

EDGE® 605/705

GPS-ENABLED BIKE COMPUTER

















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PREFACE

Thank you for purchasing the Garmin® Edge® 605/705 bike computer.

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.

Product Registration

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.

Contact Garmin

In the USA, contact Garmin Product Support by phone: (913) 397.8200 or (800) 800.1020, Monday–Friday, 8 AM–5 PM Central Time; or go to www.garmin.com/support.

In Europe, contact Garmin (Europe) Ltd. at +44 (0) 870.8501241 (outside the UK) or 0808 2380000 (within the UK).

Free Garmin Software

Go to www.garmin.com/edge to download the Garmin Connect™
Web-based software or the Garmin Training Center® computer software.
Use this software to store and analyze your workout data.

Step 9: Download Free TABLE OF CONTENTS Software 9 Step 10: Transfer History to Preface..... Your Computer 10 Product Registrationi Contact Garmin..... Where To11 Free Garmin Software Follow History 11 Saved Rides 11 Getting Started...... 1 Back To Start 12 Buttons 1 Find Places 12 Resetting the Edge2 Find Favorites 12 Edge Backlight.....2 Find Addresses 13 lcons......2 Find Points of Interest 13 Step 1: Charge the Battery..... 3 Stop Navigating...... 13 Step 2: Install the Edge 4 Training..... 14 Step 3: Turn on Your Edge 6 Auto Pause 14 Step 4: Acquire Satellite Signals 6 Auto Lap 14 Step 5: Save Your Home Alerts......16 Location (Optional)7 Using Time and Distance Step 6: Set Up Sensors Alerts 16 (Optional) 7 Using Speed Alerts.....17 Step 7: Set Your Profiles 8 Using Heart Rate Alerts..... 17 Step 8: Go for a Ride! 9 Using Cadence Alerts...... 18 Using Power Alerts.....19

Pref	ACE
Power Meter	41
Power Calibration	41
Power Zones	41
History	42
Viewing History	
Transferring History to Your	
Computer	43
Deleting History	43
Data Management	44
Loading Files	
Step 1: Insert a MicroSD	
Card (Optional)	44
Step 2: Connect the USB	
Cable	45
Step 3: Transfer Files to	

Your Computer45 Step 4: Eject and Unplug the USB Cable 45 Garmin Folders 46 Deleting Files46 Transferring Files to Another Edge (705 Only)46

Workouts: Simple, Interval	, and
Advanced	21
Using Workouts	21
Simple Workouts	21
Interval Workouts	22
Advanced Workouts	24
Courses	28
Creating Courses	28
Course Data Pages	29
Using the Map	31
Marking and Finding	
	31
Locations	
	32
Locations Satellite Page About GPS	32 33
LocationsSatellite PageAbout GPSUsing Accessories	32 33 34
Locations Satellite Page About GPS	32 33 34 34
Locations Satellite Page About GPS Using Accessories Heart Rate Monitor	32 33 34 34
Locations	32 33 34 35
Locations	32 33 34 35 35
Locations	32 33 34 35 37
Locations	32 33 34 35 37 37 40

Virtual Partner®20

Edge	605/705	Owner's	Manual

PREFACE

ettings 47	Appendix5	36
Custom Data Fields47	Optional Accessories	
Edge Data Fields48	Battery Information	58
System 53	Heart Rate Monitor	
Map53	Battery	58
Routing 54	GSC 10 Battery	
Car/Motorcycle Settings 54	Specifications	6(
Bicycle and Pedestrian	Edge6	60
Settings54	Bike Mount	60
Profile and Zones54	Heart Rate Monitor	ô1
User and Bike Profiles54	GSC 10	ô1
Speed Zones54	Barometric Altimeter	62
Heart Rate and Power	Tire Size and	
Zones (Edge 705)55	Circumference	62
Display 55	Declaration of Conformity	64
Units & Time 55	Troubleshooting	65
Data Recording56	Index6	: 7
ANT+Sport57	muex	,,
Accessories57		
Receive and Transfer		
Data 57		

GETTING STARTED

Buttons



1 power 🔥

- Press and hold to turn the Edge on/off
- Press to turn the backlight on/off.

2 mode

- Press to return to the previous page.
- Press and hold to switch bike profiles.

3 reset/lap

- Press and hold to reset the timer.
- Press to create a new lap.

4 thumb stick/enter

- Move the thumb stick to scroll through menus, options, and data fields
- Press in the thumb stick to select options and to acknowledge messages.

GETTING STARTED

5 start/stop

Press to start/stop the timer.

- 6 menu
- Press to open the menu page.
- Press and hold to lock/unlock the Edge buttons.
- **7** in/out

Press to zoom in/out on the map page and the altimeter page.

Resetting the Edge

If your Edge is locked up/frozen, press **mode** and **reset/lap** simultaneously to reset the Edge. This does not erase any of your data or settings.

Edge Backlight

Press to turn on the backlight. Use the thumb stick to adjust the backlight level.

Icons

	Battery charge level
N.	Battery charging
	Satellite icon changes from blank to 3D when receiving satellite signals.
*	Heart rate sensor active
•	Cadence sensor active
②	Power sensor active
₫	Keylock active

Step 1: Charge the Battery

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

The Edge is powered by a built-in lithium-ion battery that you can recharge using the AC charger included in the product box. You can also charge the Edge using the USB cable and your computer. Charge the Edge for at least three hours before you begin using it.



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



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

To charge the Edge:

- On the back of the Edge, pull up the weather cap from the mini-USB port.
- Plug the mini-USB end of the AC or USB cable into the mini-USB port on the back of the Edge.



Plug the other end into a standard wall outlet (AC) or an available USB port on your computer (USB).

A fully charged battery can run for approximately 15 hours before it must be recharged. For more battery information, see page 60.

Step 2: Install the Edge

For the best GPS reception, position the bike mount so the front of the Edge is oriented toward the sky. You can install the bike mount on the stem or the handlebars. The stem installation (shown here) provides a more sturdy location. The optional wedge should be used under the mount for a better viewing angle.

To install the Edge on your bike stem:

 Place the wedge on the bike stem, and then place the bike mount on the wedge. Make sure the release lever is on the left.



For horizontal bars: Separate and remove the top part of the mount, turn it 90 degrees, and replace it. Continue with step 2.

For bars with a diameter less than 1 in (25.4 mm): Place the additional rubber pad under the bike mount to increase the diameter of the bar. The rubber pad also prevents the mount from slipping. Continue with step 2.

