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EDGE[®] 800

GPS-ENABLED CYCLING COMPUTER



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Introduction

WARNING

Always consult your physician before you begin or modify any exercise program. See the *Important Safety and Product Information* guide in the product box for product warnings and other important information.

Setting Up the Device

When using your Edge® the first time, follow the setup instructions in the *Edge 800 Quick Start Manual*.

About the Battery

WARNING

This product contains a lithium-ion battery. See the *Important Safety and Product Information* guide in the product box for product warnings and other important information.

The Edge is powered by a built-in, lithium-ion battery that you can charge using the AC charger or the USB cable included in the product box.


NOTE: The Edge will not charge when outside the temperature range of 32°F to 122°F (0°C to 50°C).

Device Overview

Keys



Manual Conventions

	Press and hold to turn the device on and off. Press to view the status page and adjust the backlight.
LAP/RESET	Press to create a new lap. Press and hold to reset the timer.
START/ STOP	Press to start and stop the timer.

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Training with Your Edge

Going for a Ride

Before you can record history, you must acquire satellite signals.

1. Press and hold **MENU** to view the timer page.

Time 00:00:00 ⁰⁰	
Speed 0.0 ^m / _h	Distance 0 ^f / _t
Time of Day 11:13 ^a / _m	Calories 0 ^{Cal}

2. Press **START** to start the timer.
History is only recorded while the timer is running.

3. After completing your ride, press **STOP**.

Saving Your Ride Data

Press and hold **RESET** to save your ride data and reset the timer.

Alerts

You can use Edge alerts to train toward specific time, distance, calorie, heart rate, cadence, and power goals.

Using Time, Distance, and Calorie Alerts

1. Press and hold **MENU**.
2. Select **Training > Alerts**.
3. Select **Time Alert**, **Distance Alert**, or **Calorie Alert**.
4. Turn on the alert.
5. Enter a time, distance, or calorie amount.
6. Go for a ride.

Each time you reach the alert amount,

the Edge beeps and displays a message.

NOTE: To turn on audible tones for messages, see [page 49](#).

Using Advanced Alerts

If you have an optional heart rate monitor, GSC 10, or third-party ANT+ power sensor, you can set up advanced alerts.

1. Press and hold **MENU**.
2. Select **Training > Alerts**.
3. Select an option:
 - Select **HR Alert** to set the minimum and maximum heart rate in beats per minute (bpm).

NOTE: For more information about heart rate zones and settings, see [page 19](#).

- Select **Cadence Alert** to set the fast and slow cadence amounts in revolutions of the crank arm per minute (rpm).
- Select **Power Alert** to set the minimum and maximum power amounts in watts.

4. Go for a ride.

Each time you exceed or drop below the specified heart rate, cadence, or power amount, the Edge beeps and displays a message.

NOTE: To turn on audible tones for messages, see [page 49](#).

Courses

Courses allow you to train using a previously recorded activity. You can follow the course trying to match or exceed previously set goals. For example, if the original course was completed in 30 minutes, you will race against a Virtual Partner® trying to complete the course in under 30 minutes.

Garmin recommends that you use Garmin Connect or Garmin Training Center (page 31) to create courses. You can then transfer the courses to your Edge (page 37).

Course Points

You must use Garmin Training Center to add course points to any course. You can add course points, or places on your course that you want to remember, such as water stops or distance goals.

Creating Courses with Your Edge

Before you can create a course, you must have history with GPS track data saved to the Edge.

1. Press and hold **MENU**.
2. Select **Training > Courses > New**.
3. Select a previous ride on which to base your course.

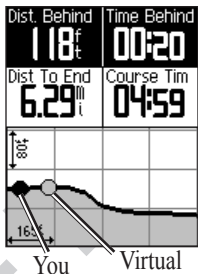
The Edge assigns a default name to your new course that appears in the list.

4. Select the course from the list.
5. Select **Edit Course** to rename the course.
6. Enter a descriptive course name in the top field (for example, 18mi_Ridgeview).

Off Course Options

You can include a warmup before you begin your course. Press **START** to begin the course, and then warm up as normal. Stay away from your course path as you warm up. When you are ready to begin, head toward your course. When you are on any part of the course path, the Edge displays an “On Course” message.

NOTE: As soon as you press **START**, your Virtual Partner starts the course and does not wait for you to warm up.



If you stray away from the course, the Edge displays an “Off Course” message. Use the course map or course points to find your way back to the course.

Changing the Course Speed

1. Press and hold **MENU**.
2. Select **Training > Courses**.
3. Select the course from the list.
4. Select **Do Course**.
5. Press **LIGHT**.
6. Use ▼ and ▲ to adjust the percentage of time to complete the course.

For example, to improve your course time by 20%, enter a course speed of 120%. You will race against the Virtual Partner to finish a 30-minute course in 24 minutes.

Stopping a Course

Press and hold **MENU**, and select **Training > Stop Course**.

Deleting a Course

1. Press and hold **MENU**.
2. Select **Training > Courses**.
3. Select a course.
4. Select **Delete Course > Yes**.

Workouts

You can use the Edge to create workouts that include goals for each workout step and for varied distances, times, and rest laps. After you create a workout, you can use Garmin Connect or Garmin Training Center to schedule the workout for a particular day. You can plan workouts in advance and store them on your Edge.

Creating Workouts

Garmin recommends that you use Garmin Connect or Garmin Training Center (page 31) to create workouts. You can then transfer the workouts to your Edge (page 37). However, you can also create and save a workout directly on your Edge.

1. Press and hold **MENU**.
2. Select **Training > Workouts > New**.
3. Enter a descriptive workout name in the top field (for example, QUICK 10).
4. Select **Add New Step**.
5. Select **Duration** to specify how the step will be measured.
For example, select **Distance** to end the step after a specific distance.
If you select **Open**, you can press **LAP** to end the step during your workout.

