



## **Train smarter with the latest GPS running watches from Garmin® – Introducing the Forerunner® 230, 235, 630 and Garmin Elevate™ wrist heart rate technology**

**Sydney, Australia** — Garmin Australia, today announced three of the company's latest GPS running watches – the Forerunner 230, the Forerunner 235 and the Forerunner 630. Tracking distance, pace, time, heart rate<sup>1</sup> and more, the 230, 235 and 630 running watches keep runners on pace for their next personal record.

**The Forerunner 235** is the first product to feature Garmin Elevate wrist heart rate technology, which displays heart rate and zone on an easy-to-read, colourful graphic interface, so runners new to tracking heart rate can train more effectively. Daily activity tracking<sup>3</sup> features include all-day heart rate tracking on the 235 keep runners apprised of their all-day steps, calories and sleep.

**The Forerunner 230** pairs easily with a chest-worn strap to get all the same data right on the watch. When connected to a compatible smartphone<sup>2</sup>, runners can stay connected with smart notifications and motivated with music controls and audio prompts that announce their lap times.

**The Forerunner 630** features Garmin's most advanced running watch technology yet. The touchscreen Forerunner 630 boasts more running dynamics than its predecessor (the Forerunner 620), and additional physiological measurements<sup>1</sup> so runners can be more aware of their bodies before, during and after a run.

All three running watches are compatible with the Connect IQ™ smartwatch platform. With Connect IQ, users are able to customise their watch with additional apps, widgets, watch faces and data fields.

"We're excited to add three new devices to our lineup of GPS running watches with the Forerunner 230, 235 and 630," said Matt DeMoss, General Manager, Garmin Australasia. "These watches provide a new form factor and training tool-set, plus the convenient wrist-based heart rate in the 235 is one more way Garmin is helping runners meet their training goals, whether it be running a 5K or a marathon.

"As our most advanced GPS running watch to date, we're thrilled to bring the Forerunner 630 to market. The next generation of running dynamics, along with the physiological measurements and Connect IQ compatibility, makes the 630 an essential tool for the serious and data-driven runner."

### **Advanced Running Dynamics and Physiological Measurements**

Building off the advanced running dynamics introduced with Forerunner 620, the new 630 provides more data and physiological measurements to keep runners aware of their bodies while training, help avoid injury and improve overall performance. The new metrics include:

- **Stride Length:** Measures the length of a runner's stride in real time
- **Ground Contact Time Balance:** Measures a runner's ground contact symmetry, which some runners have found to correlate with injuries or strength imbalances
- **Vertical Ratio:** The cost-benefit ratio of vertical oscillation to stride length, serving as one indicator of a runner's efficiency
- **Lactate Threshold:** Estimates the level of effort at which fatigue rapidly increases in terms of a runner's heart rate and pace
- **Stress Score:** Measures heart rate variability to make an assessment of a user's overall level of stress
- **Performance Condition:** Provides a real-time fitness-level measurement relative to a runner's average baseline, which indicates performance readiness for the day's workout or race

Train more effectively with the Forerunner 630 by tracking cardio data such as heart rate, heart rate zones and VO2 max estimate with any ANT+ compatible heart rate monitor. By estimating VO2 max, it can predict race times, as well as provide a recovery advisor so runners know how long to rest after an intense workout. Additionally, when paired with HRM-Run, the 630 can measure a runner's cadence, vertical oscillation and

ground contact time. The high-resolution colour touchscreen with updated graphical interface is also easy-to-read at a quick glance, so users can stay focused on their run.

### **Training with Heart Rate**

Measure more than just distance and pace with the 230 and 235 by tracking other essential data such as heart rate, heart rate zone and VO2 max. The Forerunner 235 with Garmin Elevate wrist heart rate technology features a built-in optical sensor to measure heart rate at the wrist, giving runners the option to run without a strap, while the 230 is compatible with ANT+® heart rate straps. Both the 230 and 235 have new, larger, sunlight-readable displays with a colour graphical interface to display heart rate data, so runners can get the data they need at a quick glance. Also when used with heart rate, Forerunner 230 and 235 users can get their VO2 max estimate, predict race times, and get a recovery timer, so they know how long to rest before attempting their next hard run.

### **Stay Connected**

Through a compatible smartphone, 230, 235 and 630 users can stay connected and motivated during and in-between workouts with smart notifications for call, text and email alerts, music controls and audio alerts for lap and lap times during a run. All three are compatible with the Connect IQ smartwatch platform, so users will be able to customise their watch with additional apps, widgets, watch faces and data fields.

All three watches automatically sync with the recently updated Garmin Connect™ Mobile app when in range, so users can check in throughout the day to view reports on activity progress, track their sleep hours, join step challenges and more. Garmin Connect Mobile's easy-to-use interface provides daily information and trends over time and can be linked to a MyFitnessPal account to automatically sync calorie and nutritional information, allowing users to view active and consumed calories, and remaining calories (based on goals set in MyFitnessPal).

### **Battery Life**

With up to 16 hours of battery life in training mode and 5 weeks in watch mode with activity tracking and smart notifications, the Forerunner 230 boasts extended battery life to get more workouts in on a single charge. The 235 can get up to 11 hours of battery life in training mode and up to nine days in activity tracking mode with smart notifications. Both the 230 and 235 are also water resistant to 50 metres<sup>4</sup> to withstand the elements.

Between runs, the Forerunner 630 has daily activity tracking<sup>3</sup> features to monitor valuable data including steps, distance, calories burned, and sleep, and its move bar with vibration alert provides motivation to stay active all day. It is water resistant to 50 metres<sup>4</sup> and boasts up to 16 hours of battery life in training mode and 4 weeks in watch mode with activity tracking and smart notifications. With all of these additional features, the 630 isn't exclusively for running. It can be worn all day, every day to keep users active and connected all day long.

### **Availability**

The Forerunner 230 is available in black/white, purple strike/white and force yellow/black. It has a recommended retail price of AU\$389.

The Forerunner 235 is available in black/grey, black/marsala and frost blue/black with a recommended retail price of AU\$469.00

The Forerunner 630 is available in black/white and midnight blue, and has a recommended retail price of AU\$579.00, and the performer bundle with HRM-Run has a recommended retail price of AU\$649.00.

### **Garmin Connect Mobile**



Garmin has also updated its Garmin Connect Mobile app. The app now has a modern and colourful design, with a new graphical interface that can be tailored to the user based on individual interests.

The updated app will help keep users on track with their health and wellness goals. Over time, the new and easy-to-navigate look and feel will include daily snapshots, a calendar, leaderboards and a newsfeed for optimum user experience and engagement. The new interface can be tailored to the individual user for easy access to data that's most relevant to the user.

For more than 25 years, 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, visit [www.garmin.com.au](http://www.garmin.com.au) or <http://facebook.com/garminau>.

<sup>1</sup> ANT+ compatible HRM strap needed for the Forerunner 230, no strap required for the Forerunner 235.

<sup>2</sup> See [Garmin.com.au](http://Garmin.com.au) for a list of compatible phones.

<sup>3</sup> See [Garmin.com/ataccuracy](http://Garmin.com/ataccuracy)

<sup>4</sup> For more information, see [Garmin.com/waterrating](http://Garmin.com/waterrating).

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<http://www.garmin.com/aboutGarmin/invRelations/finReports.html>. No forward-looking statement can be guaranteed. Forward-looking statements speak only as of the date on which they are made and Garmin undertakes no obligation to publicly update or revise any forward-looking statement, whether as a result of new information, future events, or otherwise.