# MARATHON

EST. 1939

Adanac GPD
GENERAL PURPOSE DIGITAL

INSTRUCTIONS FOR USE

1.0 Introduction - *Adanac GPD (General Purpose Digital)*

- The Watch includes a countdown timer that times the starting of a race.

- The Watch also includes current time, daily alarm, chronograph, timer and dual time functions.

- The Watch is carefully designed and produced for outdoor activities. In order to utilize these features of your watch, it is advisable to read the following notes before using the Watch:

  - Avoid exposing the Watch to extreme conditions for an unreasonable time.

  - Avoid rough usage or severe impacts to your Watch.

  - Do not open the Watch's case unless by a certified service agency because the Watch contains precision electronic sensors and components.

  - Clean your Watch with a soft cloth occasionally to ensure a long life for your watch.

  - Store the Watch in a dry place when not in use for a long period of time.

2.0 Button Functions
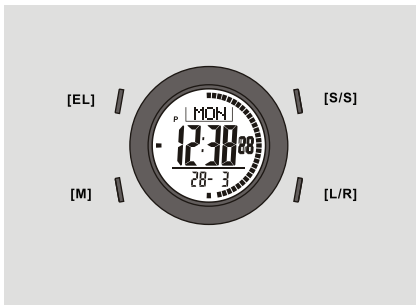
MODE BUTTON [M]
- To select among the Current Time, Daily Alarm, Chronograph, Timer and Dual Time Mode.
- To select among the setting items during setting display.

START/STOP BUTTON [S/S]
- To activate the 'start' or 'stop' function in chronograph mode and countdown timer mode.
- To change the setting value during setting display.

LAP/RESET BUTTON [L/R]
- To activate the 'reload' function during countdown timer mode.
- To change the setting value during setting display.
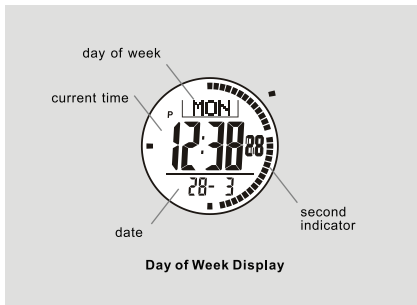
EL BUTTON [EL]
- To turn on the EL back light for about three seconds.

NOTE: The major key operations are summarized above, however please read the following pages for detailed operation.

Current Time Mode **[M]** → Daily Alarm Mode **[M]** → Chronograph Mode
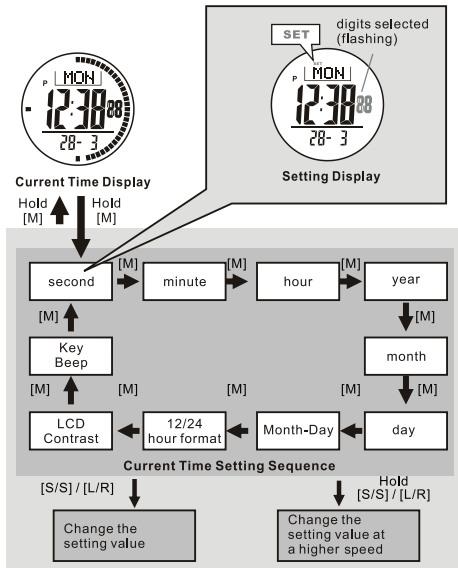
[M]

Dual Time Mode ← **[M]** Countdown Timer Mode

[M]

