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You can read the recommendations in the user guide, the technical guide or the installation guide for GARMIN EDGE 500. You'll find the answers to all your questions on the GARMIN EDGE 500 in the user manual (information, specifications, safety advice, size, accessories, etc.). Detailed instructions for use are in the User's Guide.

User manual GARMIN EDGE 500
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GARMIN

owner's manual

EDGE® 500

GPS-ENABLED CYCLING COMPUTER



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Manual abstract:

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Mac® is a registered trademark of Apple Computer, Inc. Other trademarks and trade names are those of their respective owners. Part Number 190-01071-00 Rev. A Printed in Taiwan Table of Contents Getting Started.....

.....
... 1 About the Battery
.....
..... 1 Installing the Edge
.....
..... 2 Turning on the Edge
.....
.....
4 Acquiring Satellite Signals
... 7 Optional ANT+ Sensors
..... 7 Going for a Ride
.....
.....
. 8 Saving Your Ride Data
.....
8 Using Free Software
.....
... 8 Transferring History to Your Computer
.....
.....
.....
.... 9 ANT+ Sensors
.....
... 18 Training with Your Edge ... 10 Alerts
.....
.....
.....
..... 10 Using Auto Lap by Distance
11 Using Auto Lap by Position.....
. 12 Using Auto Pause
.....
..... 13 Using Auto Scroll
.....
.....

..... 13 Courses ...

.....
.....
.....
.....

.. 14 Tips for Pairing ANT+ Sensors with Your Garmin Device..... 18 Putting on the Heart Rate Monitor .

.....
.....
.....

.....
... 19 Using the Heart Rate Monitor ..

.....
.....

.....
.. 20 Heart Rate Zones ...

.....

..... 21 Replacing the Heart Rate Monitor Battery...

.....
.....

..... 22 Installing the GSC 10.

.....
.... 23 Using the GSC 10.

.....
.....

.... 26 Replacing the GSC 10 Battery.....

.....
.....
.....

..... 27 Third-Party ANT+ Sensors .

.....

28 ANT+ Sensor Troubleshooting

.....

..... 29 History

.....
.....
.....

..... 31 Viewing History

.....
.....
.....

31 Viewing Distance and Time Totals.....

.....
.....
.....

..... 32 iii Edge 500 Owner's Manual Deleting History ...

.....
.....
.....

32 Data Recording.....

.....
.....

.... 32 Appendix

.....
.....
.....
. 44 Data Management
.... 33 Settings
.....
.....
.....
... 35 Loading Files
.....
.....
.....
33 Deleting Files
.....
.....
..... 34 Customizing Your Data Fields ...
.....
.....
.....
.....
... 35 Data Fields
.....
.....
.....
... 36 Changing Your System Settings
.....
.....
.....
..... 39 Changing Your User Profile Settings
.....
.....
.....
..... 40 Updating Your Bike Profile .
.....
. 41 Switching Bikes
.....
..... 41 Changing the Start Notice .
.....
. 41 GPS Settings
.....
.....
... 42 Setting Elevation Points..
.....
.... 43 Registering Your Device
.... 44 About the Edge
.....
.....
..... 44 Updating the Software ..
.....
. 44 Contacting Garmin Product Support
.....
.....
.....
.... 44 Using the Backlight .

.....
.....

.. 45 Buying Optional Accessories ... 45 Specifications

.....
.....
.....

. 45 Wheel Size and Circumference.....

.....
.....

.... 48 Troubleshooting

.....
.....

.. 50 Index ...

.....
.....
.....
.....
.....

52 iv Edge 500 Owner's Manual Getting Started Getting Started 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. When using your Edge® the first time, complete the following tasks: 1. 2. 3. 4. 5. Charge the Edge (page 2). Install the Edge (page 2).

Turn on the Edge (page 4). Acquire satellites (page 7). Set up optional ANT+™ sensors (page 7). 6. Go for a ride (page 8). 7. Save your ride (page 8). 8. Get Garmin Connect™ or Garmin Training Center® software (page 8). 9.

Transfer history to your computer (page 9). 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 Edge is powered by a built-in, lithium-ion battery that you can recharge using the AC charger or the USB cable included in the product box. NOTE: The Edge will not charge when outside the temperature range of 32°F to 122°F (0°C to 50°C).

Edge 500 Owner's Manual Getting Started 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 from the mini-USB port.

3. Plug the small end of the AC charger into the mini-USB port. To connect the Edge to your computer using the USB cable, see page 9. 4. Charge the Edge for at least three hours before you begin using it. A fully charged battery can run for up to 18 hours before it must be recharged. Installing the Edge For the best GPS reception, position the bike mount so the front of the Edge is oriented toward the sky. You can install the bike mount on the stem (shown on page 3) or the handlebars. Tabs Mini-USB port under the weather cap 1. Select a suitable and secure location to mount the Edge where it does not interfere with safe operation of your bike.

