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Introduction

**WARNING**

See the *Important Safety and Product Information* guide in the product box for product warnings and other important information.

Always consult your physician before you begin or modify any exercise program.

Getting Started

When using your device 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*, page 1).
2. **Install the device using the standard mount** (*Installing the Standard Mount*, page 1) or the out-front mount (*Installing the Out-Front Mount*, page 1).
3. **Turn on the device** (*Keys*, page 2).
4. **Locate satellites** (*Acquiring Satellite Signals*, page 3).
5. **Go for a ride** (*Going for a Ride*, page 2).
6. **Upload your ride to Garmin Connect™** (*Sending Your Ride to Garmin Connect*, page 8).

Charging the Device

**NOTICE**

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

The device is powered by a built-in lithium-ion battery that you can charge using a standard wall outlet or a USB port on your computer.

**NOTE:** The device will not charge when outside the approved temperature range (*Edge Specifications*, page 11).

1. Pull up the weather cap ① from the USB port ②.
2. Plug the small end of the USB cable into the USB port on the device.
3. Plug the large end of the USB cable into an AC adapter or a computer USB port.
4. Plug the AC adapter into a standard wall outlet. When you connect the device to a power source, the device turns on.
5. Charge the device completely.

About the Battery

**WARNING**

This device contains a lithium-ion battery. See the *Important Safety and Product Information* guide in the product box for product warnings and other important information.

Installing the Standard Mount

For the best GPS reception, position the bike mount so the front of the device is oriented toward the sky. You can install the bike mount on the stem or the handlebars.

1. Select a secure location to mount the device where it does not interfere with the safe operation of your bike.
2. Place the rubber disk ① on the back of the bike mount. The rubber tabs align with the back of the bike mount so it stays in place.
3. Place the bike mount on the bike stem.
4. Attach the bike mount securely using the two bands ②.
5. Align the tabs on the back of the device with the bike mount notches ③.
6. Press down slightly and turn the device clockwise until it locks into place.

Installing the Out-Front Mount

1. Select a secure location to mount the Edge device where it does not interfere with the safe operation of your bike.
2. Use the hex key to remove the screw ① from the handlebar connector ②.
3. If necessary, remove the two screws on the back side of the mount ③, rotate the connector ④, and replace the screws to change the orientation of the mount.
4. Place the rubber pad around the handlebar:
   - If the handlebar diameter is 25.4 mm, use the thicker pad.
   - If the handlebar diameter is 31.8 mm, use the thinner pad.
5. Place the handlebar connector around the rubber pad.
6. Replace and tighten the screw.

**NOTE:** Garmin® recommends a torque specification of 7 lbf-in. (0.8 N-m). You should check the tightness of the screw periodically.

7. Align the tabs on the back of the Edge device with the bike mount notches ⑤.
8 Press down slightly and turn the Edge device clockwise until it locks into place.

Releasing the Edge
1 Turn the Edge clockwise to unlock the device.
2 Lift the Edge off the mount.

Keys

<table>
<thead>
<tr>
<th>Key</th>
<th>Function</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Select to enter sleep mode and wake the device. Hold to turn the device on and off and lock the touchscreen.</td>
</tr>
<tr>
<td>2</td>
<td>Select to mark a new lap.</td>
</tr>
<tr>
<td>3</td>
<td>Select to start and stop the activity timer.</td>
</tr>
</tbody>
</table>

Viewing the Connections Screen
The connections screen displays the status of the GPS, ANT+ sensors, and wireless connections.

From the home screen or a data screen, swipe down from the top of the screen.

The connections screen appears. A flashing icon means the device is searching.

Home Screen Overview
The home screen gives you quick access to all the features of the Edge device.

Using the Backlight
You can tap the touchscreen to turn on the backlight.

NOTE: You can adjust the backlight timeout (Display Settings, page 10).

1 From the home screen or a data screen, swipe down from the top of the screen.
2 Select Brightness, and use the arrows to manually adjust the brightness.

Using the Touchscreen
• When the timer is running, tap the screen to view the timer overlay.
  The timer overlay allows you to return to the home screen during a ride.
  • Select ☐ to return to the home screen.
  • Swipe or select the arrows to scroll.
  • Select ✔ to return to the previous page.
  • Select ◀ to save your changes and close the page.
  • Select × to close the page and return to the previous page.
  • Select ⊕ to search near a location.
  • Select ⌼ to delete an item.
  • Select ⊗ for more information.

Locking the Touchscreen
You can lock the screen to prevent inadvertent screen touches.
1 Hold ⊗.
2 Select Lock Screen.

Navigation

Going for a Ride
If you are using an ANT+ sensor or accessory, it can be paired and activated during initial setup.
1 Hold ⊗ to turn on the device.
2 Go outside, and wait while the device locates satellites.
   The satellite bars turn green when the device is ready.
3 From the home screen, select ☐.
4 Select ☐ to start the timer.

NOTE: History is recorded only while the timer is running.
5 Swipe left or right to view additional data screens.
You can swipe down from the top of the data screens to view the connections screen.

6 If necessary, tap the screen to view the timer overlay.

7 Select ⏯️ to stop the timer.

**TIP:** Before you save this ride and share it on your Garmin Connect account, you can change the ride type. Accurate ride type data is important for creating bike friendly courses.

8 Select Save Ride.

9 Select ✓.

**Acquiring Satellite Signals**
The device may need a clear view of the sky to acquire satellite signals. The time and date are set automatically based on the GPS position.

1 Go outdoors to an open area.
   The front of the device should be oriented toward the sky.

2 Wait while the device locates satellites.
   It may take 30–60 seconds to locate satellite signals.

**Locations**
You can record and store locations in the device.

**Marking Your Location**
Before you can mark a location, you must locate satellites. If you want to remember landmarks or return to a certain spot, you can mark a location.

