



**Owner's Manual**

# **Forerunner® 205/305**



***GPS-enabled trainer for runners***

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### Contact Garmin

Contact Garmin Product Support if you have any questions while using your Forerunner In the USA, go to [www.garmin.com/support](http://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](http://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.

### product registration

Help us better support you by completing our online registration today! Have the serial number of your Forerunner handy and connect to our Web site ([www.garmin.com](http://www.garmin.com)). Look for the Product Registration link on our home page.

Use this area to record the serial number (8-digit number located on the back of the unit) in case your Forerunner is lost, stolen, or needs service. Be sure to keep your original sales receipt in a safe place or attach a photocopy inside the manual.

Serial Number:

— — — — —

## GeTTinG S TarTed

### Charging the battery

Charge the Forerunner for three hours before using it. When the battery is fully charged, the battery life is approximately 10 hours. **To avoid corrosion, be sure the forerunner is completely dry before charging or connecting to a personal computer.**

#### To charge the forerunner:

1. Snap the Forerunner into the charging cradle.
2. Plug the small end of the AC adapter into the mini-USB port on the cradle. Plug the other end into a standard wall outlet.



---

**Note:** The Forerunner will not charge outside the temperature range of 0°C–50°C (32°F–122°F).


---

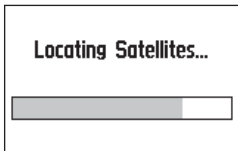
You can also charge the Forerunner by connecting it to your personal computer with the enclosed USB cable. However, you must install Garmin Training Center before you connect to your computer. See [page 62](#) to install Garmin Training Center.

## acquiring satellite signals

Before you begin using the Forerunner, you must acquire GPS satellite signals. To acquire satellite signals, go outdoors away from tall buildings and trees. Acquiring satellite signals may take 30–60 seconds.

### To acquire satellites:

Go outdoors to an open area and press the **power**  button to turn on the Forerunner.



Wait while the Forerunner searches for satellites. For best reception, make sure the GPS antenna is facing up. Stand still in an open area, and do not begin walking or running until the Locating Satellites page disappears.



GPS antenna is located here.

After the Locating Satellites page disappears, you can begin your run or other activity.

To turn off GPS and use the Forerunner indoors, see [page 44](#).

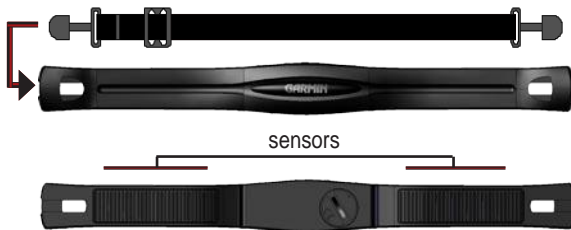
## Using the Heart rate Monitor

**Note:** *The heart rate monitor works with the Forerunner 305 only.*

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.

### To position the heart rate monitor:

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



2. Wet both sensors on the back of the heart rate monitor to create a strong connection between your pulse and the transmitter.

3. Wrap the strap around your chest and attach it to the other side of the heart rate monitor.

---

**Note:** *The Garmin logo should be right-side up.*

---

4. Turn on the Forerunner and bring it within range (3 meters) of the heart rate monitor.

The heart rate icon on the Timer page changes from flashing to constant when the Forerunner begins receiving data.



Be sure to move away from other heart rate monitors while the

Forerunner is trying to “pair” with your heart rate monitor for the first time. After the Forerunner pairs with your heart rate monitor, you can go near other heart rate monitors. For more information on pairing and troubleshooting, see [pages 59-60](#).

---

**Note:** *If you have trouble with erratic heart rate readings, position the transmitter on your back instead of your chest, or try applying electrode gel.*

---



## extending the strap

If the Forerunner strap is not long enough for your wrist, you can replace it with the included extension strap and pin removal tool.



Pin removal tool

### To add the extension strap:

1. Remove the short watch strap (with the buckle). Use the pin removal tool to pull one spring bar back so that it clears the edge of the case. Then remove the strap.
2. Install the extension strap. Place one side of the spring bar into one pinhole.
3. Compress the spring bar and snap it into the other pinhole.



## buttons

### 1 power

- Press and hold to turn unit on/off.
- Press to turn backlight on/off.

### 2 mode

- Press to view Timer or Main Menu.
- Press to exit a menu or page.
- Press and hold to change sports.

### 3 lap/reset

- Press to create a new lap.
- Press and hold to reset the timer.

### 4 start/stop

Press to start or stop the timer.

### 5 enter

Press to select options and to acknowledge messages.

### 6 ▲▼ arrows

- Press to highlight options.
- Press to scroll through menus and data fields.



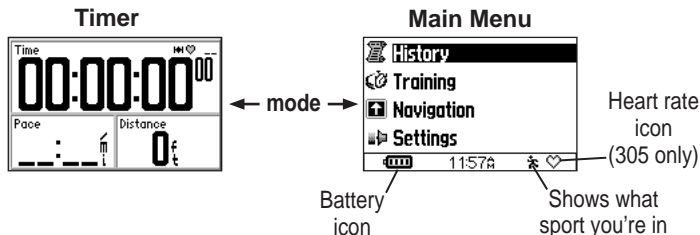
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**Note:** If the unit stops responding to button presses, press **mode** and **lap/reset** simultaneously to reset the unit.

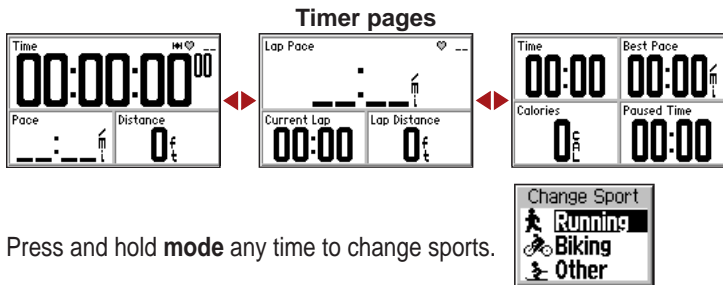
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## pages

Press **mode** to switch between the Timer and the Main Menu.



While viewing the Timer, press the **▲▼ arrows** to view other Timer pages. To scroll through these pages automatically, see [page 45](#). To change the data fields on these pages, see [page 43](#).



Press and hold **mode** any time to change sports.

## User Profile

The Forerunner uses information that you enter about yourself to calculate calorie consumption. Set your user profile before you begin using the Forerunner to ensure that it is recording accurate data.

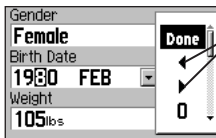
### To set your user profile:

1. Press **mode** to access the Main Menu.
2. Select **settings > General > User Profile**.
3. Use the **▲▼ arrows** and **enter** to enter your gender, birth date, and weight.

---

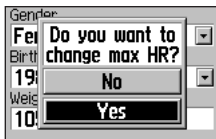
**tip:** Press **mode** to exit a menu or a page. Press **mode** repeatedly to return to the Timer or Main Menu.

---



Select the arrows to move left or right within a field.

**forerunner 305 only** : When you set your user profile for the first time, a Max HR message appears. Select **yes** to adjust your maximum heart rate based on your user profile.



## Training

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**Note:** Always consult your physician before you begin or modify any exercise program.

---

Use your Forerunner to set goals and alerts, train with a Virtual Partner™, program simple or advanced workouts, and plan courses based on existing runs.

### alerts

Use your Forerunner alerts to train toward certain time, distance, speed, and heart rate goals. You can set separate alerts in each sport mode.

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**Note:** Alerts do not function during quick, interval, or advanced workouts.

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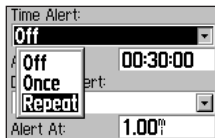
## Time and distance alerts

Time and distance alerts are useful for long runs when you want to train for a certain amount of time or distance.

When you reach your goal, the Forerunner beeps and displays a message.

### To set a time or distance alert:

1. Press **mode** to access the Main Menu. Select **Training**.
2. Select **Training options > alerts > Time/dist alert**.
3. In the **Time alert** field, select **once** or **repeat**.



4. Enter a time in the **alert at** field.
5. In the **distance alert** field, select **once** or **repeat** .
6. Enter a distance in the **alert at** field.

