

GARMIN[®]

Edge[®] Explore 1000



Owner's Manual

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M/N: F4ACGQ00

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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 ([Turning On the Device, 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 6](#)).

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 12](#)).

- 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 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.

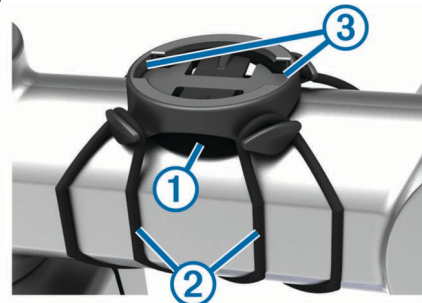


- 8 Press down slightly and turn the Edge device clockwise until it locks into place.

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.




Releasing the Edge

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




Turning On the Device

The first time you turn on the device, you are prompted to configure system settings and the user profile.

- 1 Hold .
- 2 Follow the on-screen instructions.



Keys









① 	Select to enter sleep mode and wake the device. Hold to lock the screen and turn the device on and off.
② 	Select to mark a new lap.
③ 	Select to start and stop the timer.




Home Screen Overview

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

	Select to go for a ride.
Where To?	Select to search for and navigate to a location.
Courses	Select to manage your courses.
History	Select to manage your history and personal records.
Contacts	Select to view your emergency contacts.
	Select to view the settings menu.

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 save your changes and close the page.
- Select  to close the page and return to the previous page.
- Select  to return to the previous page.
- Select  to return to the home screen.
- Select  and  to scroll.

- Select  to search near a location.
- Select  to search by name.
- Select  to delete an item.

Viewing the Connections Screen

The connections screen displays the status of the GPS, ANT+® sensors, and wireless connections.

From the home screen, swipe down from the top of the screen.



The connections screen appears. A flashing icon means the device is searching. You can select any icon to change the settings.



Using the Backlight

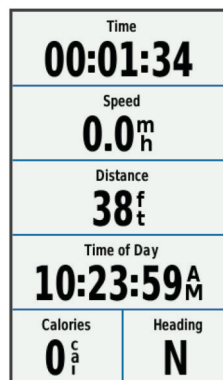
At any time, you can tap anywhere on the screen to turn on the backlight.

- 1 From the home screen, select the status bar at the top of the screen.
- 2 Select **Brightness** to adjust the backlight brightness and timeout:
 - To manually adjust the brightness, select **-** and **+**.
 - To allow the device to automatically adjust the brightness based on the ambient light, select **Auto Brightness**.
 - To adjust the timeout, select **Backlight Timeout** and select an option.

Navigation

Going for a Ride

- 1 From the home screen, select .
- 2 Wait while the device locates satellites.
- 3 Select  to start the timer.



NOTE: History is recorded only while the timer is running.

- 4 Swipe the screen for additional data screens. You can swipe down from the top of the data screens to view the connections screen.

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

6 Select **▶** to stop the timer.

7 Select **End Ride > Save Ride**.

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.

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 route. 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 6).

1 Connect the device to your computer using the USB cable.

2 Go to www.garminconnect.com.

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**.

Creating and Riding a Course

1 Select **Courses > Course Creator > Add First Location**.

2 Select an option:

- To select your current location on the map, select **Current Location**.

NOTE: If the device cannot acquire satellite signals for your current location, the device prompts you to use the last known location or to select the location on the map.

- To select a saved location, select **Saved > Locations**, 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**, select a category, 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 follow the on-screen instructions.
- To select an intersection, select **Intersections**, and follow the on-screen instructions.
- To use known coordinates for a location, 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 course.

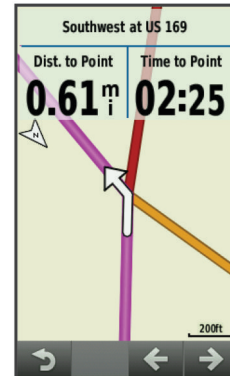
6 Select **View Map**.