Edge 500 Owner's Manual Getting Started 2. Place the rubber disk 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. Rubber disk Bike mount notches 5. Align the tabs on the back of the Edge with the bike mount notches. 6.

Press down slightly and turn the Edge clockwise until it locks into place. Edge Mounted on the Bike Stem Bands around the bike stem releasing the Edge 1. Turn the Edge clockwise to unlock the device. 2. Lift the Edge off the mount.

Edge 500 Owner's Manual Getting Started Turning on the Edge Icons Battery charge level GPS is on and receiving signals. GPS is turned off. Heart rate monitor is active. Speed and cadence sensor is active. Power meter is active.

Press and hold POWER to turn on the Edge. Configuring the Edge The first time you turn on the Edge, you are prompted to configure system settings and user profile settings. · Follow the on-screen instructions to complete the initial setup. · Press and to view choices and change the default selection. · Press

ENTER to make a selection. · Use the table on page 5 to answer the activity class question. Edge 500 Owner's Manual Getting Started Activity Classes Training Description 0 1 2 3 4 5 6 7 8 9 10 Daily training 3 to 5 times per week Almost daily Daily Regular exercise and training No exercise Occasional, light exercise Training Frequency Once every two weeks Once a week 2 to 3 times per week Training Time Per week Less than 15 minutes 15 to 30 minutes Approximately 30 minutes Approximately 45 minutes 45 minutes to 1 hour 1 to 3 hours 3 to 7 hours 7 to 11 hours 11 to 15 hours More than 15 hours Edge 500 Owner's Manual 5 Getting Started Buttons Each Edge button has multiple functions.



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STAR/T/ STOP Press **STAR/T/STOP** to start and stop the timer. Press or to select menus and settings. Press and hold or to scroll quickly through settings.

LAP/rESET Press **LAP** to create a new lap. Press and hold **rESET** to reset the timer. Press **PAGE** to scroll through training data pages. Press and hold **MENU** to switch between menu and timer modes. Press **ENTER** to select options and acknowledge messages. **PAGE/ MENU** Button **POwEr/ LIGHT** Description Press and hold **POwEr** to turn the device on and off. Press **LIGHT** to activate the backlight. Press any button to extend the backlight for 15 seconds. Press **BACK** to cancel or return to the previous menu. **ENTER BACK** Edge 500 Owner's Manual Getting Started Acquiring Satellite Signals Optional ANT+ Sensors It may take 30 to 60 seconds to acquire signals.

1. Go outdoors to an open area. 2. Make sure that the front of the Edge is oriented toward the sky. 3.

Wait while the Edge searches for satellites. Do not begin moving until the locating satellite page disappears. **NOTE:** To turn off the GPS receiver and use the Edge indoors, see page 42. **NOTE:** If you do not need to set up ANT+ sensors, you can skip this step. To use an ANT+ sensor during your ride, you must install it and pair it with the Edge.

· For heart rate monitor instructions, see page 19. · For GSC10 speed and cadence sensor instructions, see page 23. · For third-party ANT+ sensors, see page 28, refer to the manufacturer's instructions, and go to www.garmin.com/intosports. Edge 500 Owner's Manual Getting Started Going for a ride Before you can record history, you must acquire satellite signals (page 7). 1. Press and hold **MENU** to view the timer page. Saving Your ride Data Press and hold **RESET** to save your ride data and reset the timer. 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. Follow the on-screen instructions to install the software. 2. Press **START** to start the timer. History is only recorded while the timer is running.

3. After completing your ride, press **STOP**. Edge 500 Owner's Manual Getting Started 1. Connect the USB cable to an available USB port on your computer. 2.

Pull up the weather cap from the mini-USB port. Transferring History to Your Computer 4. Open Garmin Connect (<http://connect.garmin.com>), or open Garmin Training Center.

5. Follow the instructions included with the software. Mini-USB port under weather cap 3. Plug the small end of the USB cable into the mini-USB port. Edge 500 Owner's Manual Training with Your Edge Training with Your Edge Alerts Use Edge alerts to train toward specific time, distance, calorie, heart rate, cadence, and power goals. Using Time, Distance, and Calorie Alerts 1. Press and hold **MENU**. 2. Select Training > Alerts. 3.

Select Time Alert, Distance Alert, or Calorie Alert. 4. Turn on the alert. 5. Enter a time, distance, or calorie amount. 6. Go for a ride. Each time you reach the alert amount, the Edge beeps and displays a message. **NOTE:** To make sure that the Edge message tones are turned on, see page 39. Using Advanced Alerts If you have an optional heart rate monitor, GSC 10, or third-party ANT+ sensor, you can set up advanced alerts.