6. If necessary, enter a value in the field below **Duration**.
7. Select **Target** to choose your goal during the step.
For example, select **Heart Rate** to maintain a consistent heart rate during the step.
8. If necessary, select a target zone or enter a custom range.
For example, you can select a heart rate zone. Each time you exceed or drop below the specified heart rate, the Edge beeps and displays a message.
9. If necessary, select **Yes** in the **Rest Lap** field.
During a rest lap, the timer continues to run and data is recorded.
10. Press **BACK** to continue.
11. Repeat steps 4–9 to add another new step.

Repeating Workout Steps

Before you can repeat a workout step, you must create a workout with at least one step.

1. Select **Add New Step**.
2. In the **Duration** field, select an option.
 - Select **Repeat** to repeat a step one or more times.
For example, you can repeat a 5-mile step ten times.
 - Select **Repeat Until** to repeat a step for a specific duration.
For example, you can repeat a 5-mile step for 60 minutes or until your heart rate reaches 160 bpm.
3. In the **Back To Step** field, select a step to repeat.
4. If necessary, select **Yes** in the **Rest Lap** field.
5. Press **BACK** to continue.

Starting a Workout

1. Press and hold **MENU**.
2. Select **Training > Workouts**.
3. Select the workout.
4. Select **Do Workout**.
5. Press **START**.
6. Go for a ride.
7. Press **PAGE** to view the data pages:

After you begin a workout, the Edge displays each step of the workout, the goal (if any), and current workout data. An audible alarm sounds when you are about to finish a workout step. A message appears, counting down the time or distance until a new step begins.

Ending a Step

Press **LAP** to end a step early.

Stopping a Workout

1. Press **STOP** to stop the timer.
2. Press and hold **RESET** to save your ride data and reset the timer.

About Editing Workouts

You can edit workouts within Garmin Connect, Garmin Training Center, or directly in the Edge. If you edit workouts in the Edge, your changes may be temporary. Garmin Connect and Garmin Training Center serve as the master list of workouts. If you edit a workout in the Edge, the changes might be overwritten the next time you transfer workouts from Garmin Connect or Garmin Training Center. To make a permanent change to a workout, edit the workout in Garmin Connect or Garmin Training Center and then transfer it to your Edge.

Editing a Workout Using the Edge

1. Press and hold **MENU**.
2. Select **Training > Workouts**.
3. Select the workout.
4. Select **Edit Workout**.
5. Select the step.
6. Select **Edit Step**.
7. Make any necessary changes, and press **BACK** to continue.
8. Press **BACK** to save and to exit.

Deleting a Workout

1. Press and hold **MENU**.
2. Select **Training > Workouts**.
3. Select the workout.
4. Select **Delete Workout > Yes**.

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ANT+ Sensors

The Edge is compatible with the following ANT+ accessories:

- Heart rate monitor (page 18)
- GSC 10 speed and cadence sensor (page 22)
- Third-party ANT+ sensors (page 26)

For information about purchasing additional accessories, go to <http://buy.garmin.com>.

Tips for Pairing ANT+ Sensors with Your Garmin Device

- Make sure that the ANT+ sensor is compatible with your Garmin device.
- Before you pair the ANT+ sensor with your Garmin device, move 10 m away from other ANT+

sensors.

- Bring the Garmin device within range (3 m) of the ANT+ sensor.
- After you pair the first time, your Garmin device automatically recognizes the ANT+ sensor each time it is activated. This process occurs automatically when you turn on the Garmin device and only takes a few seconds when the sensors are activated and functioning correctly.
- When paired, your Garmin device only receives data from your sensor, and you can go near other sensors.

Putting on the Heart Rate Monitor

Wear the heart rate monitor directly on your skin, just below your breastplate. It should be snug enough to stay in place during your ride.

1. Connect the heart rate monitor module ① to the strap.



2. Wet both electrodes ② on the back of the **strap** to create a strong connection between your chest and the transmitter.



3. Wrap the strap around your chest, and connect it.

The Garmin logo should be right-side up.

4. Bring the device within range (3 m) of the heart rate monitor.


TIP: If the heart rate data is erratic or does not appear, you may have to tighten the strap on your chest or warm up for 5–10 minutes.


After you put on the heart rate monitor, it is on standby and ready to send data.

Pairing the Heart Rate Monitor

If you purchased a heart rate monitor separately, you must pair it with the Edge in order to view your heart rate data.

1. Turn on the Edge.
2. Bring the Edge within range (3 m) of the heart rate monitor.

3. Select **MENU** >  > **Bike Settings** > **Heart Rate** > **ANT+ Heart Rate**.
4. Select **Heart Rate Monitor** > **Yes** > **Rescan**.
6. Press **Power**.

When the heart rate monitor is paired, a message appears and the  heart rate icon appears **solid** on the status page.

7. If necessary, customize heart rate data fields ([page 39](#)).

TIP: If 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 to 10 minutes (see [page 28](#)).

Setting Your Heart Rate Zones

The Edge uses your user profile information from the initial setup to determine your heart rate zones. For the most accurate calorie data during

your ride, set your maximum heart rate, resting heart rate, and heart rate zones.

1. Select **MENU** >  > **Bike Settings** > **Heart Rate** > **Heart Rate Zones**.

2. Heart Rate Settings

Heart Rate Zones

	% of Maximum Heart Rate or Resting Heart Rate	Perceived Exertion	Benefits
1	50% to 60%	Relaxed, easy pace; rhythmic breathing	Beginning-level aerobic training; reduces stress
2	60% to 70%	Comfortable pace; slightly deeper breathing, conversation possible	Basic cardiovascular training; good recovery pace
3	70% to 80%	Moderate pace; more difficult to hold conversation	Improved aerobic capacity; optimal cardiovascular training
4	80% to 90%	Fast pace and a bit uncomfortable; breathing forceful	Improved anaerobic capacity and threshold; improved speed
5	90% to 100%	Sprinting pace, unsustainable for long period of time; labored breathing	Anaerobic and muscular endurance; increased power

About Heart Rate Zones

CAUTION

Consult your physician to specify heart rate zones that are appropriate for your fitness level and health condition.

