



Carve MTB Pedal

Thank you for your purchase of a pair of Forté pedals. To install and adjust your new pedals you will need:

- 15 mm pedal wrench
- 3 mm hex wrench
- 4 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 cleats and pedals are free of debris. Inspect and tighten cleat bolts after 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

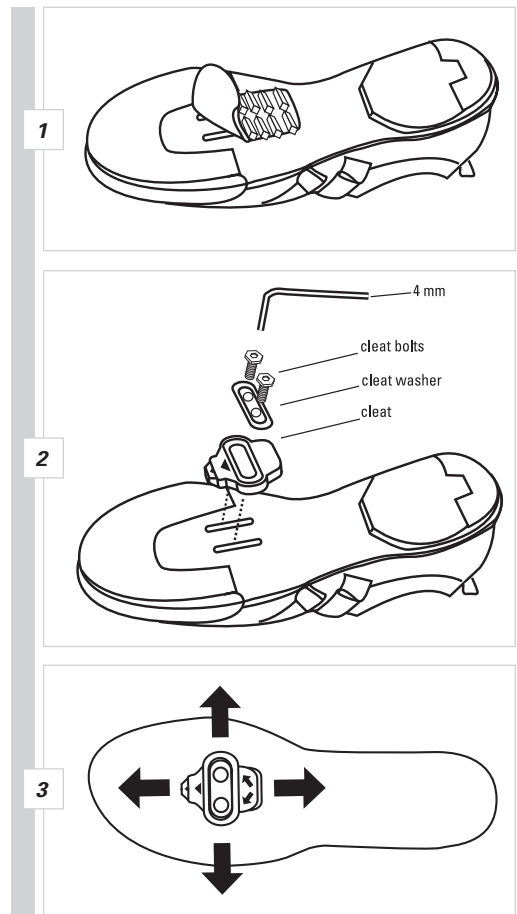
The right pedal (*marked R*) is installed in a clockwise direction. The left pedal (*marked L*) is installed in a counterclockwise direction.

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

The cleats supplied with these pedals are compatible with cycling shoes with a two hole SPD® drilling pattern on the sole. Left and right cleats are identical.

1. If necessary, remove the patch covering the cleat attachment slots on the shoe sole (*see Figure 1*).
2. Lightly grease cleat bolt threads before attaching cleats to shoes.
3. Install cleat with arrow on cleat pointed forward, and the ridged surface against the shoe sole (*see Figure 2*).
4. Center the cleat under the ball of the foot 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 (*see Figure 3*).
5. Tighten the cleat bolts securely with a 4 mm hex wrench.
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. Locate the two binding tension adjustment bolts on each pedal (see Figure 4).
2. To increase binding tension, turn the bolt in a clockwise direction. Increased tension will produce a more secure shoe/pedal connection, but will make engagement and release more difficult.
3. To decrease binding tension, turn the bolt in a counterclockwise direction. Decreased tension will produce a less secure shoe/pedal connection, but will facilitate engagement and release.
4. Be careful not to over-tighten or over-loosen the adjustment bolt. Over-tightening may strip the threads, while over-loosening may cause the bolt to fall out of the adjustment plate.
5. **IMPORTANT:** To ensure uniform entry and release, binding tension settings should be equal for both sides of each pedal and for both pedals. Therefore, if you make an adjustment to the tension setting for one pedal, you should make the same adjustment to the other. Be sure to adjust both sides of both pedals to an equal tension.

WARNING

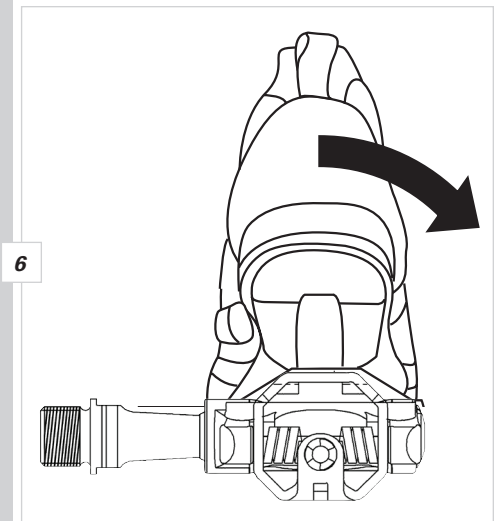
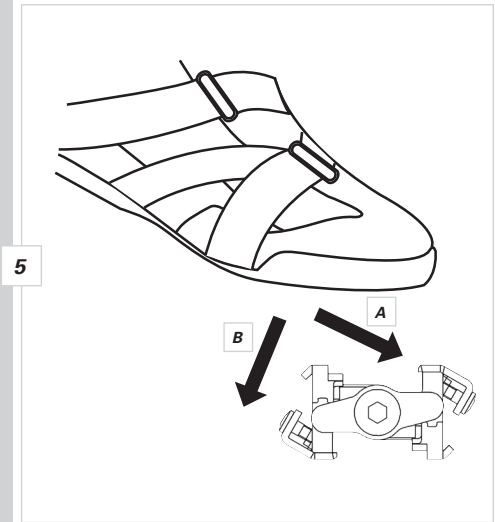