1. Press and hold **MENU**. 2. Select Training > Alerts. 3.

Select an option: · Select HR Alert to set the minimum and maximum heart rate in beats per minute (bpm). **NOTE:** For more information about heart rate zones and settings 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. Press and hold **MENU**.

2. Select Training > Courses > New. 3. Use and to select a previous ride on which to base your course. The Edge assigns a default name to your new course that appears in the list. 4. Select the course from the list. 5. Select Edit Course to rename the course. 6.

Enter a descriptive course name in the top field (for example, 18mi_Ridgeview). Edge 500 Owner's Manual Training with Your Edge Starting a Course 1. Press and hold **MENU**. 2. Select Training > Courses. 3. Select the course from the list. 4. Select an option: · Select Do Course. · Select Map to preview the course, and press **BACK** to return to the course list.

· Select Profile to preview the elevation profile, and press **BACK** to return to the course list. 5. Press **START**. History is recorded even if you are not on the course. The "Course Complete" message appears when you finish.

6. Press **PAGE** to view the data pages: Edge 500 Owner's Manual 5 Training with Your Edge 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. Be sure to 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, the Edge displays an "On Course" message. **NOTE:** As soon as you press **START**, your Virtual Partner starts the course and does not wait for you to warm up. You Virtual Partner If you stray away from the course, the Edge displays an "Off Course" message. Use the course map or course points to find your way back to the course. Edge 500 Owner's Manual Training with Your Edge Changing the Course Speed 1. Press and hold **MENU**. 2. Select Training > Courses. 3. Select the course from the list.

4. Select an option: 5. Select Do Course. 6. Press **LIGHT**. 7. 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 Press and hold **MENU**, and select Training > Stop Course.

Deleting a Course 1. Press and hold **MENU**. 2. Select Training > Courses. 3.

Select the course you want to delete. 4. Select Delete Course > Yes. Edge 500 Owner's Manual ANT+ Sensors ANT+ Sensors The Edge is compatible with the following ANT+ accessories: · Heart rate monitor (page 19) · GSC 10 speed and cadence sensor (page 23) · Third-party ANT+ sensors (page 28) For information about purchasing additional accessories, go to <http://buy.garmin.com>.

Tips for Pairing ANT+ Sensors with Your Garmin Device · Make sure that the ANT+ sensor is compatible with your Garmin device. · Before you pair the ANT+ sensor with your Garmin device, move 10 m away from other ANT+ sensors. · Bring the Garmin device within range (3 m) of the ANT+ sensor. · 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.



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· When paired, your Garmin device only receives data from your sensor, and you can go near other sensors. Edge 500 Owner's Manual ANT+ Sensors Putting on the Heart rate Monitor Wear the heart rate monitor directly on your skin, just below your breastplate. It should be snug enough to stay in place during your ride. 1.

Push one tab on the strap through the slot in the heart rate monitor. Tab Heart rate Monitor Strap Slot Heart rate Monitor (Front) Electrodes 2. Press the tab down. 3. Wet both electrodes on the back of the heart rate monitor to create a strong connection between your chest and the transmitter. 4. Wrap the strap around your chest and attach it to the other side of the heart rate monitor. The Garmin logo should be right-side up. After you put on the heart rate monitor, it is on standby and ready to send data. Heart rate Monitor (Back) Edge 500 Owner's Manual ANT+ Sensors Using the Heart rate Monitor For the most accurate calorie data during your ride, set your maximum heart rate, resting heart rate, and heart rate zones using Garmin Connect or Garmin Training Center.

1. Turn on the Edge. 2. Bring the Edge within range (3 m) of the heart rate monitor. 3.

Press and hold MENU. 4. Select Settings > Bike Settings > Heart Rate > ANT+ HR. 5. Select Yes > Rescan.

6. Press BACK to return to the main menu. When the heart rate monitor is paired, a message appears and the heart rate icon appears on the main menu. 7. Customize optional data fields (page 35). 8. Go for a ride. 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 to 10 minutes (see page 29). Viewing Your Heart rate Zones and Settings The Edge uses your user profile information from the initial setup to determine your heart rate zones. 1.