---

**tip:** Press **mode** repeatedly to exit.

---

## Using pace/speed alerts

Pace alerts (called speed alerts in Biking or Other mode) notify you if you exceed or drop below a certain pace.

The pace alert takes advantage of pace zones, which are ranges of pace that you can store in the Forerunner. For more information, or to set your pace/speed zones, see [page 50](#).

## To set a pace/speed alert:

1. Press **mode** to access the Main Menu. Then select **Training**.
2. Select **Training options > alerts > pace (speed) alert** .
3. In the **fast pace alert** field, select a pace zone from the menu or select **Custom** to enter your own alert value.
4. Repeat for the **slow pace alert** .

## Heart rate alerts

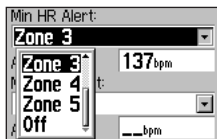
**Note:** Heart rate alerts are a feature of the Forerunner 305 only.

The heart rate alert notifies you if your heart rate exceeds or drops below a specific number of beats per minute (bpm).

Heart rate alerts can also notify you if your heart rate exceeds or drops below a certain heart rate zone—a range of beats per minute. The five commonly accepted heart rate zones can help you determine the intensity of your workout. For more information, or to set your heart rate zones, see [page 51](#).

### To set a heart rate alert:

1. Press **mode** to access the Main Menu. Then select **Training**.
2. Select **Training options > alerts > Hr alert**.
3. In the **Min Hr alert** field, select a zone from the menu or select **Custom** to specify your own alert value.
4. Repeat for the **Max Hr alert**. The maximum value allowed is 235 bpm.



**Note:** When entering custom heart rate values, you must set your minimum and maximum alerts at least five bpm apart.

## Using Cadence alerts

**Note:** *Cadence alerts are a feature of the Forerunner 305 only and can only be set in Biking mode.*

---

If you own an optional Garmin cadence sensor (GSC™ 10), you can use cadence alerts. The cadence alert notifies you if your cadence exceeds or drops below a specific number of revolutions of the crank arm per minute (rpm).

Setting a cadence alert is similar to setting a heart rate alert. The maximum cadence value allowed is 255. Be sure to change to Biking mode when setting a cadence alert.

For more information about Garmin cadence sensors, visit [www.garmin.com](http://www.garmin.com).

## *Training with Cadence*

Cadence is your rate of pedaling or “spinning” measured by the number of revolutions of the crank arm per minute (rpm).

There are two sensors on the GSC 10: one for cadence and one for speed. Cadence data from the GSC 10 is always recorded. The speed data from the GSC 10 is only recorded and used for distance calculation when the GPS signal is weak or the GPS is turned off.

For information about speed zones, see [page 50](#).



## auto pause®

You can set the Forerunner to pause the timer automatically during your run when you stop moving or when your pace drops below a certain value. This setting is helpful if your path includes stop lights or other places where you need to slow down or stop.

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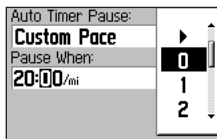
**Note:** *Auto Pause does not work during Interval or Advanced workouts.*

---

When you turn on Auto Pause, the Forerunner tracks any paused time as Rest Time and any paused distance as Rest Distance. To add these data fields to a Timer page, see [page 43](#).

### To set auto pause:

1. Press **mode** to access the Main Menu.
2. Select **Training > Training options > auto pause**.
3. In the **auto Timer pause** field, select **When stopped**, or select **Custom pace** to enter a value.



---

**tip:** *Press **mode** repeatedly to exit.*

---

## auto lap<sup>®</sup>

You can use Auto Lap to start a new lap automatically after you have traveled a certain distance or passed a certain point in your run. This setting is helpful for comparing your performance over different parts of a run (each mile/kilometer or a major hill, for example).

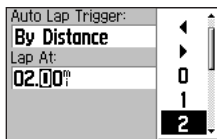
---

**Note:** *Auto Lap does not work during interval or advanced workouts.*

---

### To set auto lap:

1. Press **mode** to access the Main Menu.
2. Select **Training > Training options > auto lap**.
3. In the **auto lap Trigger** field, select **by distance** to specify a value.



Auto Lap by distance

If you select **by position**, the Forerunner marks a lap automatically each time you pass certain places during your run. Choose from the following options:




Auto Lap by position

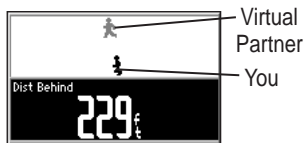
- **lap press only** –starts a new lap each time you press the **lap** button and each time you pass that location again.

- **start and lap** –starts a new lap each time you pass the starting point of your run, each time you press the **lap** button, and each time you pass those locations again.
- **Mark and lap** –starts a new lap at a specific location you mark before your run, each time you press the **lap** button, and each time you pass those locations again.

If you select **Mark and lap**, go to the place where you want to mark your first lap. Then select **Mark position**. When you pass this place during your run, the Forerunner laps automatically.

## virtual partner®

The Virtual Partner  is a unique tool designed to help you meet your training goals. When turned on, the Virtual Partner competes with you automatically during quick workouts and courses. See the following pages to learn more about quick workouts and courses.



If you are ahead of the Virtual Partner, the bottom field background is white. If you are behind, the background is black, as shown.

## To see virtual partner data:

1. Set up a quick workout or course.
2. Press **start**.
3. Press the **▲▼ arrows** to view all Timer pages.

## To turn off virtual partner:

1. Press **mode** to access the Main Menu.
2. Select **Training > Training options > virtual partner**.
3. In the **virtual partner** field, select **off**.

## Workouts: Quick, interval, and advanced

You can set up quick, interval, or advanced workouts on the Forerunner. If you set up an advanced workout, you can save, edit, and transfer it from your computer to your Forerunner using Garmin Training Center. Quick and interval workouts cannot be saved; they are replaced each time you use them.

## Quick Workouts

For quick workouts, you enter your time, distance, or pace goals, and the Forerunner displays the Virtual Partner to help you achieve them.

**distance & Time**—enter how far you want to go and how long it should take.

**Time & pace**—enter how long you want to work out and how fast you want to go.

**distance & pace**—enter how far you want to go and how fast you want to go.

---

**Note:** Alerts do not function during quick workouts.

---

### To set up a quick workout:

1. Press **mode** to access the Main Menu.
2. Select **Training > Workouts > Quick Workouts**.
3. Select the type of quick workout you want to do.
4. Enter values in the top two fields on the page. You can select values from the list, or select **Custom** to enter your own value.

5. Check the third field to ensure that the calculation seems reasonable. If not, make changes to the top two fields.

Distance:	3.11 <sup>mi</sup>
Time:	00:22:00
Pace:	07:04/mi
<b>Done?</b>	

6. Select **done?**.
7. Press **start** to begin your workout.

### interval Workouts

For interval workouts, you enter the time or distance you want to run and the number of repetitions you want to complete:

- Run a certain distance and rest for a certain amount of time.

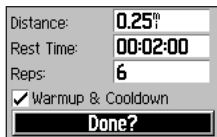
- Run for a certain distance and rest for a certain distance.
- Run for a certain amount of time and rest for a certain amount of time.
- Run for a certain amount of time and rest for a certain distance.

### To create an interval workout:

1. Press **mode** to access the Main Menu. Then select **Training**.
2. Select **Workouts > interval**.
3. Select an option from the Interval Workout page according to how you want to set up intervals.



4. Enter distance or time values into the appropriate fields.
5. In the **reps** field, enter number of times you want to repeat each interval.



6. If you want to add an extra lap for warm up and for cool down, select **Warmup & Cooldown**.
7. Select **done?**.
8. Press **start** to begin your workout.

If you selected **Warmup & Cooldown**, press **lap** at the end of your warmup lap to start your first interval. At the end of your last repetition, the Forerunner automatically starts a cooldown lap. When you are finished cooling down, press **lap** to end your workout.

As you approach the end of each interval lap, an alarm sounds, and a message appears, counting down the time until a new lap begins. To end any interval lap early and go to the next interval, press **lap**.