The device calculates your route, and a map of the course appears.

TIP: You can select **▲** to view an elevation plot of the course.

7 Select **Ride**.

8 Follow the on-screen instructions to your destination.



Calculating a Loop-to-Start Course

Before you can calculate a loop-to-start course, you must create a course with only one location.

Select **Courses > Course Creator > ≡ > Loop to Start**.

The device calculates a route that loops back to the start location, and a map of the course appears.

Calculating an Out-and-Back Course

Before you can calculate an out-and-back course, you must create a course with two or more locations.

Select **Courses > Course Creator > ≡ > Out and Back**.

The device calculates a route that leads you out to and back from the end location, and a map of the course appears.

Reversing the Course Direction

Before you can reverse the direction of a course, you must create and calculate a course with at least one location.

Select **Courses > Course Creator > ≡ > Reverse Direction**.

The device reverses the direction of navigation, and a map of the course appears.

Saving a Course from Course Creator

1 Select **Courses > Course Creator > ≡ > Save as Course > ✓**.

2 Enter a name for the course, and select **✓**.

3 Select **✓**.

The course appears in the list.

Deleting All Locations from a Course

Select **Courses > Course Creator > ≡ > Delete > ✓**.

Course Creator Settings

Select **Courses > Course Creator > Settings**.

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.

Avoidance Setup: Sets the road types to avoid while navigating.



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**.
NOTE: If the device cannot acquire satellite signals for your current location, the device prompts you to use the last known location or to select the location on the map.
 - To select a location on the map, select **Use Map**, and select a location.
 - To select a saved location, select **Saved Locations**, and select a location.
 - To browse for and select a point of interest, select **Search Tools > POI Categories**, select a category, and select a nearby point of interest.
 - To select a city, select **Search Tools > Cities**, and select a nearby city.
 - To select an address, select **Search Tools > Addresses**, and follow the on-screen instructions.
 - To select an intersection, select **Search Tools > Intersections**, and follow the on-screen instructions.
 - To use known coordinates for a location, select **Search Tools > Coordinates**, and enter the coordinates.
- 5 Select **Start Direction**, and select a direction heading.
- 6 Select **Search**.
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**.

Creating a Course from a Recent Ride

You can create a new course from a previously saved ride.


- 1 Select **Courses > Recent Rides**.
- 2 Select a ride.
- 3 Select  > **Save Ride as Course**.
- 4 Enter a name for the course, and select .

Riding a Saved Course

- 1 Select **Courses > Saved Courses**.
- 2 Select a course.
- 3 Select **Ride**.



Navigating Back to Start

At any point while riding a course, you can return to the starting point.

- 1 Tap the screen to view the timer overlay.
- 2 Select  > **Where To? > Back to Start**.
- 3 Select **Along Same Route** or **Most Direct Route**.
- 4 Select **Ride**.

The device navigates you back to the starting point of your course.

Stopping a Course

- 1 Scroll to the map.
- 2 Select  > .

Displaying a Course on the Map

For each course saved to your device, you can customize when and 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 a 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.

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.

Course Options

Select **Courses > Saved Courses > **.



Turn Guidance: Enables or disables turn prompts.

Off Course Warnings: Alerts you when 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.

Deleting a Course


- 1 Select **Courses > Saved Courses**.
- 2 Select a course.
- 3 Select  > .

Locations




You can record and store locations in the device.

Saving Your Location


You can save your present location, such as your home or parking spot.

- 1 From the home screen, select the status bar or swipe down from the top of the page.
The connections page appears.
- 2 Select **GPS > Mark Location > **.

Saving a Location from the Map

- 1 Select **Where To? > Browse Map > **.
- 2 Browse the map for a location.
- 3 Select the location.
- 4 Select the location information at the top of the map.
- 5 Select  > .