Many athletes use heart rate zones to measure and increase their cardiovascular strength and improve their level of fitness. A heart rate zone is a specified range of heartbeats per minute. The five commonly accepted heart rate zones are numbered from 1 to 5 according to increasing intensity.

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 specific heart rate zones can help you improve

cardiovascular capacity and strength.

- Knowing your heart rate zones can prevent you from overtraining and can decrease your risk of injury.

Replacing the Heart Rate Monitor Battery (SS)

The heart rate monitor contains a user-replaceable CR2032 battery.

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

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 battery.
4. Wait 30 seconds.

5. Insert the new battery with the positive side facing up.
NOTE: Be careful not to damage or lose the O-ring gasket on the cover.
6. Use a coin to twist the cover clockwise so the arrow on the cover points to **CLOSE**.

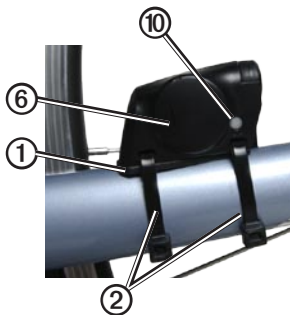
Installing the GSC 10

NOTE: If you do not have a GSC 10, you can skip this step.

Both magnets must be aligned with their respective indication lines for the Edge to receive data.

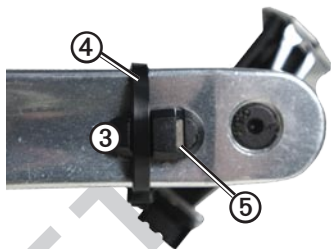
1. Place the GSC 10 on the rear chain stay (on the side opposite the drive train).

NOTE: Place the flat rubber pad ① or the triangle-shaped rubber pad between the GSC 10 and the chain stay for stability.

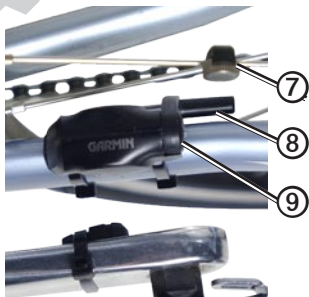


- Loosely attach the GSC 10 using two cable ties ②.
- Attach the pedal magnet ③ to the crank arm using the adhesive mount and a cable tie ④.

The pedal magnet must be within 5 mm of the GSC 10. The indication line ⑤ on the pedal magnet must line up with the indication line ⑥ on the GSC 10.



- Unscrew the spoke magnet ⑦ from the plastic piece.



ANT+ Sensors

5. Place the spoke in the groove of the plastic piece, and tighten it slightly.

The spoke magnet can face away from the GSC 10 if there is not enough room between the sensor arm and the spoke. The spoke magnet must line up with the indication line ⑧ on the sensor arm.

6. Loosen the screw ⑨ on the sensor arm.

7. Move the sensor arm to within 5 mm of the spoke magnet.

You can also tilt the GSC 10 closer to either magnet for improved alignment.

8. Press the **Reset** key ⑩ on the GSC 10.



The LED turns red, then green.

9. Pedal to test the sensor alignment.

The red LED blinks each time the pedal magnet passes the sensor. The green LED blinks each time the spoke magnet passes the sensor arm.


NOTE: The LED blinks for the first 60 passes after a reset. Press Reset again if you require additional passes.

10. When everything is aligned and working correctly, tighten the cable ties, the sensor arm, and the spoke magnet.

When the GSC 10 is paired, a message appears, and the   speed and cadence icons appear solid on the status page.

Using the GSC 10

1. Turn on the Edge.
2. Bring the Edge within range (3 m) of the GSC 10.
3. Press and hold **MENU**.
4. Select **Settings > Bike Settings > [Bike 1] > ANT+ Spd/Cad**.
5. Select **Yes > Rescan**.
6. Press **BACK** to return to the main menu.

When the GSC 10 is paired, a message appears, and the  speed and cadence icons appear solid on the status page.

7. Customize optional data fields ([page 39](#)).
8. Go for a ride.

About the GSC 10

Cadence data from the GSC 10 is always recorded. If there is no GSC 10 paired, GPS data is used to calculate


the speed and distance.

Cadence is your rate of pedaling or “spinning” measured by the number of revolutions of the crank arm per minute (rpm). There are two sensors on the GSC 10: one for cadence and one for speed.

For information about cadence alerts, see [page 6](#).

Non-Zero Averaging for Cadence Data

The non-zero data-averaging setting is available if you are training with an optional cadence sensor. The default setting is to exclude zero values that occur when you are not pedaling.

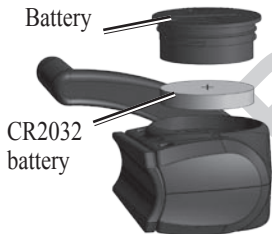
To turn the non-zero averaging on or off, select **MENU >  > Bike Settings > Data Averaging > Cadence**.

Replacing the GSC 10 Battery

The GSC 10 contains a user-replaceable CR2032 battery.

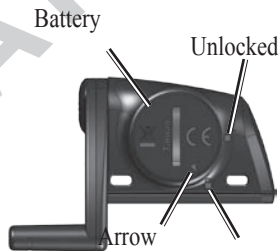
NOTE: Contact your local waste disposal department to properly dispose of batteries.

