












GETTING STARTED

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.