

GARMINTM

owner's manual

FORERUNNER[®] 50

with ANT+Sport[™] wireless technology



© 2007 Garmin Ltd. or its subsidiaries

Garmin International, Inc.
1200 East 151st Street,
Olathe, Kansas 66062,
USA
Tel. (913) 397.8200 or
(800) 800.1020
Fax (913) 397.8282

Garmin (Europe) Ltd.
Liberty House,
Hounslow Business Park,
Southampton, Hampshire,
SO40 9RB UK
Tel. +44 (0) 870.8501241 (outside the
UK) 0808 2380000 (within the UK)
Fax +44 (0) 870.8501251

Garmin Corporation
No. 68, Jangshu 2nd Road,
Shijr, Taipei County,
Taiwan
Tel. 886/2.2642.9199
Fax 886/2.2642.9099

All rights reserved. Except as expressly provided herein, no part of this manual may be reproduced, copied, transmitted, disseminated, downloaded or stored in any storage medium, for any purpose without the express prior written consent of Garmin. Garmin hereby grants permission to download a single copy of this manual onto a hard drive or other electronic storage medium to be viewed and to print one copy of this manual or of any revision hereto, provided that such electronic or printed copy of this manual must contain the complete text of this copyright notice and provided further that any unauthorized commercial distribution of this manual or any revision hereto is strictly prohibited.

Information in this document is subject to change without notice. Garmin reserves the right to change or improve its products

and to make changes in the content without obligation to notify any person or organization of such changes or improvements. Visit the Garmin Web site (www.garmin.com) for current updates and supplemental information concerning the use and operation of this and other Garmin products.

Garmin®, Forerunner®, Garmin Training Center®, and Auto Lap® are trademarks of Garmin Ltd. or its subsidiaries, registered in the USA and other countries. Garmin Connect™, GSC™ 10, Dynastream™, ANT™, and ANT+Sport™ are trademarks of Garmin Ltd. or its subsidiaries. These trademarks may not be used without the express permission of Garmin.

Other trademarks and trade names are those of their respective owners.

INTRODUCTION

Thank you for purchasing the Garmin® Forerunner® 50 sports monitoring watch.

WARNING: 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.

Product Registration

Help us better support you by completing our online registration today. Go to www.garmin.com/forerunner. Keep the original sales receipt, or a photocopy, in a safe place.

Contact Garmin

In the USA, contact Garmin Product Support by phone: (913) 397.8200 or (800) 800.1020, Monday–Friday; or go to www.garmin.com/support.

In Europe, contact Garmin (Europe) Ltd. at +44 (0) 870.8501241 (outside the UK) or 0808 2380000 (within the UK).

Free Garmin Software

Go to www.garmin.com/forerunner to download the Garmin Connect™ Web-based software or the Garmin Training Center® computer software. Use this software to store and analyze your workout data.

Table of Contents

Introduction	i
Product Registration	i
Contact Garmin	i
Free Garmin Software	i
What's in the Box?.....	iv
Getting Started	1
Buttons	1
Icons.....	2
Forerunner Backlight.....	2
Step 1: Turn on Your Forerunner.....	2
Step 2: Set the Time.....	3
Step 3: Set Up Sensors (Optional)	3
Step 4: Go for a Run!	4
Step 5: Download Free Software	4
Step 6: Send Workout Data to Your Computer	4

Using Accessories	5
Using the Heart Rate Monitor.....	5
Using the Foot Pod	7
Calibrating the Foot Pod	8
Removing the Foot Pod	9
Turning Off the Foot Pod	9
Using the GSC™ 10	9

Time Mode	10
Chimes.....	10
Set the Time.....	10
Set the Alarm.....	10
Set a Second Time Zone	11
More Time Options	11
Train Mode	12
Timed Workout.....	12
Training Settings.....	13
Training Zones	14
Running Zones.....	15