1 Go for a ride.
2 Select Where To? > ✅ > Mark Location > ✓.

**Saving Locations from the Map**
1 Select Where To? > ✅ > Search Select Area > A Map Point.
2 Browse the map for the location.
3 Select the location.
   Location information appears at the top of the map.
4 Select the location information.
5 Select ⏯️ > ✓.

**Navigating to a Location**
1 Select Where To?.
2 Select an option:
   • Select Search Tools to navigate to a point of interest, city, intersection, or known coordinates.
   • Select Addresses to enter a specific address.
   • Select Saved Locations to navigate to a saved location.
   • Select Recent Finds to navigate to one of the last 50 locations you have found.
   . Select ✅ > Search Select Area to narrow your search area.
3 Select a location.
4 Select Ride.
5 Follow the on-screen instructions to your destination.

**Navigating to Known Coordinates**
1 Select Where To? > Search Tools > Coordinates.
2 Enter the coordinates, and select ✓.
3 Follow the on-screen instructions to your destination.

**Navigating Back to Start**
At any point during your ride, you can return to the starting point.
1 Go for a ride (*Going for a Ride, page 2*).
2 During your ride, select anywhere on the screen to view the timer overlay.
3 Select ⏯️ > Where To? > Back to Start.
4 Select Along Same Route or Most Direct Route.
5 Select Ride.
   The device navigates you back to the starting point of your ride.

**Stopping Navigation**
1 Select anywhere on the screen to view the timer overlay.
2 Scroll to the map.
3 Select ✖️ > ✓.

**Projecting a Location**
You can create a new location by projecting the distance and bearing from a marked location to a new location.
1 Select Where To? > Saved Locations.
2 Select a location.
3 Select the location information at the top of the screen.
4 Select ✅ > Project Location.
5 Enter the bearing and distance to the projected location.
6 Select ✓.

**Editing Locations**
1 Select Where To? > Saved Locations.
2 Select a location.
3 Select the information bar at the top of the screen.
4 Select ✅.
5 Select an attribute.
   For example, select Change Elevation to enter a known altitude for the location.
6 Enter the new information, and select ✓.

**Deleting a Location**
1 Select Where To? > Saved Locations.
2 Select a location.
3 Select the location information at the top of the screen.
4 Select ✅ > Delete Location > ✓.

**Courses**
You can send a course from your Garmin Connect account to your device. After it is saved to your device, you can navigate...
the course on your device. You can also create and save a custom course directly on your device. You can follow a saved course simply because it is a good routine. For example, you can save and follow a bike-friendly commute to work.

**Following a Course From the Web**
Before you can download a course from Garmin Connect, you must have a Garmin Connect account (*Garmin Connect, page 8*).

1. Connect the device to your computer using the USB cable.
3. Create a new course, or select an existing course.
4. Select Send to Device.
5. Disconnect the device, and turn it on.
6. Select Courses > Saved Courses.
7. Select the course.
8. Select Ride.

**Planning and Riding a Course**
You can create and ride a custom course. A course is a sequence of waypoints or locations that leads you to your final destination.

1. Select Courses > Course Creator > Add First Location.
2. Select an option:
   - To select your current location on the map, select Current Location.
   - To select a saved location, select Saved, and select a location.
   - To select a location for which you recently searched, select Recent Finds, and select a location.
   - To select a location on the map, select Use Map, and select a location.
   - To browse for and select a point of interest, select POI Categories, and select a nearby point of interest.
   - To select a city, select Cities, and select a nearby city.
   - To select an address, select Addresses, and enter the address.
   - To select an intersection, select Intersections, and enter the street names.
   - To use coordinates, select Coordinates, and enter the coordinates.
3. Select Use.
4. Select Add Next Location.
5. Repeat steps 2 through 4 until you have selected all locations for the route.
   The device calculates your route, and a map of the route appears.
   **TIP:** You can select ▲ to view an elevation plot of the route.
7. Select Ride.

**Creating and Riding a Round-Trip Course**
The device can create a round-trip course based on a specified distance, starting location, and direction of navigation.

1. Select Courses > Round-Trip Course.
2. Select Distance, and enter the total distance for the course.
3. Select Start Location.
4. Select an option:
   - To select your current location on the map, select Current Location.
   - To select a saved location, select Saved, and select a location.
   - To select a location for which you recently searched, select Recent Finds, and select a location.
   - To select a location on the map, select Use Map, and select a location.
   - To browse for and select a point of interest, select POI Categories, and select a nearby point of interest.
   - To select a city, select Cities, and select a nearby city.
   - To select an address, select Addresses, and enter the address.
   - To select an intersection, select Intersections, and enter the street names.
   - To use coordinates, select Coordinates, and enter the coordinates.
5. Select Start Direction, and select a direction heading.
   **TIP:** You can select ✧ to search again.
7. Select a course to view it on the map.
   **TIP:** You can select ‹ and › to view the other courses.
8. Select Ride.

**Tips for Training with Courses**
- Use turn guidance (*Course Options, page 5*).
- If you include a warmup, select ▶ to begin the course, and warm up as normal.
- Stay away from your course path as you warm up. When you are ready to begin, head toward your course. When you are on any part of the course path, a message appears.
- Scroll to the map to view the course map. If you stray from the course, a message appears.

**Viewing Course Details**
1. Select Courses > Saved Courses.
2. Select a course.
3. Select an option:
   - Select Summary to view details about the course.
   - Select Map to view the course on the map.
   - Select Elevation to view an elevation plot of the course.
   - Select Laps to select a lap and view additional information about each lap.

**Displaying a Course on the Map**
For each course saved to your device, you can customize how it appears on the map. For example, you can set your commute course to always display on the map in yellow. You can have an alternate course display in green. This allows you to see the courses while you are riding, but not follow or navigate a particular course.

1. Select Courses > Saved Courses.
2. Select the course.
3. Select Settings.
4. Select Always Display to make the course appear on the map.
5. Select Color, and select a color.
6. Select Course Points to include course points on the map.

