

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®, Auto Lap®, Garmin Connect™, GSC10™, Dynastream™, ANT™, and ANT+Sport™ are trademarks of Garmin Ltd. or its subsidiaries, registered in the USA and other countries. These trademarks may not be used without the express permission of Garmin.

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



PREFACE

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



CAUTION: Always consult your physician before you begin or modify any exercise program. See [page 35](#) for product warnings and important information.

Product Registration

Help us better support you by completing our online registration today. Go to <http://my.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, 8 AM–5 PM Central Time; 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 <http://my.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.

CONTENTS

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

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

What's in the Box?

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

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

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

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

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



GETTING STARTED

Buttons



1

view

- Press and hold for backlight.
- Press to scroll through data pages in Train 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 jump back 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 value for settings.

4

start/stop/+

- Press to start or stop the timer.
- Press and hold to customize settings.
- Press to increase 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 26](#).

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 25](#).

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 <http://my.garmin.com/forerunner>.
2. Click **Updates & Downloads**.
3. Click **Garmin Connect downloads** or **Garmin Training Center downloads**.
4. Follow the on-screen instructions.

Step 6: Send Workout Data to Your Computer



CAUTION: 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.

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 25](#) for pairing instructions.

For information about purchasing additional accessories, go to <http://shop.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.

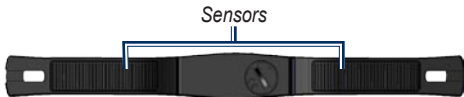
1. Push one tab on the strap through the slot in the heart rate monitor. Press the tab down.



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. The  heart rate icon appears on the Train page.
5. Press **mode** to access Train mode.
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 25](#).

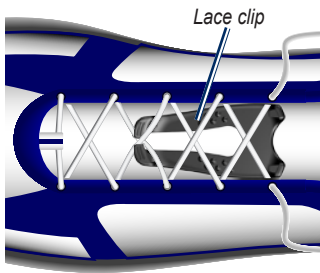


NOTE: For instructions on setting up heart rate zones, see [page 15](#).


Using the Foot Pod


The foot pod is on standby and ready to send data (like the heart rate monitor). As soon as you install the foot pod and start moving, the foot pod sends data to the Forerunner.

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 as usual.
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. Take a few steps to activate the foot pod. The LED blinks three times. (This may occur during installation.)
7. Bring the Forerunner within range (3 m) of the foot pod.
8. Press **mode** to access Train mode. The  foot pod icon appears on the Train page.
9. Press **view** to access the **DIST**, **LAP**, or **SPEED/PACE** data pages.

10. If  or foot pod data does not appear, you may have to pair the foot pod and the Forerunner. See [page 25](#).

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 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 powers off to conserve the battery (LED blinks twice).

Using the GSC10™

Your Forerunner is compatible with the GSC10 speed and cadence sensor for bikes. The GSC10 is an optional accessory that is available at <http://shop.garmin.com>. For more information, see [page 25](#).

TIME MODE

Time mode is the default view of the Forerunner. After 30 minutes of inactivity, the Forerunner automatically jumps back 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 and Alarm pages.

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 switch 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 switch back to the first time zone.

More Time Options

- Press **lap/reset** to switch the view between day and month.
- Press and hold **lap/reset** to switch 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**.
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® feature on or off. Laps are triggered by distance. If set to **ON**, press **view** again to enter the distance. When **AUTO** lap is **ON**, you cannot use the **lap** button to manually mark laps.
 - **ZONES**—turn training zones feature on or off. See Training Zones.
 - **PUSH CALIB**—calibrate foot pod by running a known distance, see [page 8](#).
 - **TxPAIR**—see [page 17](#).
 - **CALIB**—enter calibration factor to adjust foot pod calibration to a known value. See [page 8](#).
 - **WHEEL**—enter wheel circumference in mm (GSC10 required).
 - **WGT LB**—enter your weight (pounds or kilograms determined by **UNITS** setting)
 - **GENDER**
 - **PUSH PAIR**—see [page 25](#).
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 training zone setting. Use **+** and **-** to toggle or adjust numeric values for each zone limit. The following training 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 (GSC10 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 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 1–5 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 decrease your risk of injury.

TRAIN MODE

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 Max. 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 the computer is set up for data upload. See requirements on [page 23](#).
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.

Once 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 19](#)).
5. Press **+** and **-** to turn on or off the repeat function.
6. Press **view** to advance to **TIMER 2** settings.

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



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

Starting the Timers

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

Stopping and Resetting the Timers

- Press **stop** at any time to pause the timer.
- 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.

