

**GARMIN**<sup>TM</sup>

quick start manual

# FORERUNNER<sup>®</sup> 50

with ANT+Sport<sup>™</sup> wireless technology



**WARNING:** This product contains a replaceable coin cell battery. See the *Important Safety and Product Information* guide in the product box for important battery safety information.

**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.

## Buttons



### 1 view

- Press and hold to turn the backlight on/off.
- Press to scroll through the data pages in Train mode or History mode.
- Press to confirm and advance to the next setting.

### 2 mode

- Press to change modes.
- Press to exit a menu or page.
- Press and hold to return to the Time page.

### 3 lap/reset/-

- Press to create a new lap.
- Press and hold to save your workout in Train mode.
- Press to decrease the value for settings.










### 4 start/stop/+

- Press to start or stop the timer.
- Press and hold to customize settings.
- Press to increase the value for settings.

## Forerunner Backlight

Press and hold **view** to turn on the backlight for 5 seconds. Extend the backlight for 5 more seconds by pressing any button.

## Icons

	Above high zone setting
	Below low zone setting
	Bike sensor active
	Foot pod sensor active
	Heart rate sensor active
	Data uploading
	Interval timer mode
	Alarm on
	Chime on
<b>T2</b>	Second time zone

## Step 1: Turn on Your Forerunner

Press and hold **start/stop** to turn on your Forerunner. Your Forerunner ships with the power off to conserve the battery.

## Step 2: Set the Time

1. On the Time page, press and hold **start/stop** until the hour setting blinks.
2. Use **+** and **-** to adjust the hour.



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**TIP:** Press and hold **+** or **-** to scroll quickly through the hours, minutes, and other Time mode settings.

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3. Press **view** to advance to the minutes setting.
4. Use **+** and **-** to adjust the minutes.

5. Continue this process to set seconds, month, day, year, and 12/24-hour mode.
6. When finished, press **mode** to resume Time mode.

## Step 3: Set Up Sensors (Optional)

If your Forerunner included a heart rate monitor and foot pod, the ANT+Sport™ sensors are already paired. Press **mode** until the Train page appears. The  and  icons appear on the Forerunner screen when the sensors are paired.

### *Using the Heart Rate Monitor*


The heart rate monitor is on standby and ready to send data. 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. Press the tab down.
2. Wet both sensors on the back of the heart rate monitor to create a strong connection between your chest 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.

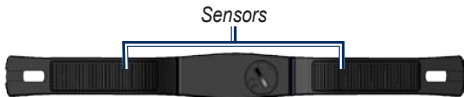
4. Bring the Forerunner within range (3 m) of the heart rate monitor.
5. Press **mode** to access Train mode. The  heart rate icon appears on the Train page.
6. Press **view** to advance to the **HEART** data page.



**Heart Rate Monitor Strap**



**Heart Rate Monitor (Front)**

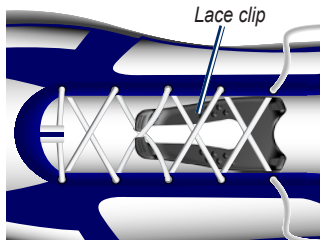


**Heart Rate Monitor (Back)**

## Using the Foot Pod


The foot pod is on standby and ready to send data. When you install or move the foot pod, the LED blinks three times.

1. Press the tabs on the lace clip. Lift and separate the foot pod from the lace clip.
2. Loosen your shoe laces slightly.
3. Thread the lace clip through 2–3 secure sections of your shoelaces, allowing enough room at the top to tie the shoelaces.



4. Tie your shoelaces securely to keep the foot pod in place during your workout.
5. Snap the foot pod into the lace clip. The foot pod must be pointed toward the front of your shoe.



6. Bring the Forerunner within range (3 m) of the foot pod.
7. Press **mode** to access Train mode. The  foot pod icon appears on the Train page.
8. Press **view** to access the **DIST**, **LAP**, or **SPEED/PACE** data pages.

## Step 4: Go for a Run!

In Train mode, press **start** to start the timer. After completing your run, press **stop**. Press and hold **lap/reset** to save your workout. Use **+** and **-** to toggle **YES** or **NO**. Press **view** to confirm.

## Step 5: Download Free Software

1. Go to [www.garmin.com/forerunner](http://www.garmin.com/forerunner).
2. Create a free myGarmin account.
3. Choose Garmin Connect™ or Garmin Training Center® with Garmin ANT Agent. Click **Download**.
4. Follow the on-screen instructions.

## Step 6: Send Workout Data to Your Computer



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**NOTE:** You must download software as instructed in [Step 5](#) so that the necessary USB drivers are installed **before** connecting the USB ANT stick to your computer.

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1. Plug the USB ANT stick into an available USB port on your computer.
2. Bring your Forerunner within range (5 m) of your computer.
3. Follow the on-screen instructions.

## More Information

For more information about the Forerunner functions and accessories, see the owner's manual at [www.garmin.com/forerunner](http://www.garmin.com/forerunner).

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For the latest product information and accessories, visit the Garmin Web site at [www.garmin.com](http://www.garmin.com).

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