The next time you ride near the course, it appears on the map.

**Stopping a Course**
1. Scroll to the map.
2. Select ✗ > ✔️.
Deleting a Course
1 Select Courses > Saved Courses.
2 Select a course.
3 Select \[ \textit{Delete} \].

Course Options
Select Courses > Saved Courses > \[ \]
- Turn Guidance: Enables or disables turn prompts.
- Off Crs. Warnings: Alerts you if you stray from the course.
- Search: Allows you to search for saved courses by name.
- Delete: Allows you to delete all or multiple saved courses from the device.

Route Settings
Select \[ \] > Settings > Activity Settings > Navigation > Routing.
- Routing Mode: Sets the transportation method to optimize your route.
- Calculation Method: Sets the method used to calculate your route.
- Lock on Road: Locks the position icon, which represents your position on the map, onto the nearest road.
- Recalculation: Automatically recalculates the route when you deviate from the route.
- Avoidance Setup: Sets the road types to avoid while navigating.

Selecting an Activity for Route Calculation
You can set the device to calculate the route based on activity type.
1 Select \[ \] > Settings > Activity Settings.
2 Select Navigation > Routing > Routing Mode.
3 Select an option to calculate your route.
   For example, you can select Tour Cycling for on-road navigation or Mountain Biking for off-road navigation.

Map Settings
Select \[ \] > Settings > Activity Settings > Navigation > Map.
- Orientation: Sets how the map is shown on the page.
- Auto Zoom: Automatically selects a zoom level for the map.
- Map Detail: Sets the level of detail on the map. More detail may cause the map to draw slower.
- Guide Text: Sets when the turn-by-turn navigation prompts are shown (requires routable maps).
- Map Visibility: Allows you to set advanced map features.
- Map Information: Enables or disables the maps currently loaded on the device.

Changing the Map Orientation
1 Select \[ \] > Settings > Activity Settings.
2 Select Navigation > Map > Orientation.
3 Select an option:
   - Select North Up to show north at the top of the page.
   - Select Track Up to show your current direction of travel at the top of the page.
   - Select 3D Mode to display the map in three dimensions.

Bluetooth® Connected Features
The Edge device has Bluetooth connected features for your compatible smartphone or fitness device. Some features require you to install Garmin Connect mobile on your smartphone. Go to www.garmin.com/intosports/apps for more information.

NOTE: Your device must be connected to your Bluetooth enabled smartphone to take advantage of some features.

LiveTrack: Allows friends and family to follow your races and training activities in real time. You can invite followers using email or social media, allowing them to view your live data on a Garmin Connect tracking page.

GroupTrack: Allows you to keep track of other riders in your group using LiveTrack directly on screen and in real time.

Activity uploads to Garmin Connect: Automatically sends your activity to Garmin Connect as soon as you finish recording the activity.

Course downloads from Garmin Connect: Allows you to search for courses on Garmin Connect using your smartphone and send them to your device.

Device to device transfers: Allows you to wirelessly transfer files to another compatible Edge device.

Social media interactions: Allows you to post an update to your favorite social media website when you upload an activity to Garmin Connect.

Weather updates: Sends real-time weather conditions and alerts to your device.

Notifications: Displays phone notifications and messages on your device.

Audio prompts: Allows the Garmin Connect Mobile app to play status announcements on your smartphone during a ride.

Incident detection: Allows the Garmin Connect Mobile app to send a message to your emergency contacts when the Edge device detects an incident.

Pairing Your Smartphone
1 Go to www.garmin.com/intosports/apps, and download the Garmin Connect Mobile app to your smartphone.
2 Bring your smartphone within 10 m (33 ft.) of your device.
3 From your device, select \[ \] > Settings > Bluetooth > Enable > Pair Smartphone, and follow the on-screen instructions.
4 Open the Garmin Connect Mobile app.
5 Select an option to add your device to your Garmin Connect account:
   - If this is the first device you have paired with the Garmin Connect Mobile app, follow the on-screen instructions.
   - If you have already paired another device with the Garmin Connect Mobile app, from the settings menu, select Garmin Devices > \[ \] in the Garmin Connect Mobile app, and follow the on-screen instructions.
6 Follow the on-screen instructions to enable phone notifications (optional).

NOTE: Phone notifications require a compatible smartphone equipped with Bluetooth Smart wireless technology. Go to www.garmin.com/ble for compatibility information.

Starting a GroupTrack Session
Before you can start a GroupTrack session, you must have a Garmin Connect account, a compatible smartphone, and the Garmin Connect Mobile app.

These instructions are for starting a GroupTrack session with Edge 820 devices. If riders in your group have other Edge models, you can see them on the map. The other Edge models cannot display GroupTrack riders on the map.
1 Go outside, and turn on the Edge device.
2 Pair your smartphone with the Edge device (Pairing Your Smartphone, page 5).
3 On the Edge device, select 📋 > Settings > GroupTrack to enable viewing connections on the map screen.
4 In the Garmin Connect Mobile app, from the settings menu, select LiveTrack > GroupTrack.
5 Select Visible to > All Connections.
   NOTE: If you have more than one compatible device, you must select a device for the GroupTrack session.
6 Select Start LiveTrack.
7 On the Edge device, select 🖋, and go for a ride.
8 Scroll to the map to view your connections.

You can tap an icon on the map to view location and heading information for other riders in the GroupTrack session.

9 Scroll to the GroupTrack list.
   You can select a rider from the list, and that rider appears centered on the map.

Tips for GroupTrack Sessions
The GroupTrack feature allows you to keep track of other riders in your group using LiveTrack directly on the screen. All riders in the group must be your connections in your Garmin Connect account.

