EDGE® 500

GPS-ENABLED CYCLING COMPUTER

Table of Contents

Getting Started

Always consult your physician before you begin or modify any exercise program. See the *Important Safety and Product Information* guide in the product box for product warnings and other important information.

When using your Edge® the first time, complete the following tasks:

1. Charge the Edge ().
2. Install the Edge ().
3. Turn on the Edge ().
4. Acquire satellites ().
5. Set up optional ANT+™ sensors ().
6. Go for a ride ().
7. Save your ride ().
8. Get Garmin Connect™ ().
9. Transfer history to your computer ().

About the Battery

This product contains a lithium-ion battery. See the *Important Safety and Product Information* guide in the product box for product warnings and other important information.

The Edge is powered by a built-in, lithium-ion battery that you can recharge using the AC charger or the USB cable included in the product box.

NOTE: The Edge will not charge when outside the temperature range of 32°F to 122°F (0°C to 50°C).

Charging the Edge

NOTICE

To prevent corrosion, thoroughly dry the mini-USB port, the weather cap, and the surrounding area before charging or connecting to a computer.

1. Plug the AC charger into a standard wall outlet.

2. Pull up the weather cap from the mini-USB port.

Tabs

Mini-USB port under the weather cap

3. Plug the small end of the AC charger into the mini-USB port.

   To connect the Edge to your computer using the USB cable, see .

4. Charge the Edge for at least three hours before you begin using it.

A fully charged battery can run for up to 18 hours before it must be recharged.

Installing the Edge

For the best GPS reception, position the bike mount so the front of the Edge is oriented toward the sky. You can install the bike mount on the stem (shown on) or the handlebars.

1. Select a suitable and secure location to mount the Edge where it does not interfere with safe operation of your bike.

2. Place the rubber disk on the back of the bike mount.

   The rubber tabs align with the back of the bike mount so it stays in place.

3. Place the bike mount on the bike stem.

4. Attach the bike mount securely using the two bands.

Rubber disk   *Bike mount notches*

Bands around the bike stem

5. Align the tabs on the back of the Edge with the bike mount notches.

6. Press down slightly and turn the Edge clockwise until it locks into place.
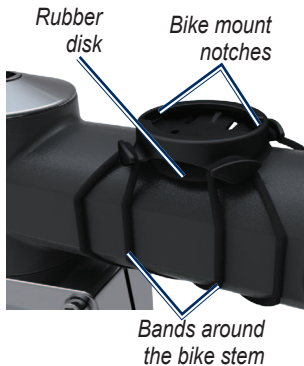
Edge Mounted on the Bike Stem

Releasing the Edge
1. Turn the Edge clockwise to unlock the device.

2. Lift the Edge off the mount.

Turning on the Edge

Press and hold **POWER** to turn on the Edge.

Configuring the Edge

The first time you turn on the Edge, you are prompted to configure system settings and user profile settings.

- Follow the on-screen instructions to complete the initial setup.
- Press ▼ or ▲ to view choices and change the default selection.
- Press **ENTER** to make a selection.

Icons

🔋 97%	Battery charge level
📶 3D	GPS is on and receiving signals.
⌂	GPS is turned off.
♡	Heart rate monitor is active.
🚲	Speed and cadence sensor is active.
⌀	Power meter is active.

Buttons

Each Edge button has multiple functions.

Button	Description
POWER/ LIGHT	Press and hold **POWER** to turn the device on and off. Press **LIGHT** to activate the backlight. Press any button to extend the backlight for 15 seconds.
BACK	Press **BACK** to cancel or return to the previous menu.

START/ STOP	Press **START/STOP** to start and stop the timer.
▼ ▲	Press **▼** or **▲** to select menus and settings. Press and hold **▼** or **▲** to scroll quickly through settings.
LAP/RESET	Press **LAP** to create a new lap. Press and hold **RESET** to reset the timer.
PAGE/ MENU	Press **PAGE** to scroll through training data pages. Press and hold **MENU** to switch between menu and timer modes.
ENTER	Press **ENTER** to select options and acknowledge messages.

Acquiring Satellite Signals

It may take 30 to 60 seconds to acquire signals.

1. Go outdoors to an open area.
2. Make sure that the front of the Edge is oriented toward the sky.
3. Wait while the Edge searches for satellites.

   Do not begin moving until the locating satellite page disappears.

NOTE: To turn off the GPS receiver and use the Edge indoors, see page 44.

Optional ANT+ Sensors

NOTE: If you do not need to set up ANT+ sensors, you can skip this step.

To use an ANT+ sensor during your ride, you must install it and pair it with the Edge.

- For heart rate monitor instructions, see page 21.
- For GSC™ 10 speed and cadence sensor instructions, see page 25.
- For third-party ANT+ sensors, see page 30, refer to the manufacturer's instructions, and go to www.garmin.com/intosports.

Going for a Ride

Before you can record history, you must acquire satellite signals (page 6).

1. Press and hold **MENU** to view the timer page.

2. Press **START** to start the timer.

   History is only recorded while the timer is running.

3. After completing your ride, press **STOP**.

Saving Your Ride Data

Press and hold **RESET** to save your ride data and reset the timer.

Using Garmin Connect

Garmin Connect is web-based software for storing and analyzing your data.

1. Go to www.garminconnect.com/start.
2. Follow the on-screen instructions.

Transferring History to Your Computer

1. Connect the USB cable to a USB port on your computer.

2. Pull up the weather cap from the mini-USB port.

*Mini-USB port
under weather cap*

3. Plug the small end of the USB cable into the mini-USB port.

4. Go to www.garminconnect.com/start.

5. Follow the instructions included with the software.

Training with Your Edge

Alerts

You can use Edge alerts to train toward specific time, distance, calorie, heart rate, cadence, and power goals.

Using Time, Distance, and Calorie Alerts

1. Press and hold **MENU**.
2. Select **Training** > **Alerts**.
3. Select **Time Alert**, **Distance Alert,** or **Calorie Alert**.
4. Turn on the alert.
5. Enter a time, distance, or calorie amount.
6. Go for a ride.

