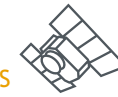




Ironman* Triathlon® speed + distance system >

How far?
How fast?



Utilizing renowned GPS technology, the Timex® Ironman® Triathlon® Speed + Distance System utilizes a network of global positioning satellites to precisely track how far and how fast you are running, biking, rowing or skiing. Anytime. Anywhere in the world.

sport watch features >

- Chronograph
- Two time zones
- 50-lap memory with recall
- Countdown timer
- Separate daily, weekday and weekend alarms
- **INDIGLO®** night-light display
- NIGHT-MODE® feature
- 2 year battery life**
- Watch — Water-resistant 50 m



T53991
0-48148-53991-4
■ Black FAST WRAP® strap



T53501
0-48148-53501-5
■ Black long-wearing polyurethane strap

TIMEX
IRONMAN
TRIATHLON®



GPS tracking system >

- Works with highly accurate GPS tracking system
- Odometer
- Metric or English units
- Automatic time correction
- No calibration needed
- 99% distance accuracy (see product claims below)
- Splash-resistant

Package includes:

- Ironman® Triathlon® watch
- GPS tracking system
- Adjustable arm strap
- Handlebar mount
- Belt clip
- User manual
- 3 AAA batteries
- Reusable storage package

Product claims:

- Distance accuracy is typically better than 95% in most environments, and better than 99% in environments which offer a clear view of the sky.
- Battery life** – Watch: 2 years
GPS Tracking System: 12 hours
- Water-resistance – Watch: 50m
GPS Tracking system – Splash-resistant



< Top-rated professional triathlete Chris Legh trains with the Timex® Ironman® Triathlon® Speed + Distance System. Timex supports and relies on elite level athletes like Chris to provide important performance and design feedback on our entire line of precision sport watches.



Winner of an Innovations Award at the Consumer Electronic Show

TIMEX IS THE OFFICIAL TIMEPIECE AND SPONSOR OF THE IRONMAN® TRIATHLON WORLD CHAMPIONSHIP.

*IRONMAN is a registered trademark of World Triathlon Corporation. All styles are covered by U.S. Patent Nos. 4,527,096; 4,912,688; and D466,030. **Battery life estimates are based on certain assumptions regarding usage; battery life may vary depending on actual usage. See back inside cover for trademark ownership and registration information.

Ironman* Data Link® USB >

It's the Ironman* sport watch that thinks it's a PDA



A Personal Information Manager > **Phone numbers** **Personal schedules**
Appointments **Occasions** **Contacts** **Notes** **Works with Microsoft® Outlook®**
 messaging and collaboration client



Ironman* watch features >

- Dual setting options
 - Crown set for ease and speed wherever you are
 - PC software control to make everything easy
- 3 time zones
- 200-lap sport chronograph with multiple session memory
- Multiple countdown timers with labels
- Multi event interval timers
- **INDIGLO®** night-light display
- **NIGHT-MODE®** feature
- 2 year battery life**
- Watch — Water-resistant 100 m



>new> **T53722**
 7-53048-05165-6
 • Black resin strap



>new> **T53964**
 7-53048-05166-3
 • Black FAST WRAP® strap

sports >

Easy-to-use and customize:

- Set 100s of alarms, timers and interval timers
- Set 3 time zones with labels
- Set features on the PC or with the watch crown
- Choose the functions you want—turn off those you don't
- Customize the order of the watch modes to your liking
- Add custom wrist applications
- Choose custom sounds
- Password protect your information

- Time of Day
- Alarms
- Appointments
- Chrono
- Occasions
- Timers
- Counter
- Notes
- Interval Timers

SYSTEM REQUIREMENTS: PC

- Microsoft® Windows® 98 second edition, ME, 2000, XP or higher operating system
- Available USB port
- CD ROM drive
- 128mb RAM
- 30 mb hard disk space

> Completely updated for 2003, the latest version of Data Link® system is more powerful and customizable than ever before.

It takes a special watch to whip your schedule into shape. It's a sport watch that thinks it's a PDA.



TIMEX IS THE OFFICIAL TIMEPIECE AND SPONSOR OF THE **IRONMAN TRIATHLON** WORLD CHAMPIONSHIP.