1. Locate the circular battery cover on the side of the GSC 10.



2. Use a coin to twist the cover counter-clockwise until it is loose enough to remove (arrow points to unlocked).

3. Remove the cover and battery.
4. Wait 30 seconds.
5. Insert the new battery with the positive side facing up.
NOTE: Be careful not to damage or lose the O-ring gasket on the cover.
6. Use a coin to twist the cover back into place (arrow points to locked).




Third-Party ANT+ Sensors

For a list of third-party ANT+ sensors that are compatible with the Edge, go

to www.garmin.com/intosports.

Pairing Your Power Meter


Refer to the manufacturer's instructions.

When the power meter is paired, a message appears, and the  power icon appears solid on the status page.

Calibrating Your Power Meter

For calibration instructions specific to your power meter, refer to the manufacturer's instructions.

Before you can calibrate your power meter, it must be properly installed and actively recording data.

1. Select **MENU** >  > **Bike Settings** > **Bike Profiles**.
2. Select a bike profile.
3. Select **ANT+ Power** > **Calibrate**.
4. Keep your power meter active by pedaling until a message appears.


Viewing Your Power Zones

You can set seven custom power zones using Garmin Connect or Garmin Training Center. If you know your FTP (functional threshold power) value, you can enter it and allow the software to calculate your power zones automatically.

1. Press and hold **MENU**.
2. Select **Settings** > **Bike Settings** > **[Bike 1]** > **Power Zones**.

Non-Zero Averaging for Power Data

The non-zero data-averaging setting is available if you are training with an optional power meter. The default setting is to exclude zero values that occur when you are not pedaling.

To turn the non-zero averaging on or off, select **MENU** >  > **Bike Settings** > **Data Averaging** > **Power**.

ANT+ Sensor Troubleshooting

Problem	Solution
The ANT+ sensor will not pair with my device.	<ul style="list-style-type: none">• Stay 10 m away from other ANT sensors while pairing.• Bring the device within range (3 m) of the heart rate monitor while pairing.• If the problem persists, replace the battery.
I have a third-party ANT+ sensor.	Make sure that it is compatible with the Edge (www.garmin.com/intosports).
The heart rate monitor strap is too big.	A smaller elastic strap is sold separately. Go to http://buy.garmin.com .

Problem	Solution
The heart rate data is inaccurate or erratic.	<ul style="list-style-type: none">• Make sure that the heart rate monitor is snug against your body.• Reapply moisture to the electrodes. Use water, saliva, or electrode gel.• Clean the electrodes. Dirt and sweat residue on the electrodes can interfere with heart rate signals.• Position the heart rate monitor on your back instead of your chest.• Wear a cotton shirt or wet your shirt if suitable for your activity. Synthetic fabrics that rub or flap against the heart rate monitor can create static electricity that interferes with heart rate signals.• Move away from sources of strong electromagnetic fields and some 2.4 GHz wireless sensors, which can interfere with your heart rate monitor. Sources of interference may include high-voltage power lines, electric motors, microwave ovens, 2.4 GHz cordless phones, and wireless LAN access points.

History

Your Edge automatically saves history when the timer is started. The Edge can save at least 180 hours of ride data with typical use. When the Edge memory is full, a message appears. The Edge does not automatically delete or overwrite your history. See [page 32](#) to learn how to delete history.

Upload your history ([page 31](#)) to Garmin Connect or Garmin Training Center periodically to keep track of all of your ride data.

History includes time, distance, calories, average speed, maximum speed, altitude, and detailed lap information. Edge history can also include heart rate, cadence, and power.

NOTE: History is not recorded while the timer is stopped or paused.

Viewing History

1. Press and hold **MENU**.
2. Select **History > Activities**.

Today 8:00 AM	
29:45.25	5.28 ^{mi}
9.6 ^{mi}	254 ^{cal}
View More	

3. Choose an option:
 - Use **▼** and **▲** to scroll through your activities.
 - Select **View More** to view the details for the entire ride or for each lap.

Viewing Distance and Time Totals

Press and hold **MENU**, and select **History > Totals** to view the accumulated ride distance and time.

Using Free Software

Garmin provides two software options for storing and analyzing your ride data:

- Garmin Connect is Web-based software.
 - Garmin Training Center is computer software that does not require the Internet after installation.
1. Go to www.garmin.com/intosports.
 2. Follow the on-screen instructions to install the software.

Transferring History to Your Computer

NOTICE

To prevent corrosion, thoroughly dry the mini-USB port, the weather cap, and the surrounding area before charging or connecting to a computer.

1. Connect the USB cable to an available USB port on your computer.
2. Pull up the weather cap ① from the mini-USB port ②.



3. Plug the small end of the USB cable into the mini-USB port.

4. Open Garmin Connect (www.garminconnect.com), or open Garmin Training Center.
5. Follow the instructions included with the software.

Deleting History

After you have transferred your history to your computer, you may want to delete the history from your Edge.

1. Press and hold **MENU**.
2. Select **History > Delete**.
3. Select an option:
 - Select **Indv. Activities** to delete one activity at a time.
 - Select **All Activities** to delete all ride data from the history.
 - Select **Old Activities** to delete activities recorded more than one month ago.
 - Select **All Totals** to reset the ride distance and time totals.

NOTE: This does not delete any history.

4. Select **Yes**.

Data Recording

The Edge uses smart recording. It records key points where you change direction, speed, or heart rate.

When a third-party power meter ([page 26](#)) is paired, the Edge records points every second. Recording points every second uses more of the available memory on the Edge, but creates a very accurate record of your ride.

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Navigation

Insert advance organizer?

Include Map configuration stuff here
from 62 Map

The position icon represents your location on the map. As you travel, the position icon moves and leaves a track log (trail). Waypoint names and symbols also appear on the map.

Changing the Map Orientation

1. From the map, press MENU.
2. Select Setup Map > Orientation.
3. Select an orientation:

Select North Up to show north at the top of the page.

Select Track Up to show your current direction of travel at the top of the page.

Select Automotive Mode to show a perspective view.

