

GARMIN.

owner's manual

EDGE® 800

TOUCHSCREEN GPS-ENABLED BIKE COMPUTER



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Introduction

WARNING

Always consult your physician before you begin or modify any exercise program. See the *Important Safety and Product Information* guide in the product box for product warnings and other important information.

Setting Up the Device

When using your Edge® the first time, follow the setup instructions in the *Edge 800 Quick Start Manual*.

Registering Your Device

Help us better support you by completing our online registration today.

- Go to <http://my.garmin.com>.
- Keep the original sales receipt, or a photocopy, in a safe place.

About the Battery

WARNING

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

The device is powered by a built-in, lithium-ion battery that you can charge using the AC charger or the USB cable included in the product box ([page 47](#)).

NOTE: The device will not charge when outside the temperature range of 32°F–113°F (0°C–45°C).

Device Overview

Keys



	Press and hold to turn the device on and off. Press to view the status page and adjust the backlight.
LAP/ RESET	Press to create a new lap. Press and hold to save your ride and reset the timer.
START/ STOP	Press to start and stop the timer.

Touchscreen Buttons

	Select to view satellites and open the GPS settings menu.
	Select to open the settings menu. When viewing a course, select to view additional features.
	Select to delete a course, workout, or activity.
	Select to close the page without saving.
	Select to save your changes and close the page.
	Select to return to the previous page.
	Select to change pages or scroll. You can also swipe your finger across the touchscreen.
	Select to narrow your search by entering part of the name.

Tips and Shortcuts

Locking the Touchscreen

To avoid accidental screen touches, you can lock the touchscreen.

1. Press .

The status page appears.

2. Select **Lock**.

Switching Bikes

1. Press .

The status page appears.

2. Select  to switch bikes.



Using the Backlight

- At any time, tap the touchscreen to turn on the backlight.
- Press  to turn on the backlight and to adjust the brightness.
NOTE: Alerts and messages also activate the backlight.
- Change the backlight timeout ([page 47](#)).

Changing the ANT+ Accessory Settings

1. Press .

The status page appears.

2. Select ,  , or .

Changing Data Fields

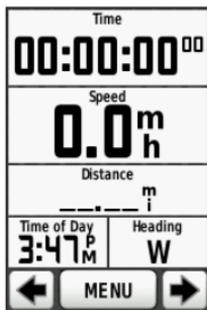
On any data page, touch and hold a data field until it is highlighted.

When you lift your finger, you are prompted to select a new data field ([page 31](#)).

Training

Going for a Ride

Before you can record history, you must locate satellite signals or pair your Edge with an ANT+™ sensor (page 17).



1. From the timer page, press **START** to start the timer.
History is recorded only while the timer is running.
2. After completing your ride, press **STOP**.

Saving Your Ride Data

Press and hold **RESET** to save your ride data and reset the timer.

Alerts

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

Using Time, Distance, and Calorie Alerts

1. Select **MENU > Training > Alerts**.
2. Select **Time Alert**, **Distance Alert**, or **Calorie Alert**.
3. Turn on the alert.
4. Enter a time, distance, or calorie amount.
5. Go for a ride.

Each time you reach the alert amount, the Edge beeps and displays a message.

NOTE: To turn on audible tones for messages, see [page 41](#).

Using Advanced Alerts

If you have an optional heart rate monitor, GSC™ 10, or third-party ANT+ power sensor, you can set up advanced alerts.

1. Select **MENU > Training > Alerts**.
2. Select an option:
 - Select **Heart Rate Alert** to set the minimum and maximum heart rate in beats per minute (bpm).
NOTE: For more information about heart rate zones and settings, see [page 13](#).
 - Select **Cadence Alert** to set the minimum and maximum cadence in revolutions of the crank arm per minute (rpm).
 - Select **Power Alert** to set the minimum and maximum power in watts.

3. Go for a ride.

Each time you exceed or drop below the specified heart rate, cadence, or power amount, the Edge beeps and displays a message.

NOTE: To turn on audible tones for messages, see [page 41](#).

Workouts

You can use the Edge to create workouts that include targets for each workout step and for varied distances, times, and rest laps. After you create a workout, you can use Garmin Connect™ or Garmin Training Center® to schedule the workout for a particular day. You can plan workouts in advance and store them on your Edge.

Creating Workouts

You can create workouts using Garmin Training Center (page 20) and transfer them to the Edge. However, you can also create and save a workout directly on your Edge.

1. Select **MENU > Training > Workouts > New Workout**.
2. Enter a workout name.
3. Select **<Add New Step>**.
4. Select **Duration** to specify how the step will be measured.
For example, select **Distance** to end the step after a specific distance.
If you select **Open**, you can press **LAP** to end the step during your workout.
5. If necessary, enter a value in the field below **Duration**.
6. Select **Target** to choose your goal during the step.

For example, select **Heart Rate** to maintain a consistent heart rate during the step.

7. If necessary, select a target zone or enter a custom range.

For example, you can select a heart rate zone. Each time you exceed or drop below the specified heart rate, the Edge beeps and displays a message.

8. If necessary, select **Yes** in the **Rest Lap** field.

During a rest lap, the timer continues to run and data is recorded.

9. Select to save the step.
10. Select to save the workout.

Repeating Workout Steps

Before you can repeat a workout step, you must create a workout with at least one step.

1. Select **Add New Step**.
2. In the **Duration** field, select an option.
 - Select **Repeat** to repeat a step one or more times.
For example, you can repeat a 5-mile step ten times.
 - Select **Repeat Until** to repeat a step for a specific duration.
For example, you can repeat a 5-mile step for 60 minutes or until your heart rate reaches 160 bpm.
3. In the **Back To Step** field, select a step to repeat.
4. Select  to save the step.