Attach the bike mount securely using two cable ties. Make sure the cable ties are threaded through both parts of the bike mount. Align the Edge with the bike mount so that the Edge is parallel to the stem.



4. Slide the Edge to the left until it snaps into place.



Top view of the Edge being mounted on a horizontal bar

To release the Edge:

Press down on the release lever, and slide the Edge to the right.

Step 3: Turn on Your Edge

Press and hold to turn on your Edge. Follow the on-screen configuration instructions.

Step 4: Acquire Satellite Signals

Before you begin using the Edge, you must acquire GPS satellite signals. It may take 30–60 seconds to acquire signals.

- Go outdoors to an open area.
 For the best reception, make sure the front of the Edge is oriented toward the sky.
- Wait while the Edge searches for satellites. Stand still in an open area, and do not begin moving until the locating satellite page disappears.



NOTE: To turn off the GPS receiver and use the Edge indoors, see page 53.

Step 5: Save Your Home Location (Optional)

You can set a home location for the place you return to most often.

- Press menu > select Where
 To > Find Places > Favorites
 > Go Home.
- Follow the on-screen instructions.

Step 6: Set Up Sensors (Optional)

If your Edge included a heart rate monitor or GSC[™] 10 speed and cadence sensor, the ANT+Sport[™] sensors are already paired with your Edge. Press **menu**. The and cons stop flashing when the sensors are paired. If you purchased an accessory separately, see page 57. For instructions on using the heart rate monitor, see page 34. For instructions on using the GSC 10, see page 37.

Step 7: Set Your Profiles

The Edge uses information that you enter about yourself and your bike to calculate accurate ride data.

To set your user profile:

- Press menu > select Settings
 Profile & Zones > User
 Profile.
- Enter your gender, birth date, and weight.



TIP: When finished selecting options or entering values on your Edge, press **mode** to exit the field or page.



Use the thumb stick to change the field values.

To set your bike profile:

 Press menu > select Settings > Profile & Zones > Bike Profile



- 2. Select a bike profile. You can set up to three profiles.
- 3. Enter your bike information.
- 4. (Edge 705 only) If you have a GSC 10 speed and cadence sensor, select the Cadence check box. If you have a thirdparty power meter, select the Power check box. For more accessory information, see pages 34–41.
- In the Wheel Size field, select Auto to have the GSC 10 automatically detect your tire size using GPS data, or select Custom to enter your wheel size. For a table of sizes and circumferences, see page 62.

Step 8: Go for a Ride!

- Press mode to view the bike computer page.
- Press start to start the timer.
- 3. After completing your ride, press **stop**.
- Press and hold lap/reset to save your ride data and reset the timer.

Step 9: Download Free Software

- 1. Go to www.garmin.com/edge.
- Follow the on-screen instructions to download Garmin Training Center or Garmin Connect.

Step 10: Transfer History to Your Computer

- Plug the small end of the USB cable into the mini-USB port on the back of the Edge (under the weather cap).
- Connect the larger end of the USB cable to an available USB port on your computer.
- Open Garmin Connect or Garmin Training Center.
 Follow the upload instructions included with the software.

WHERE TO

Use the Where To features to navigate rides from history, rides from an external source, back to your starting point, to Favorites, and to points of interest.



NOTE: You must start the timer to save your current ride to Edge history.

Follow History

You can navigate any ride saved in your Edge history.

- Press menu > select Where To > Follow History.
- Select a ride from the list. The Edge calculates the route, including directions from your current location to the starting point of the ride.

Saved Rides

You can also navigate a ride uploaded to your Edge from an external source. For example, you found a great trail ride on the Internet or another Edge owner created a route for you.



NOTE: Track or route files must be saved with the *.gpx extension.

- Upload the *.gpx file to the Garmin\GPX folder on your Edge memory. For more information about uploading files to your Edge, see pages 44–46.
- Press menu > select Where To > Saved Rides.
- 3. Select a ride from the list.

Back To Start



NOTE: You must start the timer in order to use the Back To Start feature.

After you have reached your destination or finished your ride, press menu > select Where To > Back To Start. The Edge navigates you back to your starting point.

Find Places

You can search for saved waypoints (locations) and recent finds in your Favorites. With optional map data, you can also search for addresses and points of interest.

Find Favorites Go Home

If you have not saved your home location yet, see page 7. Press menu > select Where To > Find Places

> Favorites > Go Home. The Edge automatically calculates your route home.

Recent Finds

Your Edge stores the last 50 of your recent finds. The most recently viewed locations appear at the top of the list. Press menu > select Where To > Find Places > Favorites > Recent Finds



NOTE: You can save, edit, and delete from Recent Finds.

My Favorites

Press menu > select Where
 To > Find Places > Favorites
 > My Favorites.



TIP: Use the on-screen keyboard to narrow the search. Select **OK** to view the entire list.

- 2. Select a place from the list.
- Select Go To.

Edit My Favorites

- Press menu > select Where
 To > Find Places > Favorites
 > My Favorites.
- 2. Select a place from the list.
- Edit the information as needed.
- 4. Press mode to exit.



NOTE: Your changes are automatically saved when you exit this page.

Delete My Favorites

- Press menu > select Where
 To > Find Places > Favorites
 My Favorites.
- Select Delete.
- Select Yes to confirm.

Find Addresses

- Press menu > select Where To > Find Places > Addresses.
- 2. Enter the region, city, number, and street name.
- Select an address from the list of matches
- 4. Select Go To.

Find Points of Interest

- Press menu > select Where To > Find Places.
- Select a category and a subcategory, if necessary.
- 3. Select a place from the list.
- 4. Select Go To.

Stop Navigating

Press menu > select Where To > Stop Navigation.

TRAINING

The Edge offers several training features and optional settings. Use your Edge to set goals and alerts, train with a Virtual Partner[®], program workouts, and plan courses based on existing history.

Auto Pause®

You can set the Edge to pause the timer automatically during your ride when you stop moving or your speed drops below a specified value. This setting is helpful if your course includes stop lights or other places where you need to slow down or stop.

When you turn on Auto Pause, the Edge stores any paused time as Rest Time and any paused distance as Rest Distance. To add these data fields to a custom page, see page 47.



NOTE: Rest time and distance for Auto Pause are not stored in history.

Auto Lap®

You can use Auto Lap to automatically mark the lap at a specific position or after you have traveled a specific distance. This setting is helpful for comparing your performance over different parts of a ride (every 10 miles or major hill, for example).

