



Instructions on using your Garmin Forerunner 205/305 GPS with <http://www.mapmyrun.com/>

Prerequisites are:

1. Garmin Forerunner 205/305 GPS
2. Computer with internet service
3. Garmin Training Center Software
  - a. Free at <http://www8.garmin.com/products/trainingcenter/>

Overview Steps

1. Create new run using online tools
2. Download File to Computer
3. Import file into Garmin Training Center
4. Upload file to Garmin GPS
5. Run!

Detailed Steps

1. Create a free account with <http://www.mapmyrun.com/register>
2. Login to your account with <http://www.mapmyrun.com/login>

A screenshot of the MapMyRun.com login interface for returning users. The page has a blue header with the text "RETURNING MAPMYRUN.COM USER". Below the header is a white form with three input fields: "Your Email Address or Username" containing "siriusultrarunner", "Password" with masked characters, and "Remember Me?" with an unchecked "Yes" checkbox. A blue "Log In >" button is located at the bottom right of the form. Below the form are three blue links: "I forgot my password", "I need to activate my account", and "I have not received my activation code!".

**RETURNING MAPMYRUN.COM USER**

Your Email Address or Username  
siriusultrarunner

Password  
●●●●●●●●●●




Remember Me?  
 Yes

[Log In >](#)

[I forgot my password](#)  
[I need to activate my account](#)  
[I have not received my activation code!](#)

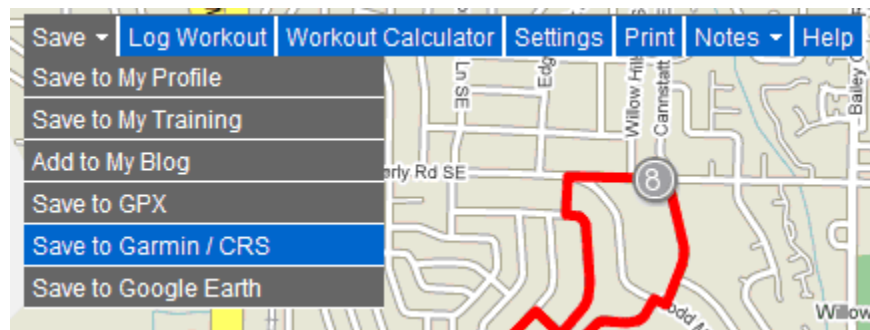
3. Either create a new run, or find an existing run

MAP, FIND NEW RUN & LOG YOUR WORKOUTS

 **START MAPPING**       **FIND A RUN**       **LOG TRAINING**

Plot your running routes over mountains (view elevation), through the woods (topo maps), and speeding through the city (street level views) with just a few mouse clicks. Once your running map is complete you can quickly view it in 3D, satellite maps, or share it with friends.

4. After the route has been created and saved, select Save to Garmin / CRS.



5. Then you have to choose your export format. Select Garmin Course File (CRS/TCX).

## ► Exporting your Route

- [Export to Google Earth \(KML\)](#)  
View your Route in Google Earth with 3D Views and realistic satellite imagery.
- [Export as GPX](#)  
GPX is an XML format used for Map Data used by other software programs.
- [Garmin Course File \(CRS/TCX\)](#)  
Download your Route to your Garmin Forerunner or other compatible devices.

6. Then you have the option to setting a goal pace in minutes/mile or mph and selecting the file type to download.
  - a. For File Type, select TCX.
  - b. Click Download Course File.

## ► Garmin Course File (CRS/TCX)

Use this form to generate a .CRS file for loading onto your Garmin Forerunner or Edge. The course file will include elevation data, so you can get profile previews on your device.

Select your Pace Goal?

