wahoo



KICKR RUN

OWNER'S MANUAL

Thank you for purchasing the Wahoo KICKR RUN!

LEARN MORE

For more information or to submit a support request, visit https://support.wahoofitness.com/

CONTACT US

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IMPORTANT SAFETY INSTRUCTIONS

When using an electrical appliance, basic precautions should always be followed, including the following:

Read all instructions before using the KICKR RUN.

⚠ DANGER

To reduce the risk of electric shock:

1) Always unplug this appliance from the electrical outlet immediately after using and before cleaning.

⚠ WARNING

To reduce the risk of burns, fire, electric shock, or injury to persons:

1) An appliance should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.

2) Do not operate under blanket or pillow. Excessing heating can occur and cause fire, electric shock, or injury to persons.

3) This appliance is not intended for use by persons with reduced physical, sensory, or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety. Keep children under the age of 18 away from this machine.

4) Use this appliance for its intended use as described in the manual. Do not use attachments not recommended by the manufacturer.

5) Never operate this appliance if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the appliance to a service center for examination and repair.

6) Do not carry this appliance by supply cord or use cord as a handle.

7) Keep the cord away from heated surfaces.

8) Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like.

9) Never drop or insert any object into any opening.

10) Do not use outdoors.

11) Do not operate where aerosol (spray) products are being used or where oxygen is being administered.

12) To disconnect, turn all controls to the off position, then remove plug from outlet.

13) Connect this appliance to a properly grounded outlet only. See Grounding Instructions.

SAVE THESE INSTRUCTIONS!

GROUNDING INSTRUCTIONS

This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounded plug. The plug must be plugged into an appliance outlet that is properly installed and grounded in accordance with all local codes and ordinances.

⚠ DANGER

Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product – if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

⚠ WARNING

IMPORTANT NOTICE

Read this manual and all safety information thoroughly before assembly and use. Failure to follow the warnings and instructions could cause personal injury and/or physical damage to equipment or surroundings.

- Assemble the KICKR RUN only as stated in the information contained in this manual.
- Do not modify the KICKR RUN.
- All instructions can be viewed on our website: https://support.wahoofitness.com/.
- Images may not reflect final product exactly.

The instructions below are classified according to the degree of danger or damage which may occur if the product is used incorrectly:

⚠ DANGER Failure to follow the instructions will result in death or serious injury.

⚠ WARNING Failure to follow the instructions could result in death or serious injury.

⚠ CAUTION Failure to follow the instructions could cause personal injury and/or physical damage to equipment or surroundings.

SCAN ME TO BEGIN

- Open the camera app on your phone or tablet and scan the QR Code on the left to begin setting up your KICKR RUN.
- Follow the prompts on your device to either install the Wahoo App or by scanning the QR Code you will launch the Wahoo app.
- Read and agree to the terms of service through the onboarding flow of the Wahoo App.
- Follow the in app instructions to learn how to use your KICKR RUN and unlock all of the features.

WARNING

HEALTH WARNINGS

- Improper or excessive exercise can result in serious injury.
- Always consult your physician before beginning or modifying any exercise program.
- Consult your physician before using this product if you are pregnant or if you think you may be pregnant.
- The Wahoo device, accessories, and related data are intended to be used only for recreational purposes and not for medical purposes and are not intended to diagnose, monitor, treat, cure, or prevent any disease or condition.

** If you feel faint, dizzy, or experience sudden pain during exercise stop immediately.*

KICKR RUN WARNINGS

- This treadmill is designed for indoor, home use only. Do not store outdoors or near water.
- Use the treadmill on a flat surface that is clear of any obstructions.
- The treadmill should be used for exercise and fitness purposes only.
- Always use your best judgment, and operate the treadmill in a safe manner.
- Use caution when stepping on or off the treadmill.
- Do not put hands or objects near moving parts of the treadmill.
- Do not wear loose clothing or shoes with loose laces that could result in unintended contact with moving parts.
- Do not exceed the maximum athlete weight of 250lbs (113.5 KG)
- At no time should more than one person be on the treadmill while in operation.