Each time you reach the alert amount, the Edge beeps and displays a message.

NOTE: To turn on audible tones for messages, see page 40.

Using Advanced Alerts

If you have an optional heart rate monitor, GSC 10, or third-party ANT+ power sensor, you can set up advanced alerts.

1. Press and hold **MENU**.
2. Select **Training** > **Alerts**.
3. Select an option:
   • Select **HR Alert** to set the minimum and maximum heart rate in beats per minute (bpm).

     NOTE: For more information about heart rate zones and settings, see page 22.

- Select **Cadence Alert** to set the fast and slow cadence amounts in revolutions of the crank arm per minute (rpm).

- Select **Power Alert** to set the minimum and maximum power amounts in watts.

4. Go for a ride.

Each time you exceed or drop below the specified heart rate, cadence, or power amount, the Edge beeps and displays a message.

NOTE: To turn on audible tones for messages, see page 40.

Using Auto Lap by Distance

You can use Auto Lap® to automatically mark the lap at a specific distance. This feature is helpful for comparing your performance over different parts of a ride (for example, every 10 miles or 40 kilometers).

1. Press and hold **MENU**.

2. Select **Settings** > **Bike Settings** > **Auto Lap**.

3. In the **Auto Lap Trigger** field, select **By Distance**.

4. Enter a value.

5. Customize optional lap data fields (page 36).

6. Go for a ride.

Using Auto Lap by Position

You can use Auto Lap to automatically mark the lap at a specific position. This feature is helpful for comparing your performance over different parts of a ride (for example, a long climb or training sprints).

1. Press and hold **MENU**.

2. Select **Settings** > **Bike Settings** > **Auto Lap**.

3. In the **Auto Lap Trigger** field, select **By Position**.

4. Select an option:

   • Select **Lap Press Only** to trigger the lap counter each time you press **LAP** and each time you pass any of those locations again.

   • Select **Start And Lap** to trigger the lap counter at the GPS location where you press **START** and at any location during the ride where you press **LAP**.

   • Select **Mark And Lap** to trigger the lap counter at a specific GPS location marked before the ride and at any location during the ride where you press **LAP**.

5. Customize optional lap data fields (see page 36).

6. Go for a ride.

NOTE: During courses, use the **By Position** option to trigger laps at all of the lap positions saved in the course.

Using Auto Pause

You can use Auto Pause® to pause the timer automatically when you stop moving or when your speed drops below a specified value. This feature is helpful if your ride includes stop lights or other places where you need to slow down or stop.

NOTE: The paused time is not saved with your history data.

1. Press and hold **MENU**.
2. Select **Settings** > **Bike Settings** > **Auto Pause**.
3. Select an option:
   • Select **Off**.
   • Select **When Stopped** to pause the timer automatically when you stop moving.
   • Select **Custom Speed** to pause the timer automatically when your speed drops below a specified value.

4. Customize optional time data fields (see page 36).

   To view the entire time (from pressing **START** to **RESET**), select the **Time - Elapsed** data field.
5. Go for a ride.

Using Auto Scroll

Use the auto scroll feature to automatically cycle through all of the training data pages while the timer is running.

1. Press and hold **MENU**.
2. Select **Settings** > **Bike Settings** > **Auto Scroll**.
3. Select a display speed: **Slow**, **Medium**, or **Fast**.
4. Go for a ride.

   The training data pages scroll automatically. You can press **PAGE** to manually switch pages.

Courses

Courses allow you to train using a previously recorded activity. You can follow the course trying to match or exceed previously set goals. For example, if the original course was completed in 30 minutes, you will race against a Virtual Partner® trying to complete the course in under 30 minutes.

You can create a course from your own activity, or you can send a course from Garmin Connect to your device.

Creating Courses with Your Edge

Before you can create a course, you must have history with GPS track data saved to the Edge.

1. Press and hold **MENU**.

2. Select **Training** > **Courses** > **New**.

3. Select a previous ride on which to base your course.

The Edge assigns a default name to your new course that appears in the list.

4. Select the course from the list.

5. Select **Edit Course** to rename the course.

6. Enter a descriptive course name in the top field (for example, 18mi_Ridgeview).

Starting a Course

1. Press and hold **MENU**.

2. Select **Training** > **Courses**.

3. Select the course from the list.

4. Select an option:

   • Select **Do Course**.

   • Select **Map** to preview the course, and press **BACK** to return to the course list.

- Select **Profile** to preview the elevation profile, and press **BACK** to return to the course list.

5. Press **START**.

   History is recorded even if you are not on the course. The "Course Complete" message appears when you finish.

6. Go for a ride.

7. Press **PAGE** to view the data pages:
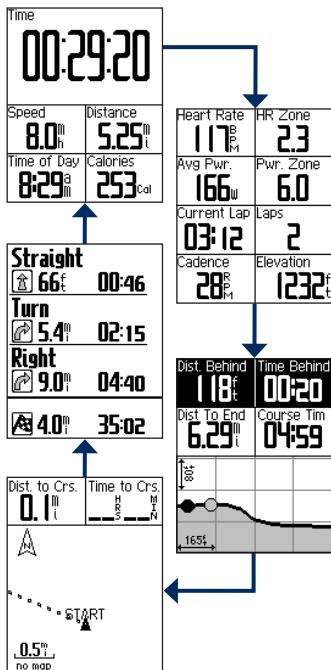
Off Course Options

You can include a warmup before you begin your course. Press **START** to begin the course, and then warm up as normal. Stay away from your course path as you warm up. When you are ready to begin, head toward your course. When you are on any part of the course path, the Edge displays an "On Course" message.

NOTE: As soon as you press **START**, your Virtual Partner starts the course and does not wait for you to warm up.