Map Setup Options

From the map, press menu, and select Setup Map.

Map Orientation—allows you to select how the map appears (page 11).

Guidance Text—allows you to select when to show guidance text on the map.

Advanced Map Setup

Auto Zoom—automatically selects the appropriate zoom level for optimal use on your map. When Off is selected, you must zoom in or out manually.

Zoom Levels—map items draw or appear at or below the selected zoom level.

Text Size—allows you to select the text size for map items.

Detail—allows you to select the amount of map data displayed on the device.

note: Higher detail settings may cause the map to redraw slowly.

Shaded Relief—shows detail relief on the map (if available) or turns off shading.

Routing Settings

From the main menu, select Setup > Routing.

Guidance Method—allows you to select a guidance method for calculating your route.

Off Road—calculates point-to-point routes.

On Road For Time (requires routable maps)—calculates onroad routes that require minimal time to drive.

On Road For Distance (requires

routable maps)—calculates on-road routes that are shorter in distance.

Calculates Routes for—allows you to select a transportation method in order to optimize your route.

Lock On Road—locks the current location marker on the nearest road, compensating for variances in map position accuracy (requires routable maps).

Off Road Transitions

Auto—automatically routes you to the next point.

Manual—allows you to select the next point on the route by using the point on the active route page.

Distance—routes you to the next point on the route when you are within a specified distance of your current point.

Avoidance Setup (requires routable maps)—allows you to select the road

Navigation

type you want to avoid.

DRAFT

Data Management

You can use the Edge as a USB mass storage device.

NOTE: The Edge is not compatible with Windows® 95, 98, Me, or NT. It is also not compatible with Mac® OS 10.3 and earlier.

Connecting the USB Cable

NOTICE

To prevent corrosion, thoroughly dry the mini-USB port, the weather cap, and the surrounding area before charging or connecting to a computer.

1. Connect the USB cable to a USB port on your computer.
2. Pull up the weather cap from the mini-USB port.

3. Plug the small end of the USB cable into the mini-USB port.
Your device appears as a removable drive in My Computer on Windows computers and as a mounted volume on Mac computers.

Loading Files

After you have connected the device to your computer, you can manually load the following files to your Edge: **.tcx**, **.fit**, and **.crs**.

1. Browse your computer for the file.
2. Select **Edit > Copy**.
3. Open the “Garmin” drive or volume.
4. Open the “NewFiles” folder.
5. Select **Edit > Paste**.

Deleting Files

NOTICE



Your device memory contains important system files that should not be deleted.

After you have connected the device to your computer, you can manually delete files.

1. Open the Garmin drive or volume.
2. Select the file.
3. Press the **Delete** key on your keyboard.

Disconnecting the USB Cable

When you are finished managing your files, you can disconnect the USB cable.

1. Complete an action:
 - For Windows computers, click the eject icon  in your system tray.
 - For Mac computers, drag the volume icon to the Trash .
2. Unplug the device from your computer.


Settings

You can customize the following settings and features:

- Data fields (page 39)
- Bike profiles (page 44)
- Training settings (page 44)
- System settings (page 46)
- User Profile settings (page 49)

Customizing Your Data Fields

You can set up custom data fields for three training data pages, the course page, and the map.

1. Select **MENU** >  > **Bike Settings** > **Data Fields**.
2. Select one of the pages.
3. Select the number of data fields you want to see on this page.

To turn off an optional page, set the number of data fields to zero.

4. Select the data field to change it.
5. Repeat steps 2 through 4 for each page you want to customize.

Data Fields

Data fields with the * symbol display statute or metric units. Data fields with the ** symbol require an ANT+ sensor.

Data Field	Description
Battery Level	The remaining battery power.
Cadence **	Revolutions of the crank arm per minute.
Cadence – Avg. **	Average cadence for the duration of your current ride.
Cadence – Lap **	Average cadence for the current lap.
Calories	Amount of total calories burned.

Settings

Data Field	Description
Calories - Fat	Amount fat calories burned.
Calories to Go	Amount of remaining calories when you are using the calorie goal feature.
Distance *	Distance traveled on the current ride.
Dist – Lap *	Distance traveled in the current lap.
Dist. to Dest.	Distance to your final destination.
Dist. to Go	The remaining distance to your final destination or goal.
Dist. to Next	The remaining distance to the next point on the route.
Elevation *	Distance above or below sea level.
ETA at Destination	The estimated time of day you will reach your final destination.

Data Field	Description
ETA at Next	The estimated time of day you will reach the next waypoint on the route.
GPS Accuracy *	The margin of error for your exact location. For example, your GPS location is accurate to within +/- 12 feet.
GPS Signal Strength	The strength of the GPS satellite signal.
Grade	Calculation of rise over run. For example, if for every 10 feet you climb (elevation) you travel 200 feet (distance), your grade is 5%.
Heading	The direction you are moving.
Heart Rate **	Heart rate in beats per minute (bpm).

Data Field	Description
HR – %HRR **	Percentage of heart rate reserve (maximum heart rate minus resting heart rate).
HR – %Max. **	Percentage of maximum heart rate.
HR – Avg. **	Average heart rate for the ride.
HR – Avg. %HRR **	Average percentage of heart rate reserve (maximum heart rate minus resting heart rate) for the run.
HR – Avg. %Max. **	Average percentage of maximum heart rate for the run.
HR – Lap **	Average heart rate in the current lap.
HR – Lap %HRR **	Average percentage of heart rate reserve (maximum heart rate minus resting heart rate) for the lap.

Data Field	Description
HR – Lap %Max. **	Average percentage of maximum heart rate for the lap.
HR Graph **	Line graph showing your current heart rate zone (1 to 5).
HR to Go **	The amount you are above or below the target heart rate or zone?
HR Zone **	Current range of heart rate (1 to 5). The default zones are based on your user profile, maximum heart rate, and resting heart rate.
Laps	Number of laps completed.
Odometer	A running tally of distance traveled for all trips.
Power **	Current power output in watts.