Heart Rate Zones	15	Battery Information.....	27
How Do Heart Rate Zones		Forerunner Battery	27
Affect Your Fitness		Heart Rate Monitor Battery	28
Goals?	16	Foot Pod Battery	29
Computer Pairing.....	18	Specifications	30
Interval Timer Mode.....	19	Forerunner 50	30
Setting the Timers.....	19	USB ANT stick.....	31
Starting the Timers	20	Heart Rate Monitor.....	31
Stopping and Resetting the		Foot Pod.....	32
Timers.....	20	Troubleshooting.....	33
Using Timer Repeat	20	Software License	
History Mode.....	21	Agreement	35
Viewing Workout History	21	Declaration of Conformity.....	35
Managing Memory	22	Index	36
Deleting Workout History.....	23		
Data Upload Mode	24		
Requirements.....	24		
Appendix	26		
Optional Accessories	26		
Bike Accessories	26		
Pairing Sensors.....	26		

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 24](#).

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://buy.garmin.com>.



GETTING STARTED

Buttons



1 view

- Press and hold to turn the backlight on/off.
- Press to scroll through the data pages in Train mode or History mode.
- Press to confirm and advance to the next setting.

2 mode

- Press to change modes.
- Press to exit a menu or page.
- Press and hold to return to the Time page.

3 lap/reset/-

- Press to create a new lap.
- Press and hold to save your workout in Train mode.
- Press to decrease the value for settings.

4 start/stop/+

- Press to start or stop the timer.
- Press and hold to customize settings.
- Press to increase the value for settings.

Icons

	Above high zone setting
	Below low zone setting
	Bike sensor active
	Foot pod sensor active
	Heart rate sensor active
	Data uploading
	Interval timer mode
	Alarm on
	Chime on
T2	Second time zone

Forerunner Backlight

Press and hold **view** to turn on the backlight for 5 seconds. Extend the backlight for 5 more seconds by pressing any button.

Step 1: Turn on Your Forerunner

Press and hold **start/stop** to turn on your Forerunner. Your Forerunner ships with the power off to conserve the battery. For more battery information, see [page 27](#).

Step 2: Set the Time

1. On the Time page, press and hold **start/stop** until the hour setting blinks.
2. Use **+** and **-** to adjust the hour.



TIP: Press and hold **+** or **-** to scroll quickly through the hours, minutes, and other Time mode settings.

3. Press **view** to advance to the minutes setting.
4. Use **+** and **-** to adjust the minutes.
5. Continue this process to set seconds, month, day, year, and 12/24-hour mode.
6. When finished, press **mode** to resume Time mode.

Step 3: Set Up Sensors (Optional)

If your Forerunner included a heart rate monitor and foot pod, the ANT+Sport™ sensors are already paired. Press **mode** until the Train page appears. The  and  icons appear on the Forerunner screen when the sensors are paired. If you purchased an accessory separately, see Pairing Sensors on

[page 26](#).

For instructions on using the heart rate monitor, see [page 5](#). For instruction on using the foot pod, see [page 7](#).

Step 4: Go for a Run!

In Train mode, press **start** to start the timer. After completing your run, press **stop**. Press and hold **lap/reset** to save your workout. Use **+** and **-** to toggle **YES** or **NO**. Press **view** to confirm.

Step 5: Download Free Software

1. Go to www.garmin.com/forerunner.
2. Create a free myGarmin account.
3. Choose Garmin Connect or Garmin Training Center with Garmin ANT Agent. Click **Download**.
4. Follow the on-screen instructions.

Step 6: Send Workout Data to Your Computer



NOTE: You must download software as instructed in [Step 5](#) so that the necessary USB drivers are installed **before** connecting the USB ANT stick to your computer.

1. Plug the USB ANT stick into an available USB port on your computer.
2. Bring your Forerunner within range (5 m) of your computer.
3. Follow the on-screen instructions.

Using Accessories

If your Forerunner came with a sensor (with ANT+Sport wireless technology) in the box, the sensors and the Forerunner are already paired. If you purchased an accessory separately, see [page 26](#) for pairing instructions.

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

Using the Heart Rate Monitor

The heart rate monitor is on standby and ready to send data. 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.

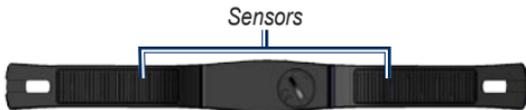
1. Push one tab on the strap through the slot in the heart rate monitor. Press the tab down.