*IRONMAN is a registered trademark of World Triathlon Corporation. MICROSOFT, WINDOWS and OUTLOOK are registered trademarks of Microsoft Corporation in the U.S. and other countries. All styles are covered by U.S. Patent Nos. 4,527,096; 4,912,688; and D464,891. **Battery life estimates are based on certain assumptions regarding usage; battery life may vary depending on actual usage. See back inside cover for trademark ownership and registration information.

digital heart rate monitor >

Train harder
Train smarter
Train longer

Whether training for a marathon or working out on the weekends, the Timex® digital heart rate fitness system helps you make the most of your workouts.



chrono alarm timer digital heart rate monitor >

- Sport watch and heart rate monitor
- Target heart rate zone alarms
- Oversized digits
- Display with flipping system for easy reading of heart rate and elapsed time
- 100-hour chronograph with lap or split
- 100-hour countdown timer
- Month/day/date
- 12/24 hour time
- Alarm with 5 minute back-up
- **INDIGLO®** night-light
- **NIGHT-MODE®** feature
- 3 year battery life**
- Watch — Water-resistant 50m



T82541

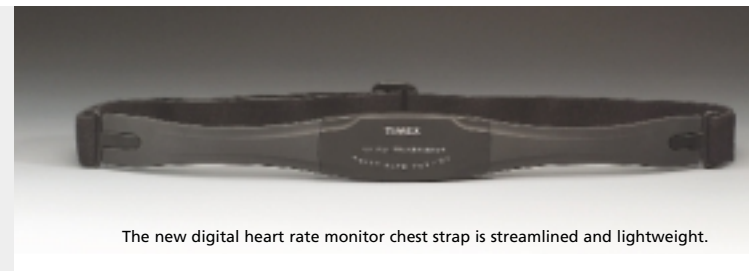
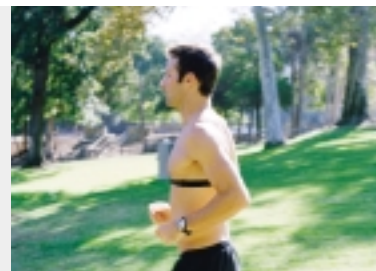
0-48148-90136-0

- Long-wearing polyurethane strap

T51701

0-53048-51701-1

- Black Cool Max® FAST WRAP® strap



The new digital heart rate monitor chest strap is streamlined and lightweight.

50-lap / 100-lap digital heart rate fitness system >

All the features of the chrono alarm timer digital heart rate monitor (see page 26)

- Target heart rate zone alarms
- 50/100-lap memory, including heart rate, lap time and split time
- Total time in heart rate zone
- Average heart rate in heart rate zone
- Average heart rate for workout
- Automatic age-based heart rate zone calculation
- 100-hour countdown timer with stop at end, repeat at end or chrono at end
- 2 year battery life**
- Watch — Water-resistant 50 m



T51561

0-48148-51561-1

50-lap Ironman®

- Black Cool Max® fabric FAST WRAP® strap

T51601

0-48148-51601-4

100-lap Ironman®

- Black and silver-colored Cool Max® fabric FAST WRAP® strap

Marathon® chrono alarm timer digital heart rate monitor >

- Sport watch and heart rate monitor
- Target heart rate zone alarms
- Oversized digits
- Display with flipping system for easy reading of heart rate and elapsed time
- 100-hour chronograph with lap or split
- 100-hour countdown timer
- Month/day/date
- 12/24 hour time
- Alarm with 5 minute back-up
- **INDIGLO®** night-light
- **NIGHT-MODE®** feature
- 3 year battery life**
- Watch — Water-resistant 50m



T54071

0-48148-54071-2

Marathon®

- Black resin strap

T54081

0-48148-54081-1

Marathon®

- Dark blue resin strap

ALL TIMEX® DIGITAL HEART RATE MONITORS FEATURE:

- Digital FM transmission for clear signals around exercise equipment and power lines
- Synchronized transmission prevents cross talk from other heart rate monitors
- Smart transmission for long battery life
- On-the-chest monitor provides continuous heart rate readings during even the most intense activities
- Comfortable elastic strap
- Replaceable batteries
- 2 year battery life**
- Strap—Water resistant 30 m (Strap will not provide accurate heart rates when underwater.)

TIMEX IS THE OFFICIAL TIMEPIECE AND SPONSOR OF THE IRONMAN® TRIATHLON WORLD CHAMPIONSHIP.