Navigating to a Saved Location


- 1 Select **Where To? > Saved Locations**.
- 2 Select a location.
- 3 If necessary, select  to enter search information.
- 4 Select **Ride**.

Navigating to a Recent Location

- 1 From the home screen, select **Where To? > Recent Finds**.
- 2 Select a location.
- 3 Select **Ride**.

Setting the Search Location

By default, the device searches for points of interest and other locations near your current location. You can set the device to search near a different location.

- 1 Select **Where To?** > **Search Tools** > .
- 2 Select a search area.
- 3 If necessary, select a location.
- 4 If necessary, select **Use**.

Navigating to a Point of Interest


You can search for specific types of locations.

- 1 From the home screen, select **Where To?** > **Search Tools** > **POI Categories**.
- 2 Select a category.
- 3 Select a point of interest.
- 4 Select **Ride**.

Navigating to a City, Address, or Intersection



- 1 Select **Where To?** > **Search Tools**.
- 2 Select an option:
 - Select **Cities**, and select a nearby city.
 - Select **Addresses**, and follow the on-screen instructions.
 - Select **Intersections**, and follow the on-screen instructions.
- 3 Select **Ride**.

Navigating to Known Coordinates


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


Projecting a Location

You can create a new location by projecting the distance and bearing from a marked location to the new location.



- 1 Select **Where To?** > **Saved Locations**.
- 2 Select a location.
- 3 Select the location information at the top of the map.
- 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 item.

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** > .

Incident Detection

CAUTION

Incident detection is a supplemental feature and 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 7](#)).
- 3 Set up your emergency contacts and rider information in the Garmin Connect Mobile app ([Setting Up Rider Information and Emergency Contacts, page 5](#)).
- 4 Enable incident detection on your device ([Turning Incident Detection On and Off, page 5](#)).
- 5 Enable GPS on your device ([GPS Settings, page 12](#)).

Setting Up Rider Information and Emergency Contacts

- 1 Open the Garmin Connect Mobile app on your smartphone.
- 2 From the device's widget, 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  > **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.

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 From the home screen, select **History > Rides**.
- 2 Select an option.

Using the Calendar

The calendar on your device displays a visual history of your saved rides. When you select a day in the calendar, you can view a summary of each completed ride.

- 1 Select **History > Calendar**.
- 2 Select a date to view the saved rides.
- 3 Select **>** to view additional details.

Deleting Rides

- 1 Select **History > Rides**.
- 2 Select **☒**.
- 3 Select **Delete All** or **Delete Multiple**.

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.

Deleting a Personal Record

- 1 From the home screen, select **History > Personal Records**.
- 2 Select a personal record.
- 3 Select **☒ > ✓**.

Restoring a Personal Record

You can set each personal record back to the one previously recorded.

NOTE: This does not delete any saved activities.

- 1 Select **History > Personal Records**.
- 2 Select a record to restore.
- 3 Select **Previous Record > ✓**.

Viewing Data Totals

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

From the home screen, select **History > Totals**.

Deleting Data Totals

- 1 Select **History > Totals**.
- 2 Select **☒ > ✓**.

NOTE: This does not delete any saved activities.

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.
- 4 Go to www.garminconnect.com/start.
- 5 Follow the on-screen instructions.

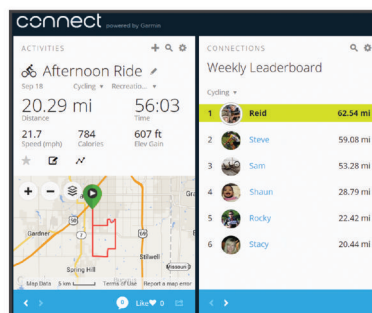
Garmin Connect

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.

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.

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

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.

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 **✕ > Bluetooth > Enable > Pair Smartphone**, and follow the on-screen instructions.
- 4 From your smartphone, open the Garmin Connect Mobile app, and follow the on-screen instructions to connect a device.