Settings

Data Field	Description
Power - %FTP **	Current power output in % FTP (functional threshold power).
Power - 30s Avg. **	The 30-second moving average of power output.
Power - 3s Avg. **	The three-second moving average of power output.
Power – Avg. **	Average power output for the duration of your current ride.
Power – kJ **	Total (cumulative) amount of power output in kilojoules.
Power – Lap **	Average power output in the current lap.
Power – Max. **	Top power achieved during the current ride.
Power – Watts/kg **	Amount of power output in watts per kilogram?


Data Field	Description
Power Zone **	Current range of power output (1 to 7) based on your FTP or custom settings.
Speed *	Current speed.
Speed – Avg. *	Average speed for the ride.
Speed – Lap *	Average speed in the current lap.
Speed – Maximum *	Top speed achieved during the current ride.
Sunrise	The time of sunrise based on your GPS position.
Sunset	The time of sunset based on your GPS position.

Data Field	Description
Temperature *	Current temperature in Fahrenheit or Celsius. Note: The Edge may display temperature readings that are higher than the actual air temperature if the Edge is placed in direct sunlight or held in your hand. Also, the Edge will take some time to adjust to significant changes in temperature.
Time	Stopwatch time.
Time – Avg. Lap	Average time to complete the laps so far.
Time - Elapsed	Total time recorded from pressing START to RESET .
Time – Lap	Amount of time in the current lap.

Data Field	Description
Time of Day	Current time of day based on your time settings (format, time zone, and daylight saving time).
Time to Dest.	The estimated time needed to reach your final destination.
Time to Go	The remaining time
Total Ascent *	Total elevation gain for the current ride.
Total Descent *	Total elevation lost for the current ride.
Vertical Speed *	Rate of ascent or descent in feet/meters per hour.
VS – 30s Avg. *	The 30-second moving average of vertical speed.
Waypoint at Dest.	The last point on a route to your destination.
Waypoint at Next	The next point on your route.

Updating Your Bike Profile


You can customize three bike profiles. The Edge uses the bike weight, the odometer value, and the wheel size to calculate accurate ride data.

1. Select **MENU** >  > **Bike Settings** > **Bike Profiles**.
2. Select a bike.
3. Select **Bike Details**.
4. Enter a name for the bike profile, the bike weight, and the odometer value.
5. If you are using a speed and cadence sensor, select **Wheel Size**.
 - Select **Automatic** to calculate your wheel size using GPS distance.
 - Select **Custom** to enter your wheel size. For a table of wheel sizes and circumferences, see [page 56](#).

Training Settings

Marking Laps by Position

You can use Auto Lap® to automatically mark the lap at a specific position. This feature is helpful for comparing your performance over different parts of a ride (for example, a long climb or training sprints). During courses, use the By Position option to trigger laps at all of the lap positions saved in the course.

1. Select **MENU** >  > **Bike Settings** > **Auto Lap** > **Auto Lap Trigger**.
2. Select **By Position**.
3. Select **Lap At**.
4. Select an option:
 - Select **Lap Press Only** to trigger the lap counter each time you press **LAP** and each time you pass any of those locations again.

- Select **Start And Lap** to trigger the lap counter at the GPS location where you press **START** and at any location during the ride where you press **LAP**.
 - Select **Mark And Lap** to trigger the lap counter at a specific GPS location marked before the ride and at any location during the ride where you press **LAP**.
5. If necessary, customize the lap data fields ([page 39](#)).

Marking Laps by Distance

You can use **Auto Lap** to automatically mark the lap at a specific distance. This feature is helpful for comparing your performance over different parts of a ride (for example, every 10 miles or 40 kilometers).


1. Select **MENU** >  > **Bike Settings** > **Auto Lap** > **Auto Lap Trigger**.

2. Select **By Distance**.
3. Select **Lap At**.
4. Enter a value.
5. If necessary, customize the lap data fields ([page 39](#)).

Using Auto Pause

You can use **Auto Pause**® to pause the timer automatically when you stop moving or when your speed drops below a specified value. This feature is helpful if your ride includes stop lights or other places where you need to slow down or stop.


NOTE: The paused time is not saved with your history data.

1. Select **MENU** >  > **Bike Settings** > **Auto Pause** > **Auto Pause Mode**.
2. Select an option:

- Select **When Stopped** to pause the timer automatically when you stop moving.
 - Select **Custom Speed** to pause the timer automatically when your speed drops below a specified value.
3. If necessary, customize optional time data fields (see [page 39](#)).
- To view the entire time (from pressing **START** to **RESET**), select the **Time - Elapsed** data field.


Using Auto Scroll

You can use the auto scroll feature to automatically cycle through all of the training data pages while the timer is running.

1. Select **MENU** >  > **Bike Settings** > **Auto Scroll** > **Auto Scroll Speed**.
2. Select a display speed: **Slow**, **Medium**, or **Fast**.

Changing the Start Notice

This feature automatically detects when your Edge has acquired satellites and is moving. It is a reminder to start the timer so you can record your ride data.

1. Select **MENU** >  > **Bike Settings** > **Start Notice** > **Start Notice Mode**.
2. Select an option:
 - Select **Once**.
 - Select **Repeat** to change the amount of time to delay the reminder.

System Settings

- GPS Settings ([page 47](#))
- Display Settings ([page 48](#))
- Map Settings (see Navigation, [page xx](#))
- Route Settings (see Navigation, [page xx](#))

- Data Recording Settings (see History, page xx)
- Unit Settings (page 48)
- System Setup (page 48)
- Configuration Settings (page 49)
- **Weight** Scale Settings (page 49)

GPS Settings

Training Indoors

1. Select **MENU** >  > **System** > **GPS** > **GPS Mode**.
2. Select **Off**.

When GPS is off, speed and distance data are not available unless you have an optional sensor that sends speed and distance data to the Edge (such as the GSC 10). The next time you turn on the Edge, it will search for satellite signals again.