Press and hold MENU. 2. Select Settings > Bike Settings > Heart Rate > HR Zones. NOTE: You can customize your maximum heart rate, resting heart rate, and heart rate zones using Garmin Connect or Garmin Training Center (page 9). Edge 500 Owner's Manual 0 ANT+ Sensors Heart rate Zones % of Maximum Heart rate or resting Heart rate 50% to 60% 60% to 70% 70% to 80% 80% to 90% 90% to 100% Perceived Exertion Benefits 1 2 3 4 5 Relaxed, easy pace; rhythmic breathing Comfortable pace; slightly deeper breathing, conversation possible Moderate pace; more difficult to hold conversation Fast pace and a bit uncomfortable; breathing forceful Sprinting pace, unsustainable for long period of time; labored breathing Beginning-level aerobic training; reduces stress Basic cardiovascular training; good recovery pace Improved aerobic capacity; optimal cardiovascular training Improved anaerobic capacity and threshold; improved speed Anaerobic and muscular endurance; increased power Edge 500 Owner's Manual ANT+ Sensors About Heart rate Zones CAUTION Consult your physician to specify heart rate zones that are appropriate for your fitness level and health condition. Many athletes use heart rate zones to measure and increase their cardiovascular strength and improve their level of fitness. A heart rate zone is a specified range of heartbeats per minute. The five commonly accepted heart rate zones are numbered from 1 to 5 according to increasing intensity. How do heart rate zones affect your 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 specific 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. The heart rate monitor contains a user-replaceable CR2032 battery. replacing the Heart rate Monitor Battery 1. Locate the circular battery cover on the back of the heart rate monitor. Edge 500 Owner's Manual ANT+ Sensors 2.

Use a coin to twist the cover counter-clockwise so the arrow on the cover points to OPEN. 3. Remove the cover and battery. 4. Wait 30 seconds.

5. Insert the new battery with the positive side facing up. @@6. Use a coin to twist the cover clockwise so the arrow on the cover points to CLOSE. Installing the GSC 10 Both magnets must be aligned with their respective indication lines for the Edge to receive data. 1. Place the GSC 10 on the rear chain stay (on the side opposite the drive train). NOTE: Place the flat rubber pad or the triangle-shaped rubber pad between the GSC 10 and the chain stay for stability. Edge 500 Owner's Manual ANT+ Sensors Reset button Indication line Cable tie Cable ties GSC 10 on rear Chain Stay Indication line Pedal Magnet on Crank Arm 2. Loosely attach the GSC 10 using two cable ties.

3. Attach the pedal magnet to the crank arm using the adhesive mount and a cable tie. The pedal magnet must be within 5 mm of the GSC 10. The indication line on the pedal magnet must line up with the indication line on the GSC 10. 4. Unscrew the spoke magnet from the plastic piece. 5. Place the spoke in the groove of the plastic piece and tighten slightly. The spoke magnet can face away from the GSC 10 if there is not enough room between the sensor arm and the spoke. The spoke magnet must line up with the indication line on the sensor arm.

Edge 500 Owner's Manual ANT+ Sensors Sensor arm indication line Spoke magnet GSC 0 Pedal magnet GSC 10 and Magnet Alignment 6. Loosen the screw on the sensor arm. 7. Move the sensor arm to within 5 mm of the spoke magnet. You can also tilt the GSC 10 closer to either magnet for improved alignment. 8. Press the Reset button on the GSC 10. The LED turns red, then green. 9. Pedal to test the sensor alignment.

The red LED blinks each time the pedal magnet passes the sensor. The green LED blinks each time the spoke magnet passes the sensor arm. NOTE: The LED blinks for the first 60 passes after a reset. Press Reset again if you require additional passes. 10. When everything is aligned and working correctly, tighten the cable ties, the sensor arm, and the spoke magnet. Edge 500 Owner's Manual 5 ANT+ Sensors 1. Turn on the Edge. 2. Bring the Edge within range (3 m) of the GSC 10.

3. Press and hold MENU. 4. Select Settings > Bike Settings > [Bike 1] > ANT+ Spd/Cad. 5. Select Yes > Rescan. 6. Press BACK to return to the main menu. When the GSC 10 is paired, a message appears and the cadence icon appears on the main menu. 7.

Customize optional data fields (page 35). 8. @@@@ For information about cadence alerts, see page 10. @@@@1. @@@@3.

Remove the cover and battery. 4. Wait 30 seconds. 5. Insert the new battery with the positive side facing up.

@@6. @@@@1. Press and hold MENU. 2. @@3. @@@@1. Press and hold MENU. 2. Select Settings > Bike Settings > [Bike 1] > Power Zones. @@@@ If the problem persists, replace the battery.



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<http://yourpdfguides.com/dref/2425818>

@.com/intosports). The heart rate monitor A smaller elastic strap is sold separately. Go to strap is too big. <http://buy.garmin.com>. Edge 500 Owner's Manual ANT+ Sensors Problem The heart rate data is inaccurate or erratic. Solution · 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 heart rate monitor 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.