Heart Rate Monitor Strap



Heart Rate Monitor (Front)



Heart Rate Monitor (Back)

GETTING STARTED

2. Wet both sensors on the back of the heart rate monitor to create a strong connection between your chest and the transmitter.
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. Bring the Forerunner within range (3 m) of the heart rate monitor.
5. Press **mode** to access Train mode. The  heart rate icon appears on the Train page.
6. Press **view** to advance to the **HEART** data page.

7. If  or 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 5–10 minutes. If the problem persists, you may have to pair the sensors. See [page 26](#).

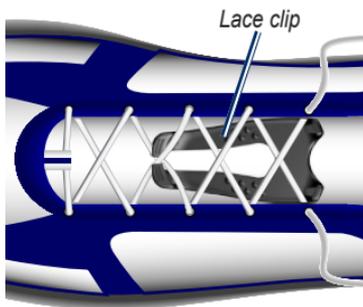


NOTE: For instructions on setting up heart rate zones, see [page 15](#).

Using the Foot Pod

The foot pod is on standby and ready to send data (like the heart rate monitor). When you install or move the foot pod, the LED blinks three times.

1. Press the tabs on the lace clip. Lift and separate the foot pod from the lace clip.
2. Loosen your shoe laces slightly.
3. Thread the lace clip through 2–3 secure sections of your shoelaces, allowing enough room at the top to tie the shoelaces.
4. Tie your shoelaces securely to keep the foot pod in place during your workout.
5. Snap the foot pod into the lace clip. The foot pod must be pointed toward the front of your shoe.





6. Bring the Forerunner within range (3 m) of the foot pod.
7. Press **mode** to access Train mode. The  foot pod icon appears on the Train page.
8. Press **view** to access the **DIST**, **LAP**, or **SPEED/PACE** data pages.

9. If  or foot pod data does not appear, you may have to pair the foot pod and the Forerunner. See [page 26](#).

Calibrating the Foot Pod

Calibrating your foot pod is optional and can improve accuracy. There are two ways to adjust the calibration: auto and manual.

Auto Calibration

The minimum calibration distance is 400 m. For best results, calibrate the foot pod using the longest distance possible at your typical pace. A regulation track (one lap = 400 m) is more accurate than a treadmill.

1. On the Train page, press and hold **start/stop**.
2. Press **view** to advance to the **PUSH CALIB** setting.

3. Press **start** to begin recording.
4. Run or walk the known distance.
5. Press **stop**.
6. Use **+** and **-** to adjust the calibration distance to the **ACTUAL** distance.
7. Press **view** to save the calibrated distance.

Manual Calibration

If your foot pod distance seems slightly high or low each time you run, you can manually adjust the calibration factor.

1. On the Train page, press and hold **start/stop**.
2. Press **view** to advance to the **CALIB** setting.
3. Use **+** and **-** to adjust the calibration factor.
4. Press **view** to save the calibration factor.

Removing the Foot Pod

Press the tabs on the front of the lace clip to remove the foot pod.

Turning Off the Foot Pod

After 30 minutes of inactivity, the foot pod automatically turns off to conserve the battery (the LED blinks twice).

Using the GSC™ 10

Your Forerunner is compatible with the GSC 10 speed and cadence sensor for bikes. The GSC 10 is an optional accessory that is available at <http://buy.garmin.com>. For more information, see [page 26](#).

TIME MODE

Time mode is the default view of the Forerunner. After 30 minutes of inactivity, the Forerunner automatically returns to the Time page. Otherwise, press **mode** until the Time page appears.



Chimes

On the Time page, press and hold **view** to toggle Chime mode.



Set the Time

See [page 3](#).

Set the Alarm

1. On the Time page, press **start/stop**. The Alarm page appears.



2. Press and hold **start/stop** until the hour setting blinks.
3. Use **+** and **-** to adjust the hour.



TIP: Press and hold **+** or **-** to scroll quickly through the hours, minutes, and other Time mode settings.