You   *Virtual Partner*
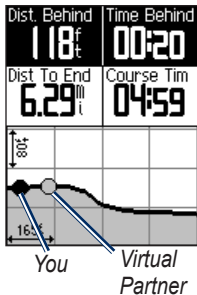
If you stray away from the course, the Edge displays an "Off Course" message. Use the course map or course points to find your way back to the course.

Changing the Course Speed

1. Press and hold **MENU**.

2. Select **Training** > **Courses**.

3. Select the course from the list.

4. Select **Do Course**.

5. Press **LIGHT**.

6. Use ▼ and ▲ to adjust the percentage of time to complete the course.

   For example, to improve your course time by 20%, enter a course speed of 120%. You will race against the Virtual Partner to finish a 30-minute course in 24 minutes.

Stopping a Course

Press and hold **MENU**, and select **Training** > **Stop Course**.

Deleting a Course

1. Press and hold **MENU**.

2. Select **Training** > **Courses**.

3. Select a course.

4. Select **Delete Course** > **Yes**.

Workouts

You can use the Edge to create workouts that include goals for each workout step and for varied distances, times, and rest laps. You can plan workouts in advance and store them on your Edge.

Creating Workouts

1. Press and hold **MENU**.

2. Select **Training** > **Workouts** > **New**.

3. Enter a descriptive workout name in the top field (for example, QUICK 10).

4. Select **Add New Step**.

5. Select **Duration** to specify how the step will be measured.

 For example, select **Distance** to end the step after a specific distance.

 If you select **Open**, you can press **LAP** to end the step during your workout.

6. If necessary, enter a value in the field below **Duration**.

7. Select **Target** to choose your goal during the step.

 For example, select **Heart Rate** to maintain a consistent heart rate during the step.

8. If necessary, select a target zone or enter a custom range.

 For example, you can select a heart rate zone. Each time you exceed or drop below the specified heart rate, the Edge beeps and displays a message.

9. If necessary, select **Yes** in the **Rest Lap** field.

 During a rest lap, the timer continues to run and data is recorded.

10. Press **BACK** to continue.

11. Repeat steps 4–9 to add another new step.

Repeating Workout Steps

Before you can repeat a workout step, you must create a workout with at least one step.

1. Select **Add New Step**.

2. In the **Duration** field, select an option.
 • Select **Repeat** to repeat a step one or more times.

   For example, you can repeat a 5-mile step ten times.

 • Select **Repeat Until** to repeat a step for a specific duration.

For example, you can repeat a 5-mile step for 60 minutes or until your heart rate reaches 160 bpm.

3. In the **Back To Step** field, select a step to repeat.

4. If necessary, select **Yes** in the **Rest Lap** field.

5. Press **BACK** to continue.

Starting a Workout

1. Press and hold **MENU**.

2. Select **Training** > **Workouts**.

3. Select the workout.

4. Select **Do Workout**.

5. Press **START**.

6. Go for a ride.

7. Press **PAGE** to view the data pages:

After you begin a workout, the Edge displays each step of the workout, the goal (if any), and current workout data. An audible alarm sounds when

you are about to finish a workout step. A message appears, counting down the time or distance until a new step begins.

Ending a Step

Press **LAP** to end a step early.

Stopping a Workout

1. Press **STOP** to stop the timer.

2. Press and hold **RESET** to save your ride data and reset the timer.

Editing a Workout Using the Edge

1. Press and hold **MENU**.

2. Select **Training** > **Workouts**.

3. Select the workout.

4. Select **Edit Workout**.

5. Select the step.

6. Select **Edit Step**.

7. Make any necessary changes, and press **BACK** to continue.

8. Press **BACK** to save and to exit.

Deleting a Workout

1. Press and hold **MENU**.

2. Select **Training** > **Workouts**.

3. Select the workout.

4. Select **Delete Workout** > **Yes**.

ANT+ Sensors

The Edge is compatible with the following ANT+ accessories:

- Heart rate monitor (page 21)
- GSC 10 speed and cadence sensor (page 25)
- Third-party ANT+ sensors (page 30)

For information about purchasing additional accessories, go to http://buy.garmin.com.

Tips for Pairing ANT+ Sensors with Your Garmin Device

- Make sure that the ANT+ sensor is compatible with your Garmin device.
- Before you pair the ANT+ sensor with your Garmin device, move 10 m away from other ANT+ sensors.
- Bring the Garmin device within range (3 m) of the ANT+ sensor.
- After you pair the first time, your Garmin device automatically recognizes the ANT+ sensor each time it is activated. This process occurs automatically when you turn on the Garmin device and only takes a few seconds when the sensors are activated and functioning correctly.
- When paired, your Garmin device only receives data from your sensor, and you can go near other sensors.

Putting on the Heart Rate Monitor

⚠ CAUTION

The heart rate monitor may cause chafing when used for long periods of time. To alleviate this issue, apply an anti-friction lubricant or gel to the center of the hard strap where it contacts your skin.

Do not use gels or lubricants that contain sunscreen. Do not apply anti-friction gel or lubricant on the electrodes.

Wear the heart rate monitor directly on your skin, just below your breastplate. It should be snug enough to stay in place during your ride.

1. Push one tab on the strap through the slot in the heart rate monitor.

Tab

Heart Rate Monitor Strap

Slot

Heart Rate Monitor (Front)
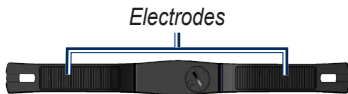
Electrodes

Heart Rate Monitor (Back)

2. Press the tab down.
3. Wet both electrodes on the back of the heart rate monitor to create a strong connection between your chest and the transmitter.
4. Wrap the strap around your chest and attach it to the other side of the heart rate monitor.

   The Garmin logo should be right-side up.

After you put on the heart rate monitor, it is on standby and ready to send data.

Using the Heart Rate Monitor

1. Turn on the Edge.
2. Bring the Edge within range (3 m) of the heart rate monitor.
3. Press and hold **MENU**.
4. Select **Settings** > **Bike Settings** > **Heart Rate** > **ANT+ HR**.
5. Select **Yes** > **Rescan**.
6. Press **BACK** to return to the main menu.