Starting a Workout

1. Select **MENU > Training > Workouts**.
2. Select a workout.
3. Select **Do Workout**.
4. Press **START**.

After you begin a workout, the Edge displays each step of the workout, the target (if any), and current workout data. An audible alarm sounds when you are about to finish a workout step. A message appears, counting down the time or distance until a new step begins.

Ending a Step

Press **LAP** to end a step early.

Stopping a Workout

Select **MENU > Training > Workouts > Stop Workout**.

About Editing Workouts

You can edit workouts within Garmin Connect, Garmin Training Center, or directly in the Edge. If you edit workouts in the Edge, your changes may be temporary. Garmin Connect and Garmin Training Center serve as the master list of workouts. If you edit a workout in the Edge, the changes might be overwritten the next time you transfer workouts from Garmin Connect or Garmin Training Center. To make a permanent change to a workout, edit the workout in Garmin Connect or Garmin Training Center and then transfer it to your Edge.

Editing a Workout Using the Edge

1. Select **MENU > Training > Workouts**.
2. Select a workout.
3. Select **Edit**.

4. Select a step.
5. Make any necessary changes, and select  to save the step.
6. Select  to save the workout.

Deleting a Workout

1. Select **MENU > Training > Workouts**.
2. Select a workout.
3. Select  > **Yes**.

Using Virtual Partner

Your Virtual Partner® is a training tool designed to help you meet your goals.

1. Select **MENU > Training > Virtual Partner**.
2. Select **Virtual Partner > On**.
3. Select **Virtual Partner Speed**.
4. Enter a speed, and select .
5. Go for a ride.

6. Scroll to the Virtual Partner page to see who is leading.

At the top of the page, you can use + and - to adjust the speed of the Virtual Partner during your ride.



Virtual Partner Speed

If you make changes to the Virtual Partner speed before you start the timer, those changes are saved. Changes made to the Virtual Partner speed after the timer has started are applied only to the current session, and are not saved when the timer is reset. If you make changes to the Virtual

Partner during an activity, the Virtual Partner uses the new speed from your location.

Courses

Courses allow you to follow a previously recorded activity. You can follow a saved course simply because it is a good route. For example, you can save a bike friendly commute to work. You can also follow a saved course, trying to match or exceed previously set performance goals. For example, if the original course was completed in 30 minutes, you will race against a Virtual Partner trying to complete the course in under 30 minutes.

Garmin recommends that you use Garmin Connect or Garmin Training Center ([page 20](#)) to create and transfer courses.

Course Points

You must use Garmin Training Center to add course points to a course.

Course points are places on your course that you want to remember, such as water stops or distance goals.

Creating Courses with Your Edge

Before you can create a course, you must have history with GPS track data saved to the Edge.

1. Select **MENU > Courses > Create New Course**.
2. Select a previous ride on which to base your course.
3. Enter a name for the course, and select .

Starting a Course

You can record a warmup activity separately on the Edge. Before you start the course, you must reset the timer.

1. Select **MENU > Courses**.
2. Select a course.
3. Review the course data pages (optional).

You can also select  to edit the course features. For example, you can change the color of the course line on the map.

4. Select **Go**.
History is recorded even if you are not on the course. A message appears after you finish the course.

Following a Course From the Web

You must have a Garmin Connect account ([page 20](#)).

1. Connect the Edge to your computer.
2. Go to www.garminconnect.com, and find an activity.
3. Click **Send to Device**.
4. Disconnect the Edge, and turn it on.

5. Select **MENU > Courses**.
6. Select the course > **Go**.

Off Course Options

You can include a warmup before you begin your course. Press **START** to begin the course, and then 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.

NOTE: As soon as you press **START**, your Virtual Partner starts the course and does not wait for you to warm up.

If you stray away from the course, the Edge displays a message. Use the course map or course points to find your way back to the course.

Changing the Course Speed

1. Select **MENU > Courses**.
2. Select a course > **Go**.
3. Scroll to the Virtual Partner page.
4. At the top of the page, use + and - to adjust the percentage of time to complete the course.

For example, to improve your course time by 20%, enter a course speed of 120%. You will race against the Virtual Partner to finish a 30-minute course in 24 minutes.

Stopping a Course

Select **MENU > Courses > Stop Course**.

Deleting a Course

1. Select **MENU > Courses**.
2. Select a course.
3. Select  > **Yes**.

ANT+ Sensors

The Edge is compatible with the following ANT+ accessories:

- Heart rate monitor ([page 13](#))
- GSC 10 speed and cadence sensor ([page 15](#))
- Third-party ANT+ sensors ([page 16](#))

For information about purchasing additional accessories, 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. See the *Edge 800 Quick Start Manual* or the accessory package for instructions.

- Make sure that the ANT+ sensor is compatible with your Garmin device.
- Bring the Edge within range (3 m) of the accessory.
Stay 10 m away from other ANT+ sensors while pairing.
- After you pair the first time, your Garmin device automatically recognizes the ANT+ sensor each time it is activated. This process occurs automatically when you turn on the Garmin device and only takes a few seconds when the sensors are activated and functioning correctly.
- When paired, your Garmin device only receives data from your sensor, and you can go near other sensors.

Putting on the Heart Rate Monitor

See the *Edge 800 Quick Start Manual* or the accessory package for instructions.

Pairing the Heart Rate Monitor

If you purchased a heart rate monitor separately, you must pair it with the Edge in order to view your heart rate data. Before you can pair, you must put on the heart rate monitor.

