Forerunner® 101

QUICK START GUIDE

Begin your Workout

After completing all of the steps on the other side of this Quick Start Guide, you are now ready to start working out with your new Forerunner 101. The remainder of this guide explains the basic features and functions of the Forerunner.

To Begin your Workout:
1. Press **MODE** to switch to the Timer Mode, which displays three large numeric data fields.
2. Press and hold **RESET** for three seconds to reset the data fields, then press **START/STOP** to start the timer and begin your workout of running, walking, jogging, biking, etc.
3. The **Timer Screen** displays your current workout 'TIME', 'PACE/ SPEED', and 'DISTANCE'.
4. Press the **UP/DOWN** buttons to view the **Lap Screen** that displays your current 'LAP TIME', 'LAP PACE', and 'LAP DISTANCE'. Press the **RESET/LAP** button to complete and log a lap. You can also set up your Forerunner to automatically log laps at specified intervals. Refer to the Auto Lap section for more information.
5. Press **STOP/START** at any time during your workout to pause the timer. Press **STOP/START** again to resume the timer. You can also set up your Forerunner to automatically pause and resume at specified speeds. Refer to the Auto Pause section for more information.
6. When you have completed your workout, press **START/STOP** to stop the timer.

Review your Performance History

To Review your Performance History:
1. Press **MODE** to display the Menu Mode.
2. Select 'HISTORY' and press **ENTER**.
3. Select 'HISTORY TOTALS' and press **ENTER**.

The Forerunner displays your total workout distance, time, and calories burned. As you perform more workouts with the Forerunner, you will be able to view more detailed performance data that is automatically organized into day and week views. For complete information, refer to your Owner's Manual.

Auto Pause®

The Forerunner tracks your pace and speed while you are working out. The steps below assume that you want the timer to pause when you stop walking then resume when you continue walking.

To Set the Timer for Auto Pause:
1. Press **MODE** to display the Menu Mode.
2. Select 'TRAINING ASSISTANT' and press **ENTER**.
3. Select 'AUTO PAUSE/LAP' and press **ENTER**.
4. Select 'AUTO TIMER PAUSE' and press **ENTER**. Then select 'ON' and press **ENTER**.
5. Select 'PAUSE WHEN' and press **ENTER**. Then select 'STOPPED' and press **ENTER**.

The next time you begin your workout the Forerunner will automatically start and stop the timer. An extra data screen is added in the Timer Mode to display your 'REST TIME', 'REST DISTANCE' if configured to pause while you walk at a low speed, and 'TOTAL DISTANCE'.

Auto Lap®

The Forerunner tracks the distance you have traveled during your workout. You can program the Forerunner to automatically keep track of your laps. The example below assumes you want the Forerunner to automatically lap every mile.

To Set Auto Lap:
1. Press **MODE** to display the Menu Mode.
2. Select 'TRAINING ASSISTANT' and press **ENTER**.
3. Select 'AUTO PAUSE/LAP' and press **ENTER**.
4. Select 'AUTO LAP TRIGGER' and press **ENTER**. Then select 'ON' and press **ENTER**.
5. Select 'LAP DISTANCE' and press **ENTER**. Then select '1 MILE' and press **ENTER**.

The next time you begin your workout the Forerunner automatically logs your laps so you do not need to press the LAP button. Every time you complete one mile, the Forerunner notifies you with a beep and displays the lap completion time. Lap-related performance data is stored in the Forerunner for later review.

Virtual Partner™

The Virtual Partner (Goal Oriented Training Feature) allows you to have fun while keeping you motivated and focused on your performance goals. The steps below assume your goal is to run five miles in one hour.

To Setup your Virtual Partner:
1. Press **MODE** to display the Menu Mode.
2. Select 'TRAINING ASSISTANT' and press **ENTER**.
3. Select 'VIRTUAL PARTNER' and press **ENTER**.
4. Because you have distance and time goals, select 'SET DISTANCE & TIME' and press **ENTER**.
5. Select 'DISTANCE' and press **ENTER**. Then select '5 MILE' and press **ENTER**.
6. Select 'TIME' and press **ENTER**. Then select '1 HOUR' and press **ENTER**.
7. The PACE/SPEED to achieve your goal is computed and displayed for you. If the goals do not seem realistic to you, revise your distance and time settings.
8. Select 'DONE' and press **ENTER**.