- Pair your Edge device with your smartphone using Bluetooth technology.
- In the Garmin Connect Mobile app, from the settings menu, select Connections to update the list of riders for your GroupTrack session.
- Make sure all of your connections pair to their smartphones and start a LiveTrack session in the Garmin Connect Mobile app.
- Make sure all your connections are in range (16 km or 10 mi.).
- During a GroupTrack session, scroll to the map to view your connections.
- Stop riding before you attempt to view location and heading information for other riders in the GroupTrack session.

Transferring Files to Another Edge Device
You can transfer files wirelessly from one compatible Edge device to another using Bluetooth technology.
1 Turn on both Edge devices, and bring them within range (3 m) of each other.
2 From the device that contains the files, select 📋 > Device Transfers > Share Files > ✅.
3 Select one or more files to transfer, and select ✅.
4 From the device that receives the files, select 📋 > Device Transfers.
5 Select a nearby connection.
6 Select one or more files to receive, and select ✅.
A message appears on both devices after the file transfer is complete.

Playing Audio Alerts During Your Activity
Before you can set up audio alerts, you must have a smartphone with the Garmin Connect Mobile app paired to your Edge device.
You can set the Garmin Connect Mobile app to play motivational status announcements on your smartphone during a run or other activity. Audio alerts include the lap number and lap time, pace or speed, and ANT+ sensor data. During an audio alert, the Garmin Connect mobile app mutes the primary audio of the smartphone to play the announcement. You can customize the volume levels on the Garmin Connect Mobile app.
1 From the settings in the Garmin Connect Mobile app, select Garmin Devices.
2 Select your device.
3 If necessary, select Device Settings.
4 Select Audio Alerts.

Incident Detection

Incident detection is a supplemental feature primarily designed for road use. Incident detection should not be relied on as a primary method to obtain emergency assistance. The Garmin Connect Mobile app does not contact emergency services on your behalf.

When an incident is detected by your Edge device with GPS enabled, the Garmin Connect Mobile app can send an automated text message and email with your name and GPS location to your emergency contacts.
A message appears on your device and paired smartphone indicating your contacts will be informed after 30 seconds have elapsed. If assistance is not needed, you can cancel the automated emergency message.
Before you can enable incident detection on your device, you must set up emergency contact information in the Garmin Connect Mobile app. Your paired smartphone must be equipped with a data plan and be in an area of network coverage where data is available. Your emergency contacts must be able to receive text messages (standard text messaging rates may apply).

Setting Up Incident Detection
1 Go to www.garmin.com/intosports/apps, and download the Garmin Connect Mobile app to your smartphone.
2 Pair your smartphone with your device (Pairing Your Smartphone, page 5).
3 Set up your emergency contacts and rider information in the Garmin Connect Mobile app (Setting Up Rider Information and Emergency Contacts, page 6).
4 Enable incident detection on your device (Turning Incident Detection On and Off, page 6).
5 Enable GPS on your device (Changing the Satellite Setting, page 10).

Setting Up Rider Information and Emergency Contacts
1 Open the Garmin Connect Mobile app on your smartphone.
2 From the app settings, select Incident Detection.
3 Enter your rider information and your emergency contacts.
   Your selected contacts receive a message identifying them as emergency contacts for incident detection.

Turning Incident Detection On and Off
Select 📋 > Settings > System > Incident Detection.
Viewing Your Emergency Contacts
Before you can view your emergency contacts on your device, you must set up your rider information and emergency contacts in the Garmin Connect Mobile app.

Select ☐ > Contacts.
Your emergency contacts’ names and phone numbers appear.

Cancelling an Automated Message
When an incident is detected by your device, you can cancel the automated emergency message on your device or your paired smartphone before it is sent to your emergency contacts.

Select Cancel > ✔ before the end of the 30-second countdown.

Sending a Status Update After an Incident
Before you can send a status update to your emergency contacts, your device must detect an incident and send an automated emergency message to your emergency contacts.

You can send a status update to your emergency contacts informing them you are not in need of assistance.

1 Swipe down from the top of the screen to view the connections screen.
2 Select Incident Detected > Send I’m Okay.
A message is sent to all emergency contacts.

ANT+ Sensors
Your device can be used with wireless ANT+ sensors. For more information about compatibility and purchasing optional sensors, go to http://buy.garmin.com.

Pairing Your ANT+ Sensors
Before you can pair, you must put on the heart rate monitor or install the sensor.
Pairing is the connecting of ANT+ wireless sensors, for example, connecting a heart rate monitor with your Garmin device.

1 Bring the device within 3 m (10 ft.) of the sensor.
   NOTE: Stay 10 m (33 ft.) away from other riders’ ANT+ sensors while pairing.
2 Select ☒ > Settings > Sensors > Add Sensor.
3 Select an option:
   • Select a sensor type.
   • Select Search All to search for all nearby sensors.
   A list of available sensors appears.
4 Select one or more sensors to pair with your device.
5 Select Add.
   When the sensor is paired with your device, the sensor status is Connected. You can customize a data field to display sensor data.

Setting Your Heart Rate Zones
The device uses your user profile information from the initial setup to determine your heart rate zones. You can manually adjust the heart rate zones according to your fitness goals (Fitness Goals, page 7). For the most accurate calorie data during your activity, you should set your maximum heart rate, resting heart rate, and heart rate zones.

1 Select ☒ > My Stats > Training Zones > Heart Rate Zones.
2 Enter your maximum and resting heart rate values.
   The zone values update automatically, but you can also edit each value manually.
3 Select Based On:

About Heart Rate Zones
Many athletes use 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 minute. The five commonly accepted heart rate zones are numbered from 1 to 5 according to increasing intensity. Generally, heart rate zones are calculated based on percentages of your maximum heart rate.

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 can decrease your risk of injury.

If you know your maximum heart rate, you can use the table (Heart Rate Zone Calculations, page 13) to determine the best heart rate zone for your fitness objectives.

If you do not know your maximum heart rate, use one of the calculators available on the Internet. Some gyms and health centers can provide a test that measures maximum heart rate.

The default maximum heart rate is 220 minus your age.