SAFETY INFORMATION



KICKR RUN is intended for use by individuals 18 years of age or older, as specified in the Wahoo Fitness Terms of Service. Individuals in your household under the age of 18 should not use the KICKR RUN. Children and pets should be kept away from the KICKR RUN at all times.

⚠ CAUTION

- Improper or excessive exercise can result in serious injury. Always consult your physician before beginning or modifying any exercise program.
- Contact with the moving parts of the KICKR RUN could result in serious injury.
  - Do not put hands or objects near moving parts of the KICKR RUN.
  - Keep children and pets away from the KICKR RUN.
  - Do not wear loose clothing or shoes with loose laces that could result in unintended contact with moving parts.
- Instability of the KICKR RUN could result in serious injury. Only use the KICKR RUN on stable, level surfaces.
- The KICKR RUN is designed for indoor, home use. Do not store outdoors or near water.
- To avoid risk of fire or electric shock, only use the included power adapter with the KICKR RUN.
- Unplug the KICKR RUN when not in use and prior to cleaning and/or maintenance or power off.
- Device alterations, improper and/or incomplete use, and improper assembly or operation can result in serious injury.

ENSURE PROPER ASSEMBLY

- Follow the instructions provided in the manual.
- Keep this manual for future reference.
- Improper maintenance or use will void the warranty.
- The KICKR RUN may be placed on a mat to protect floor or carpet if desired. Placing KICKR RUN on carpet may result in damage to carpet.

MAINTENANCE AND CLEANING

BEFORE EACH SESSION:

- Check the area surrounding and underneath the KICKR RUN for potential obstructions.
- Check the power cord for damage. If you notice damage, do not use the KICKR RUN and contact Wahoo Support.
- Clean the KICKR RUN surfaces according to the “Cleaning the KICKR RUN” instructions.

ON A WEEKLY BASIS:

- Clean the external surfaces on the KICKR RUN.
- Clean the area underneath the KICKR RUN.

ON A MONTHLY BASIS:

- Check the entire KICKR RUN for any damage. If unsure, please contact Wahoo Support.

ON AN EVERY OTHER YEAR BASIS:

- Lubricate the belt. If unsure, please contact Wahoo Support.

CLEANING THE KICKR RUN:

- Always power off and unplug KICKR RUN before cleaning.
- Clean the surfaces (belt and external surfaces) with a damp cloth and lightly soapy water.
- Never use abrasive cleaners.
- Never spray or pour liquid directly onto KICKR RUN surfaces.
- Never allow liquid to drip into openings on the KICKR RUN .

FEATURES AND SPECIFICATIONS

PHYSICAL DIMENSIONS AND LOCATION REQUIREMENTS

- KICKR RUN's footprint is 4.5' long x 2.4' wide x 3.6' tall and weighs 275 lbs.
- You should have at least 80" of clearance directly behind KICKR RUN and 24" of clearance on all other sides.
- We recommend the following ceiling height:
  - 7′ ceiling works well for someone 5′2″ and under
  - 7′6″ ceiling works well for someone 5′7″ and under
  - 8′ ceiling works well for someone 6′1″ and under
  - 9′ ceiling suitable for all heights

POWER REQUIREMENTS

KICKR RUN requires a dedicated 15 amp electrical service. Without a dedicated service you could run into issues with not enough power supply to KICKR RUN causing tripped breakers or an error on the KICKR RUN.

⚠ CAUTION

- Do not attempt to access the power cord, WAHOO DIRECT CONNECT accessory, or the power switch during treadmill operation.

POWER SWITCH

There is a power switch (1) located above the power cable. You can use this to turn power on and off to the unit without unplugging the power cable.



SAFETY FEATURES

SAFETY KEY

Magnet attaches to the console (2). Safety Key clip attached to the user's shirt.