1. Turn on the Edge.
2. Bring the Edge within range (3 m) of the heart rate monitor.
3. Select **MENU** >  > **Bike Settings** > **Heart Rate** > **ANT+ Heart Rate**.
4. Select **Heart Rate Monitor** > **Yes**.
5. Press .

When the heart rate monitor is paired, a message appears, and  appears solid on the status page.

6. If necessary, select **Rescan**.
7. If necessary, customize heart rate data fields ([page 31](#)).

After you put on the heart rate monitor, it is on standby and ready to send data.

TIP: If heart rate data does not appear or if you have erratic heart rate data, you may have to tighten the strap on your chest or warm up for 5–10 minutes ([page 18](#)).

Setting Your Heart Rate Zones

The Edge uses your user profile information from the initial setup to determine your heart rate zones. For the most accurate calorie data during your ride, set your maximum heart rate, resting heart rate, and heart rate zones.

1. Select **MENU** >  > **Bike Settings** > **Heart Rate** > **Heart Rate Zones**.
2. Enter your maximum heart rate and resting heart rate.
The zone values update automatically; however, you can still edit each value manually.
3. Select **Based On** > and 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.

About Heart Rate Zones

Many athletes are using 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 enter it and allow the Edge to calculate your heart rate zones based on the percentages shown in the table ([page 19](#)).

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.

Installing the GSC 10

See the *Edge 800 Quick Start Manual* or the accessory package for instructions.

Pairing the GSC 10

If you purchased a GSC 10 separately, you must pair it with the Edge in order to view your speed and cadence data. Before you can pair, you must install the GSC 10.

1. Turn on the Edge.
2. Bring the Edge within range (3 m) of the GSC 10.
3. Select **MENU** >  > **Bike Settings** > **Bike Profiles**.
4. Select a bike.
5. Select **ANT+ Speed/Cadence** > **Bike Sensors** > **Yes**.
6. Press .

When the GSC 10 is paired, a message appears, and   appear solid on the status page.

7. Customize optional data fields ([page 31](#)).

About the GSC 10

Cadence data from the GSC 10 is always recorded. If there is no GSC 10 paired, GPS data is used to calculate the speed and distance.

Cadence is your rate of pedaling or “spinning” measured by the number of revolutions of the crank arm per minute (rpm). There are two sensors on the GSC 10: one for cadence and one for speed.

For information about cadence alerts, see [page 5](#).

Non-Zero Averaging for Cadence Data

The non-zero data-averaging setting is available if you are training with an optional cadence sensor. The default setting is to exclude zero values that occur when you are not pedaling.

To turn the non-zero averaging on or off, select **MENU** >  > **Bike Settings** > **Data Recording** > **Data Averaging** > **Cadence**.

Third-Party ANT+ Sensors

For a list of third-party ANT+ sensors that are compatible with the Edge, go to www.garmin.com/intosports.

Pairing Your Power Meter

Refer to the manufacturer’s instructions.

When the power meter is paired, a message appears, and  appears solid on the status page.

Calibrating Your Power Meter

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

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

1. Select **MENU** >  > **Bike Settings** > **Bike Profiles**.
2. Select a bike.
3. Select **ANT+ Power** > **Calibrate**.
4. Keep your power meter active by pedaling until a message appears.

Setting Your Power Zones

You can set seven custom power zones using Garmin Connect or Garmin Training Center. If you know your functional threshold power (FTP) value, you can enter it and allow the Edge to calculate your power zones automatically.

1. Select **MENU** >  > **Bike Settings** > **Bike Profiles**.
2. Select a bike.
3. Select **Power Zones**.
4. Enter your FTP value.
5. Select **Based On** > and 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.

Non-Zero Averaging for Power Data

The non-zero data-averaging setting is available if you are training with an optional power meter. The default setting is to exclude zero values that occur when you are not pedaling.

To turn the non-zero averaging on or off, select **MENU** >  > **Bike Settings** > **Data Recording** > **Data Averaging** > **Power**.

ANT+ Sensor Troubleshooting

Problem	Solution
The ANT+ sensor will not pair with my device.	<ul style="list-style-type: none">• Stay 10 m away from other ANT+ sensors while pairing.• Bring the device within range (3 m) of the heart rate monitor while pairing.• If the problem persists, replace the battery.
I have a third-party ANT+ sensor.	Make sure that it is compatible with the Edge (www.garmin.com/intosports).
The heart rate data is inaccurate or erratic.	<ul style="list-style-type: none">• Make sure that the heart rate monitor is snug against your body.• Reapply moisture to the electrodes. Use water, saliva, or electrode gel.• Clean the electrodes. Dirt and sweat residue on the electrodes can interfere with heart rate signals.• Position the electrodes on your back instead of your chest.• Wear a cotton shirt or wet your shirt if suitable for your activity. Synthetic fabrics that rub or flap against the heart rate monitor can create static electricity that interferes with heart rate signals.• Move away from sources of strong electromagnetic fields and some 2.4 GHz wireless sensors, which can interfere with your heart rate monitor. Sources of interference may include high-voltage power lines, electric motors, microwave ovens, 2.4 GHz cordless phones, and wireless LAN access points.

Heart Rate Zones

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

History

Your Edge automatically saves history when the timer is started. When the Edge memory is full, a message appears. The Edge does not automatically delete or overwrite your history. See [page 21](#) to learn how to delete history.

Upload your history ([page 20](#)) to Garmin Connect or Garmin Training Center periodically to keep track of all of your ride data.

History includes time, distance, calories, average speed, maximum speed, altitude, and detailed lap information. Edge history can also include heart rate, cadence, and power.

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

Viewing a Ride

Select **MENU > History > Activities**.

Viewing Distance and Time Totals

Select **MENU > History > Totals** to view the accumulated ride distance and time.