The instructions are provided during the initial setup, or can be found in the Garmin Connect Mobile app help.

- 5 From your iOS® device, select **Pair Bluetooth Smart**, and follow the on-screen instructions to enable phone notifications on a compatible iOS device (optional).

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

Wi-Fi® Connected Features

The Edge Explore 1000 device has Wi-Fi connected features. The Garmin Connect Mobile application is not required for you to use Wi-Fi connectivity.

NOTE: Your device must be connected to a wireless network to take advantage of these features.

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

Courses, workouts, and training plans: Activities and training plans previously selected from Garmin Connect are sent wirelessly to your device.

Software updates: Your device wirelessly downloads the latest software update. The next time you turn on the device, you can follow the on-screen instructions to update the software.

Setting Up Wi-Fi Connectivity

- 1 Go to www.garminconnect.com/start, and download the Garmin Express™ application.
- 2 Follow the on-screen instructions to set up Wi-Fi connectivity with Garmin Express.

Connecting to a Wireless Network

- 1 Select **✕ > Wi-Fi**.
- 2 If necessary, select **Wi-Fi** to turn on wireless technology.
- 3 Select **Add Network** to scan for available networks.
- 4 Select a wireless network.
- 5 If necessary, select **+** to enter the network SSID and password.

The device stores the network information and connects automatically when you return to this location.

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 a file type to share.
- 4 Select one or more files to transfer, and select **✓**.
- 5 From the device that receives the files, select **✕ > Device Transfers**.
- 6 Select a nearby connection.
- 7 Select one or more files to receive, and select **✓**.

A message appears on both devices after the file transfer is complete.

Changing the Data Storage Location

- 1 From the home screen, select **✕ > System > Data Recording**.
- 2 Select an option:
 - Select **Internal Storage** to save your data to the device memory.
 - Select **Memory Card** to save your data to an optional memory card.

Installing a Memory Card

You can install a microSD™ memory card for additional storage or pre-loaded maps.

- 1 Pull up the weather cap ① from the microSD card slot ②.



- 2 Press in the card until it clicks.

Data Management

NOTE: 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 USB port.
- 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.

Your device and memory card (optional) appear as removable drives in My Computer on Windows computers and as mounted volumes 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, and the memory card may appear as a second removable drive. On Mac computers, the device and memory card appear as mounted volumes.

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.

- 3 Select a file.
- 4 Select **Edit > Copy**.
- 5 Open the portable device, drive, or volume for the device or memory card.
- 6 Browse to a folder.
- 7 Select **Edit > Paste**.
The file appears in the list of files in the device memory or on the memory card.

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.
- 3 Select a file.
- 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.

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 **⌘ > 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.

Situational Awareness

Your Edge device can be used with 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 13](#)).

Training with Power Meters

- Go to www.garmin.com/intosports for a list of ANT+ sensors that are compatible with your device (such as Vector™).
- For more information, see your owner's manual.

Calibrating Your Power Meter

Before you can calibrate your power meter, it must be properly installed, paired with your device, and actively recording data.

For calibration instructions specific to your power meter, refer to the manufacturer's instructions.

- 1 From the home screen, select the status bar or swipe down from the top of the page.
- 2 Select **⌘ > Calibrate**.
- 3 Keep your power meter active by pedaling until the message appears.
- 4 Follow the on-screen instructions.

Wireless Remote Control

Device Overview



①	Lap key. Select to mark a new lap.
②	Action key. Select to start and stop the timer. Hold to turn on the backlight. NOTE: This is the default functionality of the action key. The action key functions are programmable.
③	Page key. Select to scroll forward through the data pages. Hold to scroll through the data pages in reverse.
④	Status LED.

Status LED

LED Activity	Status
Flashing green	Searching for a paired device.
Alternating red and green	Attempting to pair with a new device.
12 rapid green flashes	Successfully paired with a device.
Four rapid green flashes	Successfully sent a command to a device.
Four rapid red flashes	Failed to send a command to a device.