After you have set up your Virtual Partner, a Virtual Partner Mode (showing two people resting at the starting line, the bottom person being you) is added to the Forerunner. When you are ready to begin your workout with your Virtual Partner, press **START/ STOP**.

On the Virtual Partner Screen, the Forerunner uses visual and numeric data to tell you whether you are ahead of your partner or behind. By simply pacing yourself and keeping up with the Virtual Partner, you will stay motivated to complete your training goals.

During the workout, you can press **UP/DOWN** to access other information such as 'DISTANCE TO GO' and 'TIME TO GO'. At the end of the workout, the Forerunner displays your report card!

To stop the Virtual Partner training, select 'END PARTNER RUN' from the 'TRAINING ASSISTANT' menu and press **ENTER**.

Other Features

By this time you should be familiar enough with the basic operational concepts of the Forerunner to explore other features. Below is a summary of features found in the Menu Mode:

History Menu shows you detailed lap performance in day or week view or history totals.

Training Assistant Menu contains training features mentioned earlier in this sheet, as well as interval training, fast/slow pace/speed alarm, time alarm, and distance alarm.

Navigation Menu allows you to mark and save you current location, find a stored location, and guide you back to a stored location or your starting point. It also allows you to add a map mode that plots your breadcrumb trail on the screen.

Settings Menu allows you to personalize your Forerunner by entering your body weight, pre-setting your workout pace, customizing the data screen, and more.

A Note About Forerunner 101 History

The Forerunner is a completely self-contained, performance tracking device. **All** lap data is **automatically** saved in the unit history for future viewing. The device saves up to **two** years of workout history.

Built-in GPS Antenna

Waterproof Case

LCD Display (with Backlight)

Power Button (Backlight)

Up/Down Buttons

Step-by-Step Instructions to Get You Started
(Turn this page and begin with Step 1) ➡

Flip this Quick Start Guide over for a detailed explanation of the Forerunner 101 buttons.

❶ Installing Batteries

The Forerunner 101 operates on two AAA alkaline batteries (not included), which are placed in the back of the unit. Rechargeable alkaline, NiMH, NiCad, or lithium batteries may be used. See page 30 of the Owner's Manual for instructions on selecting battery type.

Stored data will not be lost while batteries are being changed. However, if batteries are completely discharged and are not changed within a couple of days, it may take longer for the unit to get a GPS signal fix.

To install the batteries:

1. Remove the battery cover by inserting a coin in the bottom slot. Twist the coin to lift the cover up and pull away.
2. Compare the battery polarity with the diagram in the battery compartment and install the batteries accordingly.
3. To re-install the battery cover, slide the top portion into the appropriate slot, then snap the bottom section securely to the base of the unit.

Forerunner 101 Battery Life

Your Forerunner 101 should get about 14-15 hours out of use before the batteries need to be replaced.

The Battery usage icon shows an estimate of battery life left. Four squares with the battery outline indicates a full battery.

❷ Starting Up the Forerunner 101

Welcome Page

To turn on the Forerunner 101:

1. Press and hold the **POWER** button until the Welcome Page is displayed.
2. Allow the Forerunner time to track satellites the first time you use it. Leave the Forerunner outside with a clear view of the sky for 15-30 minutes. After the first use, it should take less than one (1) minute to acquire satellites.
3. When the Forerunner acquires enough satellite signals to determine your location, the satellite dish icon in the upper left corner of the screen stops flashing.

Forerunner 101 Icons

Three icons in the upper left-hand corner provide at-a-glance-status of the Forerunner: battery icon, timer icon, and satellite dish icon.

Battery icon: The battery icon indicates how much battery power is left before the batteries must be replaced. A full battery icon indicates fully-charged batteries.

Timer icon: When the stopwatch feature of the Forerunner is being used, the timer icon displays just below the battery icon.

