

# FORERUNNER® 610

## QUICK START MANUAL



**GARMIN** 

## Important Information

### 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.

### NOTICE

The Forerunner® 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 unit. After submersion, be certain to wipe dry and air dry the unit before using or charging.

**NOTE:** The Forerunner is not intended to be used while swimming.

## Getting Started

When using your Forerunner the first time, complete these tasks.

1. Charge the Forerunner (page 2).
2. Configure the Forerunner (page 4).
3. Locate satellites (page 6).
4. Put on the optional heart rate monitor (page 6).
5. Go for a run (page 7).
6. Save your run (page 8).

## Charging the Forerunner

### WARNING

The charging cradle contains a magnet. Under certain circumstances, magnets may cause interference with some medical devices, including pacemakers and insulin pumps. Keep the charging cradle away from such medical devices.

## NOTICE

The charging cradle contains a magnet. Under certain circumstances, magnets may cause damage to some electronic devices, including hard drives in laptop computers. Use caution when the charging cradle is near electronic devices.

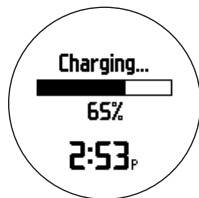
To prevent corrosion, thoroughly dry the contacts and the surrounding area before charging or connecting to a computer.

1. Plug the USB end of the cable into the AC adapter.
2. Plug the AC adapter into a standard wall outlet.
3. Align the contacts on the back of the Forerunner with the posts on the charging cradle ①.

The charging cradle is magnetic and holds the Forerunner in place.



When you connect the Forerunner to a power source, the Forerunner turns on, and the charging screen appears.



4. Charge the Forerunner completely.

## Configuring the Forerunner

The first time you use the Forerunner, you are prompted to choose your system settings and enter user profile information.


- Follow the on-screen instructions.
- Swipe up or down on the touchscreen to view choices and change the default selection.

For more touchscreen tips, see [page 5](#).

### Keys

Each key has multiple functions.



①	<b>POWER/ LIGHT</b>	Hold to turn the device on and off. Select to turn on the backlight. Select to search for a compatible weight scale.
②	<b>START/ STOP</b>	Select to start and stop the timer.
③	<b>LAP/ RESET</b>	Select to mark a new lap. Hold to save your run and reset the timer.
④		Select to show and hide the menu.

⑤	◀	Select to return to the previous page.
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## Icons

A solid icon means the feature is active. A flashing icon means the device is searching.

	GPS is on and receiving signals.
	Heart rate monitor is active.
	Foot pod is active.
	Bike sensor is active.
	Watch is in power save mode ( <a href="#">page 10</a> ).
	Fitness equipment is active.

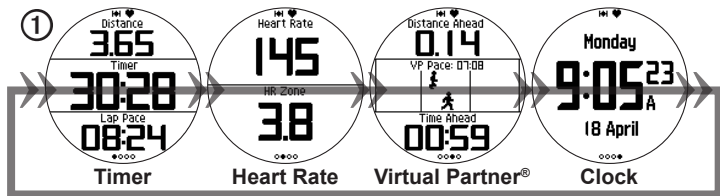
## Touchscreen Tips

The Forerunner touchscreen is different than most mobile devices. The touchscreen is designed so you can operate it with your fingernail. The touchscreen is optimized to prevent accidental touches while you run.

**NOTE:** You must press or swipe firmly in order to select items and change pages. You should practice using the touchscreen before you run.

- Tap the touchscreen to scroll through the pages ①.

**TIP:** You can also swipe your finger across the touchscreen.



- Swipe left to exit power save mode.
- Tap the touchscreen to confirm messages.
- Make each touchscreen selection or swipe a separate action.

## Locating Satellite Signals

It may take 30–60 seconds to locate satellite signals.

1. From the clock page, swipe left to view the locating satellites banner.
2. Go outdoors to an open area.
3. Wait while the Forerunner searches for satellites.

Do not begin your activity until the locating satellites banner disappears.

The time of day and date are set automatically.

## Putting on the Heart Rate Monitor

**NOTE:** If you do not have a heart rate monitor, you can skip this task.

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. Snap the heart rate monitor module ① onto the strap.