Situational Awareness
Your Edge device can be used with the Varia Vision™ device, Varia™ smart bike lights, and rearview radar to improve situational awareness. See the owner’s manual for your Varia device for more information.

NOTE: You may need to update the Edge software before pairing Varia devices (Updating the Software, page 12).

History
History includes time, distance, calories, speed, lap data, elevation, and optional ANT+ sensor information.

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

When the device memory is full, a message appears. The device does not automatically delete or overwrite your history.
Upload your history to Garmin Connect periodically to keep track of all your ride data.

Viewing Your Ride
1 Select ☒ > History > Rides.
2 Select a ride.
3 Select an option.

Viewing Data Totals
You can view the accumulated data you have saved to the device, including the number of rides, time, distance, and calories.

Select ☒ > History > Totals.

Viewing Your Time in Each Heart Rate Zone
Before you can view your time in each training zone, you must pair your device with a compatible heart rate monitor, complete an activity, and save the activity.
Viewing your time in each heart rate zone can help you adjust your training intensity. You can adjust your heart rate zones (Setting Your Heart Rate Zones, page 7) to match your goals and abilities. You can customize a data field to display your time in training zones during your ride (Customizing the Data Screens, page 9).

1. Select ➡️ ➡️ History > Rides.
2. Select a ride.
3. Select Time in HR Zone.

Deleting a Ride
1. Select ➡️ ➡️ History > Rides.
2. Select ➡️ Delete.
3. Select a ride.
4. Select ✔️.

Personal Records
When you complete a ride, the device displays any new personal records you achieved during that ride. Personal records include your fastest time over a standard distance, longest ride, and most ascent gained during a ride.

Viewing Your Personal Records
Select ➡️ My Stats > Personal Records.

Reverting a Personal Record
You can set each personal record back to the one previously recorded.
1. Select ➡️ My Stats > Personal Records.
2. Select a record to revert.
3. Select Previous Record ➡️ ✔️.
   ♦️ NOTE: This does not delete any saved activities.

Deleting a Personal Record
1. Select ➡️ My Stats > Personal Records.
2. Select a personal record.
3. Select ✔️.

Sending Your Ride to Garmin Connect

#### NOTICE
To prevent corrosion, thoroughly dry the USB port, the weather cap, and the surrounding area before charging or connecting to a computer.

1. Pull up the weather cap ① from the USB port ②.
2. Plug the small end of the USB cable into the USB port on the device.
3. Plug the large end of the USB cable into a computer USB port.
5. Follow the on-screen instructions.

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, elevation, 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.

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.

Data Management

#### NOTICE
The device is not compatible with Windows® 95, 98, Me, Windows NT®, and Mac® OS 10.3 and earlier.

Connecting the Device to Your Computer

#### NOTICE
To prevent corrosion, thoroughly dry the USB port, the weather cap, and the surrounding area before charging or connecting to a computer.

1. Pull up the weather cap from the mini-USB port.
2. Plug the small end of the USB cable into the mini-USB port.
3. Plug the large end of the USB cable into a computer USB port.

Your device appears as a removable drive in My Computer on Windows computers and as a mounted volume on Mac computers.

Transferring Files to Your Device

1. Connect the device to your computer.
   On Windows computers, the device appears as a removable drive or a portable device. On Mac computers, the device appears as a mounted volume.
   ♦️ NOTE: Some computers with multiple network drives may not display device drives properly. See your operating system documentation to learn how to map the drive.
2. On your computer, open the file browser.
4. Select Edit ➤ Copy.
5. Open the portable device, drive, or volume for the device.
6. Browse to a folder.
7. Select Edit ➤ Paste.
   The file appears in the list of files in the device memory.
Deleting Files

**NOTICE**
If you do not know the purpose of a file, do not delete it. Your device memory contains important system files that should not be deleted.

1. Open the Garmin drive or volume.
2. If necessary, open a folder or volume.
4. Press the Delete key on your keyboard.

Disconnecting the USB Cable

If your device is connected to your computer as a removable drive or volume, you must safely disconnect your device from your computer to avoid data loss. If your device is connected to your Windows computer as a portable device, it is not necessary to safely disconnect.

1. Complete an action:
   - For Windows computers, select the Safely Remove Hardware icon in the system tray, and select your device.
   - For Mac computers, drag the volume icon to the trash.
2. Disconnect the cable from your computer.

Customizing Your Device

**Connect IQ Downloadable Features**

You can add Connect IQ features to your device from Garmin and other providers using the Garmin Connect Mobile app. You can customize your device with data fields, widgets, and apps.

**Data Fields**: Allow you to download new data fields that present sensor, activity, and history data in new ways. You can add Connect IQ data fields to built-in features and pages.

**Widgets**: Provide information at a glance, including sensor data and notifications.

**Apps**: Add interactive features to your device, such as new outdoor and fitness activity types.

**Setting Up Your User Profile**

You can update your gender, age, weight, height, and lifetime athlete settings. The device uses this information to calculate accurate ride data.

1. Select > My Stats > User Profile.
2. Select an option.

**About Lifetime Athletes**

A lifetime athlete is an individual who has trained intensely for many years (with the exception of minor injuries) and has a resting heart rate of 60 beats per minute (bpm) or less.

**Updating Your Activity Settings**

1. Select > Settings > Activity Settings.
2. Select an option:
   - Select Data Screens to customize the data screens and data fields (Customizing the Data Screens, page 9).
   - Select Default Ride Type to set the type of ride that is typical for you, such as commuting.
   - Select Navigation to customize the map settings (Map Settings, page 5) and routing settings (Route Settings, page 5).
   - Select Alerts to customize your training alerts (Alerts, page 9).

   - Select Auto Features > Auto Lap to set how laps are triggered (Marking Laps by Position, page 9).
   - Select Auto Features > Auto Pause to change when the timer automatically pauses (Using Auto Pause, page 10).
   - Select Auto Features > Auto Sleep to automatically enter sleep mode after five minutes of inactivity (Using Auto Sleep, page 10).