Timekeeping Mode
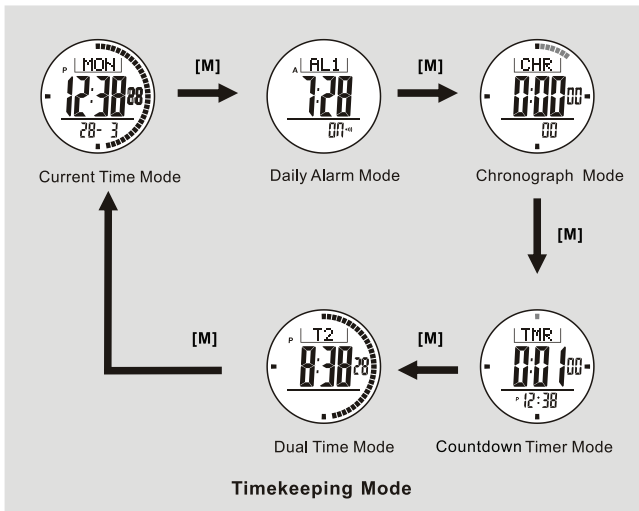
Day of Week Display

Current Time Display

- When the Current Mode is selected, the Watch will show the following items on the display:

  - The day of week will appear in the top row.

  - The current time will appear in the middle row.

  - The date will appear in the bottom row.

  - The elapse of seconds is represented analogically by the bar-indicator that circles around the perimeter of the display.
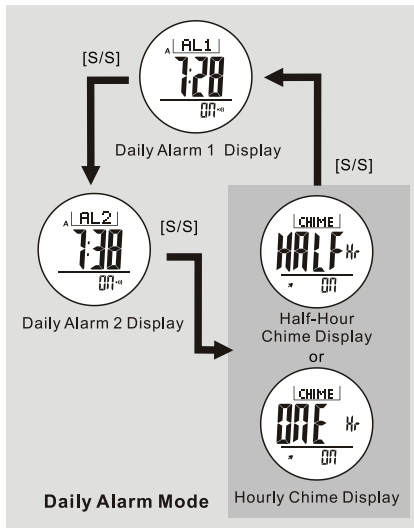
Current Time Display

Setting Display

SET

digits selected (flashing)

Hold [M] ↑ Hold [M]

Current Time Setting Sequence

second → minute → hour → year → month → day → Month-Day → 12/24 hour format → LCD Contrast → Key Beep → (second)

[S/S] / [L/R]
Change the setting value

Hold [S/S] / [L/R]
Change the setting value at a higher speed

How to Set the Current Time

- To select the setting display, hold down the [M] button for about 2 seconds in Current Time Display, and then the flashing "*SET*" icon will appear.
- In setting display, press the [M] button to change the selection following the adjacent diagram.
- When one of the setting items (minute, hour day, month, year) is flashing (selected), press the [S/S] or [L/R] button to change the setting value. (Hold down the button to change the number at a higher speed).

  - When the second digits are flashing (selected), press the [S/S] or [L/R] button to reset the digits to "00". When 'month-day' order setting is selected, press the [S/S] or [L/R] button to select between 'month-day' and 'day-month' format.
- When 12/24 hour format setting is selected, press the [S/S] button to select between 12 and 24 hour format. When LCD contrast is selected, press the [S/S] or [L/R] button to increse or decrease the contrast level from 1 (lowest) to 10 (highest).
- When key beep setting is selected, press the [S/S] or [L/R] button to select between ON and OFF for the beep.
- When the setting is completed, hold down the [M] button to exit the setting display.
- The Watch will exit the setting display if NO keystroke has been activated for 1 minute.

Daily Alarm Mode

Daily Alarm 1 and Daily Alarm 2

- The Watch includes two daily alarms: Daily Alarm 1 and Daily Alarm 2.
- If the alarm is turned ON, the Watch will sound at the preset alarm time everyday. When the alarm sounds, press any button to stop the beep.
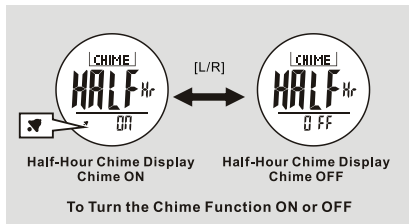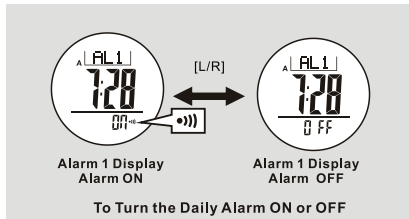
Hourly Chime and Half-Hour Chime

