

FORERUNNER[®] 210

GPS-ENABLED SPORTS WATCH



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 the following tasks:

1. Charge the Forerunner (page 2).
2. Configure the Forerunner (page 3).
3. Locate satellites (page 5).
4. Go for a run (page 7).
5. Save your run (page 7).

Charging the Forerunner

NOTICE

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

The Forerunner will not charge when the battery is outside the temperature range of 41°F–104°F (5°C–40°C).


1. Plug the USB end of the cable into the AC adapter.

2. Plug the AC adapter into a standard wall outlet.
3. Align all four contacts on the back of the Forerunner with the four posts on the charging clip ①.





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



4. Charge the Forerunner completely. When the Forerunner is fully charged, the animated battery on the screen is solid ()

Configuring the Forerunner

The first time you use the Forerunner, you are prompted to choose your system settings.

- Press  and  to view choices and change the default selection.
- Press **OK** to make a selection.

Keys

Each key has multiple functions.



| | |
|-----------------------|--|
| light | Press to turn on the backlight. Press to search for a compatible weight scale. Press and hold to turn the device on and off. |
| start/stop | Press to start and stop the timer. |
| ▲ ▼* | Press to scroll through menus and settings. |
| lap/ reset | Press to mark a new lap. Press and hold to save your run and reset the timer. |

| | |
|-----------------------|---|
| page/ menu | Press to switch between the time of day, timer, and heart rate pages. Press and hold to open the menu. |
| OK * | Press to select menu options and acknowledge messages. |

*OK, ▲, and ▼ appear with a menu or a message.

Icons

| | |
|--|--|
| | Battery charge level. For battery life information, see the <i>Forerunner 210 Owner's Manual</i> . |
| | GPS is on and receiving signals. |
| | Fitness equipment is active. |
| | Heart rate monitor is active. |
| | Foot pod is active. |
| | Alarm is on. |

Locating Satellite Signals

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

1. If necessary, press **page** to view the locating satellites page.
2. Go outdoors to an open area.
3. Wait while the Forerunner searches for satellites.

Do not begin your activity until the locating satellites page disappears. The time of day is set automatically.

Putting on the Heart Rate Monitor

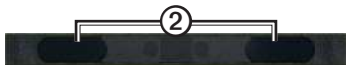
NOTE: If you do not have a heart rate monitor, you can skip this task.

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. 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.

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


Installing the Foot Pod

NOTE: If you do not have a foot pod, you can skip this task.


The foot pod is on standby and ready to send data as soon as you install it or move it.

1. Press the tab on the lace clip .



2. Lift and separate the foot pod  from the lace clip.

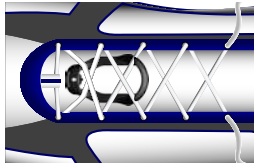
3. Install the foot pod on your shoe laces ([page 6](#)) or under your insole ([page 7](#)).

When the foot pod is paired, a message appears, and  appears solid on the screen.

Installing on Shoe Laces

1. Loosen your shoe laces slightly.
2. Thread the lace clip through two secure sections of your shoelaces, allowing enough room at the top to tie the shoelaces.

The arrow on the foot pod must be pointed toward the front of your shoe.



3. Tie your shoelaces securely to keep the foot pod from shifting during your workout.
4. Snap the foot pod into the lace clip.

Installing Under the Insole

NOTE: Your compatible shoe has a pocket under the insole. You may need to remove a foam insert before installing the foot pod.

1. Lift the insole of the shoe.
2. Place the foot pod in the pocket with the ANT+™ logo facing up and the notch pointing toward the front of your shoe.

Going for a Run

Before you can record history, you must locate satellite signals ([page 5](#)) or pair your Forerunner with a foot pod.

1. From the timer page, press **start** to start the timer ①.

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



2. After completing your run, press **stop**.

Saving Your Run

Press and hold **reset** to save your run and reset the timer.

Run History

The Forerunner can save approximately 180 hours of run history with typical use. When the Forerunner memory is full, your oldest data is overwritten. Upload your run history ([page 8](#)) to Garmin Connect™ or Garmin Training

Center® periodically to keep track of all of your run history.

Viewing a Run

The run history displays the date, time of day, distance, run time, calories, and average pace or speed. The run history can also include average heart rate data if you are using the heart rate monitor.

1. Press and hold **menu**.
2. Select **History**.
3. Use ▲ and ▼ to scroll through your saved runs.
4. Press **OK** to view lap information.

Deleting a Run

1. Press and hold **menu**.
2. Select **History**.
3. Select a run.
4. Press and hold ▲ and ▼ simultaneously.
5. Press **OK**.

Using Free Software

Garmin provides two software options for storing and analyzing your run 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. Select your product.
 3. Click **Software**.
 4. Follow the on-screen instructions.

Transferring History to Your Computer

1. Connect the USB cable to a USB port on your computer.
2. Align all four contacts on the back of the Forerunner with the four posts on the charging clip ([page 3](#)).

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

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 3 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. The Forerunner displays the time and date, but does not connect with your ANT+ accessories or use GPS. Press **page** to exit power save mode.

Troubleshooting

Resetting the Device

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

1. Press and hold **light** until the screen goes blank.
2. Press and hold **light** until the screen turns on.

Getting the Owner's Manual

The owner's manual for this device is located on a CD in the product box. You can also get the latest owner's manual from the Web.

1. Go to 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.
- Go to 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, 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.

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