Using Free Software

Garmin provides two software options for storing and analyzing your ride data:

- Garmin Connect is Web-based software.
 - Garmin Training Center is computer software that does not require the Internet after installation.
1. Go to www.garmin.com/intosports.
 2. Select your product.

3. Click **Software**.
4. Follow the on-screen instructions.

Transferring History to Your Computer

NOTICE

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

1. Connect the USB cable to an available USB port on your computer.
2. Pull up the weather cap ① from the mini-USB port ②.



3. Plug the small end of the USB cable into the mini-USB port.
4. Open Garmin Connect (www.garminconnect.com), or open Garmin Training Center.
5. Follow the instructions included with the software.

Deleting History

After you have transferred your history to your computer, you may want to delete the history from your Edge.

1. Select **MENU > History > Delete**.
2. Select an option:
 - Select **All Activities** to delete all ride data from the history.
 - Select **Old Activities** to delete activities recorded more than one month ago.
 - Select **All Totals** to reset the ride distance and time totals.

NOTE: This does not delete any history.

3. Select **Yes**.

Data Recording

The Edge uses smart recording. It records key points where you change direction, speed, or heart rate.

When a third-party power meter (page 16) is paired, the Edge records points every second. Recording points every second uses more of the available memory on the Edge.

For information about non-zero averaging for cadence and power data, see pages 16–17.

Changing the Data Storage Location

1. Select **MENU** >  > **System** > **Data Recording** > **Record To**.
2. Select **Internal Storage** (device memory) or **Memory Card** (optional memory card is required).

Installing a MicroSD Card

You can purchase microSD memory cards from an electronics supplier, or purchase preloaded detailed map data cards from your Garmin dealer.

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



2. To insert the card, press it in until it clicks.

Data Management

You can use the Edge as a USB mass storage device.

NOTE: The device is not compatible with Windows® 95, 98, Me, or NT. It is also not compatible with Mac® OS 10.3 and earlier.

Connecting the USB Cable

NOTICE

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

1. Connect the USB cable to a USB port on your computer.
2. Pull up the weather cap from the mini-USB port.

3. Plug the small end of the USB cable into the mini-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.

Loading Files

After you have connected the device to your computer, you can manually load the following files to your device: .tcx, .fit, .gpx, and .crs.

1. Browse your computer for the file.
2. Select **Edit > Copy**.
3. Open the “Garmin” drive or volume.
4. Open the **Garmin\NewFiles** folder or volume.
5. Select **Edit > Paste**.

Deleting Files

NOTICE

Your device memory contains important system files that should not be deleted.

After you have connected the device to your computer, you can manually delete files.

1. Open the Garmin or memory card drive or volume.
2. Select the file.
3. Press the **Delete** key on your keyboard.

Disconnecting the USB Cable

When you are finished managing your files, you can disconnect the USB cable.

1. Complete an action:
 - For Windows computers, click the eject icon  in your system tray.
 - For Mac computers, drag the volume icon to the Trash .
2. Unplug the device from your computer.

Navigation

This section describes the following features and settings:

- Locations and Where to? (page 25)
- Route settings (page 27)
- Optional maps (page 28)
- Map settings (page 30)

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. Before you can save your location, you must locate satellite signals.

1. From the map, select the position icon .

The position icon represents your location on the map.

2. Select **Save**, or **Save and Edit**.

Saving Locations From the Map

1. From the map, select .
2. Browse the map for the location.

A tack  marks the location, and location information appears at the top of the map.



3. Select the title  to view additional location information.
4. Select  > **OK** to save the location.

1. Select  to edit the location details.

Navigating to a Saved Location

1. Select **MENU > Where To? > Locations**.
2. Select a location > **Go**.

Navigating to Recently Found Locations

Your device stores the last 50 locations you have found.

1. Select **MENU > Where To? > Recent Finds**.
2. Select a location > **Go**.

Navigating to Known Coordinates

1. Select **MENU > Where To? > Coordinates**.
2. Enter the coordinates, and select .
3. Select **Go**.

Navigating Back to Start

At any point during your ride, you can return to your starting point. You must start the timer in order to use this feature.

1. During your ride, press **STOP**, but do not reset the timer.
2. Select **MENU > Where To? > Back to Start > Go**.

The Edge navigates you back to the starting point your ride.

Stopping the Navigation

While navigating to a location, select **MENU > Where To? > Stop Navigation**.

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 **MENU > Where To? > Locations**.
2. Select a location.
3. Select the title.
4. Select .
5. Select **Project Location**.
6. Enter the bearing and distance to the projected location.
7. Select **Save** or **Save and Edit**.

Editing Locations

1. Select **MENU > Where To? > Locations**.
2. Select a location.
3. Select the title.
4. Select .

5. Select an attribute.
For example, select **Change Elevation** to enter a known altitude for the location.
6. Enter the new information.

Deleting Locations

1. Select **MENU > Where To? > Locations**.
2. Select a location.
3. Select the title.
4. Select  > **Delete Location**.

Route Settings

Select **MENU >  > System > Routing**.

- **Guidance Method**—allows you to select a guidance method for calculating your route.
 - **Off Road**—calculates point-to-point routes.

- **On Road For Time** (requires routable maps)—calculates on-road routes that require minimal time to drive.
- **On Road For Distance** (requires routable maps)—calculates on-road routes that are shorter in distance.
- **Calculates Routes for**—allows you to select a transportation method in order to optimize your route.
- **Lock On Road** (requires routable maps)—locks the current location marker on the nearest road, compensating for variances in map position accuracy.
- **Off Road Transitions**
 - **Auto**—automatically routes you to the next point.
 - **Manual**—allows you to select the next point on the route by using the point on the active route page.
- **Distance**—routes you to the next point on the route when you are within a specified distance of your current point.
- **Avoidance Setup** (requires routable maps)—allows you to select the road type you want to avoid.