4. Press **view** to advance to the minutes setting.

5. Use **+** and **-** to adjust the minutes.
6. When finished, press **mode** to resume Alarm mode.
7. Press **lap/reset** to activate (or deactivate) the alarm. The  icon appears on the Time page and the Alarm page.

Set a Second Time Zone

You can set the Forerunner time for two time zones.

1. On the Time page, press and hold **lap/reset** to change to the second time zone. The **T2** icon appears on the Time page.
2. Follow the instructions on [page 3](#) to set the time.
3. Press and hold **lap/reset** to change back to the first time zone.

More Time Options

- Press **lap/reset** to alternate the view between day and month.
- Press and hold **lap/reset** to alternate time zones.

TRAIN MODE

Train mode displays your current workout settings and data. Press **mode** until the Train page appears.



Timed Workout

1. Press **start** to begin an active session.
 - Press **lap** to mark a known position or distance during your workout.
 - Press **view** to scroll through data pages.
 - Press and hold **view** to view secondary data pages.

2. When finished, press **stop**.



NOTE: To pause the active session, press **stop**. Press **start** when you are ready to continue the session. Your history includes a rest lap that contains rest time only.

3. To save the workout, press and hold **lap/reset**. Use **+** and **-** to toggle **YES** or **NO**. Press **view** to confirm.

Training Settings



NOTE: Training settings cannot be modified during an active session in Train mode.

1. On the Train page, press and hold **start/stop**.
 2. Press **view** to advance to the next setting. The following settings can be modified:
 - **UNITS**—change units to miles or kilometers.
 - **PACE SHOW**—display pace in minutes per mile/kilometer.
OR
SPEED SHOW—display speed in miles/kilometers per hour.
- **AUTO**—turn Auto Lap[®] on or off. When **AUTO** lap is **ON**, laps are triggered by distance; you cannot use the **lap** button to manually mark laps. Press **view** again to enter the distance.
 - **ZONES**—turn the training zones on or off. See Training Zones.
 - **PUSH CALIB**—calibrate the foot pod by running a known distance, see [page 8](#).
 - **TxPAIR**—see [page 18](#).
 - **CALIB**—enter a calibration factor to adjust foot pod calibration to a known value. See [page 8](#).
 - **WHEEL**—enter the wheel circumference in mm (GSC 10 required).

TRAIN MODE

- **WGT LB**—enter your weight (pounds or kilograms determined by the **UNITS** setting)
 - **GENDER**
 - **PUSH PAIR**—see [page 26](#).
3. Use **+** and **-** to toggle or change numeric settings.
 4. Press **mode** at any time to return to the Train page.

Training Zones

1. On the Train page, press and hold **start/stop**.
2. Press **view** to advance to the **ZONES** setting.
3. Press **+** to set **ZONES** to **ON**.
4. Press **view** to advance to the next zone setting. Use **+** and **-** to toggle or adjust numeric values for each zone limit. The following zone settings can be modified:

- Audible zone alarms
- Pace and speed zones (foot pod required)
- Heart rate zone (heart rate monitor required)
- Bike speed and cadence zones (GSC 10 required)



NOTE: During a workout with training zones, the ▲ and ▼ icons flash if you are above or below the specified range.

Running Zones

Use the foot pod to track speed, distance, steps, and pace during a workout on the Forerunner indoors or outdoors.

You can set the low and high zone limits based on either speed or pace. The **ZONES** must be set to **ON**.

1. On the Train page, press and hold **start/stop**.
2. Press **view**, and then select **PACE SHOW** or **SPEED SHOW**.
3. Press **view** to advance to **ZONES**.
4. Press **+** to set **ZONES** to **ON**.
5. Press **view** to advance to **ZO RUN**.

6. Press **+** to set **ZO RUN** to **ON**.
7. Press **view** to advance to the **RUN LO** and **RUN HI** settings. Use **+** and **-** to toggle or adjust numeric values for each zone limit.

Heart Rate Zones

Setting the heart rate zone is very similar to setting speed or pace zones. See [page 14](#).

Many runners and other athletes are using heart rate zones to measure and increase their cardiovascular strength and improve their level of fitness. A heart rate zone is a set range of heartbeats per minute. The five commonly accepted heart rate zones are numbered from 1 to 5 according to increasing intensity. Generally, heart rate zones are calculated based on percentages of your maximum heart rate.