0 Edge 500 Owner's Manual History History Your Edge automatically saves history when the timer is started. The Edge can save at least 180 hours of ride data with typical use. When the Edge memory is full, an error message appears. The Edge does not automatically delete or overwrite your history. See page 32 to learn how to delete history. Upload your history (page 9) 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. 1.

Press and hold MENU. 2. Select History > Activities. Viewing History 3. Choose an option: · Use and to scroll through your activities. · Select View More to view the details for the entire ride or for each lap. Edge 500 Owner's Manual History Viewing Distance and Time Totals Press and hold MENU, and select History > Totals to view the accumulated ride distance and time. · Select All Totals to reset the ride distance and time totals. NOTE: This does not delete any history. 4.

Select Yes. Deleting History Data recording After you have transferred your history to your computer, you may want to delete the history from your Edge. 1. Press and hold MENU. 2.

Select History > Delete. 3. Select an option: · Select Indv. Activities to delete one activity at a time. · Select All Activities to delete all ride data from the history.

· Select Old Activities to delete activities recorded more than one month ago. The Edge uses smart recording. It records key points where you change direction, speed, or heart rate. When a third-party power meter (page 28) is paired, the Edge records points every second. Recording points every second uses more of the available memory on the Edge, but creates a very accurate record of your ride. Edge 500 Owner's Manual Data Management Data Management You can use the Edge as a USB mass storage device. NOTE: The Edge is not compatible with Windows® 95, 98, Me, or NT. It is also not compatible with Mac® OS 10.3 and earlier. This is a common limitation of most USB mass storage devices.

4. 5. 6. 7. 8. Loading Files You can manually load the following course files to your Edge: .tcx, .fit, and .crs. 1.

Lift the weather cap on the back of the Edge. 2. Plug the small end of the USB cable into the mini-USB port. 3. Connect the larger end of the USB cable to an available USB port on your computer.

Edge 500 Owner's Manual NOTE: Your Edge appears as a removable drive in My Computer on Windows computers and as a mounted volume on Mac computers. Browse your computer for the file you want to copy. Highlight the file, and select Edit > Copy. Open the "Garmin" drive or volume. Open the "NewFiles" folder.

Select Edit > Paste. Data Management Deleting Files notice Your Edge memory contains important system files that should not be deleted. 1. Open the Garmin drive or volume. 2. Highlight 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 Edge from your computer. Edge 500 Owner's Manual Settings Settings You can customize the following settings and Edge features: Data fields (page 36) System settings (page 39) User profiles (page 40) Bike profiles (page 41) GPS settings (page 42) Customizing Your Data Fields You can set up custom data fields for three training data pages. 1. Press and hold MENU. 2. Select Settings > Bike Settings > Data Fields. 3.

Select one of the pages. 4. Select the number of data fields you want to see on this page. Edge 500 Owner's Manual To turn off an optional page, set the number of data fields to zero. 5.

Use , , and ENTER to change the data fields. 6. Repeat steps 3 through 5 for each page you want to customize. 5 Settings Data Fields Data fields with the * symbol display statute or metric units. Data fields with the ** symbol require an ANT+ sensor.

Data Field Cadence ** Cadence Avg. ** Cadence Lap ** Calories Distance * Dist Lap * Elevation * Description Revolutions of the crank arm per minute. Average cadence for the duration of your current ride. Average cadence for the current lap. Amount of calories burned. Distance traveled on the current ride. Distance traveled in the current lap. Distance above or below sea level. Data Field GPS Accuracy * Description Margin of error for your exact location. For example, your GPS location is accurate to within +/- 12 feet.

Calculation of rise over run. For example, if for every 10 feet you climb (elevation) you travel 200 feet (distance), your grade is 5%. Current direction you are traveling. Heart rate in beats per minute (bpm). Percentage of heart rate reserve (maximum heart rate minus resting heart rate). Percentage of maximum heart rate. Average heart rate for the ride. Grade Heading Heart Rate ** HR %HRR ** HR %Max. ** HR Avg. ** Edge 500 Owner's Manual Settings Data Field HR Avg.

%HRR ** Description Average percentage of heart rate reserve (maximum heart rate minus resting heart rate) for the run. Average percentage of maximum heart rate for the run. Average heart rate in the current lap. Average percentage of heart rate reserve (maximum heart rate minus resting heart rate) for the lap. Average percentage of maximum heart rate for the lap.

Line graph showing your current heart rate zone (1 to 5). Data Field HR Zone ** Description Current range of heart rate (1 to 5).