   When the heart rate monitor is paired, a message appears and the ♡ heart rate icon appears on the main menu.

7. Customize optional data fields (page 36).
8. Go for a ride.

TIP: If heart rate data does not appear or if you have erratic heart rate data, you may have to tighten the strap on your chest or warm up for 5 to 10 minutes (see page 31).

Viewing Your Heart Rate Zones and Settings

The Edge uses your user profile information from the initial setup to determine your heart rate zones.

1. Press and hold **MENU**.
2. Select **Settings** > **Bike Settings** > **Heart Rate** > **HR Zones**.

NOTE: You can customize your maximum heart rate, resting heart rate, and heart rate zones using Garmin Connect (page 8).

Heart Rate Zones

	% of Maximum Heart Rate or Resting Heart Rate	Perceived Exertion	Benefits
1	50% to 60%	Relaxed, easy pace; rhythmic breathing	Beginning-level aerobic training; reduces stress
2	60% to 70%	Comfortable pace; slightly deeper breathing, conversation possible	Basic cardiovascular training; good recovery pace
3	70% to 80%	Moderate pace; more difficult to hold conversation	Improved aerobic capacity; optimal cardiovascular training
4	80% to 90%	Fast pace and a bit uncomfortable; breathing forceful	Improved anaerobic capacity and threshold; improved speed
5	90% to 100%	Sprinting pace, unsustainable for long period of time; labored breathing	Anaerobic and muscular endurance; increased power

About Heart Rate Zones

⚠ CAUTION

Consult your physician to specify heart rate zones that are appropriate for your fitness level and health condition.

Many athletes use heart rate zones to measure and increase their cardiovascular strength and improve their level of fitness. A heart rate zone is a specified range of heartbeats per minute. The five commonly accepted heart rate zones are numbered from 1 to 5 according to increasing intensity.

How do heart rate zones affect your fitness goals? Knowing your heart rate zones can help you measure and improve your fitness by understanding and applying these principles:

- Your heart rate is a good measure of exercise intensity.
- Training in specific heart rate zones can help you improve

cardiovascular capacity and strength.

- Knowing your heart rate zones can prevent you from overtraining and can decrease your risk of injury.

Replacing the Heart Rate Monitor Battery

The heart rate monitor contains a user-replaceable CR2032 battery.

NOTE: Contact your local waste disposal department to properly dispose of batteries.

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 battery.

4. Wait 30 seconds.

5. Insert the new battery with the positive side facing up.

   NOTE: Be careful not to damage or lose the O-ring gasket on the cover.

6. Use a coin to twist the cover clockwise so the arrow on the cover points to **CLOSE**.

Installing the GSC 10

Both magnets must be aligned with their respective indication lines for the Edge to receive data.

1. Place the GSC 10 on the rear chain stay (on the side opposite the drive train).

   NOTE: Place the flat rubber pad or the triangle-shaped rubber pad between the GSC 10 and the chain stay for stability.
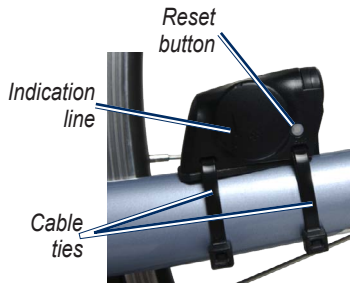
GSC 10 on Rear Chain Stay

Pedal Magnet on Crank Arm

2. Loosely attach the GSC 10 using two cable ties.

3. Attach the pedal magnet to the crank arm using the adhesive mount and a cable tie.

   The pedal magnet must be within 5 mm of the GSC 10. The indication line on the pedal magnet must line up with the indication line on the GSC 10.

4. Unscrew the spoke magnet from the plastic piece.

5. Place the spoke in the groove of the plastic piece and tighten slightly.

   The spoke magnet can face away from the GSC 10 if there is not enough room between the sensor arm and the spoke. The spoke magnet must line up with the indication line on the sensor arm.

Sensor arm indication line

Spoke magnet

GSC 10

Pedal magnet
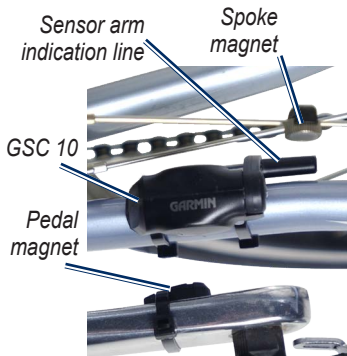
GSC 10 and Magnet Alignment

6. Loosen the screw on the sensor arm.

7. Move the sensor arm to within 5 mm of the spoke magnet.

    You can also tilt the GSC 10 closer to either magnet for improved alignment.

8. Press the **Reset** button on the GSC 10.

    The LED turns red, then green.

9. Pedal to test the sensor alignment.

    The red LED blinks each time the pedal magnet passes the sensor. The green LED blinks each time the spoke magnet passes the sensor arm.

    NOTE: The LED blinks for the first 60 passes after a reset. Press **Reset** again if you require additional passes.

10. When everything is aligned and working correctly, tighten the cable ties, the sensor arm, and the spoke magnet.

Using the GSC 10

1. Turn on the Edge.

2. Bring the Edge within range (3 m) of the GSC 10.

3. Press and hold **MENU**.

4. Select **Settings** > **Bike Settings** > **[Bike 1]** > **ANT+ Spd/Cad**.

5. Select **Yes** > **Rescan**.

6. Press **BACK** to return to the main menu.

    When the GSC 10 is paired, a message appears and the cadence icon appears on the main menu.

7. Customize optional data fields (page 36).

8. Go for a ride.

About the GSC 10

Cadence data from the GSC 10 is always recorded. If there is no GSC 10 paired, GPS data is used to calculate the speed and distance.

Cadence is your rate of pedaling or "spinning" measured by the number of revolutions of the crank arm per minute (rpm). There are two sensors on the GSC 10: one for cadence and one for speed.