8 minutes 00 seconds per mile ▼

or, Select your Speed Goal:

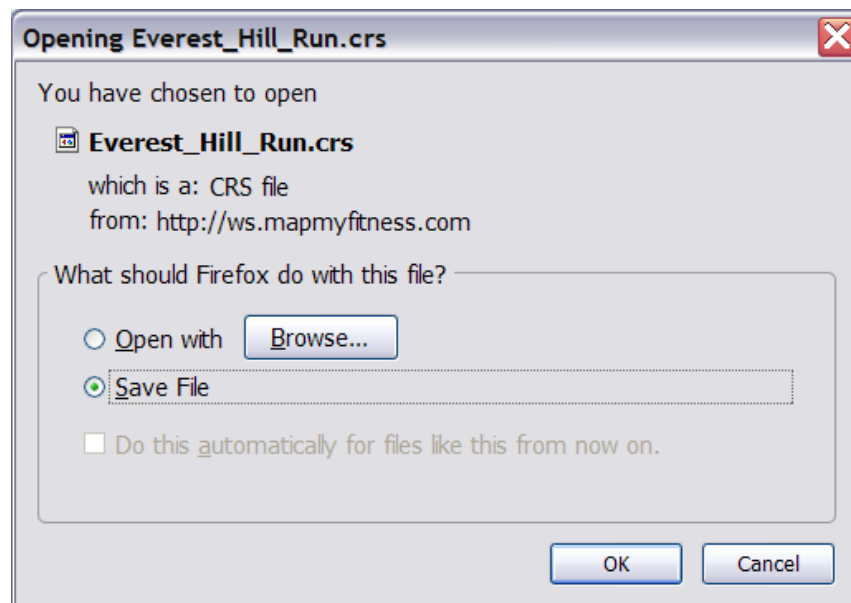
00 miles/hour

Select File Type to Download:

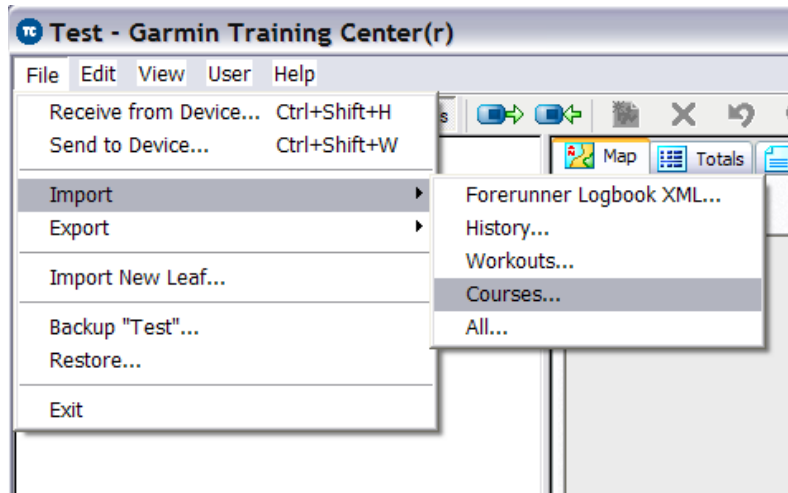
CRS ▼

[Download Course File](#)

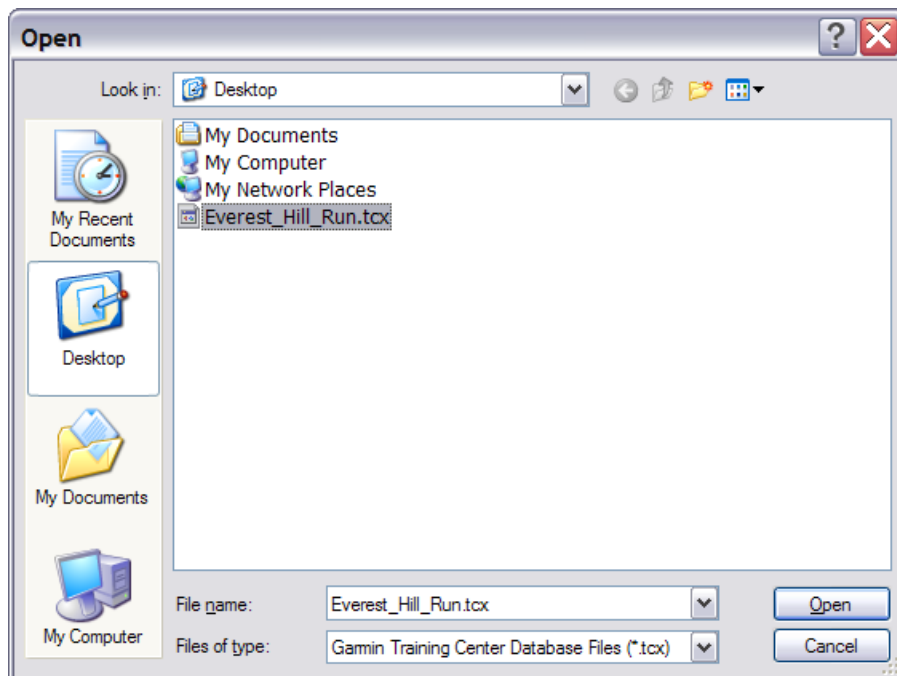
7. Depending on your web browser (Internet Explorer, Firefox, etc) you will have a dialogue box asking you where you would like to save the file.