Satellite Dish icon: When the Forerunner has acquired enough satellites to establish your GPS location fix, this icon displays just below the timer icon.

❸ Changing the Mode

Press the **MODE** button to cycle through the various modes of the Forerunner. The two default modes, the Timer Mode and the Menu Mode, are shown below.
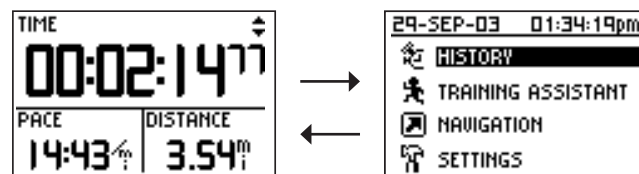
Timer Mode   *Menu Mode*

Timer Mode: The Timer Mode allows you to start or stop the timer, split a lap, and reset the timer. It also provides access to three data pages or screens:

The **Timer Screen** displays the length of time, pace/speed, and distance of your workout.

The **Lap Screen** displays information on the current lap.

You can change the **Custom Screen** to display the fields you want to view, such as calories and average pace/speed.

Menu Mode: The Menu Mode provides access to features and settings.

Map Mode: The Map Mode, when enabled through the Navigation menu, displays where you are going and where you have been on a graphic map.

Refer to the Forerunner Owner's Manual for complete information on all of the Forerunner's modes and screens.

❹ Setting the Time Zone

When the Forerunner is ready for use, you may need to check the Time Zone selection.

To change the Time Zone:

1. Press the **MODE** button to display the Menu Mode.
2. The current date and time is displayed on the top of the screen. When the Forerunner has established a GPS fix, U.S. Central Time is selected as the default Time Zone.
3. To change the Time Zone, Use the **UP/DOWN** buttons to select 'SETTINGS' and press **ENTER**.
4. Use the **UP/DOWN** buttons to select 'SET TIME' and press **ENTER**.
5. Use the **UP/DOWN** buttons to select the 'TIME ZONE' field and press **ENTER**.
6. Use the **UP/DOWN** buttons to select the correct time zone and press **ENTER**.

Settings Menu

❺ Adjusting the Strap

The Forerunner has been designed to comfortably fit your wrist. A strap extension provides additional length and easily attaches to the existing strap.

To add the strap extension:

1. Slide the end of the existing strap through the connector on the extension.
2. Place on your wrist or arm.
3. Slide the end of the extension through the existing connector.
4. Adjust to fit comfortably and secure the strap.

Refer to the Owner's Manual for complete instructions.

Using the Forerunner 101 Buttons

POWER   MODE   RESET   ENTER   DOWN   UP
          LAP   START/STOP
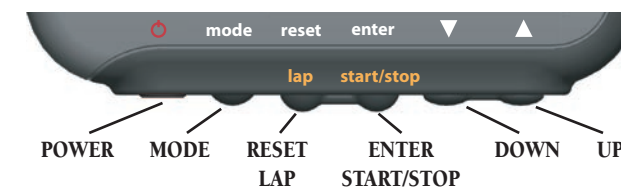
The **POWER** button:
- Press and hold to turn the unit on or off
- Press and release, with the unit on, to turn the backlight on or off

The **MODE** button:
- Press to switch between the Timer and Menu Modes
- Press to back out or escape out of the present page or screen
- Press and hold to change between **PACE** and **SPEED** (This setting impacts calorie calculation. See owner's manual.)

The **RESET/LAP** button:
- Press to split a lap when the timer is running
- When the timer is stopped, press and hold for 3 seconds to reset the timer and start a new run

The **ENTER/(START/STOP)** button:
- In Timer Mode and Map Mode (if enabled), press to start or stop the Timer
- Press to confirm data entry or menu selection

The **UP/DOWN** buttons:
- Press to cycle through the different screens of the Timer Mode
- Press to highlight options on pages and menus
- Press to adjust display contrast on the initial welcome screen
- Press to Zoom out and Zoom in on the Map Mode (if enabled)
- Press to cycle through the different screens in the Virtual Partner™ Mode (if enabled)