

To install the extra wrist mount to your fabric wristband:

1. Align the wrist mount with your fabric wristband loops.
2. Insert one end of the spring pin through the loop and into the pinhole on the wrist mount.
3. Press the other end of the spring pin inward and snap into the other pinhole on the wrist mount.
4. Repeat for the other spring pin.



To move the unit from the bike mount to the wrist mount:

1. Turn the unit 90 degrees counter clockwise to separate it from the bike mount.
2. Align the quick release bracket with the front of the wrist mount so that the unit is vertical.
3. Press in and turn the unit 90 degrees clockwise until the unit snaps into place horizontally.



Limited Warranty: Garmin's standard limited warranty applies to this Quick Release Kit. Refer to your Garmin product's owner's manual to view the warranty.



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QUICK RELEASE KIT INSTRUCTIONS

Works with Forerunner® 201 and 301 and Foretrex® 201

- Quick release bracket
- Wristband
- Extra wrist mount and spring pins (2)
- Bike mount
- Cable ties (4)
- Spring pin removal tool

The Quick Release Kit is perfect for athletes who use their Forerunner/Foretrex for both running and biking. This kit also contains an extra wrist mount than can be used for other activities or with other compatible wristbands. Once the bracket and mounts are properly installed, you can move your Forerunner/Foretrex quickly from your handlebars to your wrist.

To remove the fabric wristband from your Garmin device:

1. Insert the tip of the spring pin removal tool between the grooves of the spring pin.
2. Push inward towards the wristband and then release the spring pin outward.
3. Repeat for the other spring pin. Be careful not to lose the spring pins.

Spring pin removal tool



quick release bracket

To install the quick release bracket:

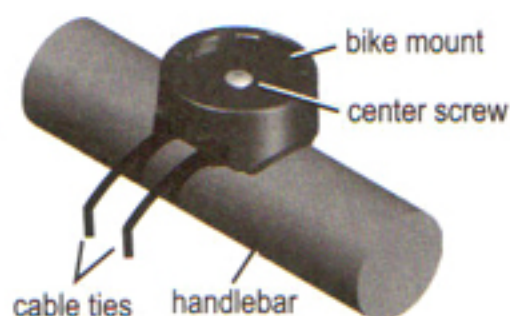
1. Verify that the arrow on the back of the quick release bracket is pointing up and your Garmin device is facing up.
2. Snap the Garmin device into the quick release bracket. Your device and the bracket are now one movable unit.

To install the bike mount:

You can install the bike mount to any part of your handlebars or to the stem. Make sure that the Garmin unit is facing up for the best GPS reception.



1. Place the bike mount on your handlebars or stem.
2. Attach the bike mount securely using two cable ties.



For vertical bars: remove the center screw, turn the front plate 90 degrees, and replace the center screw.

Now you can attach the unit to the bike mount.

3. Align the quick release bracket with the front plate of the bike mount so that the unit is vertical.
4. Press in and turn the unit clockwise until the unit snaps into place horizontally.

