

## SOMA RunONE 100SL

# SOMA RunONE 100SL Running Watch User Manual

Model: RunONE 100SL (DWJ080003)

## 1. INTRODUCTION

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Welcome to the SOMA RunONE 100SL Running Watch user manual. This guide provides detailed instructions on how to set up, operate, and maintain your new running watch. Please read this manual thoroughly to ensure proper use and to maximize the performance and longevity of your device.

## 2. PRODUCT OVERVIEW

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The SOMA RunONE 100SL is an advanced running watch designed for athletes seeking a lightweight, user-friendly, and feature-rich device to track their performance. It offers essential functions for runners, including a precise chronograph, lap memory, timer, and daily alarms.



**Figure 2.1:** SOMA RunONE 100SL Running Watch, front view. This image shows the watch in blue, featuring its digital display with time, day, and date, along with the 'ADJUST', 'MODE', 'START/STOP', 'NEXT', 'LAP 100MEMORY', and 'LAP/SAVE' buttons.

### Key Features:

- **Material:** Case/Plastic, Strap/Polyurethane, Glass/Acrylic Glass, Back Cover: Stainless Steel
- **Compatible Wrist Circumference:** Large/5.7 - 8.1 inches (145 - 205 mm), Medium/5.1 - 6.9 inches (130 - 175 mm)
- **Chronograph Function:** 1/100 second, up to 99 hours, 59 minutes, 59 seconds

- **Lap Split Function:** 100 lap memory
- **Timer Function:** 2-channel repeat timer
- **Alarm Function:** 3-channel daily alarm



**Figure 2.2:** Rear view of the SOMA RunONE 100SL Running Watch. The back of the watch reveals the stainless steel case back with 'SOMA', 'PLASTICS CASE', 'STAINLESS STEEL BACK', 'WATER RESIST 10BAR', and model number 'WJ08-4000' engraved. The blue polyurethane strap is also visible.

## 3. SETUP

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### 3.1. Battery Installation

The SOMA RunONE 100SL requires one CR2 battery (included). To install or replace the battery:

1. Carefully remove the back cover of the watch using a small screwdriver.
2. Insert the CR2 battery, ensuring the correct polarity (+/-).
3. Replace the back cover and tighten the screws securely to maintain water resistance.

### 3.2. Initial Time Setting

After battery installation, you will need to set the time and date:

1. In Time Mode, press and hold the 'ADJUST' button until the display flashes, indicating setup mode.
2. Use the 'MODE' button to cycle through settings (e.g., hour, minute, year, month, day, 12/24-hour format).
3. Use the 'START/STOP' or 'NEXT' buttons to adjust the values.
4. Press 'ADJUST' again to save settings and exit setup mode.

## 4. OPERATING MODES

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The watch features several operating modes. Press the 'MODE' button to cycle through them.

### 4.1. Time Mode

This is the default mode, displaying the current time, day of the week, and date. You can switch between 12-hour and 24-hour formats in the initial time setting.

### 4.2. Chronograph (Stopwatch) Mode

To use the stopwatch function:

1. Navigate to Chronograph Mode using the 'MODE' button.
2. Press 'START/STOP' to begin timing.
3. Press 'LAP/SAVE' to record a lap time. The watch can store up to 100 lap times.
4. Press 'START/STOP' again to pause the timer.
5. Press 'ADJUST' to reset the stopwatch to zero.

### 4.3. Timer Mode

The watch includes a 2-channel repeat timer:

1. Go to Timer Mode using the 'MODE' button.
2. Press and hold 'ADJUST' to enter timer setting mode.
3. Use 'MODE' to select the timer channel (CH1 or CH2) and 'START/STOP' or 'NEXT' to set the desired countdown time.
4. Press 'ADJUST' to save.
5. Press 'START/STOP' to begin the countdown. The timer will repeat if the repeat function is enabled.

### 4.4. Alarm Mode

Set up to three daily alarms:

1. Switch to Alarm Mode using the 'MODE' button.
2. Press 'NEXT' to select Alarm 1, 2, or 3.
3. Press and hold 'ADJUST' to enter alarm setting mode.
4. Use 'START/STOP' or 'NEXT' to set the alarm time.
5. Press 'ADJUST' to save.
6. Toggle the alarm ON/OFF using 'START/STOP' when in Alarm Mode (not setting mode).