Purchasing Additional Maps

Go to <http://buy.garmin.com> or contact your Garmin dealer.

To determine the versions of the maps that are loaded on your Edge, select **MENU** >  > **System** > **Map** > **Map Information**.

Finding an Address

You can use optional City Navigator[®] maps to search for addresses, cities, and other locations. The detailed and routable maps contain millions of points of interest, such as restaurants, hotels, and auto services.

1. Select **MENU > Where To? > Address**.
2. If necessary, change the state, the country, or the province.
3. Select **Spell City**.
TIP: If you are unsure of the city, select **Search All**.
4. Enter the city, and select .
5. If necessary, select the city.
6. Select **Enter House Number**, enter the number, and select .
7. Select **Enter Street Name**, enter the name, and select .
8. If necessary, select the street.
9. If necessary, select the address.
10. Select **Go**.

Finding a Point of Interest

1. Select **MENU > Where To?**
2. Select a category.
TIP: If you know the name of the business, select **All POI >**  to enter the name.
3. If necessary, select a subcategory.
4. Select a location > **Go**.

Finding Nearby Locations

1. Select **MENU > Where To?**
2. Select .
3. Select an option.
4. Select a category and subcategory, if necessary.
5. Select a location > **Go**.

Changing the Map Orientation

1. Select **MENU** >  > **System** > **Map** > **Orientation**.
2. Select an orientation:
 - 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 **Automotive Mode** to show a perspective view.

Map Settings

Select **MENU** >  > **System** > **Map**.

- **Orientation**—allows you to select how the map appears ([page 30](#)).
- **Auto Zoom**—automatically selects the appropriate zoom level for optimal use on your map. When **Off** is selected, you must zoom in or out manually.

- **Map Visibility**—allows you to set advanced map features. **Auto** and **High Contrast** have preset values. You can choose **Custom** to set each value.

- **Zoom Levels**—map items draw or appear at or below the selected zoom level.
- **Text Size**—allows you to select the text size for map items.
- **Detail**—allows you to select the amount of map data that appears.

NOTE: Higher detail settings may cause the map to redraw slowly.

- **Shaded Relief**—shows detail relief on the map (if available) or turns off shading.
- **Map Information**—allows you to enable or disable the maps currently loaded on the device.

Settings

You can customize the Edge settings and features:

- Data fields (page 31)
- Bike profiles (page 36)
- Training settings (page 36)
- System settings (page 39)
- User Profile settings (page 42)

Customizing Your Data Fields

You can set up custom data fields for three timer pages, the course page, the workout page, the elevation profile page, and the map.

1. Select **MENU** >  > **Bike Settings** > **Data Fields**.
2. Select a page.
3. Select the number of data fields you want to see on the page.

To turn off an optional page, set the number of data fields to **Off**.

4. Select a data field to change it.

Data Fields

Data fields with the * symbol display statute or metric units. Data fields with the ** symbol require an ANT+ sensor.

Data Field	Description
Battery Level	The remaining battery power.
Cadence **	Revolutions of the crank arm per minute.
Cadence – Avg. **	Average cadence for the duration of your current ride.
Cadence – Lap **	Average cadence for the current lap.
Calories	Amount of total calories burned.
Calories - Fat	Amount of fat calories burned.

Settings

Data Field	Description
Calories to Go	During a workout, the remaining calories when you are using a calorie target.
Distance *	Distance traveled on the current ride.
Dist – Lap *	Distance traveled in the current lap.
Dist – Last Lap *	Distance of the last completed lap.
Dist. to Dest.	Distance to your final destination.
Dist. to Go	During a workout, the remaining distance when you are using a distance target.
Dist. to Next	The remaining distance to the next point on the route or course.
Elevation *	Distance above or below sea level.

Data Field	Description
ETA at Destination	The estimated time of day you will reach your final destination.
ETA at Next	The estimated time of day you will reach the next point on the route or course.
GPS Accuracy *	The margin of error for your exact location. For example, your GPS location is accurate to within +/- 12 feet.
GPS Signal Strength	The strength of the GPS satellite signal.
Grade	Calculation of rise over run. For example, if for every 10 feet you climb (elevation) you travel 200 feet (distance), your grade is 5%.
Heading	The direction you are moving.
Heart Rate **	Heart rate in beats per minute (bpm).

Data Field	Description
HR – %HRR **	Percentage of heart rate reserve (maximum heart rate minus resting heart rate).
HR – %Max. **	Percentage of maximum heart rate.
HR – Avg. **	Average heart rate for the ride.
HR – Avg. %HRR **	Average percentage of heart rate reserve (maximum heart rate minus resting heart rate) for the run.
HR – Avg. %Max. **	Average percentage of maximum heart rate for the run.
HR – Lap **	Average heart rate in the current lap.
HR – Lap %HRR **	Average percentage of heart rate reserve (maximum heart rate minus resting heart rate) for the lap.

Data Field	Description
HR – Lap %Max. **	Average percentage of maximum heart rate for the lap.
HR Graph **	Line graph showing your current heart rate zone (1 to 5).
HR to Go **	During a workout, the amount you are above or below the heart rate target.
HR Zone **	Current range of heart rate (1 to 5). The default zones are based on your user profile, maximum heart rate, and resting heart rate.
Laps	Number of laps completed.
Location at Dest.	The last point on the route or course.
Location at Next	The next point on the route or course.

