



## APPENDIX



### To replace the battery:

1. Locate the circular battery cover on the back of the foot pod.



2. Use a coin to twist the cover counter-clockwise until it is loose enough to remove.
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 back into place.



**NOTE:** You do not need to repeat pairing or calibration following battery replacement.





## Caring for Your Forerunner and Accessories

Clean the Forerunner and accessories using a cloth dampened with a mild detergent solution, and then wipe dry. Avoid chemical cleaners and solvents that may damage plastic components.

Do not store the Forerunner and accessories where prolonged exposure to temperature extremes may occur (such as in the trunk of a car), as permanent damage may result.

## Technical Specifications

### *Forerunner 50*

- **Watch size:** 58 mm x 42 mm x 20 mm
- **Wrist band size:** 204 mm x 28 mm x 3 mm
- **Weight:** 44 g
- **LCD Display:** 23.75 mm x 18.25 mm, with backlight
- **Water Resistance:** 30 m continuous



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**NOTE:** To maintain the water resistance, do not operate Forerunner buttons under water.

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- **Data storage:** Up to 100 laps and up to seven hours of exercise files





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- **Computer interface:** Wireless, automatic USB ANT stick
- **Battery type:** User-replaceable CR2032 (3 volts)
- **Battery life:** 12 months, depending on usage
- **Operating temperature range:** 5° F to 158° F (-15° C to 70° C)
- **Radio frequency/protocol:** 2.4 GHz/Dynastream ANT+Sport wireless communications protocol

### ***USB ANT stick***

- **Physical size:** 59 mm x 18 mm x 7 mm
- **Weight:** 6 g
- **Transmission range:** Approximately 5 m (16.4 ft)
- **Operating temperature:** 14°F to 122°F (-10°C to 50°C)

- **Radio frequency/protocol:** 2.4 GHz / Dynastream ANT wireless communications protocol
- **Power source:** USB

### ***Heart Rate Monitor***

- **Physical size:** 34.7 cm x 3.4 cm x 1.1 cm
- **Weight:** 44 g
- **Water Resistance:** 10 m
- **Transmission range:** approximately 3 m (9.8 ft)
- **Battery:** User-replaceable CR2032 (3 volts)
- **Battery Life:** approximately 3 years (1 hour per day)





- **Operating temperature:** 14°F to 122°F (-10°C to 50°C)



**NOTE:** In cold conditions, wear appropriate clothing to keep the heart rate monitor near your body temperature.

- **Radio frequency/protocol:** 2.4 GHz/Dynastream ANT+Sport wireless communications protocol

Accuracy may be degraded by poor sensor contact, electrical interference, and receiver distance from transmitter.

### **Foot Pod**

- **Physical size:** 42 mm x 10 mm
- **Weight:** 27 g (including battery)
- **Water Resistance:** 10 m
- **Transmission range:**  
Approximately 3 m (9.8 ft)
- **Speed and distance accuracy:**  
Uncalibrated 95%, calibrated 98%
- **Battery:** User-replaceable CR2032 (3 volts)
- **Battery life:** 200 hours run time



**NOTE:** After 30 minutes of inactivity, the foot pod automatically powers off to conserve the battery.





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- **Operating temperature:** 14°F to 140°F (-10°C to 60°C)
- **Sensor Accuracy Range:** 32°F to 104°F (0°C to 40°C)
- **Radio frequency/protocol:** 2.4 GHz/Dynastream ANT+Sport wireless communications protocol

Accuracy may be degraded by electrical interference, receiver distance from transmitter, and extreme temperatures.

For a complete list of specifications, see [www.garmin.com/products/forerunner50](http://www.garmin.com/products/forerunner50).



## Troubleshooting

Problem	Solution/Answer
The buttons don't respond. How do I reset the Forerunner?	<b>CAUTION:</b> This procedure deletes all information that you have entered. Press <b>view</b> , <b>mode</b> , and <b>start/stop</b> simultaneously to reset the Forerunner software. This restores the factory settings. Workout data is deleted. You must reset the time and custom settings. If you are still having problems, remove and then replace the battery (see page 26).
How do I set the time to AM or PM?	Verify that the time mode is set to <b>12-H</b> (12 hour). Use <b>+</b> and <b>-</b> to select the correct hour. The <b>A</b> or <b>P</b> icon appears above the seconds on the Time page. For more information, see page 3.
The Forerunner will not send data to my computer.	See page 17 to enable computer pairing.
The heart rate monitor or foot pod will not pair with the Forerunner.	<ul style="list-style-type: none"><li>• Stay 10 m away from other ANT sensors while pairing.</li><li>• Bring the Forerunner within range (3 m) of the heart rate monitor while pairing.</li><li>• If the problem persists, replace the battery.</li></ul>
The heart rate monitor strap is too big.	A smaller elastic strap is sold separately. Go to <a href="http://shop.garmin.com">http://shop.garmin.com</a> .





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Problem	Solution/Answer
The heart rate data is inaccurate or erratic.	<ul style="list-style-type: none"><li>• Make sure the heart rate monitor is snug against your body.</li><li>• Warm up for 5–10 minutes. If the problem persists, continue with the following suggestions.</li><li>• Reapply moisture to the sensors. Use water, saliva, or electrode gel. Clean the sensors. Dirt and sweat residue on the sensor can interfere with heart rate signals.</li><li>• Synthetic fabrics that rub or flap against the heart rate monitor can create static electricity that interferes with heart rate signals. Wear a cotton shirt or wet your shirt if suitable for your activity.</li><li>• Position the heart rate monitor on your back instead of your chest.</li><li>• Strong electromagnetic fields and some 2.4 GHz wireless sensors can interfere with your heart rate monitor. Sources of interference may include very high voltage power lines, electric motors, microwave ovens, 2.4 GHz cordless phones, and wireless LAN access points. After you move away from the source of interference, your heart rate data should return to normal.</li></ul>





## Product Warnings and Important Information

- Contact your local waste department to properly dispose of the units and batteries. Do not incinerate.
- Keep used batteries away from children. Do not disassemble, puncture, or damage the battery.  
**Perchlorate Material:** Special handling may apply, see [www.dtsc.ca.gov/hazardouswaste/perchlorate](http://www.dtsc.ca.gov/hazardouswaste/perchlorate).
- The Forerunner has no user-serviceable parts. Should you ever encounter a problem with your unit, please take it to an authorized Garmin dealer for repairs.
- 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 Forerunner, heart rate monitor,

and foot pod 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 can be accepted for the consequences of any erroneous readings.

The **California Electronic Waste Recycling Act of 2003** requires the recycling of certain electronics. For more information on the applicability to this product, see [www.erecycle.org](http://www.erecycle.org).

**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](http://www.garmin.com/prop65) for more information.







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# 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/forerunner50](http://www.garmin.com/products/forerunner50). Click **Manuals**, and then select the **Declaration of Conformity**.





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### 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.

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 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





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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.

## FCC Compliance

This product has been tested and found to comply with Part 15 of the FCC interference limits for Class B digital devices FOR HOME OR OFFICE USE. These limits are designed to provide more reasonable protection against harmful interference in a residential installation, and are more stringent than “outdoor” requirements.

Operation of this device is subject to the following conditions: (1) this device may not cause harmful interference, and (2)





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this device must accept any interference received, including interference that may cause undesired operation.

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 receiver.

- 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.

## 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.





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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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