# GARMIN®

Forerunner™ 201

Integrated GPS personal trainer for precise speed, distance & pace data

The Forerunner™ 201 is the first all-in-one personal training device that uses GPS satellites to calculate speed, distance and pace. The Forerunner is extremely easy-to-use. There's no calibration required, so you'll be off and running in no time. You don't even have to think about starting and stopping the elapsed time or punching the lap button to record stats. Forerunner will do it automatically. When you need motivation, Forerunner's Virtual Partner™ feature lets you input pace, time and distance goals, and then shows if you're ahead or lagging.
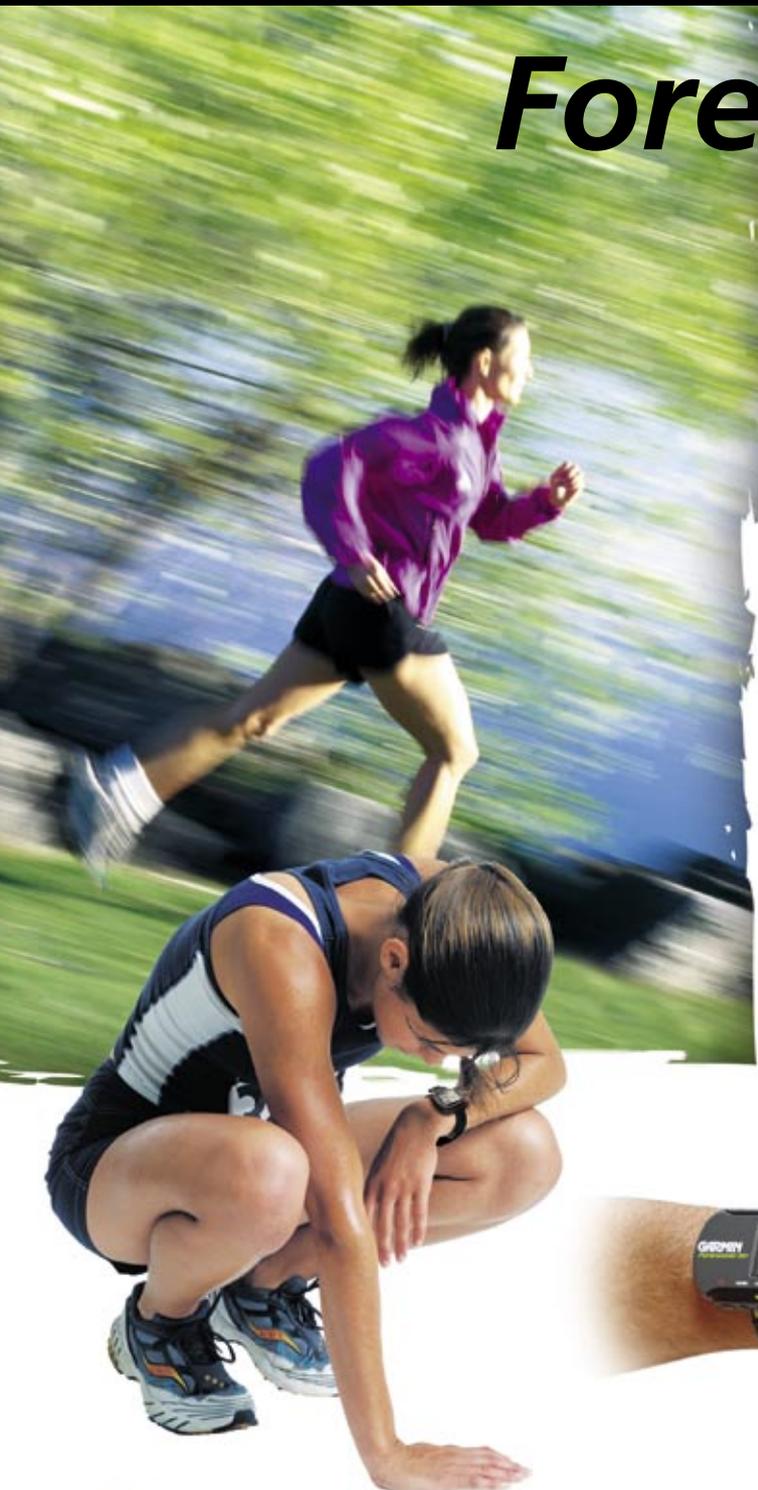
TIME OR DISTANCE AND SPEED ALERT
Alarm sounds when you begin to travel slower or faster than your desired pace. Distance alarm sounds when you reach a specified duration or distance in your workout

