GARMIN

Forerunner® 15 Quick Start Manual

Getting Started

When using your device for the first time, you should complete these tasks to set up the device and learn about the basic features.

1 Charge the device (Charging the Device).
2 Turn on activity tracking (Turning On Activity Tracking).
3 Put on the optional heart rate monitor (Putting On the Heart Rate Monitor).
4 Go for a run (Going For a Run).
5 Upload your run to the Garmin Connect™ site (Using Garmin Connect).
6 Get more information (Getting More Information).

Keys

①	☉🔆	Select to turn the backlight on and off. Hold to turn the device on and off.
②	🏃	Select to start and stop the timer. Select to choose the highlighted menu item.
③	▽	Select to scroll through the data screens, options, and settings.
④	👟↩	Select to scroll through activity tracking data. Select to mark a new lap. Select to return to the previous screen.

Status Icons

A flashing icon means the device is searching for a signal. A solid icon means the signal was found or the sensor is connected.

⊢●⊣	GPS status
♥	Heart rate status
👟	Foot pod status

Going For a Run

The device comes partially charged. You may need to charge the device (Charging the Device) before going for a run.

1 Put on the optional heart rate monitor (Putting On the Heart Rate Monitor).
2 Hold ☉ to turn on the device.
3 Select 🏃.
4 Go outside, and wait while the device locates satellites.
   It may take a few minutes to locate satellite signals. When satellites are located, ⊢●⊣ displays solid.
5 When using a heart rate monitor, wait while the device connects to the sensor.
   When the device detects the heart rate monitor, a message appears and ♥ displays solid.
6 Select **Start** to start the timer.
7 Go for a run.
   Time ①, distance ②, pace ③, calories burned ④, beats per minute ⑤, and heart rate zone ⑥ are recorded while the timer is running.

8 After you complete your run, select 🏃 to stop the timer.
9 Select an option:
   • Select **Resume** to restart the timer.
     NOTE: After a few seconds, a summary appears.
   • Select **Save** to save the run and reset the timer. A summary appears.
     NOTE: You can now upload your run to Garmin Connect (Using Garmin Connect).
   • Select **Discard** to delete the run.

Turning On Activity Tracking

The activity tracking feature records your daily step count, step goal, distance traveled, and calories burned for each recorded day. Your calories burned includes your base metabolism plus activity calories.

Activity tracking can be enabled during the initial device setup, or at any time.

Select ▽ > **Settings** > **Activity Tracking** > **Turn On**.

Your step count does not appear until the device acquires satellite signals and sets the time automatically. The device may need a clear view of the sky to acquire satellite signals.

Your total number of steps taken during the day appears beneath the time of day. The step count is updated periodically.

TIP: You can select ⅙ to scroll through your activity tracking data.

Garmin Connect

You can connect with your friends on Garmin Connect. Garmin Connect gives you the tools to track, analyze, share, and encourage each other. Record the events of your active lifestyle including runs, walks, rides, swims, hikes, triathlons, and more. To sign up for a free account, go to www.garminconnect.com /start.

Store your activities: After you complete and save an activity with your device, you can upload that activity to Garmin Connect and keep it as long as you want.

Analyze your data: You can view more detailed information about your activity, including time, distance, heart rate, calories burned, cadence, an overhead map view, pace and speed charts, and customizable reports.

> **NOTE:** Some data requires an optional accessory such as a heart rate monitor.
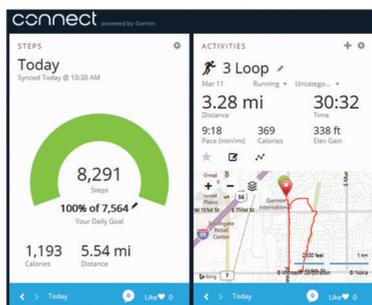
Track your progress: You can track your daily steps, join a friendly competition with your connections, and meet your goals.

Share your activities: You can connect with friends to follow each other's activities or post links to your activities on your favorite social networking sites.

Using Garmin Connect

1 Connect the device to your computer using the USB cable.
2 Go to www.garminconnect.com/start.
3 Follow the on-screen instructions.

Charging the Device

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

1 Plug the USB cable into a USB port on your computer.
2 Align the charger posts with the contacts on the back of the device, and press the charger until it clicks.

3 Charge the device completely.

Putting On the Heart Rate Monitor

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

NOTE: The device may cause chafing when used for long periods of time. To alleviate this issue, apply an anti-friction lubricant or gel to the center of the module where it contacts your skin.

NOTICE
Do not apply anti-friction gel or lubricant on the electrodes.
Do not use gels or lubricants that contain sunscreen.

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

1 Push one tab ① on the strap through the slot ② in the heart rate monitor module.

2 Press the tab down.
3 Wet the electrodes ③ on the back of the module to create a strong connection between your chest and the heart rate monitor module.

4 Wrap the strap around your chest and attach it to the other side of the heart rate monitor module.
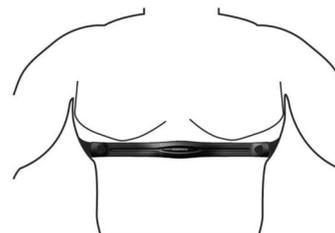
The Garmin® logo should be right-side up.

5 Bring the device within 3 m (10 ft.) of the heart rate monitor.

After you put on the heart rate monitor, it is active and sending data.

Pairing ANT+™ Sensors

The first time you connect an ANT+ sensor to your device, you must pair the device and sensor. After the initial pairing, the device automatically connects to the sensor when you go for a run and the sensor is active and within range.

NOTE: If your device was packaged with a heart rate monitor, the device and sensor are already paired.

1 Put on the heart rate monitor (Putting On the Heart Rate Monitor).
2 Select 🏃.
3 Bring the device within 1 cm of the center of the heart rate monitor, and wait while the device connects to the sensor.

When the device detects the heart rate monitor, a message appears and ♥ displays solid.

History

You can view your last seven running sessions on your Forerunner device, and you can upload and view unlimited running sessions on Garmin Connect. When the device memory is full, your oldest data is overwritten.

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

Viewing History

1 Select ▽ > **History**.
2 Select an option:
   • Select **Daily Steps** to view your step count, goal, distance traveled, and calories burned for each recorded day.
   • Select **Runs** to view the date, time, distance, pace, calories burned, and lap data for your saved running sessions.

     NOTE: You can also view your average heart rate and heart rate zone for saved running sessions using an optional heart rate monitor.
   • Select **Records** to view your personal record time, distance, and pace over various distances.

Device Information

Resetting the Device

If the device stops responding, you may need to reset it. This does not erase any of your data or settings.

1 Hold ⏻ for 15 seconds.

   The device turns off.
2 Hold ⏻ for one second to turn on the device.

Getting More Information

• 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.

Getting the Owner's Manual

You can get the latest owner's manual from the web.

1 Go to www.garmin.com/support.
2 Select **Manuals**.
3 Follow the on-screen instructions to select your product.

Temperature Specifications

Forerunner operating temperature range: From -15º to 60ºC (from 5º to 140ºF)

Forerunner charging temperature range: From 0º to 45ºC (from 32º to 113ºF)

Heart rate monitor operating temperature range: From -10° to 50°C (from 14° to 122°F)