lap feature allows you to divide up the ride into segments. Laps are very useful for riding a workout, as well as keeping track of more specific parts of rides, such as pacing up a climb.

At ride start, the first lap begins recording lap totals and averages. Each time the rider presses the lap button, the lap totals and averages reset to display data from the current lap only.

- Upon pressing the lap button, a new lap will begin automatically and any lap-based data fields will reset to include only the current lap.
- At lap button press, a summary of the previous laps will be shown with an overlay message. See also: [Lap Notification](#) settings.
- A [lap summary field](#) can also be added to one of your ride pages.
- All lap data will be saved into the ride file for post-ride evaluation.

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CHANGING RIDE PAGES

By default, all rides begin on page 1. Use the forward/backward buttons during a ride to change data pages in the current profile.

See [Edit Ride Data Pages](#) for more information on how to customize or add ride pages.

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MAPS

The Dash M50 and L50 both contain built in maps to assist with navigation when riding somewhere new or help you find a new route through familiar areas.

The Dash's on board map is color coded to help you find better routes for cycling and is also able to pan and zoom.

To add a mapping page, go to: **Main menu > Settings: Profile Name > Edit data pages > Add preset pages**.

Note: To access the in-ride menu from a map page, use the Start/Stop button to pause the ride.

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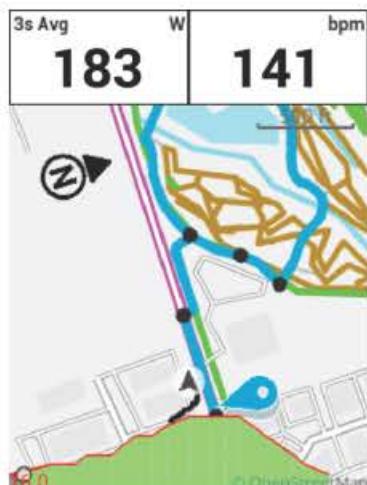
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MAP KEY



The Dash's on board maps are color coded to help you determine which paths and roads are best for cycling. The map color coding differentiates between types of roads and paths, including paved and unpaved surfaces.

Here is a guide to some common color markings and symbols used on the maps and courses:

Symbol	Map Item
	Multi-use path.
	Dedicated bike lane.
	Unpaved multi-use path.
	Path traveled during the current ride.
	Planned route of the selected course .
	Current location on the map.
	Turn or POI labeled on the navigation cues .
	Start and end points of the currently

	Orientation
	Map scale. Adjust using pan and zoom .
	Additional points of interest will be labeled on the map, such as restrooms, bike shops, and other important locations.

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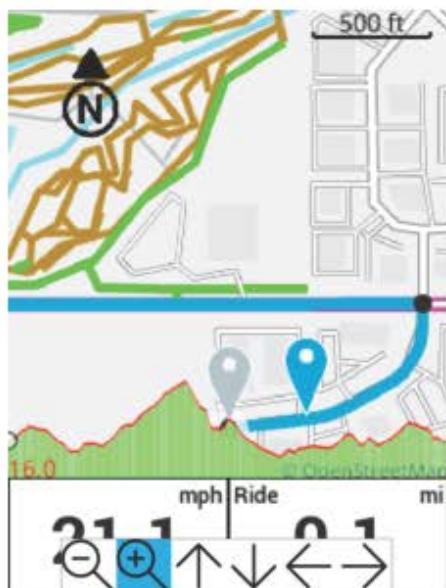
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PAN AND ZOOM



Press the select button from the map page to access pan and zoom tool. From the pan and zoom tool, use the **forward**, **backward**, and **select** buttons to control the map. Use the **lap/return** button to exit the pan and zoom tool.

Note: To access the in-ride menu from a map page, use the Start/Stop button to pause the ride.

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BREADCRUMB TRAIL

A breadcrumb trail shows the path of your current ride on the map. To turn on breadcrumb trail mapping, see: [Breadcrumb setting](#).

To add a mapping page, go to: **Main menu > Settings: Profile Name > Edit data pages > Add preset pages.**

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ADD/REMOVE MAP REGIONS

The Dash comes with a regional base map pre-installed, based on the original purchase location. Up to 11.1GB of maps can be added to the Dash by customizing your map areas through [Stages Link](#).

From the Dash manager tab on Stages Link, add and remove areas in the **Maps and Courses** section. After any map regions are added or removed, you must sync your Dash via the [Stages Sync](#) desktop application to apply these changes.

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WORKOUTS

Workouts are sets of steps with prescribed targets for defined durations of time, distance, or a condition like heart rate rising above a certain level. The Dash allows you to load in custom built workouts and view various workout details, including targets, lap descriptions, and other information as you ride.

This section will outline how to use workouts. To set up your screens to view workouts, see: [Edit Data Pages](#).

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DASH M50/L50 - USER GUIDE

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ADDING A WORKOUT

Workouts can be built in Stages Link or exported from a compatible workout builder (in the .FIT format).

Once you have a workout you would like to ride, you have several methods available to sync your workout data to your Dash:

- [**Stages Link Mobile App**](#): Workouts added to your Calendar will be synced when the Dash is connected to the Stages Link app via Bluetooth.
- [**Stages Sync**](#): Workouts added to your Calendar will be synced when plugging in the Dash via USB and launching Stages Sync desktop application.
- [**USB**](#): USB drag and drop of .FIT workout files into the **add_files** directory on the Dash file system.

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