LAP HISTORY
Lap time, lap distance, and average pace - can be stored for up to two years

AUTO LAP
Logs performance over predetermined lap distance

AUTO PAUSE
Training timer pauses when you stop running

VIRTUAL PARTNER
Lets you select to train against time or pace

NAVIGATION PAGE
Provides location information to retrace your steps and to find stored waypoints

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TRAINING TIMER FEATURES

TRAINING DATA:
User-customised display includes training time, pace, distance, lap pace, lap time, lap distance, average and best pace, elevation and calories.

TRAINING ASSISTANT:

- **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. Allows you to run anywhere and still get accurate performance data.

- **Virtual Partner™:**
  Allows you to input training goals based on time, distance and pace. Forerunner 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.

- **Pace alert:**
  Alarm sounds if you are slower or faster than the pace you've input.

- **Time/distance alert:**
  Alarm sounds when you reach the specified time or distance.

HISTORY:
Stores up to approximately 2 years of training histories. Review lap histories to-date, by day or by week. Download histories to your PC using free software from the Garmin Web site.

NAVIGATION FEATURES

RECEIVER:
12 parallel channel GPS receiver continuously tracks and uses up to 12 satellites to track your speed and distance.

MAP MODE:
Electronic map shows your location, along with marked locations. Pointer arrow shows direction to travel when navigating back to start or to a stored location.

FIND LOCATION:
Look up and navigate to stored locations

MARK LOCATION:
Mark and save up to 100 locations.

POWER
Source: Rechargeable lithium ion
Battery life: 15 hours

ANTENNA:
Built-in patch

PHYSICAL

Size: 83 mm (W) x 43 mm (H) x 17.5 mm (D)
Weight: 78 g
Display: 36.49 mm x 23.35 mm (100 x 64 pixels)
Case: Waterproof to IEC 529 IPX7 standards
Temperature range: -20°C to 60°C (-4°F to 140°F)

ACCESSORIES

- **Standard:**
  Expander strap
  Wrist strap
  A/C desktop charger
 PC interface
  Owner's manual

- **Optional:**
  Bike mount

FREE LOGBOOK SOFTWARE
Download the free Forerunner Logbook Software from the Garmin web site at
http://www.garmin.com/products/forerunner201

Forerunner Logbook allows you to transfer workout information from your Forerunner 201 to your PC and view each workout, including your time, distance, speed, altitude and the path you took in a simple graphical display.
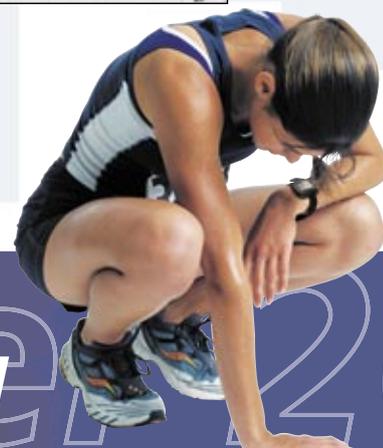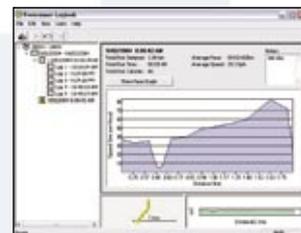
Forerunner™ 201
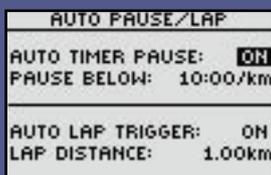
Timer pauses when you stop running; auto lap logs performance over predetermined distance.

Review training history by day or week.

Navigate back to start or to a stored location.

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