



GETTING STARTED

Configure the Edge

When you first turn on your Edge, the following setup screens appear. Follow the on-screen instructions:

1

Select a language.

▲

English

▼

▲/▼ to change.
Enter to select.

2

Select a time zone.

▲

US - Central

▼

▲/▼ to change.
Enter to select.

3

Select a daylight savings preference.

▲

Automatic

▼

▲/▼ to change.
Enter to select.

4

Do you own a Garmin heart monitor?

▲

Yes

▼

▲/▼ to change.
Enter to select.

5

Do you own a Garmin cadence sensor?

▲

Yes

▼

▲/▼ to change.
Enter to select.

Screens 4 and
5 apply to Edge
305 only.





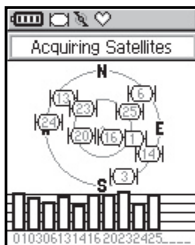
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Acquire Satellite Signals

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

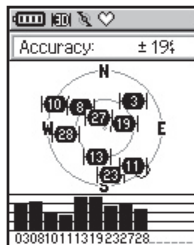
To acquire satellite signals:

Go outdoors to an open area away from tall buildings and trees. Then press and hold the **Power**  button.



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 appears at the top of the page.



NOTE: You can turn off the GPS receiver and use the Edge indoors. See [page 55](#).





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Position the Heart Rate Monitor

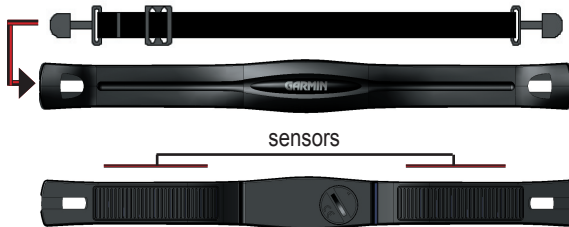
NOTE: *The heart rate monitor is an accessory for the Edge 305 only.*

Wear the heart rate (HR) monitor directly on your skin, just below the breastplate. It should be snug enough to stay in place during your workout. To view heart rate information on your Edge during a workout, you must add it to the data fields on one of the data pages. See [page 53](#) for more

information on customizing the data fields on your Edge.

To use the heart rate monitor:

1. Push one tab on the elastic strap through the slot in the heart rate monitor.
2. Wet both sensors on the back of the heart rate monitor to create a strong connection between your pulse and the transmitter.





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3. Attach the strap to the other side of the heart rate monitor around your chest.

NOTE: If you have trouble with erratic heart rate readings, position the transmitter on your back instead of your chest, or try applying electrode gel.

4. Tighten or loosen the strap as necessary so that it fits snugly against your body.
5. Turn on the Edge.
6. Bring it within range (3 meters) of the heart rate monitor. The heart rate monitor automatically transmits your heart rate to the Edge, and the heart rate icon  changes from flashing to constant.

TIP: Be sure to move away from other heart rate monitors while the Edge is trying to “pair” with your heart rate monitor and begin receiving heart rate data. Once the Edge pairs with your heart rate monitor, you can go near other heart rate monitors. For more information on pairing, training, and troubleshooting, see [pages 70-74](#).





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Position the GSC10™ Sensor

NOTE: The GSC10 is an accessory for the Edge 305 only.

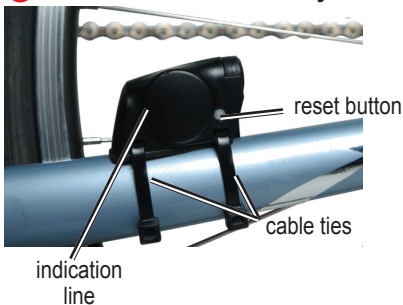
To install the GSC10:

1. Place the GSC10 on the rear chain stay. Loosely attach the GSC10 using two cable ties.

Installing GSC10 Sensor

The Edge 305 CAD includes a wireless speed and cadence sensor. Both magnets must be aligned with their respective indication line for the Edge to receive data.