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 certain 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.

You can set the low and high heart rate limits on your Forerunner. If you know your maximum heart rate, you can use the following table to determine the best heart rate zone for your fitness objectives.

If you do not know your maximum heart rate, use one of the calculators available on the Internet.

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

Computer Pairing

Computer pairing is the setting in which the Forerunner automatically detects and pairs additional computers with a USB ANT stick.

To pair your Forerunner with a new computer:

1. Verify that the computer is set up for data upload. See the requirements on [page 24](#).
2. On the Train page, press and hold **start/stop**.
3. Press **view** to advance to the **TxPAIR** setting.
4. Press **+** to turn on computer pairing. Your computer detects the Forerunner and requests to pair.
5. Press **view**.
6. Press **+**. The **FOUND Comp** confirmation message appears.

After you have paired with your primary computer, turn computer pairing off to avoid disruptive messages on the Forerunner and nearby computers.

To turn off computer pairing:

1. On the Train page, press and hold **start/stop**.
2. Press **view** to advance to the **TxPAIR** setting.
3. Press **-** to turn off computer pairing.

INTERVAL TIMER MODE

You can set two timers in Interval Timer mode. Setting up a Forerunner timer is very similar to setting the time of day. Press **mode** until the Timer page appears.



Setting the Timers

1. On the Timer page, press and hold **start/stop** until the hour setting blinks.
2. Use **+** and **-** to adjust the hour.



TIP: Press and hold **+** or **-** to scroll quickly through the hours, minutes, and seconds.

3. Press **view** to advance to the next setting.
4. Repeat this process for minutes and seconds. When finished, press **view** to advance to the **REPEAT** setting (see [page 20](#)).
5. Press **+** and **-** to turn on or off the repeat function.
6. Press **view** to advance to **TIMER 2** settings.

INTERVAL TIMER MODE

7. Press **+** and **-** to turn on or off the **TIMER 2** function.



8. Repeat steps 2–4 to set **TIMER 2**. When finished, press **mode** to resume Timer mode.

Starting the Timers

1. Press **view** to choose **TIMER 1** or **TIMER 2**.
2. Press **start**. The timer counts down and beeps when finished.

Stopping and Resetting the Timers

1. Press **stop** at any time to pause the timer.
2. Press and hold **lap/reset** to reset the timer.

Using Timer Repeat

Set the timer to **REPEAT** to automatically restart the timer after it beeps. If both **TIMER 1** and **TIMER 2** are active, the repeat function runs **TIMER 1 > TIMER 2 > TIMER 1 > TIMER 2**, and so forth until you press **stop**.

HISTORY MODE

Your Forerunner stores workout data based on the type of workout, the accessories used, and your training settings. Press **mode** until the History page appears.

Viewing Workout History

1. On the History page, press **+** and **-** to scroll through your saved runs and workout data.



2. Press **view** to display the start time and lap information.

3. Press **+** and **-** to view the rest of the run data depending on which accessories, settings, and training zones were used:
 - Total run time
 - Total distance
 - Total steps
 - Total calories
 - Time in each zone (**ZONES** must be set to **ON**).



4. Press **view** from any of these pages to view the next level of history data. Press **+** or **-** to view the available data pages:
 - Average lap time
 - Average lap speed
 - Average heart rate
5. Press **view** from any of these pages to view the next level of history data: details for each lap in your workout. Press **+** or **-** to view the available data pages.



Managing Memory

Your Forerunner holds up to 100 laps and up to seven hours of exercise files. When there is approximately one hour of memory remaining, the **Lo MEM** warning appears on the Forerunner screen in Train mode. When the memory is full, the **Full MEM** warning appears, and your Forerunner stops recording data.

For information about uploading data to your computer, see [page 24](#).

Deleting Workout History



NOTE: See [page 24](#) for information about transferring workout data to your computer.

1. On the History page, press **+** or **-** to scroll through your saved runs to select the run you want to delete.
2. Press and hold **lap/reset** to delete a single run. Continue to hold **lap/reset** to delete all runs.