Settings

Data Field	Description
Odometer	A running tally of distance traveled for all trips.
Power **	Current power output in watts.
Power - %FTP **	Current power output in % FTP (functional threshold power).
Power - 30s Avg. **	The 30-second moving average of power output.
Power - 3s Avg. **	The three-second moving average of power output.
Power – Avg. **	Average power output for the duration of your current ride.
Power – Avg. Last Lap **	Average power output during the last full lap.
Power – kJ **	Total (cumulative) amount of power output in kilojoules.
Power – Lap **	Average power output in the current lap.

Data Field	Description
Power – Max. **	Top power achieved during the current ride.
Power – Max. Last Lap **	Top power achieved during the last full lap.
Power – Watts/kg **	Amount of power output in watts per kilogram.
Power Zone **	Current range of power output (1 to 7) based on your FTP or custom settings.
Speed *	Current speed.
Speed – Avg. *	Average speed for the ride.
Speed – Lap *	Average speed in the current lap.
Speed – Last Lap **	Average speed during the last full lap.
Speed – Maximum *	Top speed achieved during the current ride.
Sunrise	The time of sunrise based on your GPS position.

Data Field	Description
Sunset	The time of sunset based on your GPS position.
Temperature *	Current temperature in Fahrenheit or Celsius. NOTE: The Edge may display temperature readings that are higher than the actual air temperature if the Edge is placed in direct sunlight, held in your hand, or is charging with an external battery pack. Also, the Edge takes some time to adjust to significant changes in temperature.
Time	Stopwatch time.
Time – Avg. Lap	Average time to complete the laps so far.
Time - Elapsed	Total time recorded from pressing START to RESET .

Data Field	Description
Time – Lap	Amount of time in the current lap.
Time – Last Lap	Amount of time to complete the last full lap.
Time of Day	Current time of day based on your time settings (format, time zone, and daylight saving time).
Time to Dest.	The estimated time needed to reach your final destination.
Time to Go	During a workout, the remaining time when you are using a time target.
Time to Next	The estimated time needed until you reach the next point on the route or course.
Total Ascent *	Total elevation gain for the current ride.
Total Descent *	Total elevation lost for the current ride.

Data Field	Description
Vertical Speed *	Rate of ascent or descent in feet/meters per hour.
VS – 30s Avg. *	The 30-second moving average of vertical speed.

Updating Your Bike Profile

You can customize three bike profiles. The Edge uses the bike weight, the odometer value, and the wheel size to calculate accurate ride data.

1. Select **MENU** >  > **Bike Settings** > **Bike Profiles**.
2. Select a bike.
3. Select **Bike Details**.
4. Enter a name for the bike profile, the bike weight, and the odometer value.

5. If you are using a speed and cadence sensor or power sensor, select **Wheel Size**.
 - Select **Automatic** to calculate your wheel size using GPS distance.
 - Select **Custom** to enter your wheel size. For a table of wheel sizes and circumferences, see [page 50](#).

Training Settings

Marking Laps by Position

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

1. Select **MENU** >  > **Bike Settings** > **Auto Lap** > **Auto Lap Trigger**.
2. Select **By Position**.
3. Select **Lap At**.
4. Select an option:
 - Select **Lap Press Only** to trigger the lap counter each time you press **LAP** 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 press **START** and at any location during the ride where you press **LAP**.
 - 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 press **LAP**.

5. If necessary, customize the lap data fields ([page 31](#)).

Marking Laps by Distance

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

1. Select **MENU** >  > **Bike Settings** > **Auto Lap** > **Auto Lap Trigger**.
2. Select **By Distance**.
3. Select **Lap At**.
4. Enter a value.
5. If necessary, customize the lap data fields ([page 31](#)).

Using Auto Pause

You can use Auto Pause® 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: The paused time is not saved with your history data.

1. Select **MENU** >  > **Bike Settings** > **Auto Pause** > **Auto Pause Mode**.
2. 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.

3. If necessary, customize optional time data fields (page 31).

To view the entire time (from pressing **START** to **RESET**), select the **Time - Elapsed** data field.

Using Auto Scroll

You can use the auto scroll feature to automatically cycle through all of the training data pages while the timer is running.

1. Select **MENU** >  > **Bike Settings** > **Auto Scroll** > **Auto Scroll Speed**.
2. Select a display speed: **Slow**, **Medium**, or **Fast**.

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 **MENU** >  > **Bike Settings** > **Start Notice** > **Start Notice Mode**.
2. Select an option:
 - Select **Once**.
 - Select **Repeat** > **Repeat Delay** to change the amount of time to delay the reminder.

System Settings

- GPS Settings ([page 39](#))
- Display Settings ([page 40](#))
- Map Settings (see Navigation, [page 30](#))
- Route Settings (see Navigation, [page 27](#))

- Data Recording Settings (see History, [page 22](#))
- Unit Settings ([page 41](#))
- System Setup ([page 41](#))
- Configuration Settings ([page 41](#))
- Weight Scale Settings ([page 42](#))

GPS Settings

Training Indoors

1. Select **MENU** >  > **System** > **GPS** > **GPS Mode**.
2. Select **Off**.

When GPS is off, speed and distance data are not available unless you have an optional sensor that sends speed and distance data to the Edge (such as the GSC 10). The next time you turn on the Edge, it will search for satellite signals again.

Setting Your Elevation

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

1. Select **MENU** >  > **System** > **GPS** > **Set Elevation**.
2. Enter the elevation, and select .

Marking Your Location

1. Select **MENU** >  > **System** > **GPS** > **Mark Location**.
2. Select **Save** to save your present location, or **Save and Edit**.

Satellite Page

The satellite page shows your current GPS satellite information.

Select **MENU** >  > **System** > **GPS** > **View Satellites**.

