



PREFACE

CONTENTS

Preface	i	Time Mode	10
Product Registration	i	Chimes	10
Contact Garmin	i	Set the Time.....	10
Free Garmin Software	i	Set the Alarm	10
What's in the Box?.....	iv	Set a Second Time Zone	11
Getting Started	1	More Time Options	11
Buttons	1	Train Mode	12
Icons.....	2	Timed Workout.....	12
Forerunner Backlight.....	2	Training Settings.....	12
Step 1: Turn on Your		Training Zones	13
Forerunner	2	Running Zones.....	14
Step 2: Set the Time.....	3	Heart Rate Zones	15
Step 3: Set Up Sensors		Computer Pairing.....	17
(Optional)	3	Interval Timer Mode	18
Step 4: Go for a Run!	4	Setting the Timers.....	18
Step 5: Download Free		History Mode	20
Software	4	Viewing Workout History	20
Step 6: Send Workout Data to		Managing Memory	21
Your Computer	4	Deleting Workout History.....	22
Using Accessories.....	5	Data Upload Mode	23
		Requirements.....	23





PREFACE

Appendix	25
Optional Accessories	25
Battery Information.....	26
Caring for Your Forerunner and Accessories.....	29
Technical Specifications	29
Troubleshooting.....	33
Product Warnings and Important Information.....	35
Software License Agreement	36
Declaration of Conformity.....	36
Limited Warranty.....	37
FCC Compliance	38
Industry Canada Compliance.....	39
Index	40





PREFACE

What's in the Box?

Forerunner 50 sports monitoring watch including four modes: Time, Train, Interval Timer, and History.

USB ANT™ stick to wirelessly send workout data from your Forerunner to your computer. For more information, see page 23.

Heart rate monitor (optional) sends heart rate data to the Forerunner (see page 5).

Foot pod (optional) sends speed and distance data to the Forerunner (see page 7).

For more information about compatible accessories, go to <http://shop.garmin.com>.