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The default zones are based on your user profile, maximum heart rate, and resting heart rate. Number of laps completed. Current power output in watts. Average power output for the duration of your current ride. Total (cumulative) amount of power output in kilojoules. Average power output in the current lap. Top power achieved during the current ride. HR Avg. %Max. ** HR Lap ** HR Lap %HRR ** Laps Power ** Power Avg. ** Power KiloJoules ** Power Lap ** Power Max. ** HR Lap %Max. ** HR Graph ** Edge 500 Owner's Manual Settings Data Field Power Zone ** Description Current range of power output (1 to 7) based on your FTP or custom settings.

The three-second moving average of power output. The 30-second moving average of power output. Current speed. Average speed for the ride. Average speed in the current lap. Time Time Avg. Lap Time - Elapsed Time Lap Data Field Temperature * Description 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 or held in your hand. Also, the Edge will take some time to adjust to significant changes in temperature. Stopwatch time.

Average time to complete the laps so far. Total time recorded from pressing STARt to rESET. Amount of time in the current lap. PWR Mov. Avg. 3s ** PWR Mov. Avg. 30s ** Speed * Speed Avg. * Speed Lap * Edge 500 Owner's Manual Settings Data Field Time of Day Description Current time of day based on your time settings (format, time zone, and daylight saving time). Total elevation gain for the current ride. Total elevation lost for the current ride. Rate of ascent or descent in feet/meters per hour. Total Ascent * Total Descent * Vertical Speed * Changing Your System Settings Changing the Audible Tones 1. Press and hold MENU. 2. Select Settings > System > Tones. 3. Turn the tones for keys and messages on or off. Changing the Backlight 1. Press and hold MENU.

2. Select Settings > System > Display. 3. Change the settings: · Select Backlight Timeout to change the amount of time the backlight stays on. TIP: Use a short backlight setting to conserve battery power. · Select Backlight Level to change the brightness. · Select Contrast to change the level of screen contrast. Edge 500 Owner's Manual Settings Changing the Configuration Settings You can modify all of the settings you configured in the initial setup. 1. Press and hold MENU.

2. Select Settings > System. 3. Select an option: · Select System Setup to modify language, position format, unit format, and time format. · Select Initial Setup to modify all of the configuration settings in the initial setup.

4. Follow the on-screen instructions. Time Zones and Time Formats Each time you turn on the Edge and acquire satellites, the Edge automatically detects your time zone and the current time of day. To change the time format to 12 hour or 24 hour, you must change the configuration settings in the system setup (page 40). 0 Changing the Auto Power Down Setting This feature automatically turns the Edge off after 15 minutes of inactivity.

1. Press and hold MENU. 2. Select Settings > System > Auto Power Down. 3. Select On or Off. Changing Your User Profile Settings The Edge uses information that you enter about yourself to calculate accurate ride data. 1. Press and hold MENU. 2.

Select Settings > User Profile to update gender, age, weight, height, and activity class settings. 3. Follow the on-screen instructions. NOTE: For information about your activity class, see page 5. Edge 500 Owner's Manual Settings Updating Your Bike Profile Switching Bikes 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. Press and hold MENU. 2. Select Settings > Bike Settings > [Bike 1] > Bike Details.

3. Enter a name for the bike profile. 4. Enter the bike weight and the odometer value. 5.

In the Wheel Size field, select an option: · Select Auto 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 48. After you customize your bike profiles on the Edge, select your bike. 1.

Press and hold MENU. 2. Select Settings > Bike Settings > [Active Bike Name] > Bike Details. 3. Select the bike you want to use. Changing the Start Notice This feature automatically detects when your Edge has acquired satellites and is moving. It is a reminder to start the timer so you can record your ride data. 1. Press and hold MENU. 2.

Select Settings > Bike Settings > Start Notice. Edge 500 Owner's Manual Settings 3. In the Mode field, select an option: · Select Off. · Select Once. · Select Repeat to change the amount of time to delay the reminder. GSC 10. The next time you turn on the Edge, it will search for satellite signals again. Satellite Page The satellite page shows your current GPS satellite information. To view the satellite page, press and hold MENU, and select GPS > Satellite. On the satellite page, GPS accuracy appears at the top of the page.

The black 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. GPS Settings GPS settings include the following: · Turning satellites off (page 42) · Viewing the satellite page (page 42) · Using elevation points (page 43) Training Indoors 1.

Press and hold MENU. 2. Select GPS > GPS Status. 3. 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 Edge 500 Owner's Manual Settings Setting Elevation Points You can save up to 10 elevation points. Using an elevation point each time you begin a particular training ride provides more-consistent and more-accurate elevation data. 1. Press and hold MENU. 2. Select GPS > Set Elevation. 3. Enter a descriptive name. 4. Enter the known elevation.

5. Select Save. The next time you start the timer, the Edge automatically searches for elevation points within 30 m of your location. The Edge uses the elevation data as the starting point. Editing Elevation Points 1. Press and hold MENU. 2. Select GPS > Elevation Points. 3. Select the elevation point you want to edit.