For information about cadence alerts, see page 9.

Non-Zero Averaging for Cadence Data

The non-zero data-averaging setting is available if you are training with an optional cadence sensor. The default setting is to exclude zero values that occur when you are not pedaling.

To turn the non-zero averaging on or off, press and hold **MENU**, and select **Settings** > **Bike Settings** > **Data Avg**.

Replacing the GSC 10 Battery

The GSC 10 contains a user-replaceable CR2032 battery.

NOTE: Contact your local waste disposal department to properly dispose of batteries.

1. Locate the circular battery cover on the side of the GSC 10.

Battery cover

CR2032 battery
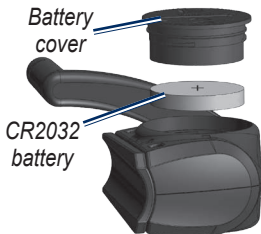
2. Use a coin to twist the cover counter-clockwise until it is loose enough to remove (arrow points to unlocked).

3. Remove the cover and battery.

4. Wait 30 seconds.

5. Insert the new battery with the positive side facing up.

   NOTE: Be careful not to damage or lose the O-ring gasket on the cover.

6. Use a coin to twist the cover back into place (arrow points to locked).

Battery cover

Unlocked

Arrow

Locked
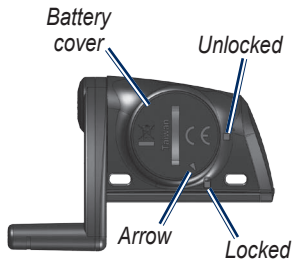
Third-Party ANT+ Sensors

For a list of third-party ANT+ sensors that are compatible with the Edge, go to www.garmin.com/intosports.

Calibrating Your Power Meter

For calibration instructions specific to your power meter, refer to the manufacturer's instructions.

Before you can calibrate your power meter, it must be properly installed and actively recording data.

1. Press and hold **MENU**.
2. Select **Settings** > **Bike Settings** > **[Bike 1]** > **ANT+ Power** > **Calibrate**.
3. Keep your power meter active by pedaling until the message appears.

Viewing Your Power Zones

You can set seven custom power zones using Garmin Connect. If you know your FTP (functional threshold power) value, you can enter it and allow the software to calculate your power zones automatically.

1. Press and hold **MENU**.
2. Select **Settings** > **Bike Settings** > **[Bike 1]** > **Power Zones**.

Non-Zero Averaging for Power Data

The non-zero data-averaging setting is available if you are training with an optional power meter. The default setting is to exclude zero values that occur when you are not pedaling.

To turn the non-zero averaging on or off, press and hold **MENU**, and select **Settings** > **Bike Settings** > **Data Avg**.

ANT+ Sensor Troubleshooting

Problem	Solution
The ANT+ sensor will not pair with my device.	• Stay 10 m away from other ANT sensors while pairing. • Bring the device within range (3 m) of the heart rate monitor while pairing. • If the problem persists, replace the battery.
I have a third-party ANT+ sensor.	Make sure that it is compatible with the Edge (www.garmin.com/intosports).
The heart rate monitor strap is too big.	A smaller elastic strap is sold separately. Go to http://buy.garmin.com.
The heart rate data is inaccurate or erratic.	• Make sure that the heart rate monitor is snug against your body. • Warm up for 5–10 minutes. • Reapply moisture to the electrodes and contact patch. Use water, saliva, or electrode gel. • Wash the strap after every seven uses. • Wear a cotton shirt or wet your shirt if suitable for your activity. Synthetic fabrics that rub or flap against the heart rate monitor can create static electricity that interferes with heart rate signals. • Move away from sources of strong electromagnetic fields and some 2.4 GHz wireless sensors, which can interfere with your heart rate monitor. Sources of interference may include high-voltage power lines, electric motors, microwave ovens, 2.4 GHz cordless phones, and wireless LAN access points.

History

Your Edge automatically saves history when the timer is started. The Edge can save at least 180 hours of ride data with typical use. When the Edge memory is full, a message appears. The Edge does not automatically delete or overwrite your history. See page 33 to learn how to delete history.

History includes time, distance, calories, average speed, maximum speed, altitude, and detailed lap information. Edge history can also include heart rate, cadence, and power.

NOTE: History is not recorded while the timer is stopped or paused.

Viewing History

1. Press and hold **MENU**.
2. Select **History** > **Activities**.

3. Choose an option:
   - Use ▼ and ▲ to scroll through your activities.
   - Select **View More** to view the details for the entire ride or for each lap.

Viewing Distance and Time Totals

Press and hold **MENU**, and select **History** > **Totals** to view the accumulated ride distance and time.

Deleting History

After you have transferred your history to your computer, you may want to delete the history from your Edge.

1. Press and hold **MENU**.
2. Select **History** > **Delete**.
3. Select an option:
   - Select **Indv. Activities** to delete one activity at a time.
   - Select **All Activities** to delete all ride data from the history.
   - Select **Old Activities** to delete activities recorded more than one month ago.
   - Select **All Totals** to reset the ride distance and time totals.

     NOTE: This does not delete any history.
4. Select **Yes**.

Data Recording

The Edge uses smart recording. It records key points where you change direction, speed, or heart rate.

When a third-party power meter (page 30) is paired, the Edge records points every second. Recording points every second uses more of the available memory on the Edge, but creates a very accurate record of your ride.

Data Management

You can use the Edge as a USB mass storage device.

NOTE: The Edge is not compatible with Windows® 95, 98, Me, or NT. It is also not compatible with Mac® OS 10.3 and earlier.

Connecting the USB Cable

NOTICE

To prevent corrosion, thoroughly dry the mini-USB port, the weather cap, and the surrounding area before charging or connecting to a computer.

1. Connect the USB cable to a USB port on your computer.

2. Pull up the weather cap from the mini-USB port.

3. Plug the small end of the USB cable into the mini-USB port.

    Your device appears as a removable drive in My Computer on Windows computers and as a mounted volume on Mac computers.