Setting Your Current Elevation

If you have accurate elevation data for your current location, you can

manually calibrate the altimeter on your device.

1. Select **MENU** >  > **System** > **GPS** > **Set Elevation**.
2. Enter the elevation.


Satellite Page

The satellite page shows your current GPS satellite information. Select **MENU** >  > **System** > **GPS** > **View Satellites**.

On the satellite page, GPS accuracy appears at the bottom of the page. The green bars represent the strength of each satellite signal received (the number of the satellite appears below each bar).

For more information about GPS, go to www.garmin.com/aboutGPS.


Display Settings

Select MENU >  > System > Display.

- **Backlight Timeout**—see [page 54](#).
- **Background**—sets the background image (wallpaper).
- **Screen Capture**—allows you to take screen captures on the device.
- **Screen Calibration**—see [page xx](#).

Customizing the Unit Settings

You can customize units of measure for distance and speed, elevation, temperature, weight, and position format.

1. Select MENU >  > System > Units.
2. Select a setting.
3. Select a unit for the setting.

System Setup

Select MENU >  > System > System Setup.


- **Language**—sets the device language.
- **Tones**—sets the audible tones.
- **Time Format**—sets the time format to 12 hour or 24 hour.
- **Auto Power Down**—see [page xx](#).

Time Zones

Each time you turn on the Edge and acquire satellites, the Edge automatically detects your time zone and the current time of day.

Changing the Configuration Settings

You can modify all of the settings you configured in the initial setup.

1. Select **MENU** >  > **System** > **Initial Setup** > **Yes**.
2. Turn off the device.
3. Turn on the device.
4. Follow the on-screen instructions.

Weight

Why is this section in the System settings? This is for a wireless (ANT) weight scale. This feature is not complete at this time.

User Profile Settings

You can update your gender, age, weight, height, and activity class settings. The Edge uses this information to calculate accurate ride data.

Select **MENU** >  > **User Profile**.

About Calories

Calorie expenditure and heart rate analysis technology is provided and supported by Firstbeat Technologies Ltd. For more information, go to www.firstbeattechnologies.com.

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Appendix

Registering Your Device

Help us better support you by completing our online registration today:

- Go to <http://my.garmin.com>.
- Keep the original sales receipt, or a photocopy, in a safe place.

About the Edge

To display important software information and your unit ID, select **MENU** >  > **About Edge**.

Updating the Software

1. Select an option:
 - Use WebUpdater. Go to www.garmin.com/products/webupdater.
 - Use Garmin Connect. Go to www.garminconnect.com.
2. Follow the on-screen instructions.

Contacting Garmin Product Support

Contact Garmin Product Support if you have any questions about this product:

- In the USA, go to www.garmin.com/support, or contact Garmin USA by phone at (913) 397.8200 or (800) 800.1020.
- In the UK, contact Garmin (Europe) Ltd. by phone at 0808 2380000.
- In Europe, go to www.garmin.com/support and click **Contact Support** for in-country support

information, or contact Garmin (Europe) Ltd. by phone at +44 (0) 870.8501241.

Using the Backlight

- Press **LIGHT** to turn on the backlight.
- Press any button to extend the backlight another 15 seconds.

NOTE: Alerts and messages also activate the backlight.

- Change the backlight settings ([page 49](#)).

Buying Optional Accessories

Go to <http://buy.garmin.com>, or contact your Garmin dealer for information about optional accessories and replacement parts.

Caring for Your Device

NOTICE

Do not store the device where prolonged exposure to extreme temperatures can occur, because it can cause permanent damage.

Never use a hard or sharp object to operate the touchscreen, or damage may result.

Avoid chemical cleaners and solvents that can damage plastic components.

Cleaning the Device

1. Use a cloth dampened with a mild detergent solution.
2. Wipe it dry.

Cleaning the Screen

1. Use a soft, clean, lint-free cloth.
2. If necessary, use water, isopropyl alcohol, or eyeglass lens cleaner.

- Apply the liquid to the cloth, and gently wipe the screen with the cloth.

Specifications

NOTICE

The Edge is waterproof to IEC Standard 60529 IPX7. It can withstand immersion in 1 meter of water for 30 minutes. Prolonged submersion can cause damage to the device. After submersion, be certain to wipe dry and air dry the device before using or charging.

Edge Specifications	
Battery type	1000 mAh rechargeable, built-in, lithium-ion battery
Battery life	15 hours, typical usage
Optional external battery (accessory)	20 hours

Edge Specifications	
Operating temperature range	From -4°F to 140°F (from -20°C to 60°C)
Charging temperature range	From 32°F to 113°F (from 0°C to 45°C)
Bands (O-rings) for the Edge Mount	<p>Two sizes:</p> <ul style="list-style-type: none"> 1.3 × 1.5 × 0.9 in. AS568-125 1.7 × 1.9 × 0.9 in. AS568-131 <p>NOTE: Use EPDM (Ethylene Propylene Diene Monomer) replacement bands only. Go to http://buy.garmin.com, or contact your Garmin dealer.</p>

Heart Rate Monitor Specifications	
Water resistance	32.9 ft. (10 m)
Battery	User-replaceable CR2032 (3 volts) Perchlorate Material – special handling may apply. See www.dtsc.ca.gov/hazardouswaste/perchlorate .
Battery life	Approximately 3 years (1 hour per day)
Operating temperature	From 14°F to 122°F (from -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 wireless communications protocol

GSC 10 Specifications	
Water resistance	IPX7
Battery	User-replaceable CR2032 (3 volts) Perchlorate Material – special handling may apply. See www.dtsc.ca.gov/hazardouswaste/perchlorate .
Battery life	Approximately 1.4 years (1 hour per day)
Operating temperature	From 5°F to 158°F (from -15°C to 70°C)
Radio frequency/protocol	2.4 GHz wireless communications protocol

Edge Battery Information

Maximizing Battery Life

Decreasing the Backlight

Extensive use of screen backlighting can significantly reduce battery life.