- The Watch includes two chime functions: hourly chime and half-hour chime.
- Hourly Chime: If the hourly chime is turned ON, the Watch will beep once every hour on the hour (e.g. 1:00, 2:00, 3:00 etc.)
- Half-Hour Chime: If the half-hour chime is turned ON, the Watch will beep once every 30 minutes on the hour and at half past the hour (e.g. 1:00, 1:30, 2:00, 2:30, 3:00 etc.)
- See section 5.3 for more details on chime interval setting.

How to Switch between Alarm and Chime Display

- Press the [S/S] button to switch among the Daily Alarm 1, Daily Alarm 2 and Chime Display following the adjacent diagram.

5.1 Daily Alarm Mode - *Setting the Daily Alarm and Chime ON-OFF*

Alarm 1 Display
Alarm ON

Alarm 1 Display
Alarm OFF

To Turn the Daily Alarm ON or OFF

Half-Hour Chime Display
Chime ON

Half-Hour Chime Display
Chime OFF
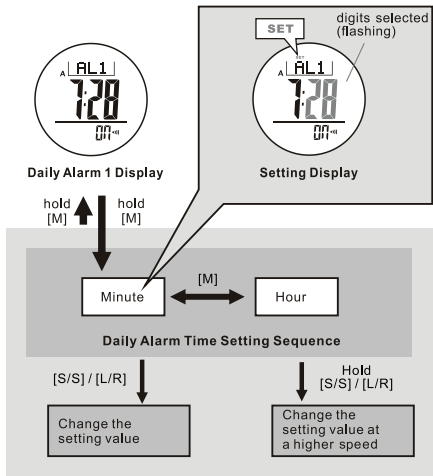
To Turn the Chime Function ON or OFF

How to Turn ON or OFF the Daily Alarm

■ To turn ON or OFF the daily alarm 1, press the [L/R] button in the Daily Alarm 1 Display.

■ To turn ON or OFF the daily alarm 2, press the [L/R] button in the Daily Alarm 2 Display.

■ When the Daily Alarm 1 or 2 is ON, the alarm indicator ' •))) ' will appear on the display.

How to Turn ON or OFF the Chime

■ To turn ON or OFF the Chime function, press the [L/R] button in Chime Display.

■ When the chime is ON, the chime indicator ' ♪ ' will appear on the display.
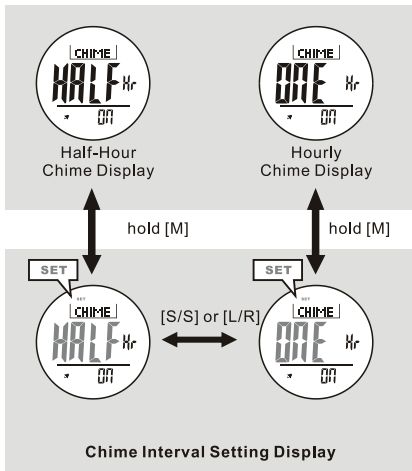
A **AL 1**

7:28

ON

Daily Alarm 1 Display

digits selected (flashing)

SET

A **AL 1**

7:28

ON

Setting Display

hold [M] ↑ ↓ hold [M]

Minute ←[M]→ Hour

Daily Alarm Time Setting Sequence

[S/S] / [L/R] ↓

Change the setting value

Hold [S/S] / [L/R] ↓

Change the setting value at a higher speed

How to Set the Daily Alarm 1 and Alarm 2

- To select the setting display, hold the [M] button for about 2 seconds in Alarm 1 (setting alarm 1) or Alarm 2 (setting alarm 2) display, and then the flashing "*SET*" icon will appear.
- In setting display, press the [M] button to change the selection between minute and hour following the adjacent diagram.
- When the digits are flashing (selected), press the [S/S] or [L/R] button to increase /decrease the number. (Hold down the button to change the number at a higher speed).
- When the setting is completed, hold down the [M] button to exit the setting display.
- The Watch will also exit the setting display if NO keystroke has been activated for 1 minute.