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

**NOTE:** Some heart rate monitors have a contact patch ③. Wet the contact patch.



3. Wrap the strap ④ around your chest, and connect the strap hook to the loop.

**NOTE:** 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.

When the heart rate monitor is paired, a message appears, and ♥ appears solid on the screen.

## Going for a Run

Before you can record history, you must locate satellite signals ([page 6](#)) or pair your Forerunner with an optional foot pod.

1. From the timer page, select **START** to start the timer ①.

History is recorded only while the timer is running. Your distance ② and lap pace ③ appear on the timer page.



The data fields shown are the defaults. You can customize data fields ([page 9](#)).

2. After completing your run, select **STOP**.

## Saving Your Run

Hold **RESET** to save your run and reset the timer.

## History

Your Forerunner stores data based on the type of activity, the accessories used, and your training settings. The Forerunner can save approximately 180 hours of history with typical use. When the Forerunner memory is full, your oldest data is overwritten.


### Viewing History

The history displays the date, time of day, distance, activity time, calories, and average and maximum pace or speed. The history can also display the average and maximum heart rate and cadence data if you are using the heart rate monitor, foot pod, or cadence sensor (optional accessories).

1. Select  > **History** > **Activities**.

2. Swipe up or down to view your saved activities.
3. Select an activity.
4. Scroll to the bottom of the page, and select **View Laps**.
5. Swipe up or down to scroll through laps.

### Deleting a Run

1. Select  > **History** > **Activities**.
2. Select a run.
3. Scroll to the bottom of the page, and select **Delete** > **Yes**

## Using Garmin Connect

Garmin Connect is web-based software for storing and analyzing your data.

1. Go to [www.garminconnect.com/start](http://www.garminconnect.com/start).
2. Follow the on-screen instructions.



## Sending History to Your Computer

1. Plug the USB ANT Stick into a USB port on your computer.



The USB ANT Stick drivers automatically install the Garmin ANT Agent. You can download the USB ANT Agent if the drivers do not automatically install. Go to [www.garminconnect.com/start](http://www.garminconnect.com/start).

2. Bring your device within range (3 m) of your computer.
3. Follow the on-screen instructions.

## Customizing the Training Pages

You can customize the data fields on four training pages. For a complete list of the available data fields, see the *Forerunner 610 Owner's Manual*.

1. Select  > **Setup** > **Training Pages**.

2. Select a training page.
3. Select .
4. Change the number of data fields you want to see on the page.
5. Select **Enabled**.
6. Select .
7. Select a data field to change it.
8. Select a category and a data field.  
For example, select **Heart Rate** > **HR - Lap**.

## 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.


## Forerunner Battery Life

Battery Life*	Forerunner Use
1 week	You are training for 45 minutes per day with GPS. The Forerunner is in power save mode for the remaining time.
Up to 4 weeks	You are using the Forerunner in power save mode the entire time.
Up to 8 hours	You are training with GPS the entire time.

\*The actual battery life of a fully charged battery depends on how much time you use GPS, the backlight,

and power save mode. Exposure to extremely cold temperatures will also reduce battery life.

## Power Save

After a period of inactivity, the Forerunner goes into power save mode and  appears. The Forerunner displays the time and date, but does not connect with your ANT+ accessories or use GPS. Swipe left to exit power save mode.

## Troubleshooting

### Resetting the Device

If the keys or screen stop responding, you may need to reset the device.

1. Hold **POWER** until the screen goes blank.
2. Hold **POWER** until the screen turns on.

## Getting the Owner's Manual

1. Go to [www.garmin.com/intosports](http://www.garmin.com/intosports).
2. Select your product.
3. Click **Manuals**.

## 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.

## Getting More Information

You can find more information about this product on the Garmin Web site.

- Go to [www.garmin.com/intosports](http://www.garmin.com/intosports).
- Go to [www.garmin.com/learningcenter](http://www.garmin.com/learningcenter).
- Go to <http://buy.garmin.com>, or contact your Garmin dealer for information about optional accessories and replacement parts.

## Contacting Garmin Product Support

You can contact Garmin Product Support if you have any questions about this product.

- In the USA, go to [www.garmin.com/support](http://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](http://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.

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