Loading Files

After you have connected the device to your computer, you can manually load the following files to your Edge: .tcx, .fit, and .crs.

1. Browse your computer for the file.

2. Select **Edit** > **Copy**.

3. Open the "Garmin" drive or volume.

4. Open the "NewFiles" folder.

5. Select **Edit** > **Paste**.

Deleting Files

NOTICE

Your device memory contains important system files that should not be deleted.

After you have connected the device to your computer, you can manually delete files.

1. Open the Garmin drive or volume.
2. Select the file.
3. Press the **Delete** key on your keyboard.

Disconnecting the USB Cable

When you are finished managing your files, you can disconnect the USB cable.

1. Complete an action:
   • For Windows computers, click the eject icon 🖴 in your system tray.
   • For Mac computers, drag the volume icon to the Trash 🗑.
2. Unplug the device from your computer.

Settings

You can customize the following settings and features:

- Data fields (page 37)
- System settings (page 40)
- User profiles (page 42)
- Bike profiles (page 42)
- GPS settings (page 44)

Customizing Your Data Fields

You can set up custom data fields for three training data pages.

1. Press and hold **MENU**.
2. Select **Settings** > **Bike Settings** > **Data Fields**.
3. Select one of the pages.
4. Select the number of data fields you want to see on this page.
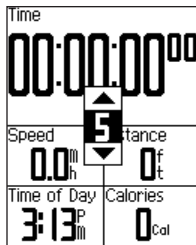
To turn off an optional page, set the number of data fields to zero.

5. Use ▼, ▲, and **ENTER** to change the data fields.
6. Repeat steps 3 through 5 for each page you want to customize.

Data Fields

Data fields with the * symbol display statute or metric units. Data fields with the ** symbol require an ANT+ sensor.

Data Field	Description
Cadence **	Revolutions of the crank arm per minute.
Cadence – Avg. **	Average cadence for the duration of your current ride.
Cadence – Lap **	Average cadence for the current lap.
Calories	Amount of calories burned.
Distance *	Distance traveled on the current ride.
Dist – Lap *	Distance traveled in the current lap.
Elevation *	Distance above or below sea level.

Data Field	Description
GPS Accuracy *	Margin of error for your exact location. For example, your GPS location is accurate to within +/- 12 feet.
Grade	Calculation of rise over run. For example, if for every 10 feet you climb (elevation) you travel 200 feet (distance), your grade is 5%.
Heading	Current direction you are traveling.
Heart Rate **	Heart rate in beats per minute (bpm).
HR – %HRR **	Percentage of heart rate reserve (maximum heart rate minus resting heart rate).
HR – %Max. **	Percentage of maximum heart rate.
HR – Avg. **	Average heart rate for the ride.

Data Field	Description
HR – Avg. %HRR **	Average percentage of heart rate reserve (maximum heart rate minus resting heart rate) for the run.
HR – Avg. %Max. **	Average percentage of maximum heart rate for the run.
HR – Lap **	Average heart rate in the current lap.
HR – Lap %HRR **	Average percentage of heart rate reserve (maximum heart rate minus resting heart rate) for the lap.
HR – Lap %Max. **	Average percentage of maximum heart rate for the lap.
HR Graph **	Line graph showing your current heart rate zone (1 to 5).

Data Field	Description
HR Zone **	Current range of heart rate (1 to 5). The default zones are based on your user profile, maximum heart rate, and resting heart rate.
Laps	Number of laps completed.
Power **	Current power output in watts.
Power - %FTP **	Current power output in % FTP (functional threshold power).
Power - 30s Avg. **	The 30-second moving average of power output.
Power - 3s Avg. **	The three-second moving average of power output.
Power – Avg. **	Average power output for the duration of your current ride.
Power – kJ **	Total (cumulative) amount of power output in kilojoules.

Data Field	Description
Power – Lap **	Average power output in the current lap.
Power – Max. **	Top power achieved during the current ride.
Power Zone **	Current range of power output (1 to 7) based on your FTP or custom settings.
Speed *	Current speed.
Speed – Avg. *	Average speed for the ride.
Speed – Lap *	Average speed in the current lap.
Speed – Max. *	Top speed achieved during the current ride.

Data Field	Description
Temperature *	Current temperature in Fahrenheit or Celsius. **NOTE**: The Edge may display temperature readings that are higher than the actual air temperature if the Edge is placed in direct sunlight or held in your hand. Also, the Edge will take some time to adjust to significant changes in temperature.
Time	Stopwatch time.
Time – Avg. Lap	Average time to complete the laps so far.
Time - Elapsed	Total time recorded from pressing **START** to **RESET**.
Time – Lap	Amount of time in the current lap.

Data Field	Description
Time of Day	Current time of day based on your time settings (format, time zone, and daylight saving time).
Total Ascent *	Total elevation gain for the current ride.
Total Descent *	Total elevation lost for the current ride.
Vertical Speed *	Rate of ascent or descent in feet/meters per hour.
VS – 30s Avg. *	The 30-second moving average of vertical speed.

Changing Your System Settings

Changing the Audible Tones

1. Press and hold **MENU**.
2. Select **Settings** > **System** > **Tones**.

3. Turn the tones for keys and messages on or off.

Changing the Backlight

1. Press and hold **MENU**.
2. Select **Settings** > **System** > **Display**.
3. Change the settings:
   - Select **Backlight Timeout** to change the amount of time the backlight stays on.

     TIP: Use a short backlight setting to conserve battery power.
   - Select **Backlight Level** to change the brightness.
   - Select **Contrast** to change the level of screen contrast.

Changing the Configuration Settings

You can modify all of the settings you configured in the initial setup.

1. Press and hold **MENU**.
2. Select **Settings** > **System**.
3. Select an option:
   • Select **System Setup** to modify language, position format, unit format, and time format.
   • Select **Initial Setup** to modify all of the configuration settings in the initial setup.
4. Follow the on-screen instructions.

