

Whether you're training for a marathon
or just want to track progress toward

Meet your new personal trainer

your fitness and weight loss goals,
Forerunner's with you every step of the
way. These GPS-enabled trainers
continuously monitor distance, pace,
calories and altitude, displaying your data
so it's easy to see at a glance. Set up
alerts for speed and distance goals, water
breaks or interval workouts. The
Forerunner 305 has a wireless heart rate
monitor so you can see if you're training
too hard or not hard enough. The 205
and 305 both feature a high-sensitivity
receiver and a new design for improved
performance and runner comfort. Plus,
there's no calibration required, so you'll
be off and running in no time.



Training timer features

- Training data:** Can display training time, pace, distance, lap pace, lap time, lap distance, average and best pace, elevation and calories
- Customizable screens:** Choose from up to 37 data types
- Lap history:** Automatically records up to 1000 laps by day or week; stores approximately two years of data. Download histories to your PC or Mac using included software

Training assistant:

- Courses:** Download recorded courses and compete against previous workouts
- Auto Pause®:** Automatically pauses the training timer when you slow down below a specified resting pace; timer resumes when you start running again
- Auto Lap®:** Automatically triggers a lap when you reach a specified distance or location. Allows you to run anywhere and still get accurate performance data
- Auto Scroll™:** Cycles through data pages during a workout
- Multi-sport:** Set up profiles for running, biking and another sport
- Advanced workouts:** Set up workouts with specific durations and targets (speed or heart rate)
- Quick workouts:** Allows you to input training goals based on time, distance and pace
- Virtual Partner™:** Displays a graphic "virtual partner" that will run with the set goal, so you can see at a glance if you are keeping up or falling behind. Works with courses and workout features
- Pace alert:** Alarm sounds if you are slower or faster than pace you've input
- Time/distance alert:** Alarm sounds when you reach the specified time or distance
- Interval training:** Allows you to set up exercise and rest intervals and number of reps

Navigation features

- Receiver:** SIRFstarIII™ high-sensitivity GPS receiver
- Antenna:** Built-in patch; points to the sky when wrist's in motion for optimum performance
- Mark location:** Mark and save up to 100 locations
- Find location:** Look up and navigate to stored locations
- Map mode:** Electronic map shows your location, along with marked locations. Pointer arrow shows direction to travel when navigating to a stored location

Physical

- Display:** 1.3"W x .8"H, 160 x 100 pixels
- Size:** 2.1"W x 2.7"H x .7"D
- Case:** Waterproof to IEC 60529 IPX7 standards
- Temperature range:** -4° to 140°F (-20°C to 60°C)

Analyze workouts

- Garmin Training Center™:** Included software lets you create and schedule workouts, analyze your data and store it. Windows and Mac compatible

MotionBased™:

- Web-based application from Garmin that provides more in-depth analysis of your workouts. MotionBased.com provides an online training log, interactive mapping and the TrailNetwork, which allows you to post and share routes with fellow athletes. Windows and Mac compatible

Features unique to the 305

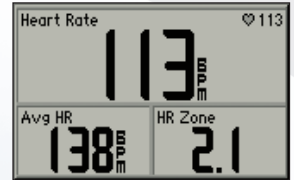
- Heart rate monitor:** wireless design; eliminates crosstalk
- Display:** Shows heart rate (beats per minute) and zone (between 1 and 5)
- Alerts:** Alarm sounds if you reach specified minimum or maximum heart rate

Accessories

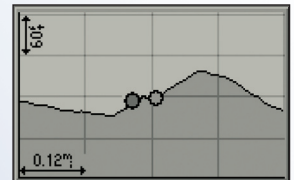
- Standard:** vinyl wrist band
expander strap
owner's manual
docking cradle
A/C charger
PC/USB interface cable
Garmin Training Center software
wireless heart rate monitor (305 only)
quick start guide
- Optional:** GSC™ 10 speed/cadence sensor (305 only)
fabric band
carrying case



Set time, pace and distance goals and train against a "virtual partner"



Forerunner 305 displays heart rate and zone data



Use courses feature to race a previous workout



View routes on a variety of maps using MotionBased.com

Forerunner 205



Measures time, distance, pace, altitude and calories burned

Forerunner 305



Measures heart rate, time, distance, pace, altitude and calories burned

Compatible with Garmin speed/cadence sensor, GSC 10, to monitor pedaling cadence when cycling

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Specifications are preliminary and subject to change without notice.