

FORERUNNER[®] 110

GPS-ENABLED SPORT WATCH



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Getting Started

WARNING

Always consult your physician before you begin or modify any exercise program. See the *Important Safety and Product Information* guide in the product box for product warnings and other important information.

When using your Forerunner® the first time, complete the following tasks:

1. Charge the Forerunner ([page 3](#)).
2. Configure the Forerunner ([page 4](#)).
3. Locate satellites ([page 5](#)).
4. Put on the optional heart rate monitor ([page 6](#)).
5. Go for a run ([page 7](#)).
6. Save your run ([page 7](#)).

Charging the Forerunner

NOTICE

To prevent corrosion, thoroughly dry the contacts and the surrounding area before charging or connecting to a computer.

The Forerunner will not charge when the battery is outside the temperature range of 41°F to 104°F (5°C to 40°C).



1. Plug the USB end of the cable into the AC adapter.
2. Plug the AC adapter into a standard wall outlet.
3. Align all four contacts on the back of the Forerunner with the four posts on the charging clip.

When you connect the Forerunner to a power source, the Forerunner turns on, and the charging screen appears.



4. Charge the Forerunner completely. When the Forerunner is fully charged, the animated battery on the screen is solid (▣▣▣▣).

Configuring the Forerunner





The first time you use the Forerunner, you are prompted to choose your system settings.

- Press ▲ and ▼ to view choices and change the default selection.
- Press OK to make a selection.

Buttons





Each button has multiple functions.



| | |
|---|---|
| light | Press light to turn on the backlight. Press and hold to turn the device on and off. |
| start/stop | Press start/stop to start and stop the timer. |
|   * | Press  and  to scroll through menus and settings. |
| lap/reset | Press to mark a new lap. Press and hold to save your run and reset the timer. |
| page/menu | Press page to switch between the time of day, timer, and heart rate (optional) pages. Press and hold menu to open the menu. |
| OK * | Press OK to select menu options and acknowledge messages. |

***OK**, , and  appear with a menu or a message.

Icons

| | |
|---|---|
|  | Battery charge level. For battery life information, see page 12 . |
|  | GPS is on and receiving signals. |
|  | Heart rate monitor is active. |
|  | Alarm is on. |

Locating Satellite Signals

It may take 30 to 60 seconds to locate satellite signals.

1. If necessary, press **page** to view the locating satellites page.
2. Go outdoors to an open area.
3. Wait while the Forerunner searches for satellites.

Do not begin your activity until the locating satellites page disappears. The time of day is set automatically.

Putting on the Heart Rate Monitor

CAUTION

The heart rate monitor may cause chafing when used for long periods of time. To alleviate this issue, apply an anti-friction lubricant or gel to the center of the hard strap where it contacts your skin.

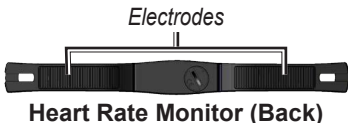


Do not use gels or lubricants that contain sunscreen. Do not apply anti-friction gel or lubricant on the electrodes.

NOTE: If you do not have a heart rate monitor, you can skip this section.


Wear the heart rate monitor directly on your skin, just below your breastplate. It should be snug enough to stay in place during your run.

1. Push one tab on the strap through the slot in the heart rate monitor.



2. Press the tab down.
3. Wet both electrodes on the back of the heart rate monitor to create a strong connection between your chest and the transmitter.
4. Wrap the strap around your chest and attach it to the other side of the heart rate monitor.

The Garmin logo should be right-side up.

After you put on the heart rate monitor, it is on standby and ready to send data. When the heart rate monitor is paired, a message appears, and  appears on the screen. For troubleshooting tips, see [page 14](#).

Going for a Run

1. From the timer page, press **start** to start the timer.

History is only recorded while the timer is running.



2. After completing your run, press **stop**.

Saving Your Run



Press and hold **reset** to save your run and reset the timer.

Run History



The Forerunner can save approximately 180 hours of run history with typical use. When the Forerunner memory is full, your oldest data is overwritten.

Viewing a Run

The run history displays the date, time of day, distance, run time, calories, and average pace or speed. The run history can also include average heart rate data if you are using the optional heart rate monitor.