---

**Note:** *Auto Pause, Auto Lap, and Alerts do not function when you are doing an interval workout.*

---

## advanced Workouts

Your Forerunner allows you to create and save advanced workouts that include goals for each workout step and varied distances, times, and rest laps. After you create and save a workout, you can use the Garmin Training Center software to schedule the workout for a particular day. Scheduling allows you to save setup time by planning workouts in advance and storing them on your Forerunner. For more information about installing Garmin Training Center, see [page 62](#).

## Creating Advanced Workouts

Garmin recommends that you use Garmin Training Center to create workouts and transfer them to your Forerunner. However, you

can create an advanced workout directly on your Forerunner if you wish. Note that you cannot use the Forerunner to schedule workouts; you must use Garmin Training Center.

**Note:** *If you create a workout on the Forerunner, be sure to transfer it to Garmin Training Center. The workout will be overwritten from the Forerunner if you load workouts from Garmin Training Center.*

## To create an advanced workout using the forerunner:

1. Press **mode** to access the Main Menu. Then select **Training**.
2. Select **Workouts** > **advanced** > **<Create new>**.
3. Enter a workout name in the top field.

4. Select **"1. open no Target."** Then select **edit step**.



5. In the **duration** field, select how long you want the step to last. If you select **open**, you can end the step during your workout by pressing **lap**.
6. Below **duration**, enter the value where you want the step to end.
7. In the **Target** field, select your goal during the step (speed, heart rate, cadence, or none).

**Note:** *Heart rate and cadence targets are for the Forerunner 305 only.*



8. Below **Target**, enter a goal value for this step (if necessary). For example, if your target is heart rate, select a heart rate zone or enter a custom range.
9. When you are finished with this step, press **mode**.
10. To enter another step, select **<add new step>** . Then repeat steps 5–9.
11. To mark any step as a rest step, select the step. Then select **Mark as rest step** from the menu. Rest steps are noted in your workout history.

#### To repeat steps:

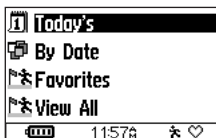
1. Select **<add new step>** .
2. In the **duration** field, select **repeat** .
3. In the **back to step** field, select the step you want to return to.
4. In the **number of reps** field, enter the number of repetitions.
5. Press **mode** to continue.

#### ***Starting Advanced Workouts***

Once you begin an advanced workout, the Forerunner displays each step of the workout, including the name of the step, the goal (if any), and current workout data.

## To start an advanced workout:

1. Press **mode** to access the Main Menu.
2. Select **Training > Workouts > advanced**.



If you have scheduled workouts in Garmin Training Center, this menu appears.

3. Select the workout you want to start.
4. Select **do Workout**.

---

**Note:** *Auto Pause, Auto Lap, and Alerts do not function when you are doing an advanced workout.*

---

During the workout, press the **▲▼ arrows** to view more data pages.

An audible alarm sounds when you are about to finish a workout step. A message appears, counting down the time or distance until a new step begins.

To end any workout step early and go to the next step, press **lap**. To end the entire workout early, press **mode** and select **Training > stop Workout**.

Advanced workouts are sport-specific, which means you create workouts for a specific sport, and you must do them in that sport. For example, if you want to create an advanced workout in the Forerunner for biking, you must switch to Biking mode.

The Forerunner automatically switches to the correct sport when you select an advanced workout. For example, if you try to start a Running workout while you are in Biking mode, the Forerunner changes to Running mode automatically.

### ***editing Advanced Workouts***

You can edit workouts within Garmin Training Center or directly in the Forerunner. Note that Garmin Training Center serves as the “master list” of workouts. If you edit a workout directly in the Forerunner, the changes are overwritten the next time you transfer workouts from Garmin Training Center. To make a permanent change to a workout, edit the workout in Garmin

Training Center and then transfer it to your Forerunner.

### **To edit an advanced workout:**

1. Press **mode** to access the Main Menu.
2. Select **Training > Workouts > advanced**.
3. Select the workout you want to change. Then select **edit Workout**.
4. Select the step you want to edit. Then select **edit step**.
5. Make any necessary changes, and press **mode**.
6. Edit other steps as necessary.

### To delete an advanced workout:

1. Press **mode** to access the Main Menu.
2. Select **Training > Workouts > advanced**.
3. Select the workout you want to delete.
4. Select **delete Workout**.  
Select **yes** to confirm.

## Courses

Another way you can use the Forerunner for custom training is to create a course based on a previously recorded activity. Then you can race against the course, trying to match or exceed previously set goals. You can also use the Virtual Partner when training with courses. To turn on Virtual Partner, see [page 15](#).

## Creating Courses

We recommend that you use Garmin Training Center to create courses and transfer them to your Forerunner. However, you can create and save a course directly on your Forerunner if you wish. If you want to add course points to a course, you must use Garmin Training Center. See the next page for more information.

## To create a course using the forerunner:

1. Press **mode** to access the Main Menu. Select **Training > Courses > <Create new>**.
2. From the History page, select an entry on which to base your course.

Days		Laps
DEC22	10:12 <sup>h</sup>	1
DEC20	10:19 <sup>h</sup>	3
DEC18	4:05 <sup>h</sup>	1
00:43:48		4.26 <sup>m</sup>
10:17 <sup>m</sup>		7.14 <sup>cal</sup>

3. Enter a name for the course in the top field.
4. Press **mode** to exit.

## adding Course points

You can mark course points, or places on your course that you want to remember, such as water stops, turns, or distance goals. You must use Garmin Training Center to add course points to any course. For more information, refer to the Garmin Training Center Help files.

## starting a Course

### To start a course:

1. Press **mode** to access the Main Menu. Then select **Training > Courses**.
2. Select the course you want to start.
3. Select **do Course**.

After you start a course, press the **▲▼ arrows** to see all course data. If you have added course points to a course, the Forerunner shows you the distance to the next course point.

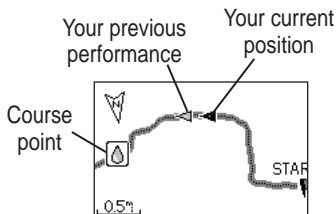
Distance to next course point



Course data fields

Press the **▲▼ arrows** to the Elevation Profile page or the Virtual Partner page. You can also view your Virtual Partner on the map, represented by a gray triangle (see the next page). To turn on Virtual Partner, see [page 15](#).

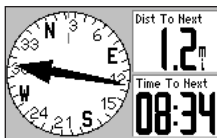
Press **mode** to follow your course on the map.





A course on the map.

- The gray triangle shows your original performance.
- The black triangle shows your current position.

Press **mode** again to view the Compass page. If you are off-course, follow the arrow to get back to the course. Then, the arrow points in the direction you should continue in order to stay on the course.



Compass Page

You can include a warmup before you actually begin running your course. Press **start** to begin the course, and then warm up as normal. Be sure to stay away from your course path as you warm up. When you are ready to begin the course, head toward your course starting point. When you reach the course, the Forerunner displays an “On Course” message and synchronizes the gray  and black  triangles.

If you stray away from the course, the Forerunner displays an “Off Course” message. The gray triangle continues on the course without you.

### To end a course manually:

1. Press **mode** to access the Main Menu.
2. Select **Training > stop Course**.

### To edit a course name:

1. Press **mode** to access the Main Menu. Then select **Training > Courses**.
2. Select the course you want to rename. Then select **edit Course**.
3. Edit the course name.

### To delete a course:

1. Press **mode** to access the Main Menu. Then select **Training > Courses**.
2. Select the course you want to delete. Then select **delete Course**. Select **yes** to confirm.

## Multi-sport Workouts

Triathletes, duathletes, and other multi-sport competitors can take advantage of the Forerunner's multi-sport workouts. When you set up a multi-sport workout, you can switch between sport modes and still view your total time and distance for all sports. For example, you can switch from Biking mode to Running mode and view your total time and distance for biking and running throughout your workout.

The Forerunner stores multi-sport workouts in history and includes total time, distance, average heart rate, and calories for all sports in the workout. It also includes specific details for each sport. To see the sport-specific details, you must switch sport modes. For example, to see details for the Biking portion of a multi-sport workout, switch to Biking mode.

You can use multi-sport workouts manually, or you can preset multi-sport workouts for races and other events.