   - Select Auto Features > Auto Scroll to customize the display of the training data pages when the timer is running (Using Auto Scroll, page 10).
   - Select Timer Start Mode to customize how the device detects the start of a ride and automatically starts the timer (Starting the Timer Automatically, page 10).

All changes are saved to the activity settings.

Customizing the Data Screens

1. Select > Settings > Activity Settings.
2. Select Data Screens.
3. Select a data screen.
4. If necessary, enable the data screen.
5. Select the number of data fields to appear on the screen.
6. Select ✔.
7. Select a data field to change it.
8. Select ✔.

**Alerts**

You can use alerts to train toward specific time, distance, calorie, heart rate, and cadence goals.

**Setting Range Alerts**

If you have an optional heart rate monitor or cadence sensor, you can set up range alerts. A range alert notifies you when the device measurement is above or below a specified range of values. For example, you can set the device to alert you when your heart rate is below 90 BPM and over 160 BPM (Setting Your Heart Rate Zones, page 7).

1. Select > Settings > Activity Settings > Alerts.
2. Select Heart Rate Alert or Cadence Alert.
3. If necessary, turn on the alert.
4. Select the minimum and maximum values, or select zones.
5. If necessary, select ✔.

Each time you exceed or drop below the specified range, a message appears. The device also beeps if audible tones are turned on (Turning the Device Tones On and Off, page 11).

**Setting a Recurring Alert**

A recurring alert notifies you each time the device records a specified value or interval. For example, you can set the device to alert you every 30 minutes.

1. Select > Settings > Activity Settings.
2. Select Alerts.
3. Select Time Alert, Distance Alert, or Calorie Alert.
4. Turn on the alert.
5. Enter a value.
6. Select ✔.

Each time you reach the alert value, a message appears. The device also beeps if audible tones are turned on (Turning the Device Tones On and Off, page 11).

**Auto Lap**

**Marking Laps by Position**

You can use the Auto Lap feature to mark the lap at a specific position automatically. This feature is helpful for comparing your performance over different parts of a ride (for example, a long climb or training sprints). During courses, you can use the By
Position option to trigger laps at all of the lap positions saved in the course.

1. Select  > Settings > Activity Settings.
2. Select Auto Features > Auto Lap > Auto Lap Trigger > By Position > Lap At.
3. Select an option:
   • Select Lap Press Only to trigger the lap counter each time you select and each time you pass any of those locations again.
   • Select Start and Lap to trigger the lap counter at the GPS location where you select and at any location during the ride where you select.
   • Select Mark and Lap to trigger the lap counter at a specific GPS location marked before the ride and at any location during the ride where you select.

4. If necessary, customize the lap data fields (Customizing the Data Screens, page 9).

Marking Laps by Distance
You can use the Auto Lap feature to mark the lap at a specific distance automatically. This feature is helpful for comparing your performance over different parts of a ride (for example, every 10 miles or 40 kilometers).

1. Select  > Settings > Activity Settings.
2. Select Auto Features > Auto Lap > Auto Lap Trigger > By Distance > Lap At.
3. Enter a value.
4. If necessary, customize the lap data fields (Customizing the Data Screens, page 9).

Using Auto Pause
You can use the Auto Pause feature to pause the timer automatically when you stop moving or when your speed drops below a specified value. This feature is helpful if your ride includes stop lights or other places where you need to slow down or stop.

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

1. Select  > Settings > Activity Settings.
2. Select Auto Features > Auto Pause.
3. Select an option:
   • Select When Stopped to pause the timer automatically when you stop moving.
   • Select Custom Speed to pause the timer automatically when your speed drops below a specified value.

4. If necessary, customize optional time data fields (Customizing the Data Screens, page 9).

Using Auto Sleep
You can use the Auto Sleep feature to automatically enter sleep mode after 5 minutes of inactivity. During sleep mode, the screen is turned off and the ANT+ sensors, Bluetooth, and GPS are disconnected.

1. Select  > Settings > Activity Settings.
2. Select Auto Features > Auto Sleep.

Using Auto Scroll
You can use the Auto Scroll feature to automatically cycle through all of the training data screens while the timer is running.

1. Select  > Settings > Activity Settings.
2. Select Auto Features > Auto Scroll.
3. Select a display speed.

Starting the Timer Automatically
This feature automatically detects when your device has acquired satellites and is moving. It starts the timer or reminds you to start the timer so you can record your ride data.

1. Select  > Settings > Activity Settings.
2. Select Timer Start Mode.
3. Select an option:
   • Select Manual, and select  to start the timer.
   • Select Prompted to display a visual reminder when you reach the start notice speed.
   • Select Auto to start the timer automatically when you reach the start notice speed.

Bluetooth Settings
Select  > Settings > Bluetooth.

Enable: Enables Bluetooth wireless technology.
   • NOTE: Other Bluetooth settings appear only when Bluetooth wireless technology is enabled.

Friendly Name: Allows you to enter a friendly name that identifies your devices with Bluetooth wireless technology.

Pair Smartphone: Connects your device with a compatible Bluetooth enabled smartphone. This setting allows you to use Bluetooth connected features, including LiveTrack and activity uploads to Garmin Connect.

Call and Text Alerts: Allows you to enable phone notifications from your compatible smartphone.

Missed Calls and Texts: Displays missed phone notifications from your compatible smartphone.

System Settings
Select  > Settings > System.

• Display Settings (Display Settings, page 10)
• Data Recording Settings (Data Recording Settings, page 11)
• Unit Settings (Changing the Units of Measure, page 11)
• Tone Settings (Turning the Device Tones On and Off, page 11)
• Language Settings (Changing the Device Language, page 11)

Changing the Satellite Setting
For increased performance in challenging environments and faster GPS position location, you can enable GPS+GLONASS. Using the GPS+GLONASS setting reduces battery life more quickly than using only GPS.