Half-Hour
Chime Display

Hourly
Chime Display

hold [M]   hold [M]

SET   SET

[S/S] or [L/R]

Chime Interval Setting Display

How to Set the Chime Interval

■ To select the setting display, hold down the
[M] button for about 2 seconds in Hourly
Chime or Half-Hour Chime Display, and then
and then the flashing " *SET* " icon will
appear.
■ In setting display, press the [M] button to
change the selection between 'hourly chime'
and 'half-hour chime' following the adjacent
diagram.
■ When the setting is completed, hold down
the [M] button to exit the setting display.
■ The Watch will exit the setting display if NO
keystroke has been activated for 1 minute.

1/10s
indicator

minutes
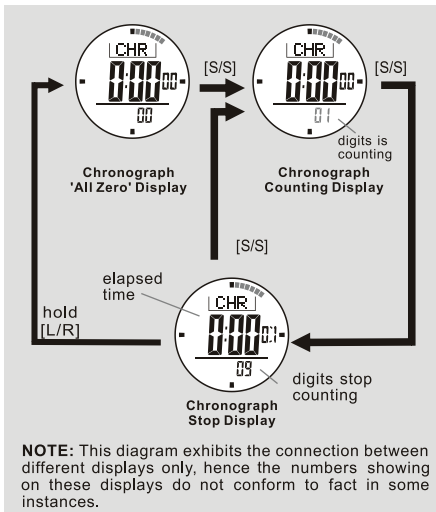
hours

CHR

0.00

00

seconds

1/100 sec
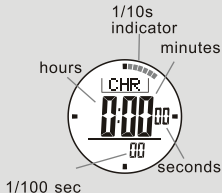
**Chronograph
'All Zero' Display**

Chronograph Display

- The Watch includes a Chronograph Mode which measures elapsed times, accumulative elapsed time and lap time.
- The display shows the 'All Zeros' display when the chronograph is being selected the first time or the chronograph has been reset.
- When the Chronograph Display is selected, the Watch will show the following items on the display:
  - The chronograph hour, minute and second will appear in the middle row.
  - The chronograph 1/100 second will appear in the bottom row.
  - The chronograph 1/10 second is represented by the bar-indicator around the display perimeter.

Chronograph
'All Zero' Display

[S/S]

Chronograph
Counting Display

digits is
counting

[S/S]

[S/S]

hold
[L/R]

elapsed
time

Chronograph
Stop Display

digits stop
counting

NOTE: This diagram exhibits the connection between different displays only, hence the numbers showing on these displays do not conform to fact in some instances.

How to use the Chronograph

- When the chronograph is stopped, press the [S/S] button once to start the chronograph (counting); press the [S/S] button once again to stop the chronograph (not counting).
- Elapsed time between the two keystrokes will appear on the display.
- Repeat the above mentioned steps to get the accumulative elapsed time of which the chronograph is running.
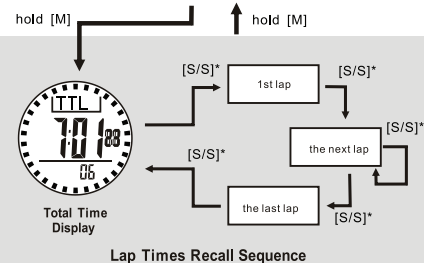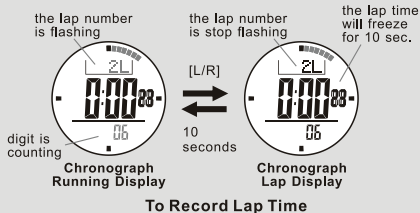
How to Reset the Chronograph

- To record a new set of elapsed time, hold the [L/R] button for 2 seconds to reset the chronograph to 'All Zeros' display when the chronograph is stopped.

