



## Forerunner Quick Release Kit Instructions

- Works with Forerunner® 205 and 305
- Quick release wristband
- Bike mount
- Cable ties (4)
- Spring pin removal tool
- Extra spring pins (2)

The Quick Release Kit is perfect for athletes who use their Forerunner for both running and biking. The following instructions show you how use the quick release wristband so you can move your Forerunner quickly and easily to your handlebars. **Limited Warranty:** Garmin's standard limited warranty applies to this Quick Release Kit. Refer to your Forerunner's owner's manual to view the warranty.

### Remove the existing wristband from your Forerunner

1. Insert the tip of the spring pin removal tool between the grooves of the spring pin.
2. Push inward towards the wristband and then release the spring pin outward.
3. Remove the wristband.
4. Securely replace the spring pin back into the holes on the Forerunner.



Spring pin in place

5. Repeat for the other spring pin.



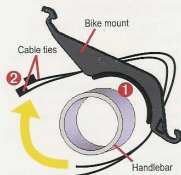
Spring pin removal tool

Existing wristband

### Install the bike mount and Forerunner

You can install the bike mount on a horizontal part of your handlebars. Choose a location that does not interfere with bike controls.

1. Place the bike mount on your handlebars.
2. Attach the bike mount securely using two cable ties.



Bike mount

Handlebar

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3. Place the bottom spring pin of the Forerunner into the quick release bracket.
  4. Press down on the Forerunner logo until the top spring pin snaps into place. Do not press on the display; damage may occur.
- TIP:** It may help to place your index finger behind the release tab.



### Install your Foreunner to the wristband

1. Fasten the wristband around your wrist.
  2. Place the bottom pin of the Forerunner into the quick release bracket.
  3. Press down on the Forerunner logo until the top pin snaps into place. Do not press on the display; damage may occur.
- TIP:** It may help to place your index finger behind the release tab.



### Release your Forerunner

Both the wristband and the bike mount have the same type of bracket to hold your Forerunner in place.

**NOTE:** You must release your Forerunner from the bracket in order to place it on the charging cradle.

Follow these steps to easily remove the Forerunner from either bracket:

1. Cup your hand over the face of the Forerunner.
  2. Place your thumb under the side of the Forerunner, near the corner.
  3. Push your finger tip between the release tab and the top of the Forerunner.
  4. Simultaneously, press **down** with your finger tip, and **pull back** with your thumb. The Forerunner will snap out into the palm of your hand.
- TIP:** Practice installing and releasing your Forerunner a few times before your next workout.



Front view

Side view