1. Press and hold **menu**.
2. Select **History**.
3. Use  and  to scroll through your saved runs.
4. Press **OK**.

Deleting Runs

1. Press and hold **menu**.
2. Select **History**.
3. Use  and  to select a run.

4. Press and hold ▲ and ▼ simultaneously.
5. Press **OK**.
6. If you would like to delete all runs, select **Yes**.
7. Press **OK**.

Settings

Setting the Alarm

1. Press and hold **menu**.
2. Select **Alarm > Set**.
3. Use ▲ and ▼ to enter the alarm time.
4. Press **OK**.

Using Auto Lap

You can use Auto Lap® to automatically mark the lap at a specific distance.

1. Press and hold **menu**.
2. Select **Auto Lap**.

3. Use ▲ and ▼ to enter the distance.
4. Press **OK**.

Setting Your User Profile

The Forerunner uses information that you enter about yourself to calculate accurate run data. You can modify the following user profile information: gender, age, height, weight, and activity class.

1. Press and hold **menu**.
2. Select **User Profile**.
3. Use ▲ and ▼ to enter your profile information.

You can use the chart on [page 11](#) to determine your activity class.

4. Press **OK**.

About Calories

Calorie expenditure and heart rate analysis technology is provided and supported by Firstbeat Technologies Ltd. For more information, go to

www.firstbeattechnologies.com.

Modifying Your System Settings

You can modify the time of day, time format, tones, language, units, and pace or speed format.

1. Press and hold **menu**.
2. Select **Setup**.
3. Use **▲** and **▼** to modify the settings.
4. Press **OK**.

Setting the Time Manually

By default, the watch time is set automatically when the Forerunner locates satellites.

1. Press and hold **menu**.
2. Select **Setup > Time > Manual**.
3. Use **▲** and **▼** to set the time.
4. Press **OK**.

Using Garmin Connect

Garmin Connect is web-based software for storing and analyzing your data.

1. Go to www.garminconnect.com/ start.
2. Follow the on-screen instructions.

Transferring History to Your Computer

1. Connect the USB cable to a USB port on your computer.
2. Align all four contacts on the back of the Forerunner with the four posts on the charging clip ([page 3](#)).
3. Follow the instructions included with the software.

Data Management

The Forerunner is a USB mass storage device. If you do not want to manage your Forerunner files this way, you can skip this section.

NOTE: The Forerunner is not compatible with Windows® 95, 98, Me, or NT. It is also not compatible with Mac® OS 10.3 and earlier.

Deleting History Files

NOTICE

Your Forerunner memory contains important system files and folders that should not be deleted.



1. Connect the Forerunner to your computer using the USB cable (page 9).

Your Forerunner appears as a removable drive in My Computer on Windows computers and as a mounted volume on Mac computers.

2. Open the “Garmin” drive or volume.
3. Open the “Activities” folder or volume.

4. Highlight the files.
5. Press the **Delete** key on your keyboard.

Disconnecting the USB Cable

1. Complete an action:
 - For Windows computers, click the eject icon  in your system tray.
 - For Mac computers, drag the volume icon to the Trash .
2. Disconnect the Forerunner from your computer.

Activity Classes

| | How active are you? | How often do you exercise? | How long do you exercise? |
|----|-------------------------------|----------------------------|---------------------------|
| 0 | No exercise | - | - |
| 1 | Occasional, light exercise | Once every two weeks | Less than 15 minutes |
| 2 | | | 15 to 30 minutes |
| 3 | | Once a week | Approximately 30 minutes |
| 4 | Regular exercise and training | 2 to 3 times per week | Approximately 45 minutes |
| 5 | | | 45 minutes to 1 hour |
| 6 | | | 1 to 3 hours |
| 7 | | 3 to 5 times per week | 3 to 7 hours |
| 8 | Daily training | Almost daily | 7 to 11 hours |
| 9 | | Daily | 11 to 15 hours |
| 10 | | | More than 15 hours |

The activity class information is provided by Firstbeat Technologies Ltd., portions of which are based on Jackson et al. “Prediction of Functional Aerobic Capacity Without Exercise Testing,” *Medicine and Science in Sports and Exercise* 22 (1990): 863–870.