## Using Multi-sport Manually

You can create a manual multi-sport workout by changing sport modes during your workout without resetting the timer. When you change sport modes, press



the **▲▼** arrows to see the Multi-sport Timer page (shown on the next page).

### To create a multi-sport workout manually:

1. Start and complete a workout in any sport. Press **stop** to finish your workout, but do not reset the timer.
2. Press and hold **mode** until the Change Sport menu appears.
3. Select another sport. A new Multi-sport Timer page appears.



Multi-sport timer page

4. Press **start** to begin your workout in the new sport.

### auto Multi-sport Workouts

If you are participating in a race or event, you can set up an auto multi-sport workout that includes each sport in the event. You can also include transition time from one sport to the next. Move seamlessly from sport to sport by pressing the **lap** button.

### To set up an auto multi-sport workout:

1. Press **mode** to access the Main Menu. Select **Training > auto Multisport**.
2. To change a sport mode in the list, select the sport.



3. Select an option from the menu. **edit leg** changes this sport mode to a different sport. **insert leg** inserts another sport mode before this sport. **remove leg** removes this sport mode from the list.
4. To add a sport mode to the end of the list, select **<add sport>**.
5. To include transition time between each sport mode, select **include Transition**.



6. To start your workout, select **start Multisport**.

To change from one sport mode to the next, press **lap**. If you have included transition time, press **lap** when you are finished with one sport to start the transition time. Press **lap** again to end the transition time and begin the next sport.

## To stop auto Multisport:

Press **mode** to access the Main Menu. Select **Training > stop Multisport**.

You can also clear a multi-sport workout by pressing **stop** and then pressing and holding **reset** to reset the timer.

## HisTory

Your Forerunner automatically saves all training data (when the timer is started) and can hold up to two years (1000 laps) of data in memory. You can view the data on your Forerunner or transfer the history to the Garmin Training Center software, where you can analyze your data.

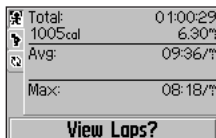
When the memory is full, the Forerunner begins overwriting old data. Load your history into Garmin Training Center periodically to keep track of all of your activities.

History data includes time, distance, average pace, best pace, calories, and detailed lap information. Forerunner 305 history data also includes heart

rate. No data is recorded while the timer is stopped.

### about History detail

The Forerunner displays history details differently, depending on the type of training you completed. Details of simple activities appear on one summary page. Details of quick workouts, interval workouts, advanced workouts, and courses appear with tabs, which organize information into sections. To view information on different tabs, press the **▲▼ arrows**.



Total:	01:00:29
1005cal	6.30mi
Avg:	09:36/mi
Max:	08:18/mi
<b>View Laps?</b>	

Interval workout history

## viewing History

You can view history by day, week, or totals.

### To view history by day:

1. Press **mode** to access the Main Menu.
2. Select **History** > **[sport]** > **by day**.
3. Press ▼ to scroll through the list. As you scroll, summary details appear below the list.

Days	Laps	
DEC20	4:05%	1
DEC19	3:51%	1
DEC18	2:59%	1
00:43:48      4.26%		
10:17/°      714cal		

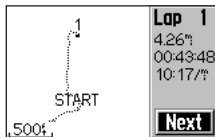
4. Select an entry to view details. Select **view laps** for additional lap detail.

Laps	Accrued
Lap 3	00:19:31
↓ Lap 4	00:20:01
00:09:21.84	1.00%
09:22/°	145cal
Best: 08:53/°	

Laps of an interval workout. The arrow indicates a rest lap.

### To view laps on the map:

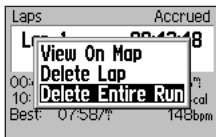
1. While viewing details for a history entry, select **view laps**.
2. Select a lap in the list. Then select **view on Map**.



3. Press the ▲ and ▼ arrows to zoom in and out on the map. Select **next** to view the next lap.

### To delete laps or entire records from history:

1. While viewing details for an activity, select **view laps** .
2. Select the lap you want to delete.
3. Select **delete lap** or **delete entire run** . Select **yes** to confirm.



### To view history by weeks:

1. Press **mode** to access the Main Menu. Then select **History > [sport] > by Week** .
2. Press ▼ to scroll through the list of weeks. As you scroll, totals for each week appear below the list.
3. Select a week to view details in that week by day.

### To view history totals:

1. Press **mode** to access the Main Menu. Select **History > [sport] > Totals** . Totals appear for distance, time, and calories for all of your saved activities.
2. Select **view Weeks** to see a list of weeks.

### deleting History

After you have transferred old Forerunner data to Garmin Training Center, you may want to delete the history from your unit.

#### To delete history:

1. Press **mode** to access the Main Menu. Then select **History > [sport] > delete...**
2. Select **Keep 1 Month, Keep 3 Months**, or **delete all** . Select **yes** to confirm.

## NaviGa Tion

Use the GPS navigation features of your Forerunner to view your path on a map, save locations you want to remember, create routes, and find your way home.

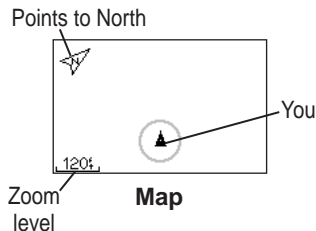
### viewing the Map

Before you use the navigation features, you may want to configure the Forerunner to display the Map page.

#### To add the Map page:

1. Press **mode** to access the Main Menu.
2. Select **settings** > **General** > **Map**.
3. In the **show Map** field, select **yes**.

Press **mode** to see the Timer, Map, and Main Menu pages. When you start the timer and begin to move, a tiny dotted line appears on the map, showing you exactly where you have traveled. This dotted line is called a track. To zoom in or out on the map, press the **▲▼ arrows**. To change map settings, see [page 47](#).

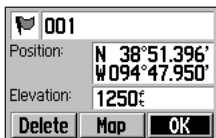


## Marking locations

A location is any point that you store in memory. If you want to remember landmarks or return to a certain spot, mark a location there. The location appears on the map with a name and symbol. You can find, view, and go to locations at any time.

### To mark your location:

1. Go to the place where you want to mark a location.
2. Press **mode** to access the Main Menu. Select **navigation > Mark location** .



3. Enter a name in the top right field. You can also change the symbol in the top left field and the elevation.
4. Select **OK** .

### To mark a location using lat/lon coordinates:

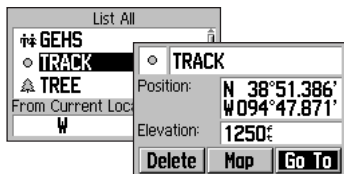
1. Press **mode** to access the Main Menu. Select **navigation > Mark location** .
2. Select the **position** field. Enter the latitude and longitude of the location you want to mark.
3. Make other changes as necessary and select **OK** .



When you want to go to a location, select **find** from the Navigation menu. You can view a list of your saved locations organized by name or by distance from your current location.

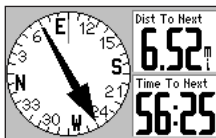
**To find and go to a location:**

1. Press **mode** to access the Main Menu. Select **navigation > find**.
2. Select **list all** (shows all locations) or **nearest** (shows locations near your current location). Then use the ▲▼ **arrows** to find a location in the list, and press **enter** to select.



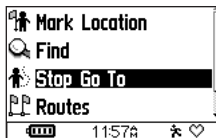
3. Select **Go To**. Follow the line on the map to the location.

When you are going to a location, the Map and Compass pages are added automatically. Press **mode** to view these pages. On the Compass page, the arrow points toward the location. Go in the direction of the arrow to reach the location. The Compass page also shows the distance and time left until you reach the next point.



**Compass**

**To stop going to a location:**  
Press **mode** to access the Main Menu. Then select **navigation > stop Go To**.



**To edit or delete a location:**

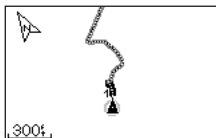
1. Press **mode** to access the Main Menu. Then select **navigation > find > list all** or **nearest**.
2. Select the location you want to edit.
3. Change the name and symbol as necessary. To delete the location, select **delete**.

**To delete all locations:**

Press **mode**. Select **navigation > find > delete all > yes**.

## back to start

If you want to return to the starting point of your run, the Forerunner can take you back along the exact path you traveled using Back to Start.