You can adjust the backlight brightness and decrease the backlight timeout to maximize battery power.


1. Press Power to open the status page.
2. Adjust the brightness.

Adjusting the Backlight Timeout

From the main menu, select Setup > Display > Backlight Timeout.

Turning On the Auto Power Down Feature

This feature automatically turns the Edge off after 15 minutes of inactivity.

1. Select MENU >  > System > System Setup > Auto Power Down.
2. Select On.

External Battery Accessory?

Charging the Edge

NOTICE

To prevent corrosion, thoroughly dry the mini-USB port, the weather cap, and the surrounding area before charging or connecting to a computer.

1. Plug the AC charger into a standard wall outlet.
2. Pull up the weather cap ① from the mini-USB port ②.



- Plug the small end of the AC charger into the mini-USB port.
To connect the device to your computer using the USB cable, see [page 31](#).
- Charge the device for at least three hours before you begin using it.
A fully charged battery can run for up to 15 hours before it must be recharged.

Wheel Size and Circumference

The wheel size is marked on both sides of the tire. To modify your bike profile, see [page 44](#).

Wheel Size	L (mm)
12 × 1.75	935
14 × 1.5	1020
14 × 1.75	1055
16 × 1.5	1185

Wheel Size	L (mm)
16 × 1.75	1195
18 × 1.5	1340
18 × 1.75	1350
20 × 1.75	1515
20 × 1-3/8	1615
22 × 1-3/8	1770
22 × 1-1/2	1785
24 × 1	1753
24 × 3/4 Tubular	1785
24 × 1-1/8	1795
24 × 1-1/4	1905
24 × 1.75	1890
24 × 2.00	1925
24 × 2.125	1965
26 × 7/8	1920
26 × 1(59)	1913
26 × 1(65)	1952
26 × 1.25	1953

Wheel Size	L (mm)
26 × 1-1/8	1970
26 × 1-3/8	2068
26 × 1-1/2	2100
26 × 1.40	2005
26 × 1.50	2010
26 × 1.75	2023
26 × 1.95	2050
26 × 2.00	2055
26 × 2.10	2068
26 × 2.125	2070
26 × 2.35	2083
26 × 3.00	2170
27 × 1	2145
27 × 1-1/8	2155
27 × 1-1/4	2161
27 × 1-3/8	2169
650 × 35A	2090
650 × 38A	2125



Wheel Size	L (mm)
650 × 38B	2105
700 × 18C	2070
700 × 19C	2080
700 × 20C	2086
700 × 23C	2096
700 × 25C	2105
700 × 28C	2136
700 × 30C	2170
700 × 32C	2155
700C Tubular	2130
700 × 35C	2168
700 × 38C	2180
700 × 40C	2200

Troubleshooting

Problem	Solution
The buttons do not respond. How do I reset the Edge?	Press and hold POWER , MENU , and RESET simultaneously to reset the Edge. NOTE: This does not erase any of your data or settings.
I want to clear all the user data from my Edge.	<ol style="list-style-type: none">1. Turn off the Edge.2. Press and hold POWER and RESET until the message appears.3. Select Yes to clear all user data. NOTE: This deletes all user-entered information, but it does not delete your history.
My Edge does not acquire satellite signals.	<ol style="list-style-type: none">1. Take your Edge out of parking garages and away from tall buildings and trees.2. Turn on the Edge.3. Remain stationary for several minutes.
The battery gauge does not seem accurate.	Allow the Edge battery to fully discharge, and then fully charge the battery (without interrupting the charge cycle).
The battery does not last long.	Reduce the backlight time (page 49).
How do I know my Edge is in USB mass storage mode?	You should see a new removable disk drive in My Computer on Windows computers and a mounted volume on Mac computers.

Problem	Solution
My Edge is connected to the computer, but it will not go into mass storage mode.	You may have loaded a corrupted file. <ol style="list-style-type: none"><li data-bbox="339 184 757 205">1. Disconnect the Edge from your computer.<li data-bbox="339 210 536 231">2. Turn off the Edge.<li data-bbox="339 236 909 288">3. Press and hold MENU while you connect the Edge to your computer. Continue pressing MENU for 10 seconds or until the Edge goes into mass storage mode.
I cannot see any new removable drives in my list of drives.	If you have several network drives mapped on your computer, Windows may have trouble assigning drive letters to your Garmin drives. See the Help file for your operating system to learn how to assign drive letters.
My course file was renamed.	You can load .tcx and .crs files to the Edge. When you select the course for any reason, the file is converted to a .fit course file.
Some of my data is missing from my Edge history.	When the Edge memory is full, it will no longer record data. Transfer data to your computer regularly to avoid losing data.
I need to replace the bands for the mount.	Go to http://buy.garmin.com , or contact your Garmin dealer. Purchase bands made of EPDM only.

Tips and Shortcuts

Quickly change a data field	<p>On an active data page, touch and hold the data field until it turns blue.</p> <p>When you lift up your finger, you are prompted to select a new data field.</p>
Switch to another bike	<ol style="list-style-type: none">1. Select MENU >  > Bike Settings > Bike Profiles.2. Select the bike you want to use. <p>Or</p> <p>Do it from the status page. Kenney said they are trying to have automatic bike detection?</p>
Calibrate the touchscreen	Select MENU >  > System > Display > Screen Calibration .

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For the latest free software updates (excluding map data) throughout the life of your Garmin products, visit the Garmin Web site at www.garmin.com.

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