1 GSC10 on rear chain stay

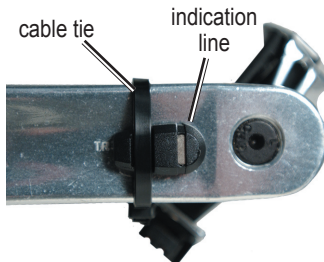




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2. Attach the pedal magnet to the crank arm using the adhesive mount and a cable tie. Make sure the pedal magnet is within 5 mm of the GSC10 and the indication line on the pedal magnet lines up with the indication line on the GSC10.

2 pedal magnet on crank arm



3. Attach the spoke magnet by unscrewing the magnet from the plastic piece. Then place the spoke in the groove of the plastic piece and tighten slightly. The magnet can face away from GSC10 if there is not enough room between sensor arm and spoke. Make sure the magnet is aligned with the sensor arm indication line.
4. Unscrew and move the sensor arm to within 5 mm of the spoke magnet. You can also tilt the GSC10 closer to either magnet for improved alignment.



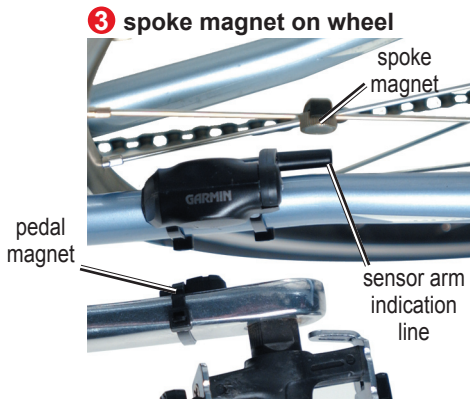


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5. Press the **Reset** button on the GSC10. The LED light turns red, then green. Pedal to test the sensor alignment. The red LED blinks each time the crank arm passes the sensor, and the green LED blinks each time the wheel magnet passes the sensor arm.

NOTE: This will test the first 60 passes. Press **Reset** again if you require additional passes.

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

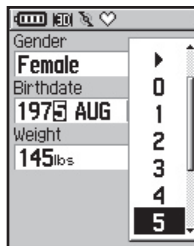




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Set Your User Profile

The Edge uses information that you enter about yourself to calculate calorie consumption. Set your user profile before you begin using the Edge to ensure it is recording accurate workout data.



To set your user profile:

1. Press **mode** to access the **Main Menu**.
2. Select **Settings > User Profile**.
3. Enter your **Gender**, **Birth Date**, and **Weight**.

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

If you are setting your user profile for the first time (Edge 305 with heart rate monitor), a Max HR message appears. Select **Yes** to adjust your maximum heart rate calculation based on your user profile.



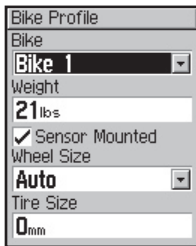
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Set Your Bike Profile

You can set up to three profiles.

To set your bike profile:

1. Press **mode** to access the **Main Menu**.
2. Select **Settings > Bike Profile**.



3. Select the bike profile you wish to use.
4. Enter the **Bike Weight**.

5. If you have an Edge 305 with the GSC10 speed and cadence sensor on your bike, select the **Sensor Mounted** check box.
6. In the **Wheel Size** field, select **Auto** to have the GSC10 automatically detect your tire size using GPS data or select **Custom** to enter your tire size.

Change the Backlight and Contrast Settings

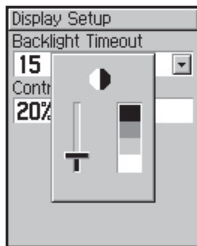
To change the Edge display:

1. Press **mode** to access the **Main Menu**.
2. Select **Settings > Display**.



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3. Select the amount of time the backlight stays on. Use a low backlight timeout setting to conserve battery power.
4. Select the amount of screen contrast.



NOTE: You can also adjust the screen contrast on the Satellite page using the ▲▼ arrows.





TRAINING

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 rides.

Auto Pause/Lap

You can set the Edge to pause the timer automatically during your ride when you stop moving or your speed drops below a custom 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 53](#).

You can use the Auto Lap Trigger feature 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 workout (each mile or kilometer or a major hill, for example).

To set Auto Pause/Lap:

1. Press **mode** to access the **Main Menu**.
2. Select **Training > Auto Pause/Lap**.
3. In the **Auto Timer Pause** field, select **When Stopped** or **Custom Speed** to enter a value.