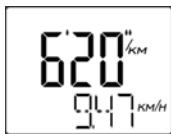
Viewing Workout History

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



2. Press **view** to display the start time for that run.

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 23](#).

Deleting Workout History



NOTE: See [page 23](#) for information on transferring workout data to your computer.

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



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

Requirements

1. Turn computer on. (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 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 Forerunner is in Time mode.

DATA UPLOAD MODE

6. Verify 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 17](#).

APPENDIX

Optional Accessories

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

Bike Accessories

For information about the GSC10 speed and cadence sensor and the Forerunner bike mount, go to <http://shop.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, like 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. Once 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



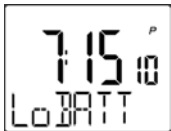
NOTE: Contact your local waste disposal department to properly dispose of batteries.

Forerunner Battery

The Forerunner contains a user-replaceable CR2032 battery. The 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.



CAUTION: Replacing the battery resets the Forerunner software and restores the factory settings. Workout data is deleted. You must reset the time and custom settings.



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.

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

The foot pod contains a user-replaceable CR2032 battery.

When the 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 Sport 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.

Caring for Your Forerunner and Accessories

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

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

Technical Specifications

Forerunner 50

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



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

APPENDIX

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

USB ANT stick

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

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

Heart Rate Monitor

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

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



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

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

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

Foot Pod

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



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

APPENDIX

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

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

For a complete list of specifications, see www.garmin.com/products/forerunner50.

Troubleshooting

| Problem | Solution/Answer |
|---|--|
| The buttons don't respond. How do I reset the Forerunner? | CAUTION: 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 custom settings. If you are still having problems, remove and then replace the battery (see page 26). |
| How do I set the time to AM or PM? | Verify that the time mode is set to 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 17 to enable computer pairing. |
| 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://shop.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. |

Product Warnings and Important Information

- Contact your local waste department to properly dispose of the units and batteries. Do not incinerate.
- Keep used batteries away from children. Do not disassemble, puncture, or damage the battery.
Perchlorate Material: Special handling may apply, see www.dtsc.ca.gov/hazardouswaste/perchlorate.
- The Forerunner has no user-serviceable parts. Should you ever encounter a problem with your unit, please take it to an authorized Garmin dealer for repairs.
- Always consult your physician before beginning or modifying any exercise program. If you have a pacemaker or other implanted electronic device, consult your physician before using a heart rate monitor.
- The Forerunner, heart rate monitor,

and foot pod are consumer devices, not medical devices, and could suffer from interference from external electrical sources. The heart rate readings are for reference only and no responsibility can be accepted for the consequences of any erroneous readings.

The **California Electronic Waste Recycling Act of 2003** requires the recycling of certain electronics. For more information on the applicability to this product, see www.ecycle.org.

WARNING: This product, its packaging, and its components contain chemicals known to the State of California to cause cancer, birth defects, or reproductive harm. This Notice is provided in accordance with California's Proposition 65. See www.garmin.com/prop65 for more information.

Software License Agreement

BY USING THE Forerunner, YOU AGREE TO BE BOUND BY THE TERMS AND CONDITIONS OF THE FOLLOWING SOFTWARE LICENSE AGREEMENT. PLEASE READ THIS AGREEMENT CAREFULLY.

Garmin grants you a limited license to use the software embedded in this device (the “Software”) in binary executable form in the normal operation of the product. Title, ownership rights, and intellectual property rights in and to the Software remain in Garmin.

You acknowledge that the Software is the property of Garmin and is protected under the United States of America copyright laws and international copyright treaties. You further acknowledge that the structure, organization, and code of the Software are valuable trade secrets of Garmin and that the Software in source code

form remains a valuable trade secret of Garmin. You agree not to decompile, disassemble, modify, reverse assemble, reverse engineer, or reduce to human readable form the Software or any part thereof or create any derivative works based on the Software. You agree not to export or re-export the Software to any country in violation of the export control laws of the United States of America.

Declaration of Conformity

Hereby, Garmin declares that this Forerunner product is in compliance with the essential requirements and other relevant provisions of Directive 1999/5/EC.

To view the full Declaration of Conformity, see the Garmin Web site for your Garmin product: www.garmin.com/products/forerunner50. Click **Manuals**, and then select the **Declaration of Conformity**.

Limited Warranty

This Garmin product is warranted to be free from defects in materials or workmanship for one year from the date of purchase. Within this period, Garmin will, at its sole option, repair or replace any components that fail in normal use. Such repairs or replacement will be made at no charge to the customer for parts or labor, provided that the customer shall be responsible for any transportation cost. This warranty does not cover failures due to abuse, misuse, accident, or unauthorized alteration or repairs.

