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.

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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.

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Using Accessories

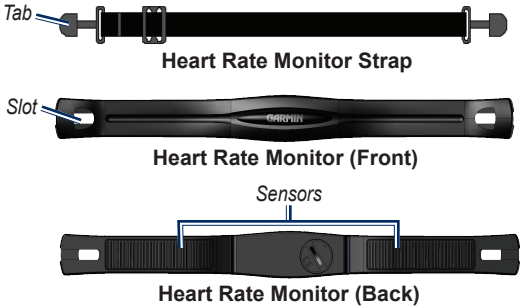
If your Forerunner came with a sensor (with ANT+Sport wireless technology) in the box, the sensors and the Forerunner are already paired. If you purchased an accessory separately, see page 25 for pairing instructions.

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.



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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.

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