To set Auto Pause/Lap:

- 1. Press menu > select Training > Auto Pause/Lap.
- 2 In the Auto Timer Pause field, select When Stopped or Custom Speed to enter a value.



- In the Auto Lap Trigger field, select By Distance to enter a value or By Position to choose an option:
 - Lap Press Only-triggers
 the lap counter each time
 you press lap and each
 time you pass any of those
 locations again.
 - Start And Lap-triggers
 the lap counter at the GPS
 location where you press
 start and at any locations
 during the ride where you
 pressed lap.

Mark And Lap-triggers
the lap counter at a
specific GPS location
marked before the ride
and at any locations
during the ride where you
pressed lap.





NOTE: During courses, use the **By Position** option to trigger laps at all of the lap positions marked in the course.

Alerts

Use Edge alerts to train toward certain time, distance, speed, heart rate, cadence, and power goals.

Using Time and Distance Alerts

Time and distance alerts are useful for long workouts when you want to train for a certain amount of time or distance. When you reach your goal, the Edge beeps and displays a message.

To set a time or distance alert:

Press menu > select Training
 Alerts > Time/Dist Alert.



- In the Time Alert field, select Once or Repeat.
- Enter a time in the Alert At field.



- 4. In the **Distance Alert** field, select **Once** or **Repeat**.
- Enter a distance in the Alert At field.

Using Speed Alerts

Speed alerts notify you if you exceed or drop below a custom speed setting during your ride.

The speed alert allows you to use speed zones stored in the Edge. For more information about speed zones, see page 54.

To set a speed alert:

- Press menu > select Training
 Alerts > Speed Alert.
- In the Fast Speed Alert field, select a speed zone or select Custom to enter your own alert value



Repeat for the Slow Speed Alert field.

Using Heart Rate Alerts



NOTE: To use heart rate alerts, you must have an Edge 705 and a heart rate monitor.

The heart rate alert notifies you if your heart rate exceeds or drops below a specific number of beats per minute (bpm). Heart rate alerts can also notify you if your heart rate exceeds or drops below a certain heart rate zone—a range of beats

TRAINING

per minute. The five commonly accepted heart rate zones can help you determine the intensity of your workout. For more about heart rate zones, see page 35.

To set a heart rate alert:

- Press menu > select Training
 Alerts > HR Alert.
- In the Max HR Alert field, select a zone or select Custom to specify your own alert value. The maximum value allowed is 235 bpm.



Repeat for the Min HR Alert field. The minimum value allowed is 35 bpm.



NOTE: When entering custom heart rate values, you must set the minimum and maximum alerts at least 5 bpm apart.

Using Cadence Alerts



NOTE: To use cadence alerts, you must have an Edge 705 and a GSC 10.

The cadence alert notifies you if your cadence exceeds or drops below a specific number of revolutions of the crank arm per minute (rpm). For more information about training with cadence, see page 40.

To set a cadence alert:

- Press menu > select Training
 Alerts > Cadence Alert.
- In the Fast Cadence Alert field, select On.
- Enter a value in the Alert Above field. The maximum value allowed is 255.



 Repeat for the Slow Cadence Alert field. There minimum value is 0.

Using Power Alerts



NOTE: To use power alerts, you must have an Edge 705 and a third-party power meter.

The power alert notifies you if your power level exceeds or drops below a specific value in watts or % FTP (functional threshold power). For more information about using third-party power meters, see page 41.

To set a power alert:

- Press menu > select Training
 Alerts > Power Alert.
- In the Max PWR Alert field, select a zone or select Custom to specify your own alert value.



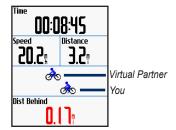
Repeat for the Min PWR Alert field.

Virtual Partner®

Your Virtual Partner is a unique tool designed to help you meet your training goals. The Virtual Partner competes with you during simple workouts and courses.

To see Virtual Partner data:

- Set up a simple workout or course.
- Press start.
- 3. Press **enter** to view Virtual Partner data



To turn off Virtual Partner: Press menu > select Training > Virtual Partner > Off.

Workouts: Simple, Interval, and Advanced

Press menu > select Training > Workouts to choose the type of workout right for you.

Simple and interval workouts are replaced each time you create a workout of the same type. You can save and edit advanced workouts. For information about transferring workouts to and from your Edge, see pages 9–10.

Using Workouts

During your workout, press **mode** to see the workout data page. When you complete all steps in your workout, the "Workout Finished" message appears.

To end a workout early:

Press menu > select Training > Stop Workout.

To end an interval or advanced workout step early:

Press the **lap/reset** button.

Simple Workouts

For simple workouts, enter your time, distance, or pace goals, and the Edge displays the Virtual Partner to help you achieve them. It is easy to set up one of the following simple workouts with your Edge:

- Distance and time
- · Time and speed
- · Distance and speed

To set up a simple workout:

- Press menu > select Training > Workouts > Simple Workouts.
- Select the type of simple workout.
- Enter values in the first and second fields. The third field is calcuated by the Edge.
- 4. Select Done.



5. Press start.

Interval Workouts

You can create interval workouts with your Edge based on the following criteria:

- Ride a certain distance and rest for a certain amount of time.
- Ride for a certain distance and rest for a certain distance.
- Ride for a certain amount of time and rest for a certain amount of time.
- Ride for a certain amount of time and rest for a certain distance.

To create an interval workout:

Press menu > select Training
 Workouts > Interval.

- 2. Select the type of interval workout.
- 3. Enter distance or time values into the appropriate fields.
- 4. In the **Reps** field, enter number of times you want to repeat each interval.
- Select Warmup & Cooldown (optional).
- 6. Select Done.



Press start.

If you selected **Warmup &**Cooldown, press lap at the end of
your warmup lap to start your first
interval. At the end of your last
interval, the Edge automatically
starts a cooldown lap. When you are
finished cooling down, press lap to
end your workout.

As you approach the end of each lap, an alarm sounds, and a message appears, counting down the time until a new lap begins. At any time during the interval workout, you can press **lap** to end a step early.

TRAINING

Advanced Workouts

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

Creating Advanced Workouts

Garmin recommends that you use the Garmin Training Center or Garmin Connect to create workouts and transfer them to your Edge. However, you can also create and save an advanced workout directly on your Edge. You cannot use the Edge to schedule workouts; you must use Garmin Training Center or Garmin Connect.



NOTE: If you create a workout on the Edge, be sure to transfer it to Garmin Training Center or Garmin Connect.
Otherwise, the workout will be overwritten when you load workouts to the Edge.

