Whether you're a triathlete in training or just want to see tangible results, meet

Personal trainers with speed, distance and pace.

your new personal trainer — the Garmin Forerunner. These wrist-mounted devices use GPS satellites to tell you how far, how fast, even how to get home. And for advanced training, the Forerunner 301 features a continuous heart rate monitor so you can see whether you're training too hard or not hard enough. All models in the Forerunner series are extremely easy to use. There's no calibration required, so you'll be off and running in no time. You don't even have to think about starting and stopping the timer or punching the lap button to record stats — Forerunner does it automatically.

Training timer features

Training data: Can display training time, pace, distance, lap pace, lap time, lap distance, average and best pace, elevation and calories

Lap history: Automatically records up to 5000 laps by day or week; stores approximately two years of data. Download histories to your PC using associated software (201 and 301)

Training assistant:

Auto Pause™: Automatically pauses the training timer when you slow down below a specified resting pace; timer resumes when you start running again

Auto Lap™: Automatically triggers a lap when you reach a specified distance. Allows you to run anywhere and still get accurate performance data

Virtual Partner™: Allows you to input training goals based on time, distance and pace. Forerunner displays a graphic "virtual partner" that will run with the set goal, so you can see at a glance if you are keeping up or falling behind

Pace alert: Alarm sounds if you are slower or faster than pace you've input

Time/distance alert: Alarm sounds when you reach the specified time or distance

Interval training: Allows you to set up exercise and rest intervals and number of reps

Navigation features

Receiver: 12 parallel channel GPS receiver continuously tracks and uses up to 12 satellites to track your speed and distance

Antenna: Built-in patch

Mark location: Mark and save up to 100 locations

Find location: Look up and navigate to stored locations

Back to start: Navigate back to starting location

Map mode: Electronic map shows your location, along with marked locations. Pointer arrow shows direction to travel when navigating back to start or to a stored location

Physical

Display: 1.44"W x .92"H, 100 x 64 pixels

Case: Waterproof to IEC 60529 IPX7 standards

Temperature range: -4° to 140°F (-20°C to 60°C)

Features unique to the 301

Heart rate moniter: Digitally coded transmission

Display: Shows heart rate (beats per minute) and zone (between 1 and 5)

AutoLearn™: Learns user's heart rate zones, adjusting them as fitness levels improve

AutoScroll™: Cycles through data pages during a workout

Alerts: Alarm sounds if you reach specified minimum or maximum heart rate

Multi-sport: Set up profiles for running, biking and another sport

Advanced workouts: Set up workouts with specific durations and targets (speed or heart rate)

Accessories

Standard: wrist strap
expander strap
owner's manual
A/C desktop charger with PC interface (201 only)
A/C charger (301 only)
PC/USB interface cable (301 only)
Training Center software (301 only)
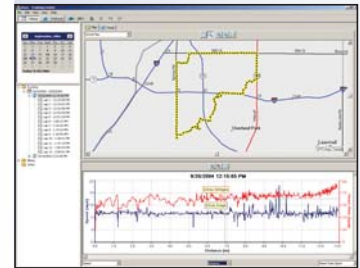digital coded heart rate monitor (301 only)

Optional: bike mount

Set time, pace and distance goals and train against a "virtual partner".
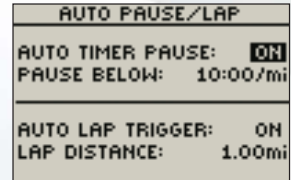
Timer pauses when you stop running; Auto Lap logs performance over predetermined distance.
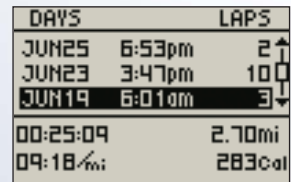
Review training history by day or week.

The Training Center™ software included with the 301 allows you to store and analyze data and create custom workouts on the PC.

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GARMIN.

Garmin International, Inc.
1200 East 151st Street
Olathe, Kansas 66062, U.S.A.
913/397.8200 fax 913/397.8282

Garmin (Europe) Ltd.
Unit 5, The Quadrangle
Abbey Park Industrial Estate
Romsey, SO51 9DL, U.K.
44/1794.519944 fax 44/1794.519222

Garmin Corporation
No. 68, Jangshu 2nd Rd.
Shijr, Taipei County, Taiwan
886/2.2642.9199 fax 886/2.2642.9099

www.garmin.com

Specifications are preliminary and subject to change without notice.

Here's how the units are different

Forerunner 101

Measures speed, distance, pace and calories burned; no PC interface.

size: 3.3"W x 1.7"H x .9"D
weight: 2.6 ounces (74 g) with batteries
batteries: 2 AAAs; 15 hours

Forerunner 201

Measures speed, distance, pace and calories burned; analyze and store workout data on PC.

size: 3.3"W x 1.7"H x .7"D
weight: 2.75 ounces (78 g) with batteries
batteries: rechargeable lithium ion; 15 hours

Forerunner 301

Measures heart rate, speed, distance, pace and calories burned; multiple sport profiles; advanced workouts; create, analyze and store workout data on PC using USB port.

size: 3.3"W x 1.7"H x .7"D
weight: 2.75 ounces (78 g) with batteries
batteries: rechargeable lithium ion; 14 hours
Heart rate monitor
size: 11.65"W x 1.34"H x .43"D
strap: 12.6" – 25.2"
weight: 1.55 ounces

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