

## **Garmin® introduces the Forerunner® 35, adds built-in Elevate™ wrist-based heart rate to an easy-to-use GPS running watch**

**SYDNEY, Australia - 1 September 2016** — Garmin Australia, today announced the Forerunner 35, its newest GPS-enabled running watch with built-in Garmin Elevate wrist-based heart rate<sup>1</sup> technology that allows runners to monitor their heart rate 24/7 without a chest strap. The easy-to-use Forerunner 35 tracks essential data like distance, pace and personal records, and thanks to its built-in GPS, runners can track how far, how fast and where they're running all without worrying about carrying a phone too. In between runs, the stylish Forerunner 35 doubles as an all-day activity tracker<sup>1</sup> as it counts steps, calories and intensity minutes, so users can still record progress and activities even when they're not running. The Forerunner 35 also includes smartwatch functionality including smart notifications<sup>2</sup> and music controls<sup>2</sup> right from the device.

"It's easy to take your running to the next level thanks to the Forerunner 35 with Elevate wrist-based heart rate – you just put it on and go," said Adam Howarth, General Manager, Garmin Australasia. "With a host of built-in features including wrist-based heart rate and smart connectivity, the Forerunner 35 is the perfect tool for runners who want to stay fit, stay connected, and share their progress."

The Forerunner 35's updated sleek design features a new high resolution display with amazing contrast, perfect for indoor and outdoor viewing alike. In addition to running, the Forerunner 35 features multiple sport profiles including indoor running, walking, cycling and cardio activities to help users meet their fitness goals on and off the pavement. Stylish and lightweight, it's comfortable for all day wear and seamlessly transitions from a run to an everyday activity tracker and smartwatch. Its battery life is up to nine days in watch/activity tracking mode, and up to 13 hours in training mode.

With vibration alerts for running prompts, activity tracking milestones, and virtual pacing progress, the Forerunner 35 helps runners stay motivated and easily monitor their progress as they go. Vibration alerts can also be set up for incoming calls, text, emails and calendar events so users can easily stay connected without having to dig a phone out of their purse, pocket or bag. Additional connected features include music controls, automatic uploads and software updates.

Throughout the day, the Forerunner 35 automatically syncs with the Garmin Connect™ Mobile app to save users' stats to their free account in the Garmin Connect online fitness community. Runners can also use Garmin Connect to share their workouts with friends and family in real time with Live Track<sup>2</sup>, join fitness challenges, analyse training progress, set and track goals, share activities with other Garmin Connect users and much more.

The Forerunner 35 is expected to be available in September 2016 for a recommended retail price of AU\$299, and will be available in four colors: black, limelight, frost blue and white.

The ever-expanding Garmin fitness segment develops technologies to enhance and promote healthy and active lifestyles. Whether users are runners, cyclists, swimmers, multi-sport athletes, or simply looking to stay active throughout the day, there is a product that can help them reach their health and fitness goals.

For decades, Garmin has pioneered new GPS navigation and wireless devices and applications that are designed for people who live an active lifestyle. Garmin serves five primary business units, including automotive, aviation, fitness, marine, and outdoor recreation. For more information, go to [www.garmin.com.au](http://www.garmin.com.au) or Garmin Facebook at [www.facebook.com/GarminAU/](https://www.facebook.com/GarminAU/)

<sup>1</sup> See [Garmin.com/ataccuracy](http://Garmin.com/ataccuracy)

<sup>2</sup> When paired with a compatible smartphone; see [Garmin.com/ble](http://Garmin.com/ble)

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