To create an advanced workout using the Edge:

- Press menu > select Training
 Workouts > Advanced >
 Create New>.
- Enter a descriptive workout name in the top field (for example, 40KHILLS).
- Select 1. Open No Target > Edit Step.



4. In the **Duration** field, select how long you want the step to last. If you select **Open**, you

- can end the step during your workout by pressing **lap**.
- In the Target field, select your goal during the step (Speed, Heart Rate, Cadence, Power, or None).



NOTE: Heart rate, cadence, and power targets are for the Edge 705 only.

- (Optional) Select a target zone and range. For example, if your target is heart rate, select a heart rate zone or enter a custom range.
- If this is a rest lap, select Yes in the Rest Lap field.
- 8. Press mode to continue.
- To enter another step, select <Add New Step>. Then repeat steps 4–8.

To repeat steps:

- 1. Select <Add New Step>.
- 2. In the **Duration** field, select **Repeat**.
- In the Back To Step field, select the step you want to repeat.
- In the Number Of Reps field, enter the number of repetitions.



5. Press mode to continue.

Starting Advanced Workouts

- 1. Press menu > select Training > Workouts > Advanced.
- 2. Select the workout.
- 3. Select Do Workout.
- 4. Press start.



NOTE: Press **enter** to view more data.



After you begin an advanced workout, the Edge displays each step of the workout, including the name of the step, 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. At any time during the advanced workout, press lap to end a step early.

Editing Advanced Workouts

You can edit workouts within Garmin Training Center, Garmin Connect, or directly in the Edge. If you edit workouts in the Edge, your changes may be temporary. Garmin Training Center or Garmin Connect serve as the "master list" of advanced workouts: if you edit a workout in the Edge, the changes

will be overwritten the next time you transfer workouts from Garmin Training Center or Garmin Connect. To make a permanent change to a workout, edit the workout in Garmin Training Center or Garmin Connect and then transfer it to your Edge.

To edit an advanced workout:

- Press menu > select Training
 Workouts > Advanced.
- Select the workout.
- 3. Select Edit Workout.
- 4. Select the step.
- 5. Select Edit Step.
- Make any necessary changes, and press mode to continue.
- 7. Press **mode** to exit.

To delete an advanced workout:

- Press menu > select Training
 Workouts > Advanced.
- Select the workout.
- Select Delete Workout > Yes.

Courses

Another way you can use the Edge for custom training is to create and edit courses based on a previously recorded activity. You can follow the course trying to match or exceed previously set goals. You can also race against the Virtual Partner when training with courses. To turn on Virtual Partner, see page 20.

Creating Courses

Garmin recommends that you use Garmin Training Center or Garmin Connect to create courses and course points. Then you can transfer them to your Edge.

You can also create a course (without course points) on your Edge.

To create a course on your Edge:

- Press menu > select Training
 Courses > < Create New>.
- From the list of rides, select a previous ride on which to base your course.
- Enter a descriptive course name in the top field (for example, 44KTT).
- 4. Press mode to exit.

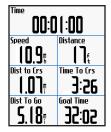
Adding Course Points

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

To start a course:

- Press menu > select Training
 Courses
- 2. Select a course from the list.
- Select Do Course.
- Press start. History is recorded even if you are not on the course. The "Course Complete" message appears when you finish.

Course Data Pages



From the course page, press **mode** and **enter** to view additional course data including the course map, elevation graph, compass page, and Virtual Partner data

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. Be sure to stay away from your course path as you warm up. When you are ready to begin, head toward your course. When you are on

TRAINING

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 finish a warmup.

If you stray away from the course, the Edge displays an "Off Course" message. Use the compass page or map page to find your way back to the course.

To end a course manually: Press menu > select Training > Stop Course.

To edit a course name:

- Press menu > select Training
 Courses.
- Select the course you want to change.
- Select Edit Course.

- 4. Edit the course name.
- Press mode to exit.

To delete a course:

- Press menu > select Training
 Courses
- Select the course you want to delete.
- Select Delete Course.
- Select **Yes** to delete the course.
- Press mode to exit.

USING THE MAP

Press **mode** to view the map page. When you start the timer and begin to move, a tiny dotted line appears on the map, showing you exactly where you have traveled. This dotted line is called a track. Press **in/out** to zoom on the map. Move the thumb stick to view additional position data. You can also add custom data fields to the map page. See page 47.



Marking and Finding Locations

A location is a waypoint on the map that you can save as a Favorite. If you want to remember landmarks or return to a certain spot, mark the point on the map. The location appears on the map with a name and symbol. You can find, view, and return to locations at any time.

To mark your current location:

- 1. Go to a place where you want to mark a location.
- 2. Press menu > Save Location.
- 3. Select a symbol, and enter a descriptive name.
- Make other changes as necessary, and select **OK**.

To mark a known location using coordinates:

- Press menu > Save Location.
- Use the on-screen keyboard to enter the coordinates and elevation.
- Make other changes as necessary, and select **OK**.

To mark a location on the map:

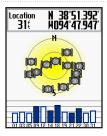
- 1. Press **mode** to access the map page.
- Use the thumb stick to move the map pointer to the location you want to save.
- 3. Press enter.
- Select **Yes** to save the waypoint.
- Select a symbol, and enter a descriptive name.



6. Press mode to continue.

Satellite Page

The satellite page displays information about the GPS signals the Edge is currently receiving. Press menu > select Satellite.



On the satellite page, the available satellites are flashing while the Edge searches for satellite signals. Acquired satellites and each corresponding bar below change to solid. The GPS accuracy and coordinates appear at the top of the page.

WARNING: See the *Important* Safety and Product Information guide in the product box for warnings regarding safe and proper map usage.

About GPS

The Global Positioning System (GPS) is a satellite-based navigation system made up of a network of 24 satellites placed into orbit by the United States Department of Defense. GPS was originally intended for military applications, but in the 1980s, the government made the system available for civilian use. GPS works in any weather conditions, anywhere in the world, 24 hours a day. There are no subscription fees or setup charges to use GPS.

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

Using Accessories

This section describes accessories that are compatible with the Edge 705:

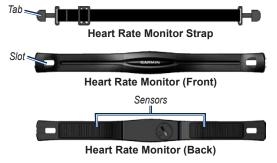
- Heart rate monitor
- GSC 10 speed and cadence sensor
- Power meter

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

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 ride.

