Begin your Workout

The Forerunner tracks your pace and speed while you are working out. The steps below assume that you want the timer to pause when you walk at a low speed.

To Set the Timer for Auto Pause:
1. Press MODE to display the Timer Mode.
2. Select ‘TRAINING ASSISTANT’ and press ENTER.
3. Select ‘AUTO PAUSE LAP’ and press ENTER.
4. Select ‘AUTO PAUSE LAP’ and press ENTER. Then select ‘ON’ and press ENTER.
5. Select ‘PAUSE WHEN’ and press ENTER. Then select ‘STOPPED’ and press ENTER.
6. The next time you begin your workout the Forerunner will automatically start and stop the timer. An extra data screen is added to the Timer Mode to display your ‘REST TIME’, ‘REST DISTANCE’ if configured to pause while you walk at a low speed, and ‘TOTAL DISTANCE’. The Forerunner tracks the distance you have traveled during your workout. You can program the Forerunner to automatically keep track of your laps.

To Set Auto Lap:
1. Press MODE to display the Menu Mode.
2. Select ‘TRAINING ASSISTANT’ and press ENTER.
3. Select ‘AUTO PAUSE LAP’ and press ENTER.
4. Select ‘AUTO LAP TRIGGER’ and press ENTER. Then select ‘ON’ and press ENTER.
5. Select ‘LAP DISTANCE’ and press ENTER. Then select ‘1 MILE’ and press ENTER.
6. The next time you begin your workout the Forerunner automatically logs your laps so you do not need to press the LAP button. Every time you complete one mile, the Forerunner notifies you with a beep and displays the lap completion time. Lapped performance data is stored in the Forerunner for later review.

Auto Pause®

Virtual Partner™

The Virtual Partner (Goal Oriented Training Feature) allows you to have fun while keeping you motivated and focused on your performance goals. The steps below assume your goal is to run five miles in one hour.

To Setup your Virtual Partner:
1. Press MODE to display the Menu Mode.
2. Select ‘TRAINING ASSISTANT’ and press ENTER.
3. Select ‘VIRTUAL PARTNER’ and press ENTER.
4. Because you have distance and time goals, select ‘SET DISTANCE & TIME’ and press ENTER.
5. Select ‘DISTANCE’ and press ENTER. Then select ‘5 MILE’ and press ENTER.
6. Select ‘TIME’ and press ENTER. Then select ‘1 HOUR’ and press ENTER.
7. The INCREASE icon will appear to enter your goal. Use the UP/DOWN keys to increase your goal. Then select ‘DONE’ and press ENTER.

After you have set up your Virtual Partner, a Virtual Partner Mode (showing two people running at the starting line, the bottom person being you) is added to the Forerunner. When you are ready to begin your workout with your Virtual Partner, press START/STOP.

Other Features

By this time you should be familiar enough with the basic operational concepts of the Forerunner to explore other features. Below is a summary of some optional features:

History Menu shows you detailed lap performance data in day or week view or history totals.

Navigation Menu allows you to mark and save your current location, find a stored location, and guide you back to a stored location or your starting point. It also allows you to add a map mode that plots your breadcrumb trail on the screen.

Optional Software

Use the Garmin Training Center software on your personal computer to plan your workouts before you run and analyze them afterwards.

A Note About Forerunner 201 History

The Forerunner is a completely self-contained, performance tracking device. All lap data is automatically saved in the unit's history for future viewing. The device saves up to two years of workout history.

Build-in GPS Antenna
Waterproof Case
LCD Display (Backlight)
Up/Down Buttons
Power Button (Backlight)

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GARMIN Quick Start Guide

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Charging the Forerunner 201

The Forerunner operates on a built-in battery. Before using the Forerunner, you must charge the internal battery.

To charge the Forerunner 201:
1. Snap the Forerunner into the charging bracket as shown in the image above.
2. Plug the charging cord into a 120 Volt outlet. The message “Battery Charging in Progress” appears on the Forerunner’s screen when it is charging.
3. Leave the Forerunner until it is completely charged. When the message “Battery Charging Completed” appears on the screen, the unit is fully charged and ready for use.

Forerunner 201 Battery Life

The Forerunner operates on a built-in battery. Before using the Forerunner, you must charge the internal battery. The Forerunner charges in about one to three hours.

The Forerunner 201 Battery Life

1. Press the MODE button to cycle through the various modes of the Forerunner. The two default modes, the Timer Mode and the Menu Mode, are shown below.

2. The current date and time is displayed on the top of the screen.
3. To change the Time Zone, use the UP/DOWN buttons to select ‘TIME ZONE’ and press ENTER.
4. Use the UP/DOWN buttons to select ‘SET TIME’ and press ENTER.
5. Use the UP/DOWN buttons to select the correct time zone and press ENTER.

Adjusting the Strap

The Forerunner has been designed to comfortably fit your wrist. A strap extension provides additional length and easily attaches to the existing strap.

To add the strap extension:
1. Place the end of the existing strap through the connector on the extension.
2. Slide the end of the extension through the existing connector.
3. Adjust to fit comfortably and secure the strap. Refer to the Owner’s Manual for complete instructions.

Using the Forerunner 201 Buttons

The Red POWER button:
• Press and hold to turn the unit on or off
• Press and release, with the unit on, to turn the backlight on or off
• Press and hold RESET, then simultaneously press POWER to reset the unit if it is hung up or frozen

The MODE button:
• Press to switch between the Timer and Menu Modes
• Press to back out or escape from the present page or screen
• Press and hold to change between PAGE and SPEED (the setting impacts calorie calculations; see owner’s manual)

The RESET/LAP button:
• Press to split a lap when the timer is running
• When the timer is stopped, press and hold for 3 seconds to reset the timer and start a new run
• Press and hold, then simultaneously press POWER to reset the unit if it is hung up or frozen

The ENTER/START/STOP button:
• In Timer Mode and Map Mode (if enabled), press to start or stop the Timer
• Press to confirm data entry or menu selection

The UP/DOWN buttons:
• Press to cycle through the different screens of the Timer Mode
• Press to highlight options on pages and menus
• Press to adjust display contrast on the initial welcome screen
• Press to zoom in and zoom out on the Map Mode (if enabled)
• Press to cycle through the different screens in the Virtual Partner™ Mode (if enabled)

Starting Up the Forerunner 201

After the Forerunner is completely charged, it is ready for use.

To turn on the Forerunner 201:
1. Press and hold the POWER button until the Welcome Page is displayed.
2. Allow the Forerunner time to track satellites the first time you use it. Leave the Forerunner outside with a clear view of the sky for 15-30 minutes. After the first use, it should take less than one (1) minute to acquire satellites.
3. When the Forerunner acquires enough satellite signals to determine your location, the satellite dish icon in the upper left corner of the screen stops flashing.
4. When the Forerunner has acquired enough satellites to establish your GPS location fix, this icon displays just below the timer icon.
5. Press the MODE button to display the Menu Mode.

Map Mode:
The Map Mode, when enabled through the Navigation menu, displays where you are going and where you have been on a graphic map.

Menu Mode:
The Menu Mode provides access to features and settings.

Timer Mode:
The Timer Mode allows you to start or stop the timer, split a lap, and reset the timer. It also provides access to three data pages or screens:

The Timer Screen displays the length of time, pace/speed, and distance of your workout.

The Lap Screen displays information on the current lap. You can change the Custom Screen to display the fields you want to view, such as calories and average pace/pedometer.

The Settings menu, displays where you are going and where you have been on a graphic map.

Navigation menu, displays where you are going and where you have been on a graphic map.