Specifications

NOTICE

The Forerunner is waterproof to IEC Standard 60529 IPX7. It can withstand immersion in 1 meter of water for 30 minutes. Prolonged submersion can cause damage to the unit. After submersion, be certain to wipe dry and air dry the unit before using or charging.

NOTE: The Forerunner is not intended to be used while swimming.

| Forerunner Specifications | |
|---------------------------|---|
| Battery type | 200 mAh rechargeable, lithium-ion, coin-cell battery |
| Battery life | See page 12 . |
| Compatible accessories | ANT+ wireless technology on this Forerunner works only with a heart rate monitor, no other accessories. |

Heart Rate Monitor Specifications

| | |
|------------------|--|
| Water resistance | 32.9 ft. (10 m) |
| Battery | User-replaceable CR2032 (3 volts) Perchlorate Material – special handling may apply. See www.dtsc.ca.gov/hazardouswaste/perchlorate . |
| Battery life | Approximately 3 years (1 hour per day) |

About the Battery

WARNING

This product contains a lithium-ion battery. See the *Important Safety and Product Information* guide in the product box for product warnings and other important information.

Forerunner Battery Life

| Battery Life* | Forerunner Use |
|---------------|--|
| 1 week | You are training for 45 minutes per day with GPS. The Forerunner is in power save mode for the remaining time. |
| Up to 3 weeks | You are using the Forerunner in power save mode the entire time. |
| Up to 8 hours | You are training with GPS the entire time. |

*The actual battery life of a fully charged battery depends on how much time you use GPS, the backlight, and power save mode. Exposure to extremely cold temperatures will also reduce battery life.

Power Save

After a period of inactivity, the Forerunner prompts you to go into power save mode. The Forerunner displays the time and date, but does not connect with your heart rate monitor or use GPS. Press **page** to exit power save mode.

Troubleshooting

Resetting the Forerunner


If your Forerunner screen or buttons stop responding, you can reset the device.

1. Press and hold **light** until the screen goes blank.
2. Press and hold **light** until the screen turns on.


NOTE: This does not erase any of your data or settings.

Pairing Your Heart Rate Monitor

If your Forerunner does not show heart rate data, you may need to pair the heart rate monitor.

- Bring the Forerunner within range (3 m) of the heart rate monitor.
Stay 10 m away from other ANT sensors while pairing.
- If  is off, press and hold menu,

and select **HR Monitor > On**.

- If  is flashing, from the timer page, press **page** to view the heart rate page.

The Forerunner searches for your heart rate signal for 30 seconds.

- If the problem persists, replace the heart rate monitor battery.

Replacing the Heart Rate Monitor Battery

The heart rate monitor contains a user-replaceable CR2032 battery.

NOTE: Contact your local waste disposal department to properly dispose of batteries.

1. Locate the circular battery cover on the back of the heart rate monitor.



2. Use a coin to twist the cover counter-clockwise so the arrow on the cover points to **OPEN**.
3. Remove the cover and battery.
4. Wait 30 seconds.
5. Insert the new battery with the positive side facing up.
NOTE: Do not damage or lose the O-ring gasket on the cover.
6. Use a coin to twist the cover clockwise so the arrow on the cover points to **CLOSE**.

Updating the Software

1. Select an option:
 - Use WebUpdater. Go to www.garmin.com/products/webupdater.
 - Use Garmin Connect. Go to <http://garminconnect.com>.
2. Follow the on-screen instructions.

Registering Your Device

Help us better support you by completing our online registration today.

- Go to <http://my.garmin.com>.
- Keep the original sales receipt, or a photocopy, in a safe place.

Contacting Garmin Product Support

You can contact Garmin Product Support if you have any questions about this product.

- In the USA, go to www.garmin.com/support, or contact Garmin USA by phone at (913) 397.8200 or (800) 800.1020.
- In the UK, contact Garmin (Europe) Ltd. by phone at 0808 2380000.
- In Europe, go to www.garmin.com/support and click **Contact Support** for in-country support information, or contact Garmin (Europe) Ltd. by phone at +44 (0) 870.8501241.

Getting More Information

You can find more information about this product on the Garmin Web site.

- Go to www.garmin.com/intosports.
- Go to www.garmin.com/learningcenter.



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