Follow the line back to your starting point.

Back to Start directs you back along the path of your most recent run.

## To go back to your starting point:

Press **mode** to access the Main Menu. Then select **navigation > back to start**.

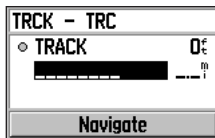
A line appears on the map from your current location to your starting point. Follow the line to your starting point.

## Creating and Using routes

A route is a straight line path between two or more points on the map. After you create locations, you can use them to build routes involving a few points or many points. Then you can save the routes and use them any time.

### To create a route:

1. Press **mode** to access the Main Menu. Then select **navigation > routes**.
2. Select **new**.
3. Select the dotted line and press **enter** to add a location to your route.
4. Select a location from the list, and then select **Use**.



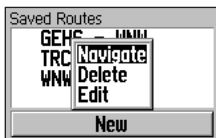
Select the dotted line to add another point.

5. Repeat steps 3 and 4 to add more locations to your route.
6. When you are finished adding locations, select **navigate**. Your route appears on the map as a dark line connecting each location.



**To use a saved route:**

1. Press **mode** to access the Main Menu. Then select **navigation > routes** .
2. Select the route you want to follow. Then select **navigate** .

**To stop navigating a route:**

1. Press **mode** to access the Main Menu.
2. Select **navigation > stop route** .

**To edit or delete a route:**

1. Press **mode** to access the Main Menu. Then select **navigation > routes** .

2. Select the route you want to edit. Then select **edit** .  
To delete the route, select **delete** .
3. Select a point to edit:  
**review** —view it on the map.  
**insert**—insert a point before this point.  
**remove** —remove it from the route.

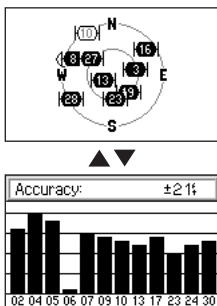
**Change**—replace it with another point.

**Move**—move it to another place in the route.

4. When you are finished making changes, select **navigate** or press **mode** to exit.

## viewing Gps information

The Satellite page displays information about the GPS signals the Forerunner is currently receiving. From the Main Menu, select **navigation** > **satellite** to view the Satellite page.



Each GPS satellite in space has a specific number. The numbers of several GPS satellites appear on the circular graphic. The number corresponds to the current position of that satellite in space. Each highlighted number on the graphic corresponds to a satellite from which the Forerunner is currently receiving signals.

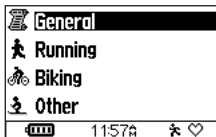
Press the **▲▼ arrows** on the Satellite page to view satellite strength information. The black bars represent the strength of each satellite signal received (the number of the satellite appears below each bar).

## SeTTinGs

You can customize general Forerunner settings and individual sport settings, such as heart rate zones and pace/speed zones.

### General settings

To change general settings, select **settings > General** from the Main Menu.



### Changing data fields

You can change the data fields on any of the Timer pages: Main 1, Main 2, and Running/Biking/Other. Changes you make to the sport-specific pages appear only

in that sport mode. For example, if you change the Biking page, those data fields appear only in Biking mode.

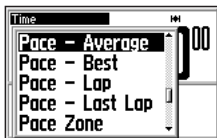
See [page 54](#) for a list of available data fields.

#### To change data fields:

1. From the Main Menu, select **settings > General > data fields**.
2. Select the page you want to change.
3. Select the number of data fields you want to see on this page.

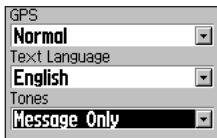


4. Use the **▲▼ arrows** and **enter** to change the data fields. Press **mode** to exit.



5. Repeat for each page you want to customize.

## Changing system settings



System settings

### To turn Gps off for indoor use:

1. From the Main Menu, select **settings > General > system**.

2. Press **enter** and select **Gps off** from the **Gps** menu.

---

**Note:** When GPS is off, pace and distance data are not available. The next time you turn on the Forerunner, it will search for satellite signals again.

---

### To change the text language:

1. From the Main Menu, select **settings > General > system**.
2. Select a language in the **Text language** field.

### To turn sounds on or off:

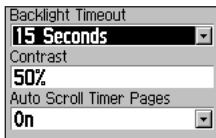
1. From the Main Menu, select **settings > General > system**.
2. Select an option in the **Tones** field to turn the Forerunner sounds on or off.



## Changing your User Profile

See [page 8](#) to change your user profile.

## Changing display settings



### To change backlight and contrast:

1. From the Main Menu, select **settings > General > display**.
2. Select the amount of time the backlight stays on and the amount of screen contrast.

Press **power** once to turn on the backlight. After the backlight shuts off automatically, press any

key to turn the backlight on again. To turn the backlight off manually, press **power**.

---

***tip:** Use a short backlight timeout setting to conserve battery power.*

---

### To scroll through Timer pages automatically:

Select **on** in the **auto scroll Timer pages** field.

## data recording

Data recording controls how the Forerunner records detailed data for your runs or other activities.

By default, the Forerunner uses Smart Recording to record your movements and create detailed history. Smart Recording picks up key points where you change direction, speed, or heart rate.

You can also record data every second. Doing so creates the most accurate record possible of your activity. However, with this setting, the Forerunner can only record up to 3.5 hours of detailed data.

---

**Note:** *When the history is full, older history data is overwritten automatically. Be sure to transfer history to Garmin Training Center often.*

---

### To change data recording:

1. From the Main Menu, select **settings > General > data recording** .
2. In the **record data points** field, select **every second** or **smart recording** .

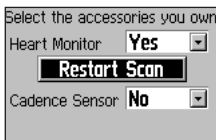
### adding accessories

The Forerunner 305 has two possible accessories: a heart rate monitor and an optional Garmin cadence sensor. You can enable these accessories from this menu or restart scanning if you are having trouble receiving data.

### To scan for accessories:

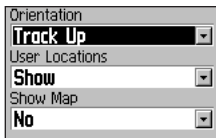
1. From the Main Menu, select **settings > General > accessories** .

2. Select an accessory; then select **yes** to turn on scanning for that accessory. To restart scanning for an accessory, select **restart scan**.



See [pages 59-60](#) for more information on pairing and troubleshooting accessories.

## Changing Map settings



### To change map settings:

1. From the Main Menu, select **settings > General > Map**.
2. To change the orientation of the map, press **enter** and select an option.

**north Up**—orients the map with North at the top of the screen.

**Track Up**—orients the map with your direction of travel at the top of the screen.

3. To show/hide waypoints on the map, select **show** or **Hide** in the **User locations** field.
4. To view the Map page as part of the page loop, select **yes** in the **show Map** field.

---

***tip:** The map is automatically visible when you go to a location or navigate a route or course.*

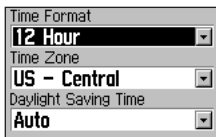
---

## Changing Units

**To change units of measure:**

1. From the Main Menu, select **settings > General > Units**.
2. Select units of measure for distance, elevation, and heart rate.

## Changing Time settings



**To change time settings:**

1. From the Main Menu, select **settings > General > Time**.
2. Select a time format and time zone and enable or disable daylight saving time.

## about forerunner

From the Main Menu, select **settings > General > about forerunner** to view your software version, GPS version, and unit ID.

## Changing sport settings

For each sport, you can change speed units and enter extra gear or bike weight, which affects how calories are calculated. You can also enter speed zones and heart rate zones for each sport.

**To set extra weight for a sport:**

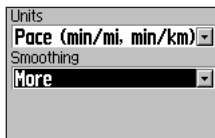
1. From the Main Menu, select **settings**.
2. Select a sport, and then select **extra Weight**.
3. Enter the amount of extra weight you are carrying.

**To set your bike profile:**

1. From the Main Menu, select **settings > biking**.
2. Select a bike profile. You can set up to three profiles.
3. Enter your bike information.
4. (305 only) If you have a GSC 10 speed and cadence sensor, select **sensor Mounted**.
5. In the Wheel Size field, select **auto** to have the GSC 10 automatically detect your tire size using GPS data, or select **Custom** to enter your wheel size. For a table of sizes and circumferences, see [page 61](#).