- Push one tab on the strap through the slot in the heart rate monitor. Press the tab down
- Wet both sensors on the back of the heart rate monitor to



- create a strong connection between your chest and the transmitter.
- Wrap the strap around your chest and attach it to the other side of the heart rate monitor.

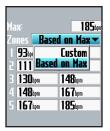


NOTE: The Garmin logo should be right-side up.

- Turn on the Edge and bring it within range (3 m) of the heart rate monitor. The heart rate icon appears on the menu page.
- 5. To customize data fields, see page 47.
- 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 5–10 minutes. If the problem persists, you may have to pair the sensors. See page 57.

Heart Rate Zones

Press menu > select Settings > Profile & Zones > HR Zones





CAUTION: Consult your physician to specify heart rate zones/targets that are appropriate for your fitness level and health condition

Many athletes are using heart rate zones to measure and increase their cardiovascular strength and improve their level of fitness. A heart rate zone is a set range of heartbeats per

Using Accessories

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

minute. The five commonly accepted heart rate zones are numbered from 1–5 according to increasing intensity. Generally, heart rate zones are calculated based on percentages of your maximum heart rate.

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 certain heart rate zones can help you improve cardiovascular capacity and strength.
- Knowing your heart rate zones can prevent you from overtraining and decrease your risk of injury.

If you know your maximum heart rate, you can enter it and allow the Edge to calculate your heart rate zones based on the percentages shown in the table on page 36. If you do not know your maximum heart rate, use one of the calculators available on the Internet.

Heart Rate Monitor Battery For battery information, see page 58.

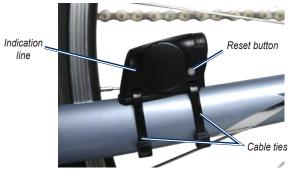
GSC 10

Your Edge 705 is compatible with the GSC 10 speed and cadence sensor for bikes

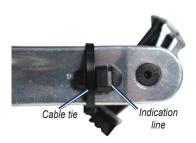
Both magnets must be aligned with their respective indication lines for the Edge to receive data.

To install the GSC 10:

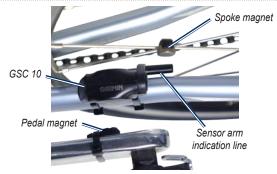
- Place the GSC 10 on the rear chain stay (on the side opposite the drive train). Loosely attach the GSC 10 using two cable ties.
- Attach the pedal magnet to the crank arm using the adhesive mount and a cable tie. The pedal magnet must be within 5 mm of the GSC 10, and the indication line on the pedal magnet must line up with the indication line on the GSC 10.



GSC 10 on rear chain stay



Pedal magnet on crank arm



GSC 10 and magnet alignment

- 3. Unscrew the spoke magnet from the plastic piece. Place the spoke in the groove of the plastic piece and tighten slightly. The magnet can face away from the GSC 10 if there is not enough room between the sensor arm and the spoke. The magnet must be aligned with the sensor arm indication line.
- Loosen the screw on the sensor arm and move it to within 5 mm of the spoke magnet. You can also tilt the GSC 10 closer to either magnet for improved alignment.
- Press the **Reset** button on the GSC 10. The LED turns red, then green. Pedal to test the sensor alignment. The

red LED blinks each time the crank arm passes the sensor, and the green LED blinks each time the wheel 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.

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

Training with Cadence

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. Cadence data from the GSC 10 is always recorded. The speed data from the GSC 10 is only recorded and used for distance calculation when the GPS signal is weak or the GPS is turned off.

For information about cadence alerts, see page 18.

For information about speed zones, see page 54.

GSC 10 Battery

For GSC 10 battery information, see page 59.

Power Meter

For a list of third-party power meters that are compatible with the Edge 705, go to www.garmin .com/edge.

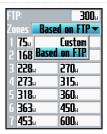
Power Calibration

Press menu > select Settings > ANT+Sport > Accessories > Calibrate Power.

For calibration instructions specific to your power meter, refer to the manufacturer's instructions and www.garmin.com/edge.

Power Zones

Press menu > select Settings >
Profile & Zones > Power Zones.



You can set seven custom power zones (1=lowest, 7=highest). If you know your FTP (functional threshold power) value, you can enter it, and allow the Edge to calculate your power zones automatically. You can also enter your power zones manually.

To change your power units, see page 55.

HISTORY

Your Edge automatically saves history when the timer is started. The Edge has approximately 500 MB of available space. When the Edge memory is full, your oldest history is overwritten. Upload your history to Garmin Training Center or Garmin Connect periodically to keep track of all of your bike data. For information about Edge data recording, see page 56.

History includes time, distance, calories, average speed, maximum speed, altitude, detailed lap information, and a map view.
Edge 705 history can also include heart rate, cadence, and power.



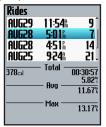
NOTE: History is not recorded while the timer is stopped.



NOTE: Edge memory does not include the separate microSD[™] card drive. See Data Management on page 44.

Viewing History

After you have finished a ride, you can view the history data on your Edge by day, week, or totals.



To view history by day:

Press menu > select History
 By Day.

- Use the thumb stick to scroll through the list. As you scroll, summary information appears below the list.
- 3. Select an entry to view details of the entire ride or each lap.
- Select View Map to see your ride on the map.
- Press in/out to zoom on the map. When you are finished viewing the lap, select Next to view the next lap.
- 6. Press mode to exit.

Transferring History to Your Computer

For information about transferring workouts to and from your Edge, see pages 9-10.

Deleting History

After you have transferred your workouts to Garmin Training Center or Garmin Connect, you may want to delete the history from your Edge.

To delete history:

- Press menu > select History
 Delete.
- Select Keep 1 Month, Keep 3 Months, or Delete All.
- 3. Select Yes to confirm.

To delete laps or entire rides from history:

- Press menu > select History
 By Day.
- 2. Select a lap or ride.
- 3. Select Delete.
- 4. Select Yes to confirm.

DATA MANAGEMENT

You can use the Edge as a USB mass storage device, and you can purchase a separate microSD card for additional external memory.



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. This is a common limitation of most USB mass storage devices.

Loading Files

Step 1: Insert a MicroSD Card (Optional)

 Remove the microSD card door on the back of the Edge.



2. To insert the card, press it in until it clicks.



Step 2: Connect the USB Cable

- Plug the small end of the USB cable into the mini-USB port on the back of the Edge (under the weather cap).
- Connect the larger end of the USB cable to an available USB port on your computer. The Edge is now in USB mass storage mode.

Your Edge and microSD card appear as removable drives in My Computer on Windows computers and as mounted volumes on Mac computers.

