

BUTTONS

1 POWER

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

2 MODE

- Press to view Time or Start Menu.
- Press to exit a menu or page.
- Press and hold to change sports.

3 BACKLIGHT

- Press to enable a new key.
- Press and hold to reset the time.

4 START/STOP

- Press to start/stop the timer.

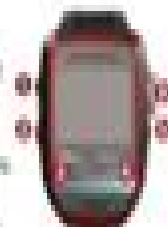
5 ENTER

- Press to select options and to acknowledge messages.

6 UP/DOWN ARROWS

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

Note: If the red stop key is pressed, your watch will ignore all the sports time to reset the unit.



1 Change 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 save battery, be sure the Forerunner is company by before charging.

1 Insert the Forerunner into the charging cradle.



2 Plug the small end of the AC adapter into the USB port on the cradle. Plug the other end into a standard wall outlet.

2 Configure

Press and hold power (1) to turn on the Forerunner. Follow the instructions on the screen.

3 Acquire Satellites

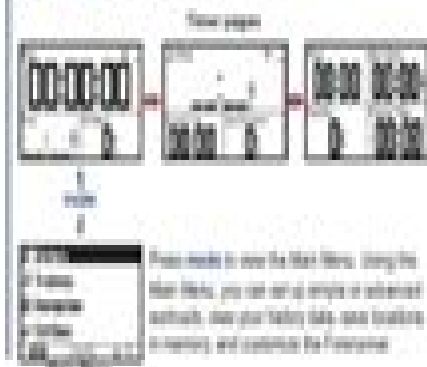
After you configure the Forerunner, the loading satellite page appears. To acquire satellite signals, go outdoors away from all buildings and trees. Acquiring satellite signals may take 30-60 seconds.

Wait until the Forerunner searches for satellites. For best results, stand still or go open areas until the loading satellite page disappears. When the Time page appears, you can start your first activity.



Get

Press start to start the timer. During your run, press the **UP** arrow to view all of the Time page. To view the timer, press stop. Then press and hold start and the timer returns to zero.



Press mode to view the Start Menu. Using the Start Menu, you can set up simple or advanced workouts, view your history data, save locations in memory, and customize the Forerunner.

Heart Rate Monitor

The Forerunner 205 includes a wireless heart rate monitor that you wear directly on your skin, not below your clothing.

To position the heart rate monitor:

- Push one end of the strap through the slot in the heart rate monitor. Press the red stop.



- Hold both pieces of the back of the heart rate monitor to create a strong connection between your wrist and the monitor.

WARNING: Use the correct material in the product box for heart rate safety information.

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

- Adjust the strap until there is slack during your run.

When the heart rate monitor is positioned correctly, the heart rate icon on the Time page changes from flashing to constant (1-4°C). For troubleshooting information, refer to the owner's manual.

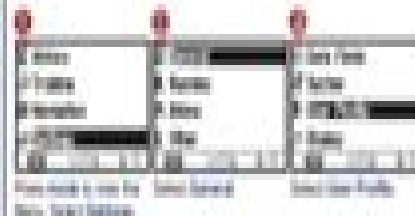


Garmin Training Center®

Use the Garmin Training Center software on your personal computer to plan advanced workouts and monitor before you run and then analyze them afterwards. Install Garmin Training Center from the installation disk in the product box. For help using Garmin Training Center, visit the Help menu in the software or press F1 on your keyboard.

Set Your User Profile

Set your user profile so that the Forerunner can estimate calories correctly. To select an option, press enter. Touch any page, press mode.



Press enter. Select your gender.

Press the **UP** arrow and enter your age, height, and weight.

GARMIN

Get up and go!

Forerunner® 205/305



GPS-enabled trainer for runners

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