1. Select  > Settings > System > GPS Mode.
2. Select an option.

Changing the Accent Color
You can change the accent color on the device.

1. Select  > Settings > System > Color.
2. Select an accent color.

Display Settings
Select  > Settings > System > Display.

Brightness: Sets the backlight brightness.

Backlight Timeout: Sets the length of time before the backlight turns off.

Color Mode: Sets the device to display day or night colors. You can select the Auto option to allow the device to set day or night colors automatically based on the time of day.

Screen Capture: Allows you to save the image of the device screen.
Data Recording Settings
Select ☁️ > Settings > System > Data Recording.

Recording Interval: Controls how the device records activity data. The Smart option records key points where you change direction, speed, or heart rate. The 1 Sec option records points every second. It creates a very detailed record of your activity and increases the size of the stored activity file.

Cadence Averaging: Controls whether the device includes zero values for cadence data that occur when you are not pedaling. The default setting excludes zero values that occur when you are not pedaling.

Changing the Units of Measure
You can customize units of measure for distance and speed, elevation, temperature, weight, position format, and time format.
1 Select ☁️ > Settings > System > Units.
2 Select a measurement type.
3 Select a unit of measure for the setting.

Turning the Device Tones On and Off
Select ☁️ > Settings > System > Tones.

Changing the Device Language
Select ☁️ > Settings > System > Language.

Changing the Configuration Settings
You can modify all of the settings you configured in the initial setup.
1 Select ☁️ > Settings > System > Device Reset > Initial Setup.
2 Follow the on-screen instructions.

Time Zones
Each time you turn on the device and acquire satellites or sync with your smartphone, the device automatically detects your time zone and the current time of day.

Device Information

Edge Specifications

<table>
<thead>
<tr>
<th>Battery type</th>
<th>Rechargeable, built-in lithium-ion battery</th>
</tr>
</thead>
<tbody>
<tr>
<td>Battery life</td>
<td>12 hr., typical usage</td>
</tr>
<tr>
<td>Operating temperature range</td>
<td>From -20° to 60°C (from -4° to 140°F)</td>
</tr>
<tr>
<td>Charging temperature range</td>
<td>From 0° to 45°C (from 32° to 113°F)</td>
</tr>
<tr>
<td>Radio frequency/protocol</td>
<td>2.4 GHz ANT+ wireless communications protocol Bluetooth Smart wireless technology</td>
</tr>
<tr>
<td>Water rating</td>
<td>IEC 60529 IPX7¹</td>
</tr>
</tbody>
</table>

Device Care

NOTICE
Do not store the device where prolonged exposure to extreme temperatures can occur, because it can cause permanent damage.

Never use a hard or sharp object to operate the touchscreen, or damage may result.

Avoid chemical cleaners, solvents, and insect repellents that can damage plastic components and finishes.

Secure the weather cap tightly to prevent damage to the USB port.

¹The device withstands incidental exposure to water of up to 1 m for up to 30 min. For more information, go to www.garmin.com/waterrating.

Cleaning the Device
1 Wipe the device using a cloth dampened with a mild detergent solution.
2 Wipe it dry.

After cleaning, allow the device to dry completely.

Troubleshooting

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

Hold ✌️ for 10 seconds.
The device resets and turns on.

Clearing User Data
You can restore all of the device settings to the factory default values.

NOTE: This deletes all user-entered information, but it does not delete your history.

Select ☁️ > Settings > System > Device Reset > Factory Reset > ✔️.

Maximizing Battery Life
• Turn on Battery Save Mode (Turning On Battery Save Mode, page 11).
• Decrease the backlight brightness (Using the Backlight, page 2) or shorten the backlight timeout (Display Settings, page 10).
• Select the Smart recording interval (Data Recording Settings, page 11).
• Turn on the Auto Sleep feature (Using Auto Sleep, page 10).
• Turn off the Bluetooth wireless feature (Bluetooth Settings, page 10).
• Select the GPS setting (Changing the Satellite Setting, page 10).

Turning On Battery Save Mode
Battery save mode adjusts the settings automatically to extend the battery life for longer rides. During an activity, the screen turns off. You can enable automatic alerts and tap the screen to wake it up. Battery save mode records GPS track points and sensor data less frequently. Speed, distance, and track data accuracy are reduced.

NOTE: History is recorded in battery save mode when the timer is running.
1 Select ☁️ > Settings > Battery Save Mode > Enable.
2 Select the alerts that wake up the screen during an activity.

Improving GPS Satellite Reception
• Frequently sync the device to your Garmin Connect account:
  ▪ Connect your device to a computer using the USB cable and the Garmin Express™ application.
  ▪ Sync your device to the Garmin Connect Mobile app using your Bluetooth enabled smartphone.
While connected to your Garmin Connect account, the device downloads several days of satellite data, allowing it to quickly locate satellite signals.
• Take your device outside to an open area away from tall buildings and trees.
• Remain stationary for a few minutes.

Setting Your Elevation
If you have accurate elevation data for your present location, you can manually calibrate the altimeter on your device.
Temperature Readings
The device may display temperature readings that are higher than the actual air temperature if the device is placed in direct sunlight, held in your hand, or is charging with an external battery pack. Also, the device will take some time to adjust to significant changes in temperature.

Replacement O-rings
Replacement bands (O-rings) are available for the mounts. NOTE: Use Ethylene Propylene Diene Monomer (EPDM) replacement bands only. Go to http://buy.garmin.com, or contact your Garmin dealer.

Viewing Device Information
1 Select Where To? > [ ] > Set Elevation.
2 Enter the elevation, and select ✔.

Support and Updates
Garmin Express (www.garmin.com/express) provides easy access to these services for Garmin devices.
• Product registration
• Product manuals
• Software updates
• Data uploads to Garmin Connect
• Map, chart, or course updates

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.