**To change speed units for a sport:**

1. From the Main Menu, select **settings**.
2. Select a sport to change units. Then select **speed Units**.
3. Select **pace** or **speed**.



4. If you selected **pace**, select the amount of pace smoothing you want to use.

Pace smoothing averages your current pace over a certain amount of time to avoid errors in GPS position and speed due to varying satellite signal reception. When you turn on or increase

pace smoothing, the pace shown on your Forerunner is steadier (fewer large jumps). To use pace smoothing, you must set your speed units to pace.

**Note:** *Pace smoothing affects your displayed pace and the timing of pace alerts and Auto Pause; however, it does not affect the data stored in History.*

## setting pace/speed Zones

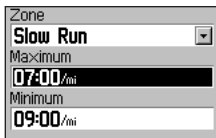
For each sport, your Forerunner contains ten pace/speed zones, ranging from very slow to maximum speed. The values for these pace/speed zones are entered by default and may not match your personal abilities. After you enter appropriate values, you can use these zones

to set your pace/speed alerts or use them as targets in advanced workouts.

<b>Slow Jog</b>	14:00/⌚	11:00/⌚
<b>Jog</b>	12:00/⌚	09:00/⌚
<b>Fast Jog</b>	10:00/⌚	08:00/⌚
<b>Slow Run</b>	09:00/⌚	07:00/⌚

### To change your pace/speed zones:

1. From the Main Menu, select **settings**.
2. Select a sport, and then select **pace/speed Zones**.
3. Select the zone you want to change. Enter a minimum and maximum pace/speed for that zone.



- Repeat step 3 for each zone you want to change.

## setting Heart rate Zones

**Note:** Heart rate zones are a feature of the Forerunner 305 only.

A heart rate zone is simply a certain range of beats per minute. Heart rate zones are generally based on a percentage of your maximum heart rate and are numbered from 1 to 5 based on intensity (1–lowest, 5–highest).

If you know your maximum heart rate, you can enter it and allow the Forerunner to calculate your heart rate zones automatically. You can also enter your heart rate zones manually. You can set heart rate zones for each sport.

### To base heart rate zones on your maximum heart rate:

- From the Main Menu, select **settings**.
- Select a sport to set heart rate zones. Then select **Hr Zones**.
- Select the **Zones** field. Then select **based on Max**.

Max:	205bpm	
Zones	Based on Max	
1	103bpm	123bpm
2	123bpm	144bpm
3	144bpm	164bpm
4	164bpm	185bpm
5	185bpm	205bpm

4. Select the **Max** field and enter your maximum heart rate. The Forerunner calculates your heart rate zones automatically based on your maximum heart rate.
4. In any heart rate zone, select a heart rate value you want to change and enter a new value. Repeat for each heart rate value you want to change.

## To change your heart rate zones manually:

1. From the Main Menu, select **settings**.
2. Select a sport to set heart rate zones. Then select **Hr Zones**.
3. Select the **Zones** field. Then select **Custom**.

Max:		
Zones		
1	098bpm	111
2	111bpm	130
3	130bpm	148
4	148bpm	167
5	167bpm	185



## Appendix

Be sure to read the Warnings and Cautions on [pages 66-70](#) to learn to use your Forerunner safely and responsibly.

### Cleaning and Care

Clean the Forerunner and the heart rate monitor using a cloth dampened with a mild detergent solution. Wipe dry. Avoid chemical cleaners and solvents that may damage plastic components.

Do not store the Forerunner where prolonged exposure to temperature extremes may occur (such as in the trunk of a car), as permanent damage may result. User information, such as history, locations, and tracks, is retained indefinitely in the unit's memory

without the need for external power. Back up important user data by downloading it to Garmin Training Center on your personal computer. See [page 62](#) to load Garmin Training Center.

### Water immersion

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:** *This product is not intended to be used while swimming.*

---

## **replacing the Heart rate Monitor battery**

The heart rate monitor contains a user replaceable CR2032 battery. Be sure to dispose of old batteries properly. To replace the battery, locate the circular battery cover on the back of the heart rate monitor. Use a coin to twist the cover counter-clockwise until it is loose enough to remove. Remove the cover and replace the battery. Be careful not to damage or lose the o-ring gasket on the cover. Then use a coin to twist the cover back into place.

## **data fields**

The data fields available on any Timer page change based on the accessories you own and the speed units you have selected for a sport. Starred (\*) data fields are available with the Forerunner 305 only.

**Cadence\***—revolutions of the crank arm per minute.

**Cadence – avg\***—average cadence for the duration of your current ride.

**Cadence – lap\***—average cadence for current lap.

**Calories**—amount of calories burned.

**date**—current day, month, and year.

**distance**—distance traveled on current run.

**dist – lap** —distance traveled in current lap.

**dist – last lap** —distance of last completed lap.

**dist – paused**—distance covered while timer is in Auto Pause.

**elevation**—distance above/below sea level.

**Gps accuracy** —margin of error for your exact location (for example, +/- 19 ft).

**Grade**—calculation of rise over run. For example, if for every 10 feet you climb (elevation) you travel 200 feet (distance), your grade is 5%.

**Heading**—current direction you are traveling.

**Heart rate\*** —heartbeats per minute (bpm).

**Heart rate – avg\*** —average heart rate for the duration of your current run.

**Heart rate – lap\*** —average heart rate in current lap.

**Heart rate Zone\*** —current heart rate zone (1–5). The default zones are based on your maximum heart rate and user profile.

**laps** —number of laps completed.

**pace**—current pace.

**pace – average** —average pace over the duration of your current run.

**pace – best** —best pace achieved during current run.

**pace – lap** —average pace during current lap.

**pace – last lap** —average pace during last completed lap.

**pace Zone**—current range of pace based on your pace zone settings. See [page 50](#).

**speed**—current speed.

**speed – avg** —average speed for the duration of your current activity.

**speed – lap** —average speed during current lap.

**speed – last lap** —average speed of last completed lap

**speed – Max**—top speed achieved during current activity.

**speed Zone**—current range of speed based on your speed zone settings. See [page 50](#).

**sunrise**—approximate time of sunrise based on your GPS position.

**sunset**—time of sunset based on your GPS position.

**Time**—stopwatch time.

**Time – avg lap** —average time to complete each lap so far.

**Time – lap** —amount of time in current lap.

**Time – last lap** —length of time to complete the last full lap.

**Time – paused**—time elapsed while timer in Auto Pause.

**Time of day**—current time of day based on your time settings.

## Heart rate information

Many runners and other athletes are using heart rate zones to measure and increase their cardiovascular strength and improve their level of fitness.

---

**CAUTION:** *Consult your physician to specify heart rate zones/targets that are appropriate for your fitness level and health condition.*

---

## What are heart rate zones?

A heart rate zone is simply a range of heartbeats per minute (bpm). The five commonly accepted heart rate zones are numbered from 1–5 according to increasing intensity. Generally, heart rate zones are calculated based on percentages of your maximum heart rate. See the next page to learn some of the

effects of exercise as your heart rate reaches each of these zones.

## How do heart rate zones affect your fitness goals?

Knowing your heart rate zones can help you measure and improve your fitness by understanding and applying these principles:

- Your heart rate is a good measure of exercise intensity.
- Training in certain heart rate zones can help you improve cardiovascular capacity and strength.
- Knowing your heart rate zones can prevent you from overtraining and decrease your risk of injury.

See the next page to learn about the benefits of training in each heart rate zone.

## How can i determine my heart rate zones?

If you know your maximum heart rate, you can enter it and allow the Forerunner to calculate your

Zone	% of Max. Heart rate	perceived exertion	Benefits
1	50%–60%	Relaxed, easy pace; rhythmic breathing	Beginning-level aerobic training; reduces stress
2	60%–70%	Pace comfortable; slightly deeper breathing, conversation possible	Basic cardiovascular training; good recovery pace
3	70%–80%	Pace moderate; more difficult to hold conversation	Improved aerobic capacity; optimal cardiovascular training
4	80%–90%	Pace fast and a bit uncomfortable; breathing forceful	Improved anaerobic capacity and threshold; improved speed
5	90%–100%	Pace a sprinting effort, unsustainable for long period of time; labored breathing	Anaerobic and muscular endurance; increased power

heart rate zones based on the percentages shown below. For more information on setting your heart rate zones, see [page 51](#).