DATA UPLOAD MODE

Your Forerunner holds up to 100 laps and up to seven hours of exercise files. Periodically upload data to your computer using the ANT+Sport wireless technology.



NOTE: By default, the process of uploading data deletes that data from your Forerunner history. To override this, you must change the settings in Garmin Training Center or Garmin Connect.

Requirements

1. Turn the computer on. (An Internet connection is required for software download and Garmin Connect.)
2. Download software (see [page 4](#)) so that the necessary USB drivers are installed **before** connecting the USB ANT stick to your computer.
3. Connect the USB ANT stick to an available USB port on your computer. For optimal performance, keep the area free of clutter.
4. Bring the Forerunner within range (5 m) of your computer.
5. Verify that Forerunner is in Time mode.

6. Verify that there are no Forerunner timers running or active training sessions.

The Forerunner automatically transmits data to the USB ANT stick so you can use Garmin Training Center or Garmin Connect to store and analyze your workout data.



NOTE: If you are having problems uploading data, you may need to enable computer pairing. See [page 18](#).

APPENDIX

Optional Accessories

For more information about optional accessories, go to <http://buy.garmin.com>. You can also contact your Garmin dealer to purchase accessories.

Bike Accessories

For information about the GSC 10 speed and cadence sensor and the Forerunner bike mount, go to <http://buy.garmin.com>.

Pairing Sensors

If you purchased a sensor (with ANT+Sport wireless technology) separately, you need to pair it with your Forerunner.

What Is Pairing?

Pairing is the connecting of sensors, such as your heart rate monitor, with your Forerunner. After you pair the first time, your Forerunner automatically recognizes your sensor each time it is activated. This process occurs automatically when you turn on the Forerunner and only takes a few seconds when the sensors are activated and functioning correctly. When paired, your Forerunner only receives data from your sensor, and you can go near other sensors.

To pair sensors with your Forerunner:

1. Move away (10 m) from other sensors while the Forerunner is trying to pair with your sensor for the first time. Bring your sensor within range (3 m) of the Forerunner.
2. Press **mode** until the Train page appears.
3. Press and hold **start/stop**.
4. Press **view** to advance to the **PUSH PAIR** page.
5. Press **start/stop**. While the Forerunner scans for new sensors, the , , and  icons blink. The icons are solid when paired.

Battery Information

WARNING: The Forerunner, the heart rate monitor, and the foot pod contain user-replaceable CR2032 batteries. See the *Important Safety and Product Information* guide in the product box for important battery safety information.

Forerunner Battery

The Forerunner battery will last for 12 months (typical use). When the battery is low, the **Lo BATT** warning blinks on the Forerunner screen in Time mode.



APPENDIX

All of your Forerunner settings are preserved, except the time of day.



NOTE: Before replacing the battery, save all of your workout data to history or to your computer.



NOTE: Garmin recommends that you take the Forerunner to a professional watch repair person to have the battery replaced.

Heart Rate Monitor Battery

The heart rate monitor contains a user-replaceable CR2032 battery. The heart rate monitor battery will last for three years (typical use is one hour per day).

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**.

Foot Pod Battery

When the foot pod battery is low, the LED blinks six times upon activation (instead of three). Approximately five hours of battery life remain. Also, the **Lo BATT** warning appears in Train mode when a workout starts or stops.



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.



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

- **Data storage:** Up to 100 laps and up to seven hours of exercise files
- **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–158°F (-15°C–70°C)
- **Radio frequency/protocol:** 2.4 GHz/Dynastream ANT+Sport wireless communications protocol

Specifications

Forerunner 50

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

USB ANT stick

- **Physical size:** 59 mm × 18 mm × 7 mm
- **Weight:** 6 g
- **Transmission range:**
Approximately 5 m
- **Operating temperature:**
14°F–122°F (-10°C–50°C)
- **Radio frequency/protocol:**
2.4 GHz / Dynastream ANT
wireless communications protocol
- **Power source:** USB

Heart Rate Monitor

- **Physical size:** 34.7 cm × 3.4 cm × 1.1 cm
- **Weight:** 44 g
- **Water Resistance:** 10 m
- **Transmission range:**
approximately 3 m

- **Battery:** User-replaceable CR2032 (3 volts)
- **Battery Life:** approximately 3 years (1 hour per day)
- **Operating temperature:**
14°F–122°F (-10°C–50°C)



NOTE: In cold conditions, wear appropriate clothing to keep the temperature of 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 the transmitter.