Appendix

Data Fields
Some data fields require ANT+ accessories to display data.
Battery Level: The remaining battery power.
Battery Status: The remaining battery power of a bike light accessory.
Beam Angle Status: The headlight beam mode.
Cadence: Cycling. The number of revolutions of the crank arm. Your device must be connected to a cadence accessory for this data to appear.

Cadence - Avg.: Cycling. The average cadence for the current activity.
Cadence - Lap: Cycling. The average cadence for the current lap.
Calories: The amount of total calories burned.
Course Pt. Dist.: The remaining distance to the next point on the course.
Dist. - Lap: The distance traveled for the current lap.
Dist. - Last Lap: The distance traveled for the last completed lap.
Dist. to Dest.: The remaining distance to the final destination.
You must be navigating for this data to appear.
Dist. to Go: During a course, the remaining distance when you are using a distance target.
Dist. to Next: The remaining distance to the next waypoint on the route. You must be navigating for this data to appear.
Distance: The distance traveled for the current track or activity.
Elevation: The altitude of your current location above or below sea level.
ETA at Destination: The estimated time of day when you will reach the final destination (adjusted to the local time of the destination). You must be navigating for this data to appear.
ETA at Next: The estimated time of day when you will reach the next waypoint on the route (adjusted to the local time of the waypoint). You must be navigating for this data to appear.
GPS Accuracy: The margin of error for your exact location. For example, your GPS location is accurate to within +/- 3.65 m (12 ft.).
GPS Signal Strength: The strength of the GPS satellite signal.
Grade: The calculation of rise (elevation) over run (distance). For example, if for every 3 m (10 ft.) you climb you travel 60 m (200 ft.), the grade is 5%.
Heading: The direction you are moving.
Heart Rate: Your heart rate in beats per minute (bpm). Your device must be connected to a compatible heart rate monitor.
HR - %HRR: The percentage of heart rate reserve (maximum heart rate minus resting heart rate).
HR - %Max.: The percentage of maximum heart rate.
HR - Avg.: The average heart rate for the current activity.
HR - Avg. %HRR: The average percentage of heart rate reserve (maximum heart rate minus resting heart rate) for the current activity.
HR - Avg. %Max.: The average percentage of maximum heart rate for the current activity.
HR Graph: A line graph showing your current heart rate zone (1 to 5).
HR - Lap: The average heart rate for the current lap.
HR - Lap %HRR: The average percentage of heart rate reserve (maximum heart rate minus resting heart rate) for the current lap.
HR - Lap %Max.: The average percentage of maximum heart rate for the current lap.
HR - Last Lap: The average heart rate for the last completed lap.
HR Zone: The current range of your heart rate (1 to 5). The default zones are based on your user profile and maximum heart rate (220 minus your age).
Laps: The number of laps completed for the current activity.
Light Mode: The light network configuration mode.
Lights Connected: The number of connected lights.
Location at Dest.: The last point on the route or course.
Location at Next: The next point on the route or course.
**Odometer:** A running tally of distance traveled for all trips. This total does not clear when resetting the trip data.

**Speed:** The current rate of travel.

**Speed - Avg.:** The average speed for the current activity.

**Speed - Lap:** The average speed for the current lap.

**Speed - Last Lap:** The average speed for the last completed lap.

**Speed - Max.:** The top speed for the current activity.

**Sunrise:** The time of sunrise based on your GPS position.

**Sunset:** The time of sunset based on your GPS position.

**Temperature:** The temperature of the air. Your body temperature affects the temperature sensor.

**Time:** The stopwatch time for the current activity.

**Time - Avg. Lap:** The average lap time for the current activity.

**Time - Elapsed:** The total time recorded. For example, if you start the timer and run for 10 minutes, then stop the timer for 5 minutes, then start the timer and run for 20 minutes, your elapsed time is 35 minutes.

**Time in Zone:** The time elapsed in each heart rate zone.

**Time - Lap:** The stopwatch time for the current lap.

**Time - Last Lap:** The stopwatch time for the last completed lap.

**Time of Day:** The time of day based on your current location and time settings (format, time zone, daylight saving time).

**Time to Dest.:** The estimated time remaining before you reach the destination. You must be navigating for this data to appear.

**Time to Go:** During a course, the remaining time when you are using a time target.

**Time to Next:** The estimated time remaining before you reach the next waypoint in the route. You must be navigating for this data to appear.

**Total Ascent:** The total elevation distance ascended since the last reset.

**Total Descent:** The total elevation distance descended since the last reset.

**Vertical Speed:** The rate of ascent or descent over time.

**VS - 30s Avg.:** The 30-second moving average of vertical speed.

---

### Heart Rate Zone Calculations

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

---

### Wheel Size and Circumference

The wheel size is marked on both sides of the tire. This is not a comprehensive list. You can also use one of the calculators available on the Internet.

<table>
<thead>
<tr>
<th>Wheel Size</th>
<th>L (mm)</th>
</tr>
</thead>
<tbody>
<tr>
<td>12 × 1.75</td>
<td>935</td>
</tr>
<tr>
<td>14 × 1.5</td>
<td>1020</td>
</tr>
<tr>
<td>14 × 1.75</td>
<td>1055</td>
</tr>
<tr>
<td>16 × 1.5</td>
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<td>16 × 1.75</td>
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<td>1350</td>
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<td>20 × 1-3/8</td>
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<td>1785</td>
</tr>
<tr>
<td>24 × 1-1/8</td>
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Radio Frequency Exposure

This device is a mobile transmitter and receiver that uses its antenna to send and receive low levels of radio frequency (RF) energy for voice and data communications. The device emits RF energy below the published limits when operating in its maximum output power mode and when used with Garmin authorized accessories. To comply with FCC RF exposure compliance requirements, the device should be used in a compatible mount or as mounted per the installation instructions only. The device should not be used in other configurations.

This device must not be co-located or operated in conjunction with any other transmitter or antenna.
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