THE WARRANTIES AND REMEDIES CONTAINED HEREIN ARE EXCLUSIVE AND IN LIEU OF ALL OTHER WARRANTIES EXPRESS, IMPLIED, OR STATUTORY, INCLUDING ANY LIABILITY ARISING UNDER ANY WARRANTY OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE, STATUTORY OR

OTHERWISE. THIS WARRANTY GIVES YOU SPECIFIC LEGAL RIGHTS, WHICH MAY VARY FROM STATE TO STATE.

IN NO EVENT SHALL GARMIN BE LIABLE FOR ANY INCIDENTAL, SPECIAL, INDIRECT, OR CONSEQUENTIAL DAMAGES, WHETHER RESULTING FROM THE USE, MISUSE, OR INABILITY TO USE THIS PRODUCT OR FROM DEFECTS IN THE PRODUCT. Some states do not allow the exclusion of incidental or consequential damages, so the above limitations may not apply to you. Garmin retains the exclusive right to repair or replace the unit or software or offer a full refund of the purchase price at its sole discretion. SUCH REMEDY SHALL BE YOUR SOLE AND EXCLUSIVE REMEDY FOR ANY BREACH OF WARRANTY.

To obtain warranty service, contact your local Garmin authorized dealer or call

APPENDIX

Garmin Product Support for shipping instructions and an RMA tracking number. Securely pack the unit and a copy of the original sales receipt, which is required as the proof of purchase for warranty repairs. Write the tracking number clearly on the outside of the package. Send the unit, freight charges prepaid, to any Garmin warranty service station.

Online Auction Purchases: Products sold through online auctions are not eligible for rebates or other special offers from Garmin. Online auction confirmations are not accepted for warranty verification. To obtain warranty service, an original or copy of the sales receipt from the original retailer is required. Garmin will not replace missing components from any package purchased through an online auction.

International Purchases: A separate warranty is provided by international distributors for units purchased outside

the United States. This warranty is provided by the local in-country distributor and this distributor provides local service for your unit. Distributor warranties are only valid in the area of intended distribution. Units purchased in the United States or Canada must be returned to the Garmin service center in the United Kingdom, the United States, Canada, or Taiwan for service.

FCC Compliance

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

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

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

This equipment generates, uses, and can radiate radio frequency energy and may cause harmful interference to radio communications if not installed and used in accordance with the instructions. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and the receiver.
- Connect the equipment into an outlet that is on a different circuit from the receiver.

- Consult the dealer or an experienced radio/TV technician for help.

This product does not contain any user-serviceable parts. Repairs should only be made by an authorized Garmin service center. Unauthorized repairs or modifications could result in permanent damage to the equipment, and void your warranty and your authority to operate this device under Part 15 regulations.

Industry Canada Compliance

Category I radiocommunication devices comply with Industry Canada Standard RSS-210. Category II radiocommunication devices comply with Industry Canada Standard RSS-310.

INDEX**A**

accessories 5, 25
alarm 10
Auto Lap 13

B

backlight 2
batteries 26
bike accessories 25
buttons, watch 1

C

cadence sensor 9, 25
calibrating
 auto 8
 foot pod 8
 manual 9
caring for your
 Forerunner 29
changing modes 1
chimes 10

computer pairing 17

D

data uploading 4, 23
downloading software i, 4
drivers, USB 4, 23

F

FCC compliance 38
foot pod 7, 14, 27
 calibrating 8

G

Garmin Connect i, 4, 24
Garmin Product Support i
Garmin Training Center i,
 4, 24
GSC10 9, 25

H

heart rate monitor 5, 27
heart rate zones 15
History mode 20

I

icons 2
Industry Canada
 compliance 39
Interval Timer mode 18

L

lap 1, 13
license agreement 36
limited warranty 37

M

memory 21
modes, change 1
MyGarmin i

P

pairing, computer 17
pairing sensors 3, 25
product registration i
product support i

R

running, foot pod 7, 14
running zones 14

S

- sensors, pairing 3, 5, 25
- setting the time 3
- software downloads i, 4
- software license
 - agreement 36
- specifications 29
- speed and cadence
 - sensor 9, 25

T

- technical specifications 29
- time, setting 3
- Time mode 10
- timers, setting 18
- time zones 11
- training zones 13
- Train mode 12
- transferring data 4, 23
- troubleshooting 33
- turning on Forerunner 2

U

- units 12
- uploading data 4, 23
- USB ANT stick iv, 4
- USB drivers 4, 23

W

- warnings and important
 - information 35
- warranty 37
- workout data 20

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



© 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

www.garmin.com

Part Number 190-00839-00 Rev. D