

This document consists of an abbreviated version of the Forerunner 205/305 Owner's Manual, for which the Heart Rate Monitor is an accessory. This abbreviated version includes all pages related to the operation of the Heart Rate Monitor or FCC Compliance declarations.



GARMIN[™]

Owner's Manual

Forerunner[®] 205/305



GPS-enabled trainer for runners





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INTRODUCTION

Contact Garmin

Contact Garmin Product Support if you have any questions while using your Forerunner In the USA, go to 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 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). 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 STARTED

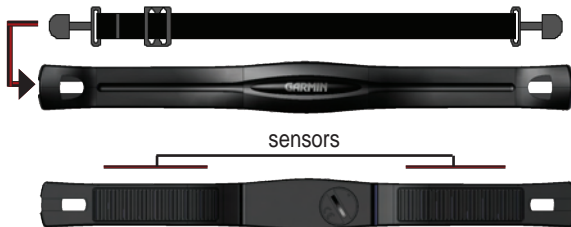
Using the Heart Rate Monitor

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.





GETTING STARTED

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.



SETTINGS

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.

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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:

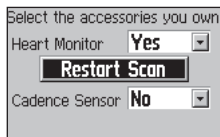
1. From the Main Menu, select **Settings > General > Accessories**.

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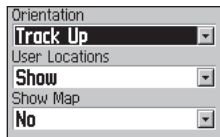
SETTINGS

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.



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.*



APPENDIX

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.



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.





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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.



APPENDIX

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.

Battery Life: 3 years (1 hour per day)

Weight: 21 g (0.74 oz)



APPENDIX

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.





APPENDIX

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 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.





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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.dtsc.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.



APPENDIX

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.





APPENDIX

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

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APPENDIX

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 or www.garmin.com/products/forerunner205.





**For the latest free software updates (excluding map data) throughout
the life of your Garmin products, visit the Garmin Web site at
www.garmin.com.**



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