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information about the functions and settings of the Forerunner, refer to the owner's manual.

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Hereby, Garmin, declares that this Forerunner is in compliance with the essential requirements and other relevant provisions of Directive

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1999/5/EC. To view the full Declaration of Conformity, see the Garmin Web site for your Garmin product:

[www.garmin.com](http://www.garmin.com). Forerunner 405CX  
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### **Garmin Forerunner 405CX User**

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## **Manual**

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Garmin Support Center is where you will find answers to frequently asked questions and resources to help with all of your Garmin products.

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## **Garmin Support**

Garmin 405cx Owner Manual Calibrating your foot pod is optional and can improve accuracy. There are three ways to adjust the calibration: distance, GPS, and manual. Forerunner 405CX Owner's Manual Distance Calibration For best results, the foot pod should be calibrated

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using the inside lane of a regulation track.

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