Foot Pod

- **Physical size:** 42 mm × 10 mm
- **Weight:** 27 g (including battery)
- **Water Resistance:** 10 m
- **Transmission range:**
Approximately 3 m
- **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 turns off to conserve the battery.

- **Operating temperature:**
14°F–140°F (-10°C–60°C)
- **Sensor Accuracy Range:**
32°F–104°F (0°C–40°C)

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

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

For a complete list of specifications, see www.garmin.com/forerunner.

Troubleshooting

Problem	Solution/Answer
The buttons don't respond. How do I reset the Forerunner?	NOTE: This procedure deletes all information that you have entered. Press view , mode , and start/stop simultaneously to reset the Forerunner software. This restores the factory settings. Workout data is deleted. You must reset the time and your custom settings. If you are still having problems, remove and then replace the battery (see page 27).
How do I set the time to AM or PM?	Verify that the time mode is set to 12-H (12 hour). Use + and - to select the correct hour. The A or P 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 18 to enable computer pairing. See www.garmin.com/forerunner for additional troubleshooting.
The heart rate monitor or foot pod will not pair with the Forerunner.	<ul style="list-style-type: none"> • Stay 10 m away from other ANT sensors while pairing. • Bring the Forerunner within range (3 m) of the heart rate monitor while pairing. • If the problem persists, replace the battery.
The heart rate monitor strap is too big.	A smaller elastic strap is sold separately. Go to http://buy.garmin.com .

Problem	Solution/Answer
The heart rate data is inaccurate or erratic.	<ul style="list-style-type: none">• Make sure the heart rate monitor is snug against your body.• Warm up for 5–10 minutes. If the problem persists, continue with the following suggestions.• 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.• 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.• Position the heart rate monitor on your back instead of your chest.• 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.

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/forerunner.

INDEX**A**

accessories 5, 26
alarm 10
Auto Lap 13

B

backlight 2
batteries 27
bike accessories 26
buttons, watch 1

C

cadence sensor 9, 26
calibrating, foot pod 8
changing modes 1
chimes 10
computer pairing 18

D

data uploading 4, 24
downloading software i, 4
drivers, USB 4, 24

F

foot pod 7, 15, 29
 calibrating 8

G

Garmin Connect i, 4, 25
Garmin Product Support i
Garmin Training Center i,
 4, 25
GSC 10 9, 26

H

heart rate monitor 5, 28
heart rate zones 15
History mode 21

I

icons 2
Interval Timer mode 19

L

lap 1, 13
license agreement 35

M

memory 22
modes, change 1
MyGarmin i

P

pairing
 computer 18
 sensors 3, 26
product registration i
product support i

R

running, foot pod 7, 15
running zones 15

S

sensors, pairing 3, 5, 26
setting the time 3
software downloads i, 4
software license
 agreement 35
speed and cadence
 sensor 9, 26

T

- technical specifications 30
- time, setting 3
- Time mode 10
- timers, setting 19
- time zones 11
- training zones 14
- Train mode 12
- transferring data 4, 24
- troubleshooting 33
- turning on Forerunner 2

U

- units 13
- uploading data 4, 24
- USB ANT stick iv, 4
- USB drivers 4, 24

W

- workout data 21

For the latest product information and accessories, visit the Garmin
Web site at www.garmin.com.

GARMINTM



© 2007 Garmin Ltd. or its subsidiaries

Garmin International, Inc.
1200 East 151st Street, Olathe, Kansas 66062, USA

Garmin (Europe) Ltd.
Liberty House, Hounsdown Business Park, Southampton, Hampshire, SO40 9RB UK

Garmin Corporation
No. 68, Jangshu 2nd Road, Shijr, Taipei County, Taiwan

Part Number 190-00839-00 Rev. E