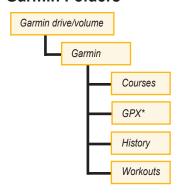
Step 3: Transfer Files to Your Computer

- 1. Browse your computer for the file you want to copy.
- Highlight the file, and select Edit > Copy.
- Open the "Garmin" or microSD card drive/volume.
- 4. Select Edit > Paste.

Step 4: Eject and Unplug the USB Cable

When you are finished transferring files, click the Eject icon in your system tray, or drag the volume icon to the Trash on Mac computers. Unplug your Edge from your computer.

Garmin Folders



* The GPX folder contains waypoints and saved rides.

Deleting Files

Open the Garmin or SD card drive/volume. Highlight the file, and press the **Delete** key on your computer's keyboard.



CAUTION: If you are not sure about a file's purpose, do not delete it. Your Edge memory contains important system files that should not be deleted.

Transferring Files to Another Edge (705 Only)

You can wirelessly transfer files from one Edge to another using ANT+Sport wireless technology.

- Turn on both Edge units, and bring them within range (3 m) of each other.
- Press menu > select Settings
 ANT+Sport.
- Select Receive Data on the Edge that is receiving files.
- Select Transfer Data on the Edge that is sending files.

SETTINGS

You can customize data fields, map settings, routing, bike and user profiles, training zones, display, units, time, data recording, and wireless setup. Press menu > select Settings.



NOTE: When finished selecting options or entering values, press **mode** to exit.

Custom Data Fields

You can set up custom data fields for the following Edge pages:

- · Bike Computer 1
- Bike Computer 2
- Map
- Workouts
- Courses

For a list of available data fields, see pages 48–52.

To set data fields:

- Press menu > select Settings
 Data Fields.
- 2. Select one of the pages listed.
- Select the number of data fields you want to see on this page.



- Use the thumb stick to change the data fields. Press mode when done.
- Repeat for each page you wish to customize.

Edge Data Fields

The following table lists all of the Edge data fields and descriptions.

* Denotes a field showing statute or metric units.

Data Field	Description	Edge 605	Edge 705
Accuracy Of GPS *	Margin of error for your exact location. For example, your GPS location is accurate to within +/- 19 ft.	•	•
Ascent - Total *	Total elevation gain for the current ride.		•
Bearing	Direction of your destination.	•	•
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.		•
Cadence – Max	Top cadence achieved during the current ride.		•
Calories	Amount of calories burned.	•	•
Descent - Total *	Total elevation lost for the current ride.		•

Data Field	Description	Edge 605	Edge 705
Dist – Lap *	Distance traveled in the current lap.	•	•
Dist – Last Lap *	Distance of the last completed lap.	•	•
Dist – Paused *	Distance covered while the timer was in Auto Pause.	•	•
Distance *	Distance traveled on the current ride.	•	•
Distance To Dest	Distance until you reach your destination.	•	•
Distance To Next	Distance until you reach the next turn.	•	•
ETA At Destination	Estimated arrival time at your destination.	•	•
ETA At Next	Estimated arrival time at the next turn.	•	•
Elevation *	Distance above/below sea level.	•	•
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%.	•	•

SETTINGS

Data Field	Description	Edge 605	Edge 705
Heading	Current direction you are traveling.	•	•
Heart Rate	Heart beats per minute (bpm).		•
Heart Rate – Avg	Average heart rate for the ride.		•
Heart Rate – Lap	Average heart rate in the current lap.		•
Heart Rate Zone	Current range of heart rate (1–5). The default zones are based on your maximum heart rate and user profile.		•
Laps	Amount of laps completed.	•	•
Power	Current power output in watts or % FTP.		•
Power – Avg	Average power output for the duration of your current ride.		•
Power – Lap	Average power output in the current lap.		•
Power Zone	Current range of power output (1–7) based on calibrated or custom settings.		•
Speed *	Current speed.	•	•

Data Field	Description	Edge 605	Edge 705
Speed – Avg *	Average speed for the ride.	•	•
Speed – Lap *	Average speed in the current lap.	•	•
Speed – Last Lap *	Average speed during the last full lap.	•	•
Speed – Maximum *	Top speed achieved during the current ride.	•	•
Speed Zone	Current range of speed based on default or custom settings: Climb 1–4, Flat 1–3, Descent, Sprint, and Max Speed.	•	•
Sunrise	Time of sunrise based on your GPS position.	•	•
Sunset	Time of sunset based on your GPS position.	•	•
Time	Stopwatch time.	•	•
Time – Avg Lap	Average time to complete the laps so far.	•	•
Time – Lap	Amount of time in the current lap.	•	•
Time – Last Lap	Amount of time to complete the last full lap.	•	•

SETTINGS

Data Field	Description	Edge 605	Edge 705
Time – Paused	Time elapsed while the timer was in Auto Pause.	•	•
Time To Destination	Estimated amount of time until you reach your destination.	•	•
Time To Next	Estimated amount of time until you reach the next turn.	•	•
Time of Day	Current time of day based on your time settings (format, time zone, and daylight saving time).	•	•
Waypoint At Dest	Name of the final waypoint in the route.	•	•
Waypoint At Next	Name of the next waypoint in the route.	•	•

System

Press menu > select Settings > System.

• **GPS mode**–Normal, GPS Off (for indoor use), or Demo Mode (for route simulation).



NOTE: When GPS is off, speed and distance data are not available, unless you are using the Edge 705 with the GSC 10. The next time you turn on the Edge, it will search for satellite signals again.

 Text Language—change the on-screen text language.
 Changing the text language does not change the language of the map or user-entered data.

- Tones—set audible tones to Key and Message, Message Only, or Off
- Page Mode Options—turn on to display the map in the cycle of pages shown when mode is pressed.
- About Edge—view your software version, GPS version, and unit ID.

Map

Press menu > select Settings > Map.

Detail–adjust the amount of detail shown on the map. The map redraws more slowly when detail is added.

Orientation—change the perspective of the map.

- **North Up**—display the map with North at the top of the page.
- Track Up-display the map with

SETTINGS

your direction of travel at the top of the page.

Auto Zoom—turn on automatic zooming on the map for optimal viewing.

Lock On Road—turn on to lock the map pointer on the nearest road, compensating for variances in map position accuracy.

Map Name—select which loaded maps you want to use.

Routing

Press menu > select Settings > Routing.

Calculate Routes for—select Car/ Motorcycle, Bicycle, or Pedestrian to optimize routes.