4. Edit the name and elevation. Deleting Elevation Points If you do not want to use a saved elevation point, you must delete the elevation point from your Edge. 1. Press and hold MENU.

2. Select GPS > Elevation Points. 3. Select the elevation point you want to delete. 4.

Select Delete. Edge 500 Owner's Manual Appendix Appendix registering Your Device Help us better support you by completing our online registration today: Updating the Software · Go to <http://my>.



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garmin.com. · Keep the original sales receipt, or a photocopy, in a safe place. 1. Select an option: · Use WebUpdater. Go to www.garmin.com/products/webupdater.

· Use Garmin Connect. Go to <http://connect.garmin.com>. 2. Follow the on-screen instructions. About the Edge Contacting Garmin Product Support To display important software information and your unit ID, press and hold MENU, and select Settings > About Edge. 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 Edge 500 Owner's Manual Appendix information, or contact Garmin (Europe) Ltd. by phone at +44 (0) 870.8501241. Specifications Edge Specifications Physical size (W × H × D) Weight Display (W × H) Resolution (W × H) Water resistance

Data storage 1.

9 × 2.7 × 0.85 in. (48.3 × 68.6 × 21.6 mm) 2.0 oz. (56.7 g) 1.

25 × 1.5 in. (31.8 × 37 mm) 128 × 160 pixels, with LED backlight IPX7 Approximately 50 MB (at least 180 hours of ride data, typical use) USB 700 mAh rechargeable, built-in, lithium-ion battery 18 hours, typical usage Using the Backlight · Press LIGHT to turn on the backlight. · Press any button to extend the backlight another 15 seconds. NOTE: Alerts and messages also activate the backlight. @@(37.8 × 37.8 × 9.2 mm) 0.

28 oz. @@AS568-125 · 1.7 × 1.9 × 0.9 in.

@@@ (34.7 × 3.4 × 1.1 cm) 1.6 oz.

(44 g) 32.9 ft. (10 m) Approximately 9.8 ft. (3 m) User-replaceable CR2032 (3 volts) Perchlorate Material special handling may apply. See www.dtsc.ca.gov/hazardouswaste/perchlorate. Approximately 3 years (1 hour per day) Heart Rate Monitor Specifications Operating temperature From 14°F to 122°F (from 10°C to 50°C) NOTE: In cold conditions, wear appropriate clothing to keep the heart rate monitor near your body temperature.

2.4 GHz ANT+ wireless communications protocol Radio frequency/protocol GSC 10 Specifications Physical size (W × H × D) Weight Water resistance Transmission range 2.0 × 1.2 × 0.9 in. (5.1 × 3.0 × 2.3 cm) 0.9 oz.

(25 g) IPX7 Approximately 9.8 ft. (3 m) Battery life Edge 500 Owner's Manual Appendix GSC 10 Specifications Battery User-replaceable CR2032 (3 volts) Perchlorate Material special handling may apply. See www.dtsc.ca.gov/hazardouswaste/perchlorate. Approximately 1.4 years (1 hour per day) From 5°F to 158°F (from -15°C to 70°C) 2.4 GHz ANT+ wireless communications protocol wheel Size 12 × 1.

75 14 × 1.5 14 × 1.75 16 × 1.5 16 × 1.75 18 × 1.5 18 × 1.75 20 × 1-3/8 22 × 1-3/8 22 × 1-1/2 24 × 1 24 × 3/4 Tubular 24 × 1-1/8 24 × 1-1/4 24 × 1.75 24 × 2.00 24 × 2.

125 L (mm) 935 1020 1055 1185 1195 1340 1350 1515 1615 1770 1785 1753 1785 1795 1905 1890 1925 1965 Edge 500 Owner's Manual Battery life Operating temperature Radio frequency/protocol wheel Size and Circumference The wheel size is marked on both sides of the tire. To modify your bike profile, see page 41. Appendix wheel Size 26 × 7/8 26 × 1(59) 26 × 1(65) 26 × 1.25 26 × 1-1/8 26 × 1-3/8 26 × 1-1/2 26 × 1.40 26 × 1.50 26 × 1.75 26 × 1.95 26 × 2.00 26 × 2.10 26 × 2.

125 26 × 2.35 26 × 3.00 27 × 1 27 × 1-1/8 Edge 500 Owner's Manual L (mm) 1920 1913 1952 1953 1970 2068 2100 2005 2010 2023 2050 2055 2068 2070 2083 2170 2145 2155 wheel Size 27 × 1-1/4 27 × 1-3/8 650 × 35A 650 × 38A 650 × 38B 700 × 18C 700 × 19C 700 × 20C 700 × 23C 700 × 25C 700 × 28C 700 × 30C 700 × 32C 700C Tubular 700 × 35C 700 × 38C 700 × 40C L (mm) 2161 2169 2090 2125 2105 2070 2080 2086 2096 2105 2136 2170 2155 2130 2168 2180 2200 Appendix Troubleshooting Problem The buttons do not respond. How do I reset the Edge? I want to clear all the user data from my Edge.