Time Zones and Time Formats

Each time you turn on the Edge and acquire satellites, the Edge automatically detects your time zone and the current time of day. To change the time format to 12 hour or 24 hour, you must change the configuration settings in the system setup (page 41).

Changing the Auto Power Down Setting

This feature automatically turns the Edge off after 15 minutes of inactivity.

1. Press and hold **MENU**.
2. Select **Settings** > **System** > **Auto Power Down**.
3. Select **On** or **Off**.

Changing Your User Profile Settings

The Edge uses information that you enter about yourself to calculate accurate ride data.

1. Press and hold **MENU**.

2. Select **Settings** > **User Profile** to update gender, age, weight, height, and activity class settings.

   Use the table on page 53 to determine your activity class.

3. Follow the on-screen instructions.

About Calories

Calorie expenditure and heart rate analysis technology is provided and supported by Firstbeat Technologies Ltd. For more information, go to www.firstbeattechnologies.com.

Updating Your Bike Profile

You can customize three bike profiles. The Edge uses the bike weight, the odometer value, and the wheel size to calculate accurate ride data.

1. Press and hold **MENU**.

2. Select **Settings** > **Bike Settings** > **[Bike 1]** > **Bike Details**.

3. Enter a name for the bike profile.

4. Enter the bike weight and the odometer value.

5. In the **Wheel Size** field, select an option:

   • Select **Auto** to calculate your wheel size using GPS distance.

   • Select **Custom** to enter your wheel size. For a table of wheel sizes and circumferences, see page 50.

Switching Bikes

After you customize your bike profiles on the Edge, select your bike.

1. Press and hold **MENU**.
2. Select **Settings** > **Bike Settings** > **[Active Bike Name] > Bike Details**.
3. Select the bike you want to use.

Changing the Start Notice

This feature automatically detects when your Edge has acquired satellites and is moving. It is a reminder to start the timer so you can record your ride data.

1. Press and hold **MENU**.
2. Select **Settings** > **Bike Settings** > **Start Notice**.

3. In the **Mode** field, select an option:
   • Select **Off**.
   • Select **Once**.
   • Select **Repeat** to change the amount of time to delay the reminder.

Speed Zones

Your Edge contains several different speed zones, ranging from very slow (Climb 4) to very fast (Max Speed). The values for the zones are default values and may not match your personal abilities. You can customize your zones using Garmin Connect (page 8).

Viewing Your Speed Zones

1. Press and hold **MENU**.
2. Select **Settings** > **Bike Settings** > **Speed Zones**.

GPS Settings

GPS settings include the following:

- Turning satellites off (page 44)
- Viewing the satellite page (page 44)
- Using elevation points (page 45)

Training Indoors

1. Press and hold **MENU**.
2. Select **GPS** > **GPS Status**.
3. Select **Off**.

When GPS is off, speed and distance data are not available unless you have an optional sensor that sends speed and distance data to the Edge (such as the GSC 10. The next time you turn on the Edge, it will search for satellite signals again.

Satellite Page

The satellite page shows your current GPS satellite information. To view the satellite page, press and hold **MENU**, and select **GPS** > **Satellite**.

On the satellite page, GPS accuracy appears at the top of the page. The black bars represent the strength of each satellite signal received (the number of the satellite appears below each bar).

For more information about GPS, go to www.garmin.com/aboutGPS.

Setting Elevation Points

You can save up to 10 elevation points. Using an elevation point each time you begin a particular training ride provides more-consistent and more-accurate elevation data.

1. Press and hold **MENU**.
2. Select **GPS** > **Set Elevation**.
3. Enter a descriptive name.
4. Enter the known elevation.
5. Select **Save**.

The next time you start the timer, the Edge automatically searches for elevation points within 30 m of your location. The Edge uses the elevation data as the starting point.

Editing Elevation Points

1. Press and hold **MENU**.
2. Select **GPS** > **Elevation Points**.
3. Select the elevation point you want to edit.
4. Edit the name and elevation.

Deleting Elevation Points

If you do not want to use a saved elevation point, you must delete the elevation point from your Edge.

1. Press and hold **MENU**.
2. Select **GPS** > **Elevation Points**.
3. Select the elevation point you want to delete.
4. Select **Delete**.

Appendix

Registering Your Device

Help us better support you by completing our online registration today:

- Go to http://my.garmin.com.
- Keep the original sales receipt, or a photocopy, in a safe place.

About the Edge

To display important software information and your unit ID, press and hold **MENU**, and select **Settings** > **About Edge**.

Updating the Software

1. Select an option:
   - Use WebUpdater. Go to www.garmin.com/products /webupdater.
   - Use Garmin Connect. Go to http://connect.garmin.com.
2. Follow the on-screen instructions.

Contacting Garmin Product Support

Contact Garmin Product Support if you have any questions about this product:

- 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.

Using the Backlight

• Press **LIGHT** to turn on the backlight.

• Press any button to extend the backlight another 15 seconds.

 NOTE: Alerts and messages also activate the backlight.

• Change the backlight settings ().

Buying Optional Accessories

Go to http://buy.garmin.com, or contact your Garmin dealer for information about optional accessories and replacement parts.

Specifications

Edge Specifications	
Display (W × H)	1.25 × 1.5 in. (31.8 × 37 mm)
Resolution (W × H)	128 × 160 pixels, with LED backlight
Water resistance	IPX7
Data storage	Approximately 50 MB (at least 180 hours of ride data, typical use)
Computer interface	USB
Battery type	700 mAh rechargeable, built-in, lithium-ion battery
Battery life	18 hours, typical usage
Operating temperature range	From 5°F to 140°F (from -15°C to 60°C)
Charging temperature range	From 32°F to 122°F (from 0°C to 50°C)

Edge Specifications	
Radio frequency/ protocol	2.4 GHz wireless communications protocol
GPS receiver	High-sensitivity integrated GPS receiver
Altimeter	Internal barometric altimeter

Bike Mount Specifications	
Bands (O-rings)	Two sizes: • 1.3 × 1.5 × 0.9 in. AS568-125 • 1.7 × 1.9 × 0.9 in. AS568-131 **NOTE**: Use EPDM (Ethylene Propylene Diene Monomer) replacement bands only. Go to http://buy .garmin.com, or contact your Garmin dealer.

