



## CR150/CR150Ti Road Pedal

Thank you for your purchase of a pair of Forté pedals. This pedal design works with all cycling shoes having a 3-hole drilling pattern on the sole. To install and adjust your new pedals you will need:

- 15 mm pedal wrench
- flat head screwdriver
- 3 mm hex wrench

### ⚠ WARNING

- These pedals are not designed for use on any type of indoor exercise bicycle or equipment.
- Before attempting to ride with these pedals, make sure you understand how to release your shoes from the pedals. Apply the brakes, place one foot firmly on the ground, and practice engaging and releasing each shoe from its pedal until you can do so naturally and with minimal effort. Ride on level ground in a traffic-free area at first, until you become adept at engaging and releasing your shoes from the pedals.
- Adjust binding tension for comfortable release force. Minimum tension settings are recommended for riding on difficult terrain or in traffic.
- Ensure that cleats and pedals are free of debris. Inspect and tighten cleat bolts after the first use and frequently thereafter.
- Check cleats for wear before every ride. Cleats that are badly worn may impair release or cause unexpected release from the pedals, and should be replaced. Readjust binding tension after changing cleats.
- Be sure to read and understand the following instructions before using these pedals.

### Pedal Installation

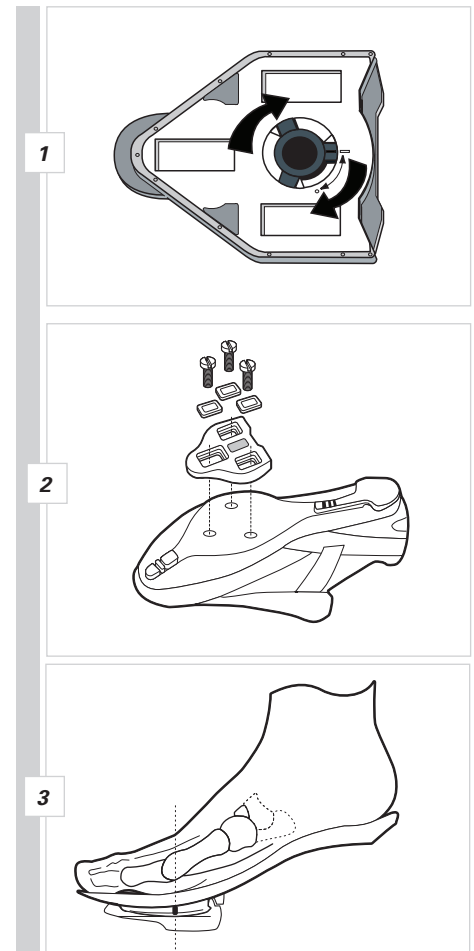
The right pedal (*marked R*) is installed in a clockwise direction. The left pedal (*marked L*) is installed in a counterclockwise direction.

1. Grease the axle threads prior to installation.
2. Use a 15 mm pedal wrench to install and tighten the pedals. Tighten to a minimum of 300 inch/lbs. of torque.

### Cleat Attachment

These pedals include a red cleat with 9° of rotation. This cleat allows 4.5° of rotation on either side of the central fixed point.

1. Push the black rubber traction piece into the hole in the cleat and rotate it 1/3 turn clockwise to lock it in place (*see Figure 1*).
2. Lightly grease the bolts and insert them through the rectangular washers. Place the spiked surface of the plastic cleat against the sole of the shoe.
3. Insert a bolt and washer into one of the recessed rectangular cleat openings. Tighten enough to hold the cleat in place. Repeat for all bolts and washers (*see Figure 2*).
4. Center the cleat under the ball of the foot (*see Figure 3*) by sliding the cleat forward or rearward along the cleat mounting slots. The cleat can also be adjusted a few millimeters from side to side.
5. Tighten the cleat bolts securely with a flat head screwdriver.
6. Cleat position can be fine-tuned during test rides by loosening the cleat bolts, repositioning the cleat, and retightening the cleat bolts.
7. Once the desired cleat position is obtained, ensure the cleat bolts are tightened securely.



## Binding Tension Adjustment

1. Binding release tension is adjustable and is initially set at the lightest tension setting. Minimum binding tension settings are recommended for novice riders and for riders in situations requiring frequent cleat release, such as on difficult terrain or in heavy traffic. Higher tension settings are recommended for experienced riders and for riders in situations where accidental release would be dangerous, such as hard acceleration (sprinting).
2. If the tension adjustment is too low, allowing the cleat to release from the pedal too easily, turn the tension adjustment bolt clockwise to increase the tension. If the tension adjustment is too high, preventing the cleat from releasing easily enough, turn the tension adjustment bolt counterclockwise to decrease the tension (see Figure 4).
3. Be careful not to over-tighten or over-loosen the adjustment bolt. Overtightening may strip the threads, while over-loosening may cause the bolt to fall out of the adjustment plate.
4. **IMPORTANT:** Binding tension settings should be equal for both pedals to ensure uniform entry and release. Therefore, if you make an adjustment to the tension setting for one pedal, you should make the same adjustment to the other.

### WARNING

Minimum binding tension settings are recommended for novice riders and for riders in situations requiring frequent cleat release, such as on difficult terrain or in heavy traffic.

## Pedal Use

1. Before attempting to engage cleated shoes into the pedals always check cleats and pedals for any debris such as dirt or stones.
2. Engage cleated shoes in pedals by stepping down on top of the pedal with the toe pointed slightly downward. Slide the forward end of the cleat under the lip at the front end of the pedal. Then step down firmly with your heel to engage the cleat in the rear pedal binding (see Figure 5).
3. As the cleat engages, you should hear a "CLICK," and should be able to pull your foot up firmly without releasing from the pedal. If engagement is difficult, reduce the binding tension on both pedals, and test again.
4. Release by twisting the heel away from the bicycle until the cleat releases from the pedal (see Figure 6). If release is difficult, reduce the binding tension on both pedals, and test again.

## Maintenance

1. To function properly, pedals and cleats must be kept clean.
2. Occasional lubrication of cleat bolts will help prevent rust and seizure.
3. Oil or light grease should be applied occasionally to rear binding springs.
4. Check cleats for wear before every ride. Cleats that are badly worn may impair release or cause unexpected release from the pedals, and should be replaced.