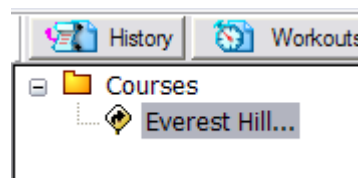
8. Open up Garmin Training Center
9. Click on File -> Import -> Courses...



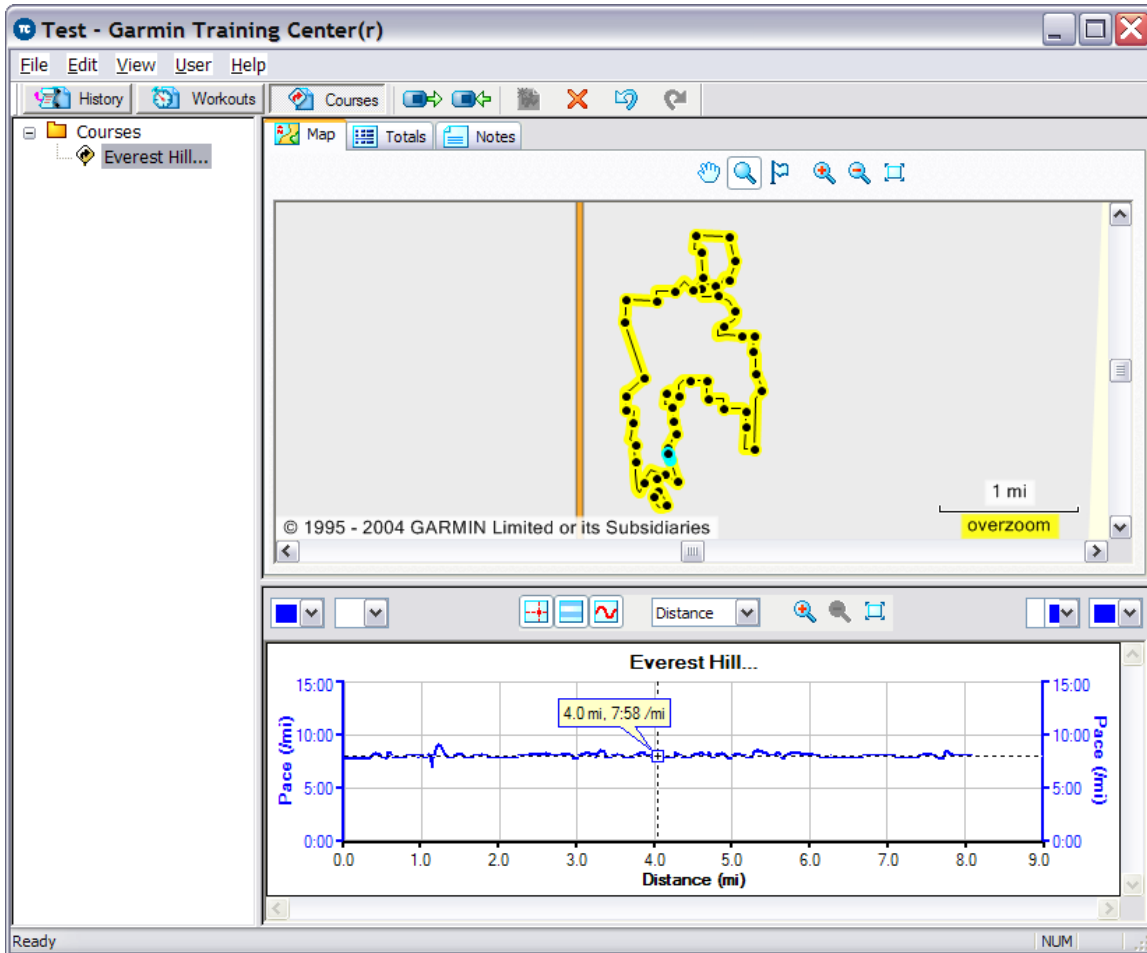
10. Select the File from where you saved it and click Open.