### 4.5. Backlight

To illuminate the display in low-light conditions, press the 'ADJUST' button briefly. The backlight will remain on for a few seconds.

## 5. MAINTENANCE

## 5.1. Cleaning

To clean your watch, wipe it with a soft, damp cloth. Avoid using harsh chemicals or abrasive materials, as these can damage the watch's finish and seals.

## 5.2. Battery Replacement

When the display becomes dim or functions become erratic, it's time to replace the battery. Refer to section 3.1 for battery installation instructions. It is recommended to have battery replacement performed by a qualified technician to ensure water resistance is maintained.

## 5.3. Water Resistance

The SOMA RunONE 100SL is water-resistant up to 10 BAR (100 meters). This means it is suitable for swimming and snorkeling, but not for scuba diving. Do not operate buttons underwater to prevent water ingress.

# 6. TROUBLESHOOTING

- **Display is blank:** Check if the battery needs replacement (refer to section 3.1).
- **Buttons are unresponsive:** Ensure the watch is not in a locked mode (if applicable, consult specific model features) or try resetting the watch by removing and reinserting the battery.
- **Incorrect time/date:** Re-enter the time and date settings as described in section 3.2.
- **Water inside the watch:** Immediately stop using the watch and seek professional service. Do not attempt to dry it yourself.






# 7. SPECIFICATIONS

Feature	Specification
Model Name	SOMA RunONE 100SL
Item Model Number	DWJ080003
Case Material Type	Plastic
Band Material	Polyurethane
Glass Material	Acrylic Glass
Back Cover Material	Stainless Steel
Case Diameter	45 mm
Band Colour	Blue
Item Weight	192 g
Batteries	1 CR2 battery required (included)
Water Resistance	10 BAR (100 meters)
Package Dimensions	11.1 x 10.9 x 7.3 cm

## 8. WARRANTY AND SUPPORT

Your SOMA RunONE 100SL Running Watch is covered by a manufacturer's warranty against defects in materials and workmanship. For specific warranty terms and conditions, please refer to the warranty card included with your product or visit the official SOMA website. For technical support, service, or inquiries, please contact your retailer or the SOMA customer service department.

### Related Documents - RunONE 100SL

	<p><a href="#">SOMA PULSAR-23 Interactive Manual: Mastering Your Semi-Modular Synth</a></p> <p>Explore the SOMA PULSAR-23 with its interactive manual. Learn about this complex semi-modular synth and drum machine through a visual, map-like interface, offering efficient access to controls and patching tips.</p>
	<p><a href="#">SOMA Lyra-8 Organismic Synthesizer User Manual</a></p> <p>Comprehensive user manual for the SOMA Lyra-8 Organismic Synthesizer, covering its structure, controls, connections, mastering techniques, philosophy, specifications, and credits.</p>
	<p><a href="#">Guia de Instalação do Sofá SOMA MODULO 160 CHASE</a></p> <p>Instruções detalhadas para a montagem do sofá SOMA MODULO 160 CHASE, cobrindo a instalação de pés, encosto, almofadas e capas. Inclui dicas de cuidado para prolongar a vida útil.</p>
	<p><a href="#">Instruções de Montagem e Cuidados com Sofá Modular SOMA</a></p> <p>Guia completo para montar e manter o seu sofá modular SOMA. Inclui passos detalhados para instalação de pés e encosto, colocação de almofadas e instruções de lavagem das capas.</p>
	<p><a href="#">Guia de Instalação e Cuidados: Sofá Modular SOMA Braço Lateral</a></p> <p>Instruções detalhadas para a instalação e manutenção das capas do seu sofá modular SOMA. Inclui dicas de lavagem e montagem passo a passo.</p>



[Soma Miata 120x66 / Miata 36 120x66 Обеденный стол: Инструкция по сборке и эксплуатации](#)  
Полное руководство по сборке, эксплуатации и уходу за обеденным столом Soma Miata 120x66 и Miata 36 120x66. Информация о производителе и гарантии.