Pairing the Remote with Your Edge Device

The first time you connect the Edge remote to your Edge device, you must pair the remote with your device.

- 1 Bring the remote within 3 m (10 ft.) of the device.
NOTE: Stay 10 m (33 ft.) away from other ANT+ sensors while pairing.
- 2 From the Edge home screen, select **⌘ > Sensors > Add Sensor > Edge Remote**.
- 3 On the remote, hold two keys simultaneously until the status LED starts alternating green and red, and release the keys.
The remote searches for your device. When the remote pairs successfully, the status LED flashes green 12 times, and the remote name appears on the device.

- 4 Select the remote, and select **Add**.

After the remote is paired, it connects to your device whenever the device is in range and turned on.

Customizing the Action Key

- 1 From the Edge home screen, select **✖ > Sensors > Edge Remote > Sensor Details**.
- 2 Select **Single Press** or **Press and Hold**.
- 3 Select a function for the action key.
For example, you can set the action key to display the map or turn on the backlight.

Using the Mounts

Several mounts are available for your remote, either included with the product or as an optional accessory. The mounts allow you to attach the remote to your body, your bike, or other objects.

- Align two of the notches ① with the sides of the mount, and press the remote into the mount until it clicks.



- Press gently on the release tab ②, and lift the remote from the mount.

Replacing the Battery

⚠ WARNING

Do not use a sharp object to remove batteries.

Keep the battery away from children.

Never put batteries in mouth. If swallowed, contact your physician or local poison control center.

Replaceable coin cell batteries may contain perchlorate material. Special handling may apply. See www.dtsc.ca.gov/hazardouswaste/perchlorate.

⚠ CAUTION

Contact your local waste disposal department to properly recycle the batteries.

Before you can replace the battery, you must have a small Phillips screwdriver, a small flat screwdriver, and a CR2032 lithium coin-cell battery.

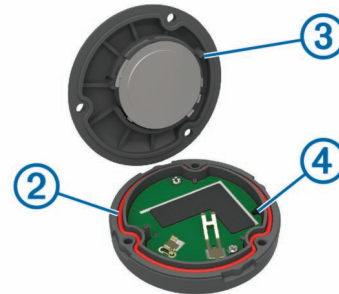
- 1 Using a Phillips screwdriver, remove the three screws from the back plate ①.



- 2 Remove the back plate from the remote.
- 3 Wrap the end of a small flat screwdriver with tape.
The tape protects the battery, battery compartment, and contacts from damage.
- 4 Carefully pry the battery from the back plate.



- 5 Install the new battery into the back plate with the positive side facing down.
- 6 Verify the gasket ② is fully seated in the groove.



- 7 Replace the backplate, aligning the post ③ with the gap in the circuit board ④.
- 8 Replace and tighten the three screws.
NOTE: Do not overtighten.

Customizing Your Device

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 **✖ > 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.

Training Zones

- Heart rate zones ([Setting Your Heart Rate Zones, page 9](#))
- Power zones ([Setting Your Power Zones, page 10](#))

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 10](#)). 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 **✖ > 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:**.
- 4 Select an option:
 - Select **BPM** to view and edit the zones in beats per minute.
 - Select **% Max.** to view and edit the zones as a percentage of your maximum heart rate.
 - Select **% HRR** to view and edit the zones as a percentage of your resting 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 14](#)) 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.

Setting Your Power Zones

The values for the zones are default values and may not match your personal abilities. You can manually adjust your zones on the device or using Garmin Connect. If you know your functional threshold power (FTP) value, you can enter it and allow the software to calculate your power zones automatically.

- 1 Select **⌘** > **Training Zones** > **Power Zones**.
- 2 Enter your FTP value.
- 3 Select **Based On**:
- 4 Select an option:
 - Select **watts** to view and edit the zones in watts.
 - Select **% FTP** to view and edit the zones as a percentage of your functional threshold power.