*IRONMAN is a registered trademark of World Triathlon Corporation. COOL MAX is a registered trademark of E.I. Du Pont De Nemours and Company. All styles on pages 26 and 27 are covered by one or more of the following: U.S. Patent Nos. 4,527,096; 4,912,688; D417,401; D416,812; and U.S. patent pending.
**Battery life estimates are based on certain assumptions regarding usage; battery life may vary depending on actual usage. See back inside cover for trademark ownership and registration information.



Ironman* sleek™ >

mega-lap Ironman* sleek™ with crown set >

- 100-hour chronograph with lap/split either in large digits
- 200-lap memory recall
- On-the-fly recall
- Stores workouts by date
- Top pusher for easy lap/split
- Training log, stores workouts by date and maintains weekly totals
- Synchro timer, maintains total activity time and time paused during workout
- 10 interval timers settable up to 24 hours countdown/stop (CS) countdown/repeat (CR) countdown/auto-start chrono (CC)
- Interval repetition counter
- 199 lap counter counts up or down
- 10 appointments linked to 35 character note settable for daily/weekday/weekend/weekly monthly/yearly or one-day
- 10 alarms settable for daily/weekday/weekend/weekly with 5-minute backup, can also be linked to note and 10 minute snooze
- 3 time zones with 3 character name setting
- 12/24 hour time
- Hourly chime
- Month/day/date
- INDIGLO® night-light
- All-day-white reflector display
- NIGHT-MODE® feature
- 2 year battery life**
- Water-resistant 100m



>new> **T54591**
0-48148-54591-5
Black and gray double-shot long-wearing polyurethane strap



>new> **T54682**
0-48148-54682-0
Dark gray and green double-shot long-wearing polyurethane strap

50-lap Ironman* sleek™ >

- 100-hour chronograph with lap/split either in large digits
- 50-lap memory recall
- On-the-fly recall
- Multiple workout storage with best lap, average lap, total segment time with date
- Top pusher for easy lap/split
- Dated training log
- Total run format maintains total elapse time less time pause during workout
- 2 linked timers settable up to 24 hours countdown/stop (CS) countdown/repeat (CR)
- Interval repetition counter
- 99 lap counter
- 3 alarms settable for Daily/weekday/weekend/weekly with 5-minute backup
- 2 time zones
- 12/24 hour time
- Hourly chime
- Built in setting reminders
- Month/day/date
- INDIGLO® night-light
- All-day-white reflector display
- NIGHT-MODE® feature
- 3.5 year battery life**
- Water-resistant 100m



>new> **T54281**
0-48148-54281-5
Black long-wearing polyurethane strap



>new> **T54291**
0-48148-54291-4
Dark blue long-wearing polyurethane strap

TIMEX
IRONMAN
TRIATHLON™

sports >

28



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2:30 PM
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Appointment and reminder capabilities coupled with its new aerodynamic shape makes the new mega-lap Ironman* Sleek sport watch a step above the rest.

29

100-lap Ironman* sleek™>

- 100-hour chronograph with lap/split either in large digits
- 100-lap memory recall
- Multiple workout storage with best lap, average lap, total segment time with date
- Top pusher for easy lap or split
- Dated training log
- Total run format maintains total elapse time less time paused during workout
- 9 interval timers settable up to 24 hours countdown/stop (CS) countdown/repeat (CR) countdown/auto-start chrono (CC)
- Interval repetition counter
- 199 lap counter
- 3 alarms settable for daily/weekday/weekend/weekly with 5-minute backup
- 2 time zones
- 12/24 hour time
- Hourly chime
- Built-in setting reminders
- Month/day/date
- INDIGLO® night-light
- All-day-white reflector display
- NIGHT-MODE® feature
- 2 year battery life**
- Water-resistant 100m



>new> **T54391**
0-48148-54391-1
Black and gray double-shot long-wearing polyurethane strap
Aluminum top plate



>new> **T54933**
0-48148-54933-3
Black and orange adjustable FAST WRAP® Velcro® strap with breathable and moisture-wicking Tactel® fabric
Aluminum top plate



>new> **T54301**
0-48148-54301-0
Blue and gray adjustable FAST WRAP® Velcro® strap with breathable and moisture-wicking Tactel® fabric



*IRONMAN is a registered trademark of World Triathlon Corporation. Velcro® is a registered trademark of Velcro Industries. Tactel is a trademark of E.I. DuPont de Nemours and Company. All styles on pages 28 and 29 are covered by U.S. Patent Nos. 4,912,688; 4,527,096; and U.S. patent pending. **Battery life estimates are based on certain assumptions regarding usage; battery life may vary depending on actual usage. See back inside cover for trademark ownership and registration information.

