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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.

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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.