11. Expand out the Courses to display your course



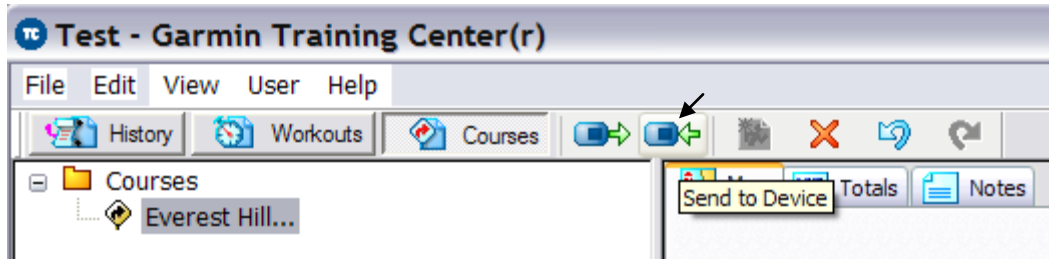
12. Click on your course to display it



13. Connect your Garmin Forerunner 205/305 to your computer using the USB Cable and Charging Cradle.



14. Click on Send to Device Icon

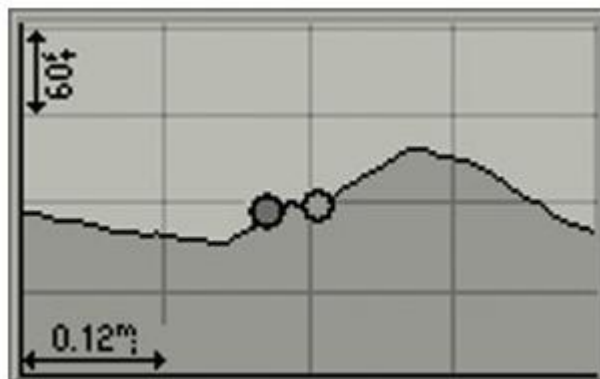


15. Disconnect your Garmin Forerunner 205/305 from your computer
16. On your Garmin Forerunner 205/305, turn the power on



17. On the Garmin Forerunner 205/305 push the Mode button until you get to the main menu
18. Using the arrow keys, scroll down to Training and push Enter
  - a. History
  - b. Training**
  - c. Navigation
  - d. Settings
19. Using the arrow keys, scroll down to Courses and push Enter
  - a. Training Options
  - b. Workouts
  - c. Courses**
  - d. Auto Multisport

20. Select the Course from the list and push Enter
21. To run the course, select Do Course
  - a. **Do Course**
  - b. Edit Course
  - c. Map
  - d. Profile
  - e. Delete Course
22. Using the arrow keys, you can view several relevant screens
  - a. Elevation Profile
  - b. Facts on the run
    - i. Distance to the Course
    - ii. Time to the Course
    - iii. Distance to End
    - iv. Course Time (if one was entered when you downloaded the file)
  - c. Screen showing you vs. ghost runner for ahead of behind pace



23. As you run the course, the device will notify you through an audible and visual alarm if you are off course, made a wrong turn or have deviated from the route planned.