Charge 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.

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.

Configure

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

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

Acquire Satellites

After you configure the Forerunner, the Locating Satellites page appears. To acquire satellite signals, go outdoors away from tall buildings and trees. Acquiring satellite signals may take 30–60 seconds.

Wait while the Forerunner searches for satellites. For best results, stand still in an open area until the Locating Satellites page disappears. When the Timer page appears, you can start your run or activity.

Configure

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

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Go!

Press start to start the timer. During your run, press the ▲▼ arrows to view all of the Timer pages. To clear the timer, press stop. Then press and hold reset until the data is cleared.

Buttons

1. power • Press and hold to turn unit on/off.
2. mode • Press to view Timer or Main Menu.
3. lap/reset • Press to create a new lap.
4. start/stop • Press to start/stop the timer.
5. enter • Press to select options and to acknowledge messages.
6. ▲▼ arrows • Press to highlight options.
7. • Press to scroll through menus and data fields.

Note: If the unit stops responding to button presses, press power and lap/reset at the same time to reset the unit.
Forerunner® 205/305
Set up and go!

Set Your User Profile

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

Press mode to view the Menu. Select Settings.

Select General. Select User Profile.

Press enter. Select your gender.

Use the ▲ arrows and enter to enter your birth date and weight.

Heart Rate Monitor

The Forerunner 305 includes a wireless heart rate monitor that you wear directly on your skin, just below your breastplate.

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

3. Adjust the strap so it stays in place during your run. When the heart rate monitor is positioned correctly, the heart rate icon on the Timer page changes from flashing to constant. For troubleshooting information, refer to the owner’s manual.

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

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

6. Adjust the strap so it stays in place during your run. When the heart rate monitor is positioned correctly, the heart rate icon on the Timer page changes from flashing to constant. 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 courses before you run and then analyze them afterwards. Install Training Center from the CD-ROM in the product box. For help using Training Center, click the Help menu in the software or press F1 on your keyboard.

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