TIMEX IS THE OFFICIAL TIMEPIECE AND SPONSOR OF THE IRONMAN TRIATHLON WORLD CHAMPIONSHIP.

- Chronograph function measures 1/20th seconds, seconds and minutes
- INDIGLO**® night-light illuminates entire face
- NIGHT-MODE® feature
- Date
- Easy time zone change feature (one pull of the crown changes the hour hand only)
- Mineral glass lens
- Solid stainless steel case
- 4.5 year battery life**
- Water-resistant 100m

0-48148-54021-7

- Stainless steel metal bracelet
- Tinted lens

0-48148-53463-6

- Black long-wearing polyurethane strap

0-48148-53452-0

- Black long-wearing polyurethane strap

- 100-hour chronograph with lap/split either in large digits
- 50-lap memory recall
- On-the-fly recall
- Multiple workout storage with best lap, average lap, total segment time with date
- Top pusher for easy lap/split
- Total run format maintains total elapse time less time paused during workout
- 2 linked timers settable up to 24 hours countdown/stop (CS) countdown/repeat (CR)
- Interval repetition counter
- 99 lap counter
- 3 alarms settable for daily/weekday/weekend/weekly with 5-minute backup alarm
- 2 time zones
- Built in setting reminders
- 12/24 hour time
- Hourly chime
- Month/day/date
- INDIGLO**® night-light
- All-day white reflector display
- NIGHT-MODE® feature
- 3.5 year battery life**
- Water-resistant 100m



0-48148-54631-8

- Stainless steel metal bracelet
- Aluminum top ring
- Brass case



\$

- Solid stainless steel case
- Mineral glass lens
- QUICK-DATE® feature
- Shock-resistant to I.S.O. standards
- INDIGLO**® night-light
- 10 year battery life**
- Water-resistant 200m



%

- All styles include intuitive crown setting
- 100-hour chronograph with lap and split
- 50-lap memory recall
- 24-hour countdown timer with: countdown/stop (CS) countdown/repeat (CR) countdown/auto-start chrono (CC)
- 99-lap counter
- 2 time zones
- Alarm with 5-minute backup
- Hourly chime
- 12/24 hour time
- Month/day/date
- INDIGLO**® night-light simultaneously illuminates dial and digital display
- All Day **INDIGLO**® display
- NIGHT-MODE® feature
- 4 year battery life**
- Water-resistant 100m

!"

0-48148-52791-1

- Navy long-wearing polyurethane strap
- Stainless steel case

#

0-48148-52822-2

- Black long-wearing polyurethane strap
- Stainless steel case

0-48148-53432-2

- Black long-wearing polyurethane strap
- Stainless steel top ring

0-48148-53442-1

- Black long-wearing polyurethane strap
- Stainless steel top ring

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- 100-hour chronograph with lap/split either in large digits
- 30-lap memory recall
- 24-hour countdown timer with: countdown/stop (CS) countdown/repeat (CR)
- Daily/weekday/weekend/weekly alarm with 5-minute backup alarm
- 2 time zones
- 99 lap counter
- Forward/backward setting
- Built-in setting reminders
- Hourly chime
- 12/24 hour time
- Month/day/date
- INDIGLO**® night-light
- Reverse display
- NIGHT-MODE® feature
- 2.5 year battery life**
- Water-resistant 100m



0-48148-54571-7

- Black long-wearing polyurethane strap



#

0-48148-54581-6

- midsize
- Black long-wearing polyurethane strap

Anything is Possible™

TIMEX IS THE OFFICIAL TIMEPIECE AND SPONSOR OF THE **IRONMAN** TRIATHLON WORLD CHAMPIONSHIP.

*IRONMAN is a registered trademark of World Triathlon Corporation. All styles on pages 30 and 31 are covered by one or more of the following: U.S. Patent Nos. 4,912,688; 4,527,096; 4,775,964; D465,738; D457,077; D456,277; and U.S. patent pending. **Battery life estimates are based on certain assumptions regarding usage; battery life may vary depending on actual usage. See back inside cover for trademark ownership and registration information.