On the satellite page, 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).

For more information about GPS, go to www.garmin.com/aboutGPS.

Display Settings

Select **MENU** >  > **System** > **Display**.

- **Backlight Timeout**—see [page 47](#).
- **Background**—sets the background image (wallpaper).
- **Screen Capture**—allows you to take screen captures on the device.
- **Screen Calibration**—see [page 52](#).

Customizing the Unit Settings

You can customize units of measure for distance and speed, elevation, temperature, weight, and position format.

1. Select **MENU** >  > **System** > **Units**.
2. Select a setting.
3. Select a unit for the setting.

System Setup

Select **MENU** >  > **System** > **System Setup**.

- **Language**—sets the device language.
- **Tones**—sets the audible tones.
- **Time Format**—sets the time format to 12 hour or 24 hour.
- **Auto Power Down**—see [page 47](#).

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.

Changing the Configuration Settings

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

1. Select **MENU** >  > **System** > **Initial Setup** > **Yes**.
2. Turn off the device.
3. Turn on the device.
4. Follow the on-screen instructions.

Using the Weight Scale

If you have an ANT+ compatible weight scale, the Edge can read the data from the weight scale.

1. Select **MENU** >  > **System** > **Weight Scale**.

A message appears when the weight scale is found.

2. Stand on the scale when indicated.

NOTE: If using a body composition scale, remove shoes and socks to ensure that all body composition parameters are read and recorded.

3. Step off the scale when indicated.

TIP: If an error occurs, step off the scale. Step on when indicated.

User Profile Settings

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

Select **MENU** >  > **User Profile**.

About Calories

Calorie expenditure and heart rate analysis technology is provided and supported by Firstbeat Technologies Ltd. For more information, go to www.firstbeattechnologies.com.

Appendix

Registering Your Device

Help us better support you by completing our online registration today.

- Go to <http://my.garmin.com>.
- Keep the original sales receipt, or a photocopy, in a safe place.

About the Edge

To display important software information and your unit ID, select **MENU** >  > **About Edge**.

Updating the Software

1. Select an option:
 - Use WebUpdater. Go to www.garmin.com/products/webupdater.
 - Use Garmin Connect. Go to www.garminconnect.com.
2. Follow the on-screen instructions.

Contacting Garmin Product Support

Contact Garmin Product Support if you have any questions about this product.

- In the USA, go to www.garmin.com/support, or contact Garmin USA by phone at (913) 397.8200 or (800) 800.1020.
- In the UK, contact Garmin (Europe) Ltd. by phone at 0808 2380000.
- In Europe, go to www.garmin.com/support and click **Contact Support** for in-country support

information, or contact Garmin (Europe) Ltd. by phone at +44 (0) 870.8501241.

Buying Optional Accessories

Go to <http://buy.garmin.com>, or contact your Garmin dealer for information about optional accessories and replacement parts.

Caring for Your Device

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 and solvents that can damage plastic components.

Cleaning the Device

1. Use a cloth dampened with a mild detergent solution.
2. Wipe it dry.

Cleaning the Screen

1. Use a soft, clean, lint-free cloth.
2. If necessary, use water, isopropyl alcohol, or eyeglass lens cleaner.
3. Apply the liquid to the cloth, and gently wipe the screen with the cloth.

Specifications

NOTICE

The Edge is waterproof to IEC Standard 60529 IPX7. It can withstand immersion in 1 meter of water for 30 minutes. Prolonged submersion can cause damage to the device. After submersion, be certain to wipe dry and air dry the device before using or charging.

Edge Specifications	
Battery type	1100 mAh rechargeable, built-in, lithium-ion battery
Battery life	15 hours, typical usage
Optional external battery (accessory)	20 hours, typical usage
Operating temperature range	From -4°F to 140°F (from -20°C to 60°C)
Charging temperature range	From 32°F to 113°F (from 0°C to 45°C)

Edge Specifications	
Bands (O-rings) for the Edge Mount	<p>Two sizes:</p> <ul style="list-style-type: none"> 1.3 × 1.5 × 0.9 in. AS568-125 1.7 × 1.9 × 0.9 in. AS568-131 <p>NOTE: Use Ethylene Propylene Diene Monomer (EPDM) replacement bands only.</p> <p>Go to http://buy.garmin.com, or contact your Garmin dealer.</p>

Heart Rate Monitor Specifications	
Water resistance	98.4 ft. (30 m) This product does not transmit heart rate data to your GPS device while swimming.
Battery	User-replaceable CR2032, 3 volts (page 48)
Battery life	Approximately 4.5 years (1 hour per day)
Operating temperature	From 23°F to 122°F (from -5°C to 50°C) NOTE: In cold conditions, wear appropriate clothing to keep the heart rate monitor near your body temperature.
Radio frequency/ protocol	2.4 GHz ANT+ wireless communications protocol

GSC 10 Specifications	
Water resistance	IPX7
Battery	User-replaceable CR2032, 3 volts (page 48)
Battery life	Approximately 1.4 years (1 hour per day)
Operating temperature	From 5°F to 158°F (from -15°C to 70°C)
Radio frequency/ protocol	2.4 GHz ANT+ wireless communications protocol

About the Battery

WARNING

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

Maximizing Battery Life

Extensive use of screen backlighting can significantly reduce battery life.

Decreasing the Backlight

1. Press  to open the status page.
2. Adjust the brightness.

Adjusting the Backlight Timeout

1. Select **MENU** >  > **System** > **Display** > **Backlight Timeout**.
2. Select a short backlight timeout.

Turning On the Auto Power Down Feature

This feature automatically turns the Edge off after 15 minutes of inactivity.