Solution Press and hold P_OW_ER, MENU, and rESET simultaneously to reset the Edge.

NOTE: This does not erase any of your data or settings. 1. Turn off the Edge. 2. Press and hold P_OW_ER and rESET until the message appears.

3. Select Yes to clear all user data. NOTE: This deletes all user-entered information including history. 1. Take your Edge out of parking garages and away from tall buildings and trees. 2. Turn on the Edge. 3. Remain stationary for several minutes. Allow the Edge battery to fully discharge, and then fully charge the battery (without interrupting the charge cycle).

Reduce the backlight time (page 39). You should see a new removable disk drive in My Computer on Windows computers and a mounted volume on Mac computers. My Edge does not acquire satellite signals. The battery gauge does not seem accurate. The battery does not last long. How do I know my Edge is in USB mass storage mode? 50 Edge 500 Owner's Manual Appendix Problem My Edge is connected to the computer, but it will not go into mass storage mode. Solution You may have loaded a corrupted file. 1. Disconnect the Edge from your computer. 2.

Turn off the Edge. 3. Press and hold MENU while you connect the Edge to your computer. Continue pressing MENU for 10 seconds or until the Edge goes into mass storage mode. 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. You can load .tcx and .crs files to the Edge. When you select the course for any reason, the file is converted to a .

fit course file. When the Edge memory is full, it will no longer record data. Transfer data to your computer regularly to avoid losing data. Go to <http://buy.garmin.com>, or contact your Garmin dealer. Purchase bands made of EPDM only. I cannot see any new removable drives in my list of drives. My course file was renamed. Some of my data is missing from my Edge history.

I need to replace the bands for the mount. Edge 500 Owner's Manual 5 Index Index A accessories 45 acquiring satellite signals 7, 50 activity classes 5 alerts 10 ANT+ sensors 7, 1830 troubleshooting 29 Auto Lap 11, 12 Auto Pause 13 Auto Scroll 13 B backlight 39, 45 bands 3, 46, 51 battery 50 charging 1 conserving 39 bike mount 2, 46 bike profile 41 buttons 6 C cadence alerts 11 data fields 36 training 26 calibrating your power meter 28 calorie alerts 10 calories 36 charging the Edge 1, 2 clearing user data 50 courses 1417 loading 33 custom data fields 3538 D data fields 3639 data recording 32 data uploading 33 deleting files 34 history 32 distance data fields 36 distance alerts 10 downloading software 8 E elevation data fields 36, 39 points 43 F files deleting 34 loading 33 G Garmin Connect 8, 9, 14, 31 Garmin Product Support 44 Garmin Training Center 8, 9, 14, 31 GPS accuracy 36 satellite page 42 settings 42 grade 36 GSC 10 26, 47 battery 27 installing 23 Edge 500 Owner's Manual 5 Index H heart rate alerts 10 data fields 36 settings 20 zones 2022 heart rate monitor battery 22 putting on 19 specifications 47 using 20 history 31, 51 deleting 32 transferring 9 viewing 31 I icons 4 initial setup 4, 40 installing the Edge 2 L lithium-ion battery 1, 45 loading files 33 M mount 2, 46 O O-rings (bands) 46 P pairing ANT+ sensors 7, 18 paused time 13 pedal magnet 24 power alerts 11 data fields 37 data recording 32 zones 28 power meter 28 product registration 44 product support 44 profile bike 41 user 40 r

recording history 8 registration 44 replacement parts 45 resetting Edge 50 S safety information 1 satellite signals 42 acquiring 7 saving your data 8 sensors, pairing 7 settings 35 smart recording 32 software downloads 8 updates 44 version 44 specifications 45 speed data fields 38 speed and cadence sensor 47 spoke magnet 24 start notice message 40, 41 Edge 500 Owner's Manual 5 Index T technical specifications 45 time data fields 38 zones and formats 40 time alerts 10 timer 8, 31 tire size 41 tones 39 training indoors 42 training with your Edge 10 transferring data 9 troubleshooting 29, 50 U unit ID 44 updating software 44 USB 2, 9, 33, 50 user profile 40 V vertical speed 39 Virtual Partner 14, 16 w weather cap 2, 9 wheel sizes 41, 48 Z zones heart rate 2022 power 28 5 Edge 500 Owner's Manual 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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