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Garmin RK100

Garmin Rally RK100 Single-Side Power Meter Bike Pedals User Manual

Model: RK100 | Part Number: 010-02388-01

1. Introduction

This manual provides essential instructions for the installation, operation, and maintenance of your Garmin Rally RK100 Single-Side Power Meter Bike Pedals. The Rally RK100 system is designed to provide accurate power and cadence data for cyclists using Look KEO cleats. This bundle also includes a compact bike tool for general bicycle maintenance and repairs. Please read this manual thoroughly before using the product to ensure proper function and safety.

2. Product Overview

The Garmin Rally RK100 system consists of a pair of bike pedals with integrated power measurement technology in one pedal (single-sided). It is compatible with Look KEO cleats. The included compact bike tool provides various functions for on-the-go adjustments.



Figure 2.1: Garmin Rally RK100 Power Meter Pedals and included compact bike tool and tire levers.
This image displays the complete bundle: two black Garmin Rally RK100 power meter pedals, a multi-tool with various wrenches and drivers, and three black tire levers. The pedals feature a sleek design with silver accents and the 'RALLY' branding.

3. Setup and Installation

3.1 Pedal Installation

1. Identify the left and right pedals. The right pedal contains the power meter sensor.
2. Apply a small amount of grease to the pedal threads.
3. Thread the right pedal clockwise into the right crank arm. Thread the left pedal counter-clockwise into the left crank arm.
4. Tighten the pedals using an 8 mm hex wrench. Refer to your bicycle's crank arm manufacturer specifications for the recommended torque (typically 34 N-m).



Figure 3.1: Close-up view of a single Garmin Rally RK100 pedal, showing the spindle and body. The spindle has threads for attachment to a crank arm, and the pedal body features the 'RALLY' logo and a torque specification of 'max. 2 N-m' for a small screw.

3.2 Cleat Compatibility and Installation

The Garmin Rally RK100 pedals are designed for use with Look KEO cleats. Ensure your cycling shoes are compatible with this cleat system. Install the cleats onto your cycling shoes according to the cleat manufacturer's instructions, paying attention to proper alignment for comfort and efficiency.

3.3 Battery Installation/Activation

The Rally RK100 pedals use a CR1/3N lithium battery (included). The battery compartment is located on the spindle of the pedal. To install or replace the battery:

1. Unscrew the battery cap using a compatible tool (e.g., a coin or flat-head screwdriver).
2. Insert the new battery with the positive (+) side facing the cap.
3. Securely replace the battery cap, ensuring the O-ring is properly seated to maintain water resistance.



Figure 3.2: Side view of a Garmin Rally RK100 pedal. This angle highlights the cylindrical battery compartment cover on the pedal spindle, which can be opened for battery access.

4. Operating Instructions

4.1 Pairing with Devices

The Rally RK100 pedals can be paired with compatible Garmin Edge cycling computers, Garmin watches, or smartphones using ANT+ or Bluetooth technology.

1. Spin the crank arms a few times to wake up the pedals.
2. On your compatible device, navigate to the sensor settings and select 'Add Sensor' or 'Search for Sensors'.
3. Select the Rally RK100 from the list of available sensors.
4. Follow the on-screen prompts to complete the pairing process.

4.2 Calibration (Zero-Offset)

It is recommended to perform a zero-offset calibration before each ride for accurate power measurement. This process ensures the power meter is correctly calibrated to ambient conditions.

1. Ensure the pedals are awake and paired with your device.
2. Keep your feet off the pedals and the bike stationary.
3. On your device, navigate to the power meter sensor details and select 'Calibrate' or 'Zero Offset'.
4. Wait for the calibration to complete and confirm the success message on your device.

4.3 Data Tracking

The Rally RK100 measures total power output (watts) and cadence (revolutions per minute). This data is transmitted to your paired device for real-time viewing and post-ride analysis. For detailed analysis, sync your ride data with the Garmin Connect app.

5. Maintenance

5.1 General Care and Cleaning

- Regularly clean the pedals with a damp cloth. Avoid using harsh chemicals or abrasive cleaners.
- Inspect the pedal body, spindle, and cleat retention mechanism for any signs of wear or damage.
- Ensure the battery cap is securely tightened to prevent water ingress.

5.2 Firmware Updates

Garmin periodically releases firmware updates to improve performance and add features. You can update the pedal firmware through the Garmin Connect app on your smartphone or via a compatible Garmin Edge device.

1. Ensure your pedals are awake and connected to your Garmin device or smartphone.
2. Open the Garmin Connect app or access the update menu on your Edge device.
3. Follow the on-screen instructions to download and install any available updates.

5.3 Battery Replacement

The battery life is approximately 120 hours. When the battery level is low, your paired Garmin device will typically display a notification. Replace the battery as described in Section 3.3.

5.4 Compact Bike Tool Usage

The included compact bike tool is useful for various minor adjustments and repairs on your bicycle, such as tightening bolts, adjusting components, or changing a tire with the included tire levers.



Figure 5.1: The compact bike multi-tool and three tire levers. The multi-tool features various hex wrenches, screwdrivers, and other tools folded into a compact black casing. The tire levers are black plastic, designed for removing bicycle tires from rims.

6. Troubleshooting

- **No Power Data:** Ensure pedals are awake (spin cranks), paired correctly, and battery is not depleted. Perform a zero-offset calibration.
- **Inaccurate Readings:** Perform a zero-offset calibration. Check for any physical damage to the pedals. Ensure firmware is up to date.
- **Connectivity Issues:** Ensure Bluetooth/ANT+ is enabled on your device. Move closer to the pedals. Try re-pairing the pedals. Check for interference from other electronic devices.
- **Pedal Not Turning Smoothly:** Inspect for debris around the spindle. If necessary, consult a professional bike mechanic.

7. Specifications

Brand	Garmin
Model	Rally RK100
Material	Alloy Steel, Aluminum, Chromium-Molybdenum Steel, Stainless Steel
Item Weight	8 ounces (approx. 227 grams)
Battery Type	1 Lithium Ion (CR1/3N)
Battery Life	Up to 120 Hours
Connectivity	ANT+, Bluetooth
Cleat Compatibility	Look KEO

8. Warranty and Support

For warranty information, technical support, and additional resources, please visit the official Garmin website or contact Garmin customer service. Keep your proof of purchase for warranty claims.

- **Garmin Support Website:** www.garmin.com/support
- **Product Registration:** Register your product to receive updates and support.

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