⚠ WARNING

- You should never use KICKR RUN without securing the Safety Key clip (3) to your shirt or clothing.
- If the Safety Key is removed, the KICKR RUN will stop immediately.
- You will not be able to control the KICKR RUN until the Safety Key is installed.
- Always remove and store the Safety Key away from the KICKR RUN and out of reach of children.



CADENCE DETECTION

When KICKR RUN does not detect running cadence it will bring the belt speed to a complete stop.

RUNNER DETECTION - TIME OF FLIGHT SENSOR

KICKR RUN uses the Time of Flight Sensor (4) to detect if a person is on the running surface. If there is no person detected, then the KICKR RUN controls are disabled. If the KICKR RUN is in use and a person is no longer detected then the KICKR RUN will come to a complete stop.

Note: blocking the time of flight sensor, located in the center of the console, will disable RunFree mode and bring the KICKR RUN to a full stop.



SPEED PADDLE

The Speed Paddle (5) [right] has 3 levels of control.



- Push and release the right paddle forward toward the front of the KICKR RUN to the first stop for a smaller increase in pace.
- Push and release the right paddle forward to the second stop for a larger increase in pace.
- Push and release the right paddle forward to the second stop and hold to fine tune the 1 second pace.
- Pull and release the right paddle backward toward the rear of the KICKR RUN to the first stop for a smaller decrease in pace
- Pull and release the right paddle backward to the second stop for a larger decrease in pace
- Pull and release the right paddle backward to the second stop and hold to fine tune the 1 second pace.

⚠CAUTION

- Always use caution to not accidentally bump the paddles while running.

GRADE PADDLE

The Grade Paddle (6) [left] has 2 levels of control. Grade range is -3% to +15%.



- Pull the left paddle backward toward the rear of the KICKR RUN to the first stop for a 0.5% increase in grade.
- Pull the left paddle backward toward the rear of the KICKR RUN to the second stop for a 2.0% increase in grade.
- Push the left paddle forward toward the front of the KICKR RUN to the first stop for a 0.5% decrease in grade.
- Push the left paddle forward toward the front of the KICKR RUN to the second stop for a 2.0% decrease in grade.

Note: If the KICKR RUN is connected to an application then you may see the gradient automatically controlled by that application.

⚠CAUTION

- Always use caution to not accidentally bump the paddles while running.

STOP BUTTON

The Stop Button (7) will bring will bring the KICKR RUN to a complete stop over several seconds. Use this button when you are ready to stop using the treadmill or want to come to a complete stop while running on the treadmill.



RUNFREE MODE AND BUTTON

RunFree is an innovative technology that allows you to run hands free on a treadmill like you do outdoors creating a fun, immersive indoor running experience. RunFree Mode can be activated by enabling the RunFree Mode Button (8) on the console.

Notice: In RunFree Mode, when you speed up, you move closer to the Time of Flight sensor (4) which automatically increases the speed of the belt to correspond with your pace. The opposite occurs when you slow down. As you move farther away from the Time of Flight sensor, the KICKR RUN responds by slowing the belt.



RunFree Mode offers a unique experience by allowing you to control the speed of the treadmill just by changing your pace. This may take some mental adjustment to "relearn" how to run on a treadmill in RunFree Mode.

⚠CAUTION

Use caution when running on KICKR RUN in RunFree Mode as the speed will automatically adjust to your changes in pace.

Learning to use RunFree Mode.

We recommend getting comfortable with the KICKR RUN by manually controlling the speed before using RunFree Mode.

Note: RunFree Mode will not be enabled until you are running faster than a 20:00 min/mi pace.

1. Start by manually setting the pace to a slow/comfortable running pace.
2. Press the RunFree Mode button and maintain your current pace. (Look for the RunFree icon illuminated on the console).
3. Notice the slight fluctuations in pace as you naturally run. Run at this pace for one minute.
4. Try slowing your pace by 1:00 min/mi for 30 seconds.
5. Decrease your pace again by another 1:00 min/mile for 30 seconds.
6. Increase your pace back to your starting pace and maintain for 1 minute.
7. Increase your pace by 1:00 min/mi for another minute.

