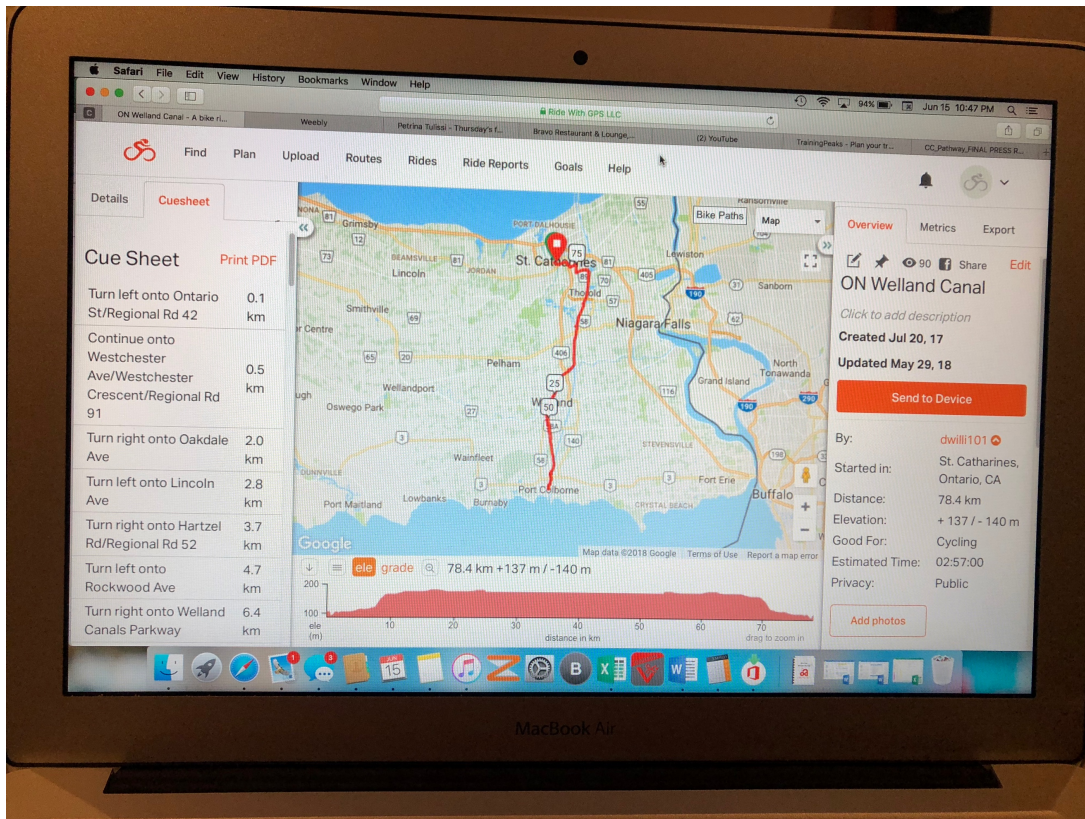# HOW TO ADD A COURSE TO YOUR GARMIN

1. Download file from RidewithGPS site by clicking the "send to device" in the orange button on the right side of the screen.

2. Select "Garmin Edge"
3. Click "Download TCX File"
4. Connect your Garmin via USB cable to your computer.
5. The Garmin will appear as either 1 or 2 drives.
6. On the first drive Open the Garmin directory. The first drive is internal memory on the Garmin.
7. Open the NewFiles directory.
8. Open a new Finder window and drag and drop the file you downloaded in step 3 above to New Files on your Garmin.
9. Wait until the copy is done. Check Courses on your Garmin; you should now see the course there. When you are ready to ride, click ride.