NOTE: The recorded lap time will be erased if the chronograph has been reset.

NOTE: This diagram exhibits the connection between different displays only, hence the numbers showing on these displays DO NOT conform to fact in some instances.

the lap number is flashing

the lap number is stop flashing

the lap time will freeze for 10 sec.

[L/R]

digit is counting

10 seconds

Chronograph Running Display

Chronograph Lap Display

To Record Lap Time

hold [M]

hold [M]

[S/S]*   1st lap   [S/S]*

[S/S]*

the next lap

[S/S]*

[S/S]*   the last lap   [S/S]*

Total Time Display

Lap Times Recall Sequence

*Press the [L/R] button will move the selection in the reverse direction

What is Lap Time
- The Watch includes a Chronograph Mode which measures an elapsed time (lap time) without stopping the counting.
- The Watch allows recording lap time up to 100 laps.

How to Record Lap Time
- When the chronograph is counting, press the [L/R] button once to record the lap time.
- The lap number and lap time will appear on on the display for 10 seconds, and then the Watch will return to counting display again automatically.
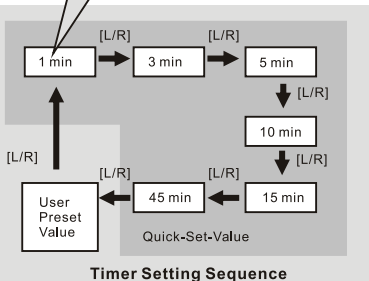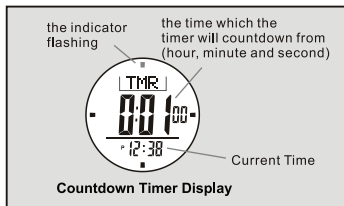- Repeat the steps mentioned above to get another lap time.

How to Recall Lap Time
- To recall lap time, hold down the [M] button in the Chronograph Display.
- When the Total Time Display appears, press the [S/S] or [L/R] button to recall lap time following the adjacent diagram.
- Holding down the [M] button will exit the lap time recall sequence.

How to Reset Lap Time
- To record a new set of lap times, hold the the [L/R] button for 2 seconds in the Chronograph Stop Display. This will erase the recorded lap time.

the indicator flashing

the time which the timer will countdown from (hour, minute and second)

Current Time

Countdown Timer Display

1 min → [L/R] → 3 min → [L/R] → 5 min

[L/R] ↓

10 min

[L/R] ↓

[L/R] User Preset Value ← [L/R] ← 45 min ← [L/R] ← 15 min

Quick-Set-Value

Timer Setting Sequence

Countdown Timer Display
- The Watch includes a Countdown Timer Mode which measures the elapse of a fixed period of time (target time).
- The timer starts counting down from the target time to zero and then it starts counting up.
- The target time can be set by using Quick Set Value or User preset Value following the adjacent diagram.
- When the Countdown Timer Display is selected, the Watch will show the following items on the display:
  - The Target time will appear in the middle row.
  - The current time will appear in the bottom row.
  - The elapse of seconds is represented analogically by the bar-indicator around the perimeter of the display.
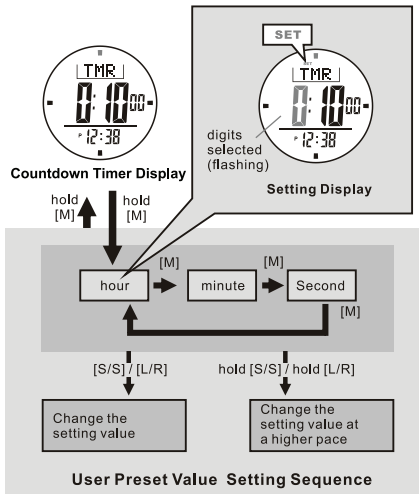
The Quick-Set-Value
- The Quick-Set-Value is a set of values that are pre-installed in the Watch. These values can NOT be changed by the user.
- The Watch includes 6 Quick-Set Values: 1, 3, 5, 10, 15 and 45 minutes.