Car/Motorcycle Settings
Follow Road Method—set your
routing preference to Prompted,
Faster Time, or Shorter Distance.

Avoid—select to avoid unpaved roads, highways, toll roads, and u-turns in your routes.

Bicycle and Pedestrian Settings

Guidance Method—set your routing preference to Prompted, Follow Road, or Off Road.

Avoid—select to avoid unpaved roads.

Profile and Zones

Press menu > select Settings > Profile & Zones.

User and Bike Profiles See page 8.

Speed Zones

Press menu > select Settings > Profile & Zones > Speed Zones.

Your Edge contains several different speed zones, ranging from very slow

(Climb 4) to very fast (Max Speed). The values for these speed zones are entered by default and may not match your personal abilities. After you enter appropriate speed zones, you can use these zones to set your speed alerts or use them as targets in advanced workouts. For more about alerts, see pages 16–20. For more about advanced workouts, see pages 24–28.

Heart Rate and Power Zones (Edge 705)

See pages 34-41 (Using Accessories).

Display

Press menu > select Settings > Display.

Backlight Timeout—select the amount of time the backlight stays on.



TIP: Use a short backlight timeout setting to conserve battery power.

Backlight Level—use the thumb stick to adjust the brightness of the backlight.

Display Mode—select **Daytime** for a bright background. Select **Nighttime** for a black background. Select **Auto** to automatically switch between the two based on the time of day.

Trim Color—select a color scheme for the Edge pages.

Units & Time

Press menu > select Settings > Units & Time.

Time Format—select 12- or 24-hour time format.

Time Zone—select your time zone or a nearby city.

SETTINGS

Daylight Saving Time—select **Yes**, **No**, or **Auto**. The Auto setting automatically adjusts the time for daylight saving based on your time zone.

Distance and **Elevation**—select **Statute** or **Metric**.

Heart Rate—select Beats per Minute or % Max HR for your heart rate data. For more information on heart rate data, see pages 34–37.

Power—select **Watts** or **% FTP**. For more information on power meters, see page 41.

Data Recording

Data recording controls how the Edge records detailed data for your rides. Press menu > select Settings > Data Recording.

Smart Recording—records key points where you change direction, speed, or heart rate.



TIP: For long rides, reset your timer every 12 hours to avoid overwriting history data.

Every Second—records points every second. It creates the most accurate record possible of your ride. However, with Every Second recording, the Edge can only record up to 4.5 hours of history data.



TIP: For long rides, reset your timer every 4 hours to avoid overwriting history data.

ANT+Sport

Press menu > select Settings > ANT+Sport.

Accessories

If you purchased a sensor (with ANT+Sport wireless technology) separately, you need to pair it with your Edge.

What Is Pairing?

Pairing is the connecting of sensors, such as your heart rate monitor with your Edge. After you pair the first time, your Edge automatically recognizes your sensor each time it is activated. This process occurs automatically when you turn on the Edge and only takes a few seconds when the sensors are activated and functioning correctly. When paired, your Edge only receives data from your sensor, and you can go near other sensors.

To pair accessories:

- Move away (10 m) from other sensors while the Edge is trying to pair with your sensor for the first time. Bring your sensor within range (3 m) of the Edge.
- Press menu > select Settings
 ANT+Sport.
- For each accessory you have, select Yes > Restart Scan.



NOTE: For information about using accessories, zones, and calibration, see pages 34-41.

Receive and Transfer DataSee Data Management on page 44.

APPENDIX

Optional Accessories

For more information about optional accessories, go to http://buy.garmin.com. You can also contact your Garmin dealer to purchase accessories.

Battery Information



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

Heart Rate Monitor Battery

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

To replace the battery:

 Locate the circular battery cover on the back of the heart rate monitor.



- Use a coin to twist the cover counter-clockwise so the arrow on the cover points to OPEN.
- Remove the cover and replace the battery with the positive side facing up.



NOTE: Be careful not to damage or lose the O-ring gasket on the cover.

Use a coin to twist the cover clockwise so the arrow on the cover points to CLOSE.

GSC 10 Battery

The GSC 10 contains a user-replaceable CR2032 battery.

To replace the battery:

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



Use a coin to twist the cover counter-clockwise until it is loose enough to remove (arrow points to unlocked). Remove the cover and replace the battery with the positive side facing up.



NOTE: Be careful not to damage or lose the O-ring gasket on the cover.

 Use a coin to twist the cover back into place (arrow points to locked).



Specifications

Edge

- Physical size: 2.0 in. × 4.3 in. × 1 in. (51.3 mm × 109.2 mm × 25.4 mm)
- **Weight:** 3.7 oz. (105 g)
- **Display:** 2.2 in. (55.9 mm) color display, with backlight
- Water Resistance: IPX7
- Data storage: approximately 500 MB available space on Edge (~500 hours of workout history at 1 MB per hour). 100 user waypoints. 16,383 track points.
- Computer interface: USB

- Battery type: 1200 mAh rechargeable, built-in, lithium-ion battery
- **Battery life:** 15 hours, depending on usage
- Operating temperature range: 5°F-122°F (-15°C-50°C)
- Radio frequency/protocol: 2.4 GHz/Dynastream ANT+Sport wireless communications protocol
- Antenna: internal patch
- Receiver: high-sensitivity integrated GPS receiver by SiRF



Bike Mount

- Physical size: 1.1 in. × 1.1 in. × 0.6 in. (28.5 mm × 28.5 mm × 15.6 mm
- Weight: 0.3 oz. (8 g)

Heart Rate Monitor

- Physical size: 13.7 in. × 1.3 in.
 × 0.4 in. (34.7 cm × 3.4 cm × 1.1 cm)
- Weight: 1.6 oz. (44 g)
- Water Resistance: 32.9 ft. (10 m)
- Transmission range: approximately 9.8 ft. (3 m)
- **Battery:** user-replaceable CR2032 (3 volts)
- **Battery Life:** approximately 3 years (1 hour per day)
- Operating temperature: 14°F–122°F (-10°C–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/Dynastream ANT+Sport wireless communications protocol

Accuracy may be degraded by poor sensor contact, electrical interference, and receiver distance from transmitter

GSC 10

- Physical size: 2.0 in × 1.2 in × 0.9 in (5.1 cm × 3.0 cm × 2.3 cm)
- Weight: 0.9 oz. (25 g)
- Water Resistance: IPX7
- Transmission range: approximately 9.8 ft. (3 m)
- **Battery:** User-replaceable CR2032 (3 volts)
- **Battery life:** approximately 1.4 years (1 hour per day)

APPENDIX

- Operating temperature range: 5°F–158°F (-15°C–70°C)
- Radio frequency/protocol: 2.4 GHz/Dynastream ANT+Sport wireless communications protocol

Accuracy may be degraded by electrical interference, receiver distance from transmitter, and extreme temperatures.