## **about pairing**

Pairing is the process of matching sensors, like your heart rate monitor, with your Forerunner 305. This process occurs automatically when you turn on the Forerunner and only takes a few seconds when the sensors are on and functioning correctly.

Once paired, your Forerunner will only receive data from your sensor. Upon power up, the Forerunner will automatically scan for the sensors you have enabled (see “Adding Accessories,” [page 46](#)). Each sensor has a unique ID. The Forerunner learns and saves this

unique ID while pairing the first time. The next time you turn on the Forerunner, it will only pair with the unique sensor ID. If the Forerunner does not find the sensor, you should restart the scan to find your sensor ID.

## **interference**

Strong electromagnetic fields can interfere with your heart rate monitor and cause your heart rate to appear unusually high, freeze, or disappear. Common sources of interference include high voltage power lines, electric motors, computers, televisions, and mobile phones. After you move away from the source of interference, your heart rate reading should return to normal.

## Heart rate Monitor

### Troubleshooting

If you have trouble pairing with the heart rate monitor, or if your heart rate readings are erratic, try the following suggestions.

- Position the Forerunner within 3 meters of the sensor while pairing.
- Stay far away from any other sensors while pairing.
- Move away from sources of interference (see the previous page).
- Restart scan if your Forerunner appears to be paired with another sensor (see [page 46](#)).
- Make sure scanning for the heart rate monitor is enabled (see [page 46](#)).
- Replace the battery.
- Clean the sensors. Dirt and sweat build-up on the sensors can weaken signals.
- Reapply moisture. Use electrode gel, water, or saliva.
- Make sure the heart rate monitor is snug against your body. If you have trouble with erratic readings, position the transmitter on your back.
- Wear a cotton shirt, or wet your shirt. Synthetic fabrics that rub or flap against the heart rate monitor can create static electricity that interferes with heart rate signals.



## Tire size and Circumference

The tire size is marked on both sides of the tire. To modify your bike profile, see [page 49](#).

Tire size	I (mm)
12 x 1.75	935
14 x 1.5	1020
14 x 1.75	1055
16 x 1.5	1185
16 x 1.75	1195
18 x 1.5	1340
18 x 1.75	1350
20 x 1.75	1515
20 x 1-3/8	1615
22 x 1-3/8	1770
22 x 1-1/2	1785
24 x 1	1753
24 x 3/4 Tubular	1785

Tire size	I (mm)
24 x 1-1/8	1795
24 x 1-1/4	1905
24 x 1.75	1890
24 x 2.00	1925
24 x 2.125	1965
26 x 7/8	1920
26 x 1(59)	1913
26 x 1(65)	1952
26 x 1.25	1953
26 x 1-1/8	1970
26 x 1-3/8	2068
26 x 1-1/2	2100
26 x 1.40	2005
26 x 1.50	2010
26 x 1.75	2023
26 x 1.95	2050
26 x 2.00	2055
26 x 2.10	2068

Tire size	I (mm)
26 x 2.125	2070
26 x 2.35	2083
26 x 3.00	2170
27 x 1	2145
27 x 1-1/8	2155
27 x 1-1/4	2161
27 x 1-3/8	2169
650 x 35A	2090
650 x 38A	2125
650 x 38B	2105
700 x 18C	2070
700 x 19C	2080
700 x 20C	2086
700 x 23C	2096
700 x 25C	2105
700 x 28C	2136
700 x 30C	2170
700 x 32C	2155

Tire size	I (mm)
700C Tubular	2130
700 x 35C	2168
700 x 38C	2180
700 x 40C	2200

## Garmin Training Center

The Garmin Training Center software is included in the Forerunner product box. Locate the Garmin Training Center and use it to install the software on your personal computer.

Garmin Training Center offers workout analysis tools and allows you to create and schedule custom courses and workouts and transfer them to the Forerunner.

## To install Garmin Training Center:

1. Insert the Garmin Training Center disk into your computer's disk drive.

If the welcome screen does not appear, click **start** and then **run...**

Type in the drive letter of your disk drive followed by "setup" (example: D:\setup). Then press **enter**.

2. When the welcome screen appears, follow the instructions on the screen to install Garmin Training Center.

Use the USB cable from the product box to connect your Forerunner to your computer. Then open Garmin Training

Center. For help using Garmin Training Center, click the **Help** menu and select **Contents**, or press **f1** on your keyboard.

## Specifications

**Gps** : High sensitivity SiRFstarIII™ architecture

**acquisition Time** :

**Hot start** : < 1 second

**Warm start** : < 38 seconds

**Cold start** : < 45 seconds

**Update rate** : 1/second, continuous

**Gps position accuracy\*** :

< 10 meters 50%, typical

**Gps velocity accuracy\*** :

< 0.05 m/s

\*Accuracy depends on view of the sky.

99%—clear view; 95%—typical.

**dynamics** : Performs to specifications to 6 g's

**operating Temperature range** :

-4°F to 140°F (-20°C to 60°C)

**Weight**: 77 g (2.72 oz)

**display**: 33 x 20.3 mm (1.3" x 0.8")

**physical size**: 53.3 x 17.8 x 68.6 mm  
(2.1" x 0.7" x 2.7")

**lap memory** : 1,000 laps

**battery** : Rechargeable internal lithium-ion

**battery life** : 10 hours (typical use)

**Water resistance**: IEC 60529 IPX7  
(submersible to one meter for up to 30 minutes).

**note**: This product is not intended to be used while swimming.

## Heart rate Monitor Specifications

**physical size**: 34.8 x 3.56 x 1.27 cm  
(13.7" x 1.4" x 0.5" )

**Transmission range**: approximately 3 m (9.8 ft)

**battery** : CR2032 (3 volts) Perchlorate Material – special handling may apply. See [www.dtsc.ca.gov/hazardouswaste/perchlorate](http://www.dtsc.ca.gov/hazardouswaste/perchlorate).

**battery life** : 3 years (1 hour per day)

**Weight**: 21 g (0.74 oz)

Accuracy may be degraded by poor sensor contact, electrical interference, and receiver distance from transmitter.

### **Battery information**

**WARNiNg:** Do not use a sharp object to remove user-replaceable batteries. Contact your local waste disposal department to properly recycle the batteries.

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

#### **To replace the battery:**

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 replace the battery with the positive side facing up.

**Note:** Be careful not to damage or lose the O-ring gasket on the cover.

4. Use a coin to twist the cover clockwise so the arrow on the cover points to CLOSE.

## important product and safety information



### Warnings

Failure to avoid the following potentially hazardous situations could result in death or serious injury.

- Always consult your physician before beginning or modifying any exercise program. If you have a pacemaker or other implanted electronic device, consult your physician before using a heart rate monitor.
- The unit, heart rate monitor, and other Garmin accessories are consumer devices, not medical devices, and could suffer from interference from external electrical sources. The heart rate readings are for reference only and no responsibility is accepted for the consequences of any erroneous readings.

**if your unit contains or accepts street map products, follow these**

**guidelines as well to ensure safe navigating:**

**noTe:** Refer to your product's owner's manual to determine if your product contains or accepts street map products.

- When navigating, carefully compare information displayed on the unit to all available navigation sources, including information from street signs, visual sightings, and maps. For safety, always resolve any discrepancies or questions before continuing navigation and defer to posted road signs.
- **do not become distracted by the unit while driving or navigating, and always be fully aware of all navigation conditions.** Minimize the amount of time spent viewing the unit's screen while driving or navigating and use audible prompts when possible. Do not input destinations, change settings,

or access any functions requiring prolonged use of the unit's controls while driving or navigating. Stop in a safe and legal manner before attempting such operations.

- The unit is designed to provide route suggestions. It is not designed to replace the need for navigator attentiveness regarding road closures or road conditions, traffic congestion, weather conditions, or other factors that may affect safety while driving or navigating.

**Warning:** This product, its packaging, and its components contain chemicals known to the State of California to cause cancer, birth defects, or reproductive harm. This notice is provided in accordance with California's Proposition 65. See [www.garmin.com/prop65](http://www.garmin.com/prop65) for more information.