⚠CAUTION

8. When you are ready to stop, you can press the stop button or slowly bring yourself to a walk and then a stop.

CONNECTIVITY

KICKR RUN uses WiFi and Bluetooth connections. We recommend connecting your KICKR RUN to your home Wi-Fi.

Note: KICKR RUN supports 2.4 Ghz frequency Wi-Fi on channels 1-13

CONNECT KICKR RUN WITH THE WAHOO APP

- Open the camera app on your phone or tablet and scan the QR Code located above the Run Free button.
- Follow the prompts on your device to either install the Wahoo App or by scanning the QR code to open the Wahoo app.

AUTOMATIC TILT AND GRADE CONTROL

Many applications that connect to KICKR RUN will control the grade and side-to-side tilt as you run to create a more immersive experience. To unlock the grade and side-to-side tilt features on your KICKR RUN, you will be directed to and must watch instructional videos in the Wahoo app.

- Use caution while operating the KICKR RUN in this mode, and prepare for sudden movements as the treadmill adjusts to workout inputs.
- Ensure that no items can roll under the KICKR RUN or get caught underneath the belt while the KICKR RUN is in operation.
- Consult your app directions for how to turn off tilt and grade adjustments for your workout if you are uncomfortable using these features.
- **Target Pace Mode:** Use caution when running on KICKR RUN following a structured workout. You should be prepared for speed and gradient changes.

APP INTERACTION BUTTONS

The three App Interaction Buttons (9) sit on top of the console and provide a customized way for you to interact with the app that you connect to the KICKR RUN. You can customize the function of the buttons depending on the functionality in the app.



AUTOMATIC LEVELING

When you first power on the KICKR RUN, it will automatically adjust the linear actuators to level the surface of KICKR RUN horizontally. This helps with uneven surfaces and to prevent the KICKR RUN from shifting while in use.

TERRAIN MODE

KICKR RUN has another unique feature that leverages the two linear actuators and provides a lateral tilting capability. When Terrain Mode is enabled, KICKR RUN will automatically adjust the side-to-side camber offering variability in the running surface. This is similar to what you would experience outdoors.

Note: This is controlled through a setting in the connected app you may be using.

BOTTLE HOLDERS

KICKR RUN is equipped with two standard-sized water bottle holders (10) nestled in the console near the paddles. Use caution when removing and reinserting the bottles to not accidentally bump the paddles.



LAPTOP/TABLET SHELF

KICKR RUN is equipped with a shelf in front of the console that can hold a laptop, tablet, or phone. It can accommodate up to a 17-inch device that weighs no more than 15 lbs.

- When using a laptop you will need to use the included strap to secure the laptop to the shelf.
- When using a phone or tablet you will need to remove the included holder from the compartment in the middle of the shelf. Next, you will need to attach the holder to the shelf. Finally, secure your tablet or phone to the holder. For more information, please visit our support site https://support.wahoofitness.com/.



⚠CAUTION

- The laptop/tablet shelf has a mazimum load of 15 lbs.
- Do not lean on, press down or against, or otherwise apply pressure more than 15 lbs. to the latpto/tablet shelf.
- Visually check the condition of the strap before each use. If the strap looks frayed, cracked, or broken, stop use and contact Wahoo support for replacement options.
- Use caution when securing and releasing the retention strap. The sudden release of the strap could cause personal injury. Avoid adding excess tension to the strap, this could cause the strap to break resulting in personal injury or property damage.
- Make sure items on the shelf are secure before starting exercise. Unsecured items can result in personal property damage or injury

USB-C CHARGING PORT

KICKR RUN is equipped with a USB-C Charging port (11) that is capable of charging up to 24W. This port is located on the front of the laptop tray for easy access to your phone or tablet.



WARRANTY

Wahoo offers a Limited Warranty on the KICKR RUN, including a 5-year limited warranty for the frame, motor, and running belt. Wahoo offers a 1-year Limited Warranty on all other parts and a 1-year Limited Warranty on labor. Please visit https://www.wahoofitness.com/returns-and-warranty for complete information.