

The Forerunner 201 is the first

## Personal trainer with speed, distance and pace

all-in-one personal training device

that uses GPS satellites to calculate

speed, distance and pace. There's no

calibration required, and Forerunner's

extremely easy to use, so you'll be off

and running in no time. You don't even

have to think about starting and stopping

the timer or punching the lap button

to record stats. Forerunner will do it

automatically. And when you need

motivation, Forerunner's Virtual Partner™

feature lets you input pace, time

and distance goals, and then shows

if you're ahead or lagging.



## specifications

### Training timer features

- Training data:** User-customized display includes training time, pace, distance, lap pace, lap time, lap distance, average and best pace, elevation and calories
- History:** Stores up to approximately 2 years of training histories. Review lap histories to-date, by day or by week. Download histories to your PC using free software from the Garmin Web site.
- Training assistant:**
- Auto pause:** Automatically pauses the training timer when you slow down below a specified resting pace; timer resumes when you start running again
  - Auto lap:** Automatically triggers a lap when you reach a specified distance. Allows you to run anywhere and still get accurate performance data
  - Virtual Partner™:** Allows you to input training goals based on time, distance and pace. Forerunner displays a graphic "virtual partner" that will run with the set goal, so you can see at a glance if you are keeping up or falling behind.
  - Pace alert:** Alarm sounds if you are slower or faster than pace you've input
  - Time/distance alert:** Alarm sounds when you reach the specified time or distance

### Navigation features

- Receiver:** 12 parallel channel GPS receiver continuously tracks and uses up to 12 satellites to track your speed and distance
- Antenna:** Built-in patch
- Mark location:** Mark and save up to 100 locations.
- Find location:** Look up and navigate to stored locations.
- Back to start:** Navigate back to starting location.
- Map mode:** Electronic map shows your location, along with marked locations. Pointer arrow shows direction to travel when navigating back to start or to a stored location.

### Power

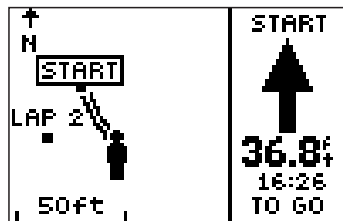
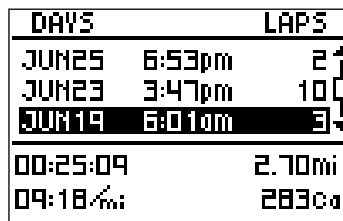
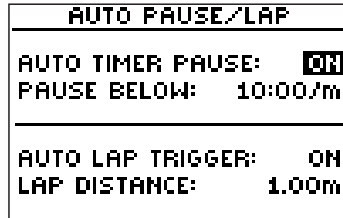
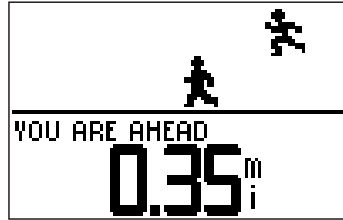
- Source:** Rechargeable lithium ion
- Battery life:** 15 hours

### Physical

- Size:** 3.26"W x 1.71"H x .69"D
- Weight:** 2.75 ounces (78 g)
- Display:** 36.49 mm x 23.35 mm  
100 x 64 pixels
- Case:** Waterproof to IEC 529 IPX7 standards
- Temperature range:** 5° to 158°F (-15°C to 70°C)

### Accessories

- Standard:** expander strap  
wrist strap  
A/C desktop charger with PC interface  
owner's manual
- Optional:** bike mount



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

Timer pauses when you stop running; auto lap logs performance over pre-determined distance.

Review training history by day or week.

Navigate back to start or to a stored location.

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Specifications are preliminary and subject to change without notice.

<sup>1</sup> Subject to accuracy degradation to 100m 2DRMS under the U.S. Department of Defense imposed Selective Availability Program.

<sup>2</sup> Must have downloaded MapSource data to "find" points of interest and addresses.