## battery Warnings

If these guidelines are not followed, the internal lithium-ion battery may experience a shortened life span or may present a risk of damage to the GPS unit, fire, chemical burn, electrolyte leak, and/or injury.

- Do not leave the unit exposed to a heat source or in a high temperature location, such as in the sun in an unattended vehicle. To prevent damage, remove the unit from the vehicle or store it out of direct sunlight, such as in the glove box.
- Do not puncture or incinerate.
- When storing the unit for an extended time, store within the following temperature range: 32° to 77°F (0° to 25°C).
- Do not operate the unit outside of the following temperature range: -4° to 131°F (-20° to 55°C).
- Contact your local waste disposal department to properly recycle/dispose of the unit/battery.

### **additional User-replaceable battery Warnings:**

- Do not use a sharp object to remove the battery.
- Keep the battery away from children.
- Do not disassemble, puncture, or damage the battery.
- If using an external battery charger, only use the Garmin accessory approved for your product.
- Only replace the battery with the correct replacement battery. Using another battery presents a risk of fire or explosion. To purchase a replacement battery, see your Garmin dealer or the Garmin Web site.

### **additional non-User-replaceable battery Warnings:**

- Do not remove or attempt to remove the non-userreplaceable battery.
- When disposing of the unit, take it to a professional service, such as a waste electronics treatment facility,

to have the battery removed and recycled.

### **perchlorate Material**

Replaceable coin cell batteries may contain perchlorate material. Special handling may apply. See [www.dtc.ca.gov/hazardouswaste/perchlorate](http://www.dtc.ca.gov/hazardouswaste/perchlorate).

### **important information**

**Map daTa inforMaTion:** One of the goals of Garmin is to provide customers with the most complete and accurate cartography that is available to us at a reasonable cost. We use a combination of governmental and private data sources, which we identify in product literature and copyright messages displayed to the consumer. Virtually all data sources contain some inaccurate or incomplete data. In some countries, complete and accurate map information is either not available or is prohibitively expensive.



### **noTiCe reGardinG WindsHield MoUnTinG leGal resTriCtions:**

State law in Minnesota and California prohibits or restricts drivers from using suction mounts on their windshields while operating motor vehicles. (See California Vehicle Code 26708(a); Minnesota Statutes Section 169.71) Other Garmin dashboard or friction mount options should be used when driving in those states. Many other states have enacted restrictions against placing “non-transparent material” upon the windshield or placing objects upon the windshield that obstruct the driver’s vision (for example, New Jersey law currently prohibits windshield objects that “unduly interfere” with the driver’s vision to the front or sides). Check your state and local laws and ordinances where you drive before using the suction cup mount on your windshield. **IT IS THE User’s responsiBility To Use The GarMin UniT and MoUnTinG opTions in sUCH a Manner THaT**

**THE User is in CoMplianCe WiTH all appliCable laWs and ordinanCes.** Remember to always mount your Garmin unit in a location that does not obstruct the driver’s view of the road. Garmin does not assume any responsibility for any fines, penalties, or damages that may be incurred as a result of disregarding this notice or as a result of any state or local law or ordinance relating to the use of your Garmin unit.

**The California electronic Waste recycling act of 2003** requires the recycling of certain electronics. For more information on the applicability to this product, see [www.ecycle.org](http://www.ecycle.org).

### **Caring for the screen**

Clean the screen with water, isopropyl alcohol, or eyeglass cleaner: do not use cleaners containing ammonia, which can harm the coating on the screen.

## **fCC Compliance**

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and may cause harmful interference to radio communications if not installed and used in accordance with the instructions. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television

reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and the receiver.
- Connect the equipment into an outlet that is on a different circuit from the GPS unit.
- Consult the dealer or an experienced radio/TV technician for help.

This product does not contain any user-serviceable parts. Repairs should only be made by an authorized Garmin service center. Unauthorized repairs or modifications could result in permanent damage to the equipment, and void your warranty and your authority to operate this device under Part 15 regulations.

## **industry Canada Compliance**

Category I radiocommunication devices comply with Industry Canada Standard RSS-210. Category II radiocommunication devices comply with Industry Canada Standard RSS-310.

## **limited Warranty**

This Garmin product is warranted to be free from defects in materials or workmanship for one year from the date of purchase. Within this period, Garmin will, at its sole option, repair or replace any components that fail in normal use. Such repairs or replacement will be made at no charge to the customer for parts or labor, provided that the customer shall be responsible for any transportation cost. This warranty does not cover failures due to abuse, misuse, accident, or unauthorized alteration or repairs.

This product is intended to be used only as a travel aid and must not be

used for any purpose requiring precise measurement of direction, distance, location or topography. Garmin makes no warranty as to the accuracy or completeness of map data in this product.

THE WARRANTIES AND REMEDIES CONTAINED HEREIN ARE EXCLUSIVE AND IN LIEU OF ALL OTHER WARRANTIES EXPRESS, IMPLIED, OR STATUTORY, INCLUDING ANY LIABILITY ARISING UNDER ANY WARRANTY OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE, STATUTORY OR OTHERWISE. THIS WARRANTY GIVES YOU SPECIFIC LEGAL RIGHTS, WHICH MAY VARY FROM STATE TO STATE.

IN NO EVENT SHALL GARMIN BE LIABLE FOR ANY INCIDENTAL, SPECIAL, INDIRECT, OR CONSEQUENTIAL DAMAGES, WHETHER RESULTING FROM THE USE, MISUSE, OR INABILITY TO USE THIS PRODUCT OR FROM DEFECTS

IN THE PRODUCT. SOME STATES DO NOT ALLOW THE EXCLUSION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES, SO THE ABOVE LIMITATIONS MAY NOT APPLY TO YOU.

Garmin retains the exclusive right to repair or replace the unit or software or offer a full refund of the purchase price at its sole discretion. SUCH REMEDY SHALL BE YOUR SOLE AND EXCLUSIVE REMEDY FOR ANY BREACH OF WARRANTY.

To obtain warranty service, contact your local Garmin authorized dealer or call Garmin Product Support for shipping instructions and an RMA tracking number. Securely pack the unit and a copy of the original sales receipt, which is required as the proof of purchase for warranty repairs. Write the tracking number clearly on the outside of the package. Send the unit, freight charges prepaid, to any Garmin warranty service station.

**online auction purchases:** Products sold through online auctions are not eligible for rebates or other special offers from Garmin. Online auction confirmations are not accepted for warranty verification. To obtain warranty service, an original or copy of the sales receipt from the original retailer is required. Garmin will not replace missing components from any package purchased through an online auction.

**international purchases:** A separate warranty is provided by international distributors for units purchased outside the United States. This warranty is provided by the local in-country distributor and this distributor provides local service for your unit. Distributor warranties are only valid in the area of intended distribution. Units purchased in the United States or Canada must be returned to the Garmin service center in the United Kingdom, the United States, Canada, or Taiwan for service.

## **software license agreement**

BY USING THE Forerunner, YOU AGREE TO BE BOUND BY THE TERMS AND CONDITIONS OF THE FOLLOWING SOFTWARE LICENSE AGREEMENT. PLEASE READ THIS AGREEMENT CAREFULLY.

Garmin grants you a limited license to use the software embedded in this device (the “Software”) in binary executable form in the normal operation of the product. Title, ownership rights, and intellectual property rights in and to the Software remain in Garmin.

You acknowledge that the Software is the property of Garmin and is protected under the United States of America copyright laws and international copyright treaties. You further acknowledge that the structure, organization, and code of the Software are valuable trade secrets of Garmin and that the Software in source code form remains a valuable trade

secret of Garmin. You agree not to decompile, disassemble, modify, reverse assemble, reverse engineer, or reduce to human readable form the Software or any part thereof or create any derivative works based on the Software. You agree not to export or re-export the Software to any country in violation of the export control laws of the United States of America.

## **declaration of Conformity**

Hereby, Garmin declares that this Forerunner product is in compliance with the essential requirements and other relevant provisions of Directive 1999/5/EC. To view the full Declaration of Conformity, see the Garmin Web site for your Garmin product: [www.garmin.com/products/forerunner305](http://www.garmin.com/products/forerunner305) or [www.garmin.com/products/forerunner205](http://www.garmin.com/products/forerunner205).

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