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## Garmin® Fuses Fitness, Fashion and Function in Forerunner® 405

OLATHE, Kan./January 3, 2008/PR Newswire — Garmin International Inc., a unit of Garmin Ltd. (Nasdaq: GRMN), today announced the **Forerunner 405** – the latest in Garmin’s popular line of GPS-enabled fitness devices, packing powerful functions and innovative features into a compact size like none other. The Forerunner 405 was announced in preparation for the 2008 Consumer Electronics Show in Las Vegas, and will be on display at the Garmin booth (#35832 in South 4).

“Recreational joggers and elite runners alike will be amazed at the training tools available to them in a watch that could easily be worn all day,” said Dan Bartel, Garmin’s vice president of worldwide sales. “Runners no longer have to choose between fashion and function.”

Runners can track their speed, distance, heart rate and location accurately and effortlessly, and the revolutionary patent-pending touch bezel on the face of the watch makes navigating the options easier than ever. Simply by tapping, holding or running a finger along the bezel, runners can begin a new workout, access their training history or challenge a Virtual Partner™. The Forerunner 405 makes training with a Virtual Partner easy and efficient. Runners can adjust the Virtual Partner’s pace without stopping in the middle of a workout, and the Virtual Partner is always on and ready for a challenge.

The Forerunner 405 is water-resistant (IPX7) and can be used outdoors or indoors (with an optional foot pod), making it the ultimate year-round, all-weather training tool. And the high-sensitivity GPS receiver sustains satellite reception, whether you’re tackling a trail or jogging through the urban canyons of skyscrapers. When a heart-rate monitor is used, the Forerunner 405 helps athletes train in their optimal range of effort. An optional speed/cadence bike sensor helps cyclists monitor their pedaling cadence and wheel speed. At only 60 grams and available in two colors – black and sage green – the Forerunner 405 fits in at the gym, the office or out on the town.

Once the workout is done, the training is far from over. Using ANT+Sport technology, the Forerunner 405 sends workout data to the user’s computer via automatic wireless data transfer. There’s no need to take off the watch or bother with cables as the computer automatically syncs with the Forerunner 405 as soon as the user enters the room. And the data transfer is a two-way street. Runners, joggers, cyclists and hikers can send courses, goals and workouts to their Forerunner 405 before they begin, and then the data gets sent back to the user’s computer when the workout is over. Athletes can log their workouts, track their totals, set goals, share workouts with coaches, friends and family and participate in an online fitness community at **Garmin Connect™** — Garmin’s online training site ([connect.garmin.com](http://connect.garmin.com)) previously known as MotionBased. Users can also share courses and workout data from one Forerunner 405 to another through wireless data transfer.

The wireless features of the Forerunner 405 are enabled by ANT+Sport personal area network technology. ANT+Sport is a leading wireless interface protocol that offers all the benefits of digital wireless communications with much lower power consumption than other wireless protocols.

Suggested pricing for the Forerunner 405 begins at \$299. For more details on the Forerunner 405 and Garmin’s other CES announcements, go to [www.garmin.com](http://www.garmin.com) and [www.garmin.blogs.com](http://www.garmin.blogs.com).

**About Garmin**

Garmin International, Inc. is a member of the Garmin Ltd. (Nasdaq:GRMN) group of companies which designs, manufactures, markets, and sells navigation, communication and information devices and applications -- most of which are enabled by GPS technology. Garmin is a leader in consumer and general aviation navigation and its products serve the automotive/mobile, outdoor/fitness, marine, and aviation markets. Garmin Ltd. is incorporated in the Cayman Islands, and its principal subsidiaries are located in the United States, Taiwan and the United Kingdom. For more information, visit Garmin's virtual pressroom at [www.garmin.com/pressroom](http://www.garmin.com/pressroom) or contact the Media Relations department at 913-397-8200. Garmin and Forerunner are registered trademarks, ANT and ANT+Sport are trademarks and Garmin Connect is a service mark of Garmin Ltd. or its subsidiaries.

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Settings\Temporary Internet Files\OLK14  
Template: C:\Documents and Settings\olufson\Application  
Data\Microsoft\Templates\NORMAL.DOT  
Title: FOR IMMEDIATE  
Subject:  
Author: Pete Brumbaugh  
Keywords:  
Comments:  
Creation Date: 12/20/2007 3:39:00 PM  
Change Number: 5  
Last Saved On: 1/2/2008 5:16:00 PM  
Last Saved By: jacobson  
Total Editing Time: 8 Minutes  
Last Printed On: 1/3/2008 2:55:00 PM  
As of Last Complete Printing  
Number of Pages: 2  
Number of Words: 882 (approx.)  
Number of Characters: 5,028 (approx.)