The User Preset Value
- The User Preset Value is a value that can be set by the user, and it can be set up to 99 hours 59 minutes 99 seconds.
- Once the User Preset Value has been set, such as 30 minutes, it will store into the Watch for recall the next time.
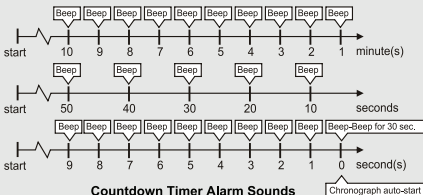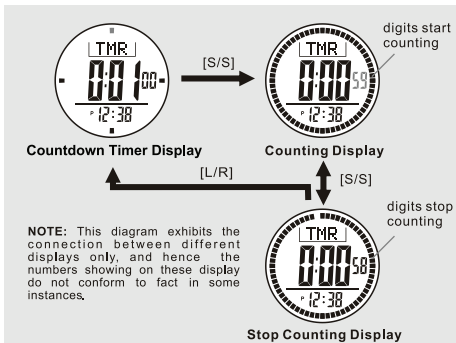- To set the User Preset Value, see section 7.1 for details.

Countdown Timer Display

Setting Display

digits selected (flashing)

hold [M]   hold [M]

User Preset Value Setting Sequence

hour → minute → Second

[M]   [M]   [M]

[S/S] / [L/R]   hold [S/S] / hold [L/R]

Change the setting value

Change the setting value at a higher pace

How to Set the User Preset Value

- To select setting display, hold the [M] button for 2 seconds, and the flashing "***SET***" icon will appear.

- In setting display, press the [M] button to change the selection among hour, minute and second following the adjacent diagram.

- When the digits are flashing (selected), press the [S/S] or [L/R] button to increase/decrease the number. (Hold down the button to change the number at a higher speed).

- When the setting is completed, hold down the [M] button to exit the setting display.

- The Watch will exit the setting display if NO keystroke has been activated for 1 minute.

Countdown Timer Display

[S/S]

Counting Display

digits start counting

[L/R]

[S/S]

Stop Counting Display

digits stop counting

NOTE: This diagram exhibits the connection between different displays only, and hence the numbers showing on these display do not conform to fact in some instances.

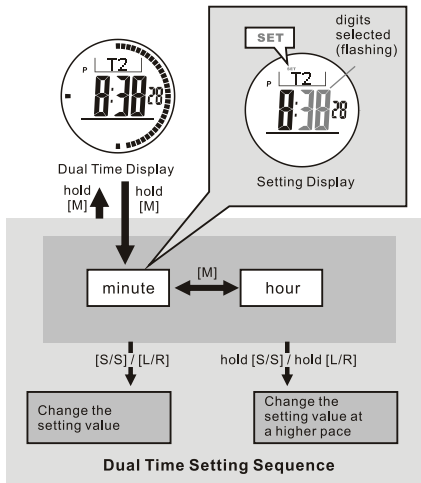**Countdown Timer Alarm Sounds**

Chronograph auto-start

How to Use the Countdown Timer
- When a target time is set by using the Quick Set Value or User preset Value, press the [S/S] button to start the counting. When the timer is counting, press the [S/S] button once again to stop the counting.
- Once the timer is started, the countdown time will show on the display continuously, and the Watch will alert the user by beeping as follows:
  - The last 10 minutes: The watch will beep once for every minute.
  - The last one minute: The watch will beep for every 10 seconds.
  - The last 10 seconds: The watch will beep for every second(s).
  - At zero: the Watch will switch to Chronograph Mode and start counting up automatically, and it will beep for 30 seconds.

How to Reload the Timer
- To reload the timer with the current target time for a new counting before the Watch counts to zero, press the [L/R] button once when the timer is stopped.
- To start a new count from a new target time, set the timer again.