Heart Rate Monitor Specifications	
Water resistance	32.9 ft. (10 m)
Transmission range	Approximately 9.8 ft. (3 m)
Battery	User-replaceable CR2032 (3 volts) Perchlorate Material – special handling may apply. See www.dtsc.ca.gov /hazardouswaste /perchlorate.
Battery life	Approximately 3 years (1 hour per day)
Operating temperature	From 14°F to 122°F (from -10°C to 50°C) **NOTE**: In cold conditions, wear appropriate clothing to keep the heart rate monitor near your body temperature.

Heart Rate Monitor Specifications	
Radio frequency/ protocol	2.4 GHz wireless communications protocol

GSC 10 Specifications	
Water resistance	IPX7
Transmission range	Approximately 9.8 ft. (3 m)
Battery	User-replaceable CR2032 (3 volts) Perchlorate Material – special handling may apply. See www.dtsc.ca.gov /hazardouswaste /perchlorate.
Battery life	Approximately 1.4 years (1 hour per day)
Operating temperature	From 5°F to 158°F (from -15°C to 70°C)

GSC 10 Specifications	
Radio frequency/ protocol	2.4 GHz wireless communications protocol

Wheel Size and Circumference

The wheel size is marked on both sides of the tire. To modify your bike profile, see .

Wheel Size	L (mm)
12 × 1.75	935
14 × 1.5	1020
14 × 1.75	1055
16 × 1.5	1185
16 × 1.75	1195
18 × 1.5	1340
18 × 1.75	1350
20 × 1.75	1515
20 × 1-3/8	1615

Wheel Size	L (mm)
22 × 1-3/8	1770
22 × 1-1/2	1785
24 × 1	1753
24 × 3/4 Tubular	1785
24 × 1-1/8	1795
24 × 1-1/4	1905
24 × 1.75	1890
24 × 2.00	1925
24 × 2.125	1965
26 × 7/8	1920
26 × 1(59)	1913
26 × 1(65)	1952
26 × 1.25	1953
26 × 1-1/8	1970
26 × 1-3/8	2068
26 × 1-1/2	2100
26 × 1.40	2005
26 × 1.50	584

Wheel Size	L (mm)
26 × 1.50	2010
26 × 1.75	2023
26 × 1.95	2050
26 × 2.00	2055
26 × 2.10	2068
26 × 2.125	2070
26 × 2.35	2083
26 × 3.00	2170
27 × 1	2145
27 × 1-1/8	2155
27 × 1-1/4	2161
27 × 1-3/8	2169
28 × 1-5/8	622
650 × 35A	2090
650 × 38A	2125
650 × 38B	2105
700 × 18C	2070
700 × 19C	2080

Wheel Size	L (mm)
700 × 20C	2086
700 × 23C	2096
700 × 25C	2105
700 × 28C	2136
700 × 30C	2170
700 × 32C	2155
700C Tubular	2130
700 × 35C	2168
700 × 38C	2180
700 × 40C	2200

Activity Classes

	How active are you?	How often do you exercise?	How long do you exercise?
0	No exercise	-	-
1	Occasional, light exercise	Once every two weeks	Less than 15 minutes
2			15 to 30 minutes
3		Once a week	Approximately 30 minutes
4	Regular exercise and training	2 to 3 times per week	Approximately 45 minutes
5			45 minutes to 1 hour
6			1 to 3 hours
7		3 to 5 times per week	3 to 7 hours
8	Daily training	Almost daily	7 to 11 hours
9		Daily	11 to 15 hours
10			More than 15 hours

The activity class information is provided by Firstbeat Technologies Ltd., portions of which are based on Jackson et al. "Prediction of Functional Aerobic Capacity Without Exercise Testing," *Medicine and Science in Sports and Exercise* 22 (1990): 863–870.

Troubleshooting

Problem	Solution
The buttons do not respond. How do I reset the Edge?	Press and hold **POWER**, **MENU**, and **RESET** simultaneously to reset the Edge. **NOTE**: This does not erase any of your data or settings.
I want to clear all the user data from my Edge.	1. Turn off the Edge. 2. Press and hold **POWER** and **RESET** until the message appears. 3. Select **Yes** to clear all user data. **NOTE**: This deletes all user-entered information, but it does not delete your history.
My Edge does not acquire satellite signals.	1. Take your Edge out of parking garages and away from tall buildings and trees. 2. Turn on the Edge. 3. Remain stationary for several minutes.
The battery gauge does not seem accurate.	Allow the Edge battery to fully discharge, and then fully charge the battery (without interrupting the charge cycle).
The battery does not last long.	Reduce the backlight time (page 40).
How do I know my Edge is in USB mass storage mode?	You should see a new removable disk drive in My Computer on Windows computers and a mounted volume on Mac computers.

Problem	Solution
My Edge is connected to the computer, but it will not go into mass storage mode.	You may have loaded a corrupted file. 1. Disconnect the Edge from your computer. 2. Turn off the Edge. 3. Press and hold **MENU** while you connect the Edge to your computer. Continue pressing **MENU** for 10 seconds or until the Edge goes into mass storage mode.
I cannot see any new removable drives in my list of drives.	If you have several network drives mapped on your computer, Windows may have trouble assigning drive letters to your Garmin drives. See the Help file for your operating system to learn how to assign drive letters.
My course file was renamed.	You can load .tcx and .crs files to the Edge. When you select the course for any reason, the file is converted to a .fit course file.
Some of my data is missing from my Edge history.	When the Edge memory is full, it will no longer record data. Transfer data to your computer regularly to avoid losing data.
I need to replace the bands for the mount.	Go to http://buy.garmin.com, or contact your Garmin dealer. Purchase bands made of EPDM only.

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**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.**

GARMIN

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