For a complete list of specifications, see www.garmin.com/edge.

Barometric Altimeter

The Edge 705 contains a barometric altimeter for extremely accurate elevation change and vertical profile data.

After you start the timer and begin to move, press **mode** to view the altimeter page. Elevation is plotted in green on the grid. If you are using Virtual Partner, your current position

is shown with a black dot, and the Virtual Partner is shown with a grey dot. To change the zoom level, press the **in** and **out** buttons. At the top of the map page, your elevation and total ascent data appears.

Tire Size and Circumference

The tire size is marked on both sides of the tire. To modify your bike profile, see page 8.

Tire Size	L (mm)
12 × 1.75	935
14 × 1.5	1020
14 × 1.75	1055
16 × 1.5	1185
16 × 1.75	1195
18 × 1.5	1340
18 × 1.75	1350

Tire Size	L (mm)
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
26 × 1-1/8	1970
26 × 1-3/8	2068
26 × 1-1/2	2100

Tire Size	L (mm)
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
650 × 38B	2105
700 × 18C	2070
700 × 19C	2080

APPENDIX

Tire Size	L (mm)
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

Declaration of Conformity

Hereby, Garmin declares that this Edge product is in compliance with the essential requirements and other relevant provisions of Directive 1999/5/EC.

To view the full Declaration of Conformity, see the Garmin Web site for your Garmin product: www.garmin.com/edge.

Troubleshooting

Problem	Solution/Answer
The buttons don't respond. How do I reset the Edge?	Press mode and lap/reset simultaneously to reset the Edge software. This does not erase any of your data or settings.
My Edge never gets satellite signals.	Take your Edge out of parking garages and away from tall buildings and trees. Remain stationary for several minutes.
The battery gauge does not seem accurate.	Allow the Edge to fully discharge, and then fully charge it (without interrupting the charge cycle).
The heart rate monitor, GSC 10, or power meter will not pair with the Edge.	 Stay 10 m away from other ANT sensors while pairing. Bring the Edge within range (3 m) of the heart rate monitor while pairing. If the problem persists, replace the battery.
The heart rate monitor strap is too big.	A smaller elastic strap is sold separately. Go to http://buy.garmin.com.
How do I know my Edge is in USB mass storage mode?	When your Edge is in USB mass storage mode, a picture of an Edge connected to a computer is shown. Also, you should see two new removable disk drives in My Computer on Windows computers and mounted volumes on Mac computers.
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 map/assign drive letters.

APPENDIX

Problem	Solution/Answer
	Make sure the heart rate monitor is snug against your body.
	Warm up for 5–10 minutes. If the problem persists, continue with the following suggestions:
	 Reapply moisture to the sensors. Use water, saliva, or electrode gel. Clean the sensors. Dirt and sweat residue on the sensors can interfere with heart rate signals.
The heart rate data is inaccurate or erratic.	Synthetic fabrics that rub or flap against the heart rate monitor can create static electricity that interferes with heart rate signals. Wear a cotton shirt or wet your shirt if suitable for your activity.
	 Position the heart rate monitor on your back instead of your chest.
	Strong electromagnetic fields and some 2.4 GHz wireless sensors can interfere with your heart rate monitor. Sources of interference may include very high voltage power lines, electric motors, microwave ovens, 2.4 GHz cordless phones, and wireless LAN access points. After you move away from the source of interference, your heart rate data should return to normal.

INDEX	battery 58–61 charging 3	D data fields 47, 48
accessories 7, 34-41, 57, 58 addresses 13 advanced workouts 24 alerts 16 cadence 18 distance 16 heart rate 17 power 19 speed 17 time 16	bike mount 4 buttons 1 C cadence alerts 18 data fields 48 sensor 9, 37 training 40 calories 48 charging the battery 3 computer connection 10, 45	data recording 56 data uploading 10, 44 deleting advanced workouts 28 courses 30 Favorites 13 files 46 history 43 distance alerts 16 data fields 49 downloading software i, 9
altimeter 62 Auto Lap 14 Auto Pause 14 B backlight 1, 2, 55 back to start 12 barometric altimeter 62	courses 28 creating 28 deleting 30 editing 30 starting 29 custom data fields 47	elevation barometric altimeter 62 data fields 48, 49

INDEX

F	Н	lithium-ion battery 3, 60
Favorites 12	heart rate	locations (waypoints) 12,
files	alerts 17	31, 60
deleting 46 loading 44 transferring 46 finding addresses 13 points of interest 13 waypoints	data fields 50 zones 35 heart rate monitor 7, 34 battery 58 history 42 deleting 43 viewing 42	map 2, 31, 43, 47 settings 53 microSD card 44 mode button 1 mount 4
(locations) 12 Garmin Connect i, 24, 27, 28, 42 Garmin Product Support i Garmin Training Center i, 24, 27, 28, 42 GPS 33, 53 accuracy 48 grade 49 GSC 10 7, 37, 61	l icons 2 indoor use 53 installing Edge 4 GSC 10 37 interval workouts 22 L language 53 lap button 1	pairing sensors 7, 57 pedal magnet 37 points of interest 13 power alerts 19 calibration 41 meter 41 zones 41 power button 1 product registration i product support i
battery 59		product support 1

R	T	workouts 21
recent finds 12	technical specifications 60	advanced 24
registration i	time	interval 22
reset button 1	alerts 16	simple 21
reset Edge 2, 65	data fields 51	Z
rest time 14	tire size 9, 62	_
S	tones 53 training 14	zones heart rate 35
satellite page 32–33	transferring data 10, 44	power 41
satellite signals	troubleshooting 65	speed 54
acquiring 6	, and the second	
SD card 44	U	
sensors, pairing 7, 57	unit ID 53	
simple workouts 21	uploading data 10	
software downloads i, 9	USB 3, 10, 44	
software version 53	eject 45	
specifications 60 speed	V	
alerts 17	Virtual Partner 20, 21, 28	
data fields 50	W	
zones 51, 54	waypoints (locations) 12,	
speed and cadence	31, 60	
sensor 7, 37, 61	wheel size 9, 62	
spoke magnet 39		

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