Dual Time Display

Setting Display

digits selected (flashing)

hold [M]   hold [M]

minute ←[M]→ hour

[S/S] / [L/R]   hold [S/S] / hold [L/R]

Change the setting value

Change the setting value at a higher pace

Dual Time Setting Sequence

Dual Time Display
- The Watch includes a Dual Time Mode that shows the current time for a second time zone.
- The 'second' digits of the dual time are the same as the current time seconds.
- When the Dual Time Display is selected, the Watch will show the following items on the display:
  - The dual time will appear in the middle row.
  - The elapse of seconds are represented analogically by the bar-indicator which circles around the perimeter of the display.

To Set the Dual Time
- To select setting display, hold down the [M] button for 2 seconds in Dual Time Mode, and then the flashing "*SET*" icon will appear.
- In setting display, press the [M] button to change the selection between hour and minute.
- When the digits are flashing (selected), press the [S/S] / [L/R] button to change the setting values. (Hold down the button to change the number at a higher speed).
- When the setting is completed, hold down the [M] button to exit the setting display.
- The watch will exit the setting display if NO keystroke has been activated for 1 minute.

9.0 Low Battery Indication & Battery Replacement

Low Battery Indicator
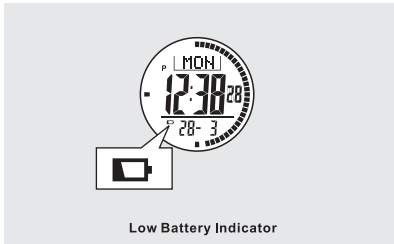
Low Battery Detection

- When the low battery indicator appears on the display, it means that the capacity of battery is low. It is recommended to replace it with a new battery (CR2032 TYPE) Marathon PART # EL888015.
- Exposing the Watch to extreme cold conditions may activate the low-battery indicator. In this case, the indicator will disappear when the normal temperature returns.

NOTE: It is recommended to complete the battery replacement by a certified service agency because this Watch contains precise electronic sensors and components.

Changing the Battery

1. Using a small screwdriver, remove the seven small screws on the back of the watch. (Take care not to lose the screws since they are very small.)

2. Remove the back stainless steel cover.

3. Gently peel off the white plastic shield that covers the battery compartment.

4. Gently pry clip on metal battery compartment holder with small tool to release the battery.

5. Remove battery and replace with Type CR2032 3V lithium. (Marathon PART # EL888015).

6. Ensure that battery compartment clip is back in place and battery is secure.

7. Replace plastic cover shield over battery compartment.

8. Replace the back stainless steel cover in the correct position and secure the screws.

10.0 Specifications

Current Time Mode
- Hour, minute, second, am, pm, month, date, and day of week

Time System
- 12-hour or 24-hour format

Calendar System
- Auto-Calendar pre-programmed from the year 2004 to 2099

Daily Alarm Mode
- 2 daily alarms
- Hourly and half hour chime

Alarm Sounds
- Sounds for 30 seconds at preset daily alarm time everyday

Chronograph Mode
Resolution
- 1/100 second

Measuring Range
- 99 hours 59 minutes 59.99 seconds

Operation Mode
- Count-up from zero

Lap
- Lap memory of 100 laps
- Recall lap time and total time

Dual Time Mode
- Hour, minute, second, am, pm

Countdown Timer Mode
Resolution
- 1 second resolution

Measuring Range
- 99 hours 59 minutes 59 seconds

Operation Mode
- Count-down to zero, and then start count-up

Quick Set
- 6 quick set values: 1, 3, 5, 10, 15, 45 minutes

Timer Sounds
- Last 10 minutes: Beep once for every minute.
- Last 1 minute: Beep once for every 10 seconds.
- Last 10 seconds: Beep once for every second.
- At zero: Beep for 30 seconds.

Backlight
- Electro-Luminscent (EL) backlight

Battery
- Single 3V lithium battery (CR2032) (Marathon PART # EL888015)

Water Resistance
- 20 ATM

WATCH, WRIST: GPD

P/N WW194024