1. Select **MENU** >  > **System** > **System Setup** > **Auto Power Down**.
2. Select **On**.

Charging the Edge

NOTICE

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

1. Plug the AC charger into a standard wall outlet.
2. Pull up the weather cap ① from the mini-USB port ②.



3. Plug the small end of the AC charger into the mini-USB port.

To connect the device to your computer using the USB cable, see [page 21](#).

4. Charge the device completely.

A fully charged battery can run for up to 15 hours before it must be recharged.

Heart Rate Monitor and GSC 10 Batteries

WARNING

Do not use a sharp object to remove user-replaceable batteries.

CAUTION

Contact your local waste disposal department to properly recycle the batteries. Perchlorate Material – special handling may apply. See www.dtsc.ca.gov/hazardouswaste/perchlorate.

Replacing the Heart Rate Monitor Battery

1. Use a small Phillips screwdriver to remove the four screws on the back of the module.
2. Remove the cover and battery.



3. Wait 30 seconds.
4. Insert the new battery with the positive side facing up.
NOTE: Do not damage or lose the O-ring gasket.
5. Replace the back cover and the four screws.

After you replace the heart rate monitor battery, you must pair it with the device again.

Replacing the GSC 10 Battery

1. Locate the circular battery cover ① on the side of the GSC 10.



2. Use a coin to twist the cover counter-clockwise until it is loose enough to remove (arrow points to unlocked).
3. Remove the cover and the battery ②.
4. Wait 30 seconds.
5. Insert the new battery with the positive side facing up.

NOTE: Be careful not to damage or lose the O-ring gasket on the cover.

6. Use a coin to twist the cover clockwise back into place (arrow points to locked).

After you replace the GSC 10 battery, you must pair it with the device again.

Wheel Size and Circumference

The wheel size is marked on both sides of the tire. To modify your bike profile, see [page 36](#).

Wheel Size	L (mm)
12 × 1.75	935
14 × 1.5	1020
14 × 1.75	1055
16 × 1.5	1185
16 × 1.75	1195
18 × 1.5	1340
18 × 1.75	1350
20 × 1.75	1515
20 × 1-3/8	1615
22 × 1-3/8	1770
22 × 1-1/2	1785
24 × 1	1753
24 × 3/4 Tubular	1785

Wheel Size	L (mm)
24 × 1-1/8	1795
24 × 1-1/4	1905
24 × 1.75	1890
24 × 2.00	1925
24 × 2.125	1965
26 × 7/8	1920
26 × 1(59)	1913
26 × 1(65)	1952
26 × 1.25	1953
26 × 1-1/8	1970
26 × 1-3/8	2068
26 × 1-1/2	2100
26 × 1.40	2005
26 × 1.50	2010
26 × 1.75	2023
26 × 1.95	2050
26 × 2.00	2055
26 × 2.10	2068

Wheel Size	L (mm)
26 × 2.125	2070
26 × 2.35	2083
26 × 3.00	2170
27 × 1	2145
27 × 1-1/8	2155
27 × 1-1/4	2161
27 × 1-3/8	2169
650 × 35A	2090
650 × 38A	2125
650 × 38B	2105
700 × 18C	2070
700 × 19C	2080
700 × 20C	2086
700 × 23C	2096
700 × 25C	2105
700 × 28C	2136
700 × 30C	2170
700 × 32C	2155

Wheel Size	L (mm)
700C Tubular	2130
700 × 35C	2168
700 × 38C	2180
700 × 40C	2200

Troubleshooting

Problem	Solution
I need to calibrate the touchscreen.	Select MENU >  > System > Display > Screen Calibration .
The keys do not respond. How do I reset the Edge?	Press and hold  for 10 seconds. NOTE: This does not erase any of your data or settings.
I want to clear all the user data from my Edge.	NOTE: This deletes all user-entered information, but it does not delete your history. <ol style="list-style-type: none"> 1. Turn off the device. 2. Place your finger on the top left corner of the touchscreen. 3. While holding your finger on the touchscreen, turn on the device. 4. Select Yes.
My device does not acquire satellite signals.	<ol style="list-style-type: none"> 1. Take your device out of parking garages and away from tall buildings and trees. 2. Turn on the device. 3. Remain stationary for several minutes.
The battery does not last long.	Reduce the backlight brightness and timeout (page 47).
How do I know my Edge is in USB mass storage mode?	You should see a new removable disk drive in My Computer on Windows computers and a mounted volume on Mac computers.

Problem	Solution
My Edge is connected to the computer, but it will not go into mass storage mode.	You may have loaded a corrupted file. <ol style="list-style-type: none">1. Disconnect the Edge from your computer.2. Turn off the Edge.3. Press and hold RESET while you connect the Edge to your computer. Continue pressing RESET for 10 seconds or until the Edge goes into mass storage mode.
I cannot see any new removable drives in my list of drives.	If you have several network drives mapped on your computer, Windows may have trouble assigning drive letters to your Garmin drives. See the Help file for your operating system to learn how to assign drive letters.
My course, route, or track file was renamed.	You can load .tcx, .gpx, and .crs files to the Edge. When you select the course for any reason, the file is converted to a .fit course file.
I cannot find the waypoint I transferred to the device.	Waypoints are converted and added your locations.fit file. Select MENU > Where To? > Locations .
Some of my data is missing from my Edge history.	When the Edge memory is full, it will no longer record data. Transfer data to your computer regularly to avoid losing data.
I need to replace the bands for the mount.	Go to http://buy.garmin.com , or contact your Garmin dealer. Purchase bands made of EPDM only.

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For the latest free software updates (excluding map data) throughout the life of your Garmin products, visit the Garmin Web site at www.garmin.com.

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