Bluetooth Settings

Select **⌘** > **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.

Pair Bluetooth Smart: Connects your device with a compatible smartphone using Bluetooth Smart wireless technology. This setting allows you to use call and text features.

NOTE: This setting appears only after the device is paired with a compatible smartphone equipped with Bluetooth Smart wireless technology.

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.

Wi-Fi Settings

Select **⌘** > **Wi-Fi**.

Wi-Fi: Enables Wi-Fi wireless technology.

NOTE: Other Wi-Fi settings appear only when Wi-Fi is enabled.

Auto Upload: Allows you to upload activities automatically over a known wireless network.

Add Network: Connects your device to a wireless network.

Updating Your Activity Settings

- 1 Select **⌘** > **Activity Settings**.

- 2 Select an option:

- Select **Data Screens** to customize the data screens and data fields ([Customizing the Data Screens, page 10](#)).
- Select **Map** to customize the map settings ([Map Settings, page 10](#)).
- Select **Routing** to customize your route settings ([Route Settings, page 11](#)).
- Select **Alerts** to customize your training alerts ([Alerts, page 11](#)).
- Select **Auto Features** > **Auto Lap** to set how laps are triggered ([Auto Lap®, page 11](#)).
- Select **Auto Features** > **Auto Pause** to change when the timer automatically pauses ([Using Auto Pause, page 11](#)).
- Select **Auto Features** > **Auto Sleep** to automatically enter sleep mode after five minutes of inactivity ([Using Auto Sleep, page 11](#)).
- Select **Auto Features** > **Auto Scroll** to customize the display of the training data pages when the timer is running ([Using Auto Scroll, page 11](#)).
- Select **Start Notice** to customize the start notice mode ([Changing the Start Notice, page 12](#)).

All changes are saved to the activity settings.

Customizing the Data Screens

- 1 Select **⌘** > **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 **✓**.

Map Settings

Select **⌘** > **Activity Settings** > **Map**.

Orientation: Sets how the map is shown on the page.

Auto Zoom: Automatically selects a zoom level for the map. When Off is selected, you must zoom in or out manually.

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 From the home screen, select **⌘** > **Activity Settings** > **Map** > **Orientation**.
- 2 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 show an automotive perspective with the direction of travel at the top.

Advanced Map Settings

Select **⌘** > **Activity Settings** > **Map** > **Map Visibility**.

Map Visibility Mode: Auto and High Contrast have preset values. You can choose Custom to set each value.

Zoom Levels: Sets map items to draw or appear at or below the selected zoom level.



Text Size: Sets the text size for map items.

Detail: Sets the amount of detail shown on the map. Showing more detail may cause the map to redraw more slowly.

Shaded Relief: Shows detail relief on the map (if available) or turns off shading.

Purchasing Additional Maps

Before purchasing additional maps, you should determine the version of the maps that are loaded on your device.

- 1 Select  > **Activity Settings**.
- 2 Select **Map > Map Information**.
- 3 Select a map.
- 4 Select .
- 5 Go to <http://buy.garmin.com>, or contact your Garmin dealer.

Route Settings

Select  > **Activity Settings > 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.

Avoidance Setup: Sets the road types to avoid while navigating.



Recalculation: Automatically recalculates the route when you deviate from the route.

Alerts

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

Setting Range Alerts



If you have an optional heart rate monitor, cadence sensor, or power meter, 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 cadence is below 40 RPM and over 90 RPM. You can also use a training zone ([Training Zones, page 9](#)) for the range alert.

- 1 Select  > **Activity Settings**.
- 2 Select **Alerts**.
- 3 Select **Heart Rate Alert, Cadence Alert, or Power Alert**.
- 4 If necessary, turn on the alert.
- 5 Enter the minimum and maximum values, or select zones.
- 6 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 ([Setting the Device Tones, page 12](#)).

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  > **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 ([Setting the Device Tones, page 12](#)).

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  > **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 10](#)).

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  > **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 10](#)).

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  > **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 10](#)).

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.

Wi-Fi continues to run while the device is asleep.

- 1 Select  > **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  > **Activity Settings**.
- 2 Select **Auto Features > Auto Scroll**.

3 Select a display speed.

Changing the Start Notice

This feature automatically detects when your device has acquired satellites and is moving. It is a reminder to start the timer so you can record your ride data.

- 1 Select **✖** > **Activity Settings**.
- 2 Select **Start Notice**.
- 3 Select an option:
 - Select **Once**.
 - Select **Repeat** > **Repeat Delay** to change the amount of time to delay the reminder.

System Settings

Select **✖** > **System**.

- GPS Settings ([GPS Settings, page 12](#))
- Color Settings ([Changing the Accent Color, page 12](#))
- Display Settings ([Display Settings, page 12](#))
- Incident Detection Settings ([Turning Incident Detection On and Off, page 5](#))
- Data Recording Settings ([Changing the Data Storage Location, page 7](#))
- Unit Settings ([Changing the Units of Measure, page 12](#))
- Tone Settings ([Setting the Device Tones, page 12](#))
- Language Settings ([Changing the Device Language, page 12](#))

GPS Settings

Changing the Satellite Setting

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

- 1 Select **✖** > **System** > **GPS** > **GPS Mode**.
- 2 Select an option.

Setting Your Elevation

If you have accurate elevation data for your present location, you can manually calibrate the altimeter on your device.

- 1 From the home screen, select **✖** > **System** > **GPS** > **Set Elevation**.
- 2 Enter the elevation, and select **✓**.

Viewing Satellites

The satellite page shows your current GPS satellite information. For more information about GPS, go to www.garmin.com/aboutGPS.

From the home screen, select **✖** > **System** > **GPS** > **View Satellites**.

GPS accuracy appears at the bottom of the page. The green bars represent the strength of each satellite signal received (the number of the satellite appears below each bar).

Changing the Accent Color

You can change the accent color on the device.

- 1 Select **✖** > **System** > **Color**.
- 2 Select an accent color.

Display Settings

Select **✖** > **System** > **Display**.

Auto Brightness: Automatically adjusts the backlight brightness based on the ambient light.

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 Auto to allow the device to automatically set day or night colors based on the time of day.

Orientation: Sets the device to display in portrait or landscape mode.

Screen Capture: Allows you to save the image on the device screen.

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 **✖** > **System** > **Units**.
- 2 Select a measurement type.
- 3 Select a unit of measure for the setting.

Setting the Device Tones

From the home screen, select **✖** > **System** > **Tones**.

Changing the Device Language

From the home screen, select **✖** > **System** > **Language**.

Changing the Configuration Settings

You can modify all of the settings you configured in the initial setup.

- 1 Select **✖** > **System** > **Device Reset** > **Initial Setup**.
- 2 Follow the on-screen instructions.

Time Zones

Each time you turn on the device and acquire satellites, the device automatically detects your time zone and the current time of day.

Device Information

Specifications

Edge Specifications

Battery type	Rechargeable, built-in lithium-ion battery
Battery life	15 hours, typical usage
Operating temperature range	From -20° to 60°C (from -4° to 140°F)
Charging temperature range	From 0° to 40°C (from 32° to 104°F)
Radio frequency/protocol	2.4 GHz ANT+ wireless communications protocol Bluetooth Smart wireless technology Wi-Fi wireless technology
Water rating	IEC 60529 IPX7*

*The 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.

Remote Specifications

Battery type	User-replaceable CR2032 (3 V)
Battery life	Up to 1.5 yr. (1 hr./day)
Operating temperature range	From -10° to 50°C (from 14° to 122°F)
Radio frequency/protocol	2.4 GHz ANT+ wireless communications protocol
Water rating	5 ATM*

*The device withstands pressure equivalent to a depth of 50 m. For more information, go to www.garmin.com/waterrating.

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.



Cleaning the Device

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

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.

- 1 Hold  for 10 seconds.
- 2 Hold  for one second to turn on the device.

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  > **System** > **Device Reset** > **Factory Reset** > .

Saving Energy While Charging the Device

You can turn off the device screen and all other features while charging.

- 1 Connect your device to an external power source.
- 2 Hold  for 4 to 5 seconds.
The screen turns off, and the device goes into a low power, battery charging mode.
- 3 Charge the device completely.

Maximizing Battery Life

- Decrease the backlight or shorten the backlight timeout (*Using the Backlight, page 2*).
- Turn on the **Auto Sleep** feature (*Using Auto Sleep, page 11*).
- Turn off the Bluetooth wireless feature (*Bluetooth Settings, page 10*).
- Turn off wireless connectivity (*Wi-Fi Settings, page 10*).

Updating the Software

Before you can update your device software, you must have a Garmin Connect account, and you must download the Garmin Express application.

- 1 Connect the device to your computer using the USB cable.
When new software is available, Garmin Express sends it to your device.
- 2 Follow the on-screen instructions.
- 3 Do not disconnect your device from the computer during the update process.

NOTE: If you have already used Garmin Express to set up your device with Wi-Fi connectivity, Garmin Connect can

automatically download available software updates to your device when it connects using Wi-Fi.

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.

Getting the Owner's Manual

You can get the most recent owner's manual from the web.

- 1 Go to www.garmin.com/manuals/edgeexplore1000.
- 2 View or download the full owner's manual in your preferred format.

Viewing Device Information

You can view the unit ID, software version, and license agreement.

Select  > **System** > **About**.

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.
 - Connect your device to your Garmin Connect account using a Wi-Fi wireless network.
- 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.

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 standard mount in two sizes:

- 1.3 × 1.5 × 0.9 in. AS568-125
- 1.7 × 1.9 × 0.9 in. AS568-131

NOTE: Use Ethylene Propylene Diene Monomer (EPDM) replacement bands only. Go to <http://buy.garmin.com>, or contact your Garmin dealer.

Appendix

Data Fields

Some data fields require ANT+ accessories to display data.

Balance: The current left/right power balance.

Balance - Avg.: The average left/right power balance for the current activity.

Balance - Lap: The average left/right power balance for the current lap.

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 workout or 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 - Avg.: The average 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 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 Configuration: 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 the distance traveled for all trips. This total does not clear when resetting the trip data.

Power: The current power output in watts. Your device must be connected to a compatible power meter.

Power - Avg.: The average power output for the current activity.

Power - kJ: The accumulated work performed (power output) in kilojoules.

Power - Lap: The average power output for the current lap.

Power - Last Lap: The average power output for the last completed lap.

Power - Max.: The top power output for the current activity.

Power Zone: The current range of power output (1 to 7) based on your FTP or custom settings.

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 - 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 - 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: The time remaining in a course.

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

Zone	% of Maximum Heart Rate	Perceived Exertion	Benefits
1	50–60%	Relaxed, easy pace, rhythmic breathing	Beginning-level aerobic training, reduces stress
2	60–70%	Comfortable pace, slightly deeper breathing, conversation possible	Basic cardiovascular training, good recovery pace
3	70–80%	Moderate pace, more difficult to hold conversation	Improved aerobic capacity, optimal cardiovascular training

Zone	% of Maximum Heart Rate	Perceived Exertion	Benefits
4	80–90%	Fast pace and a bit uncomfortable, breathing forceful	Improved anaerobic capacity and threshold, improved speed
5	90–100%	Sprinting pace, unsustainable for long period of time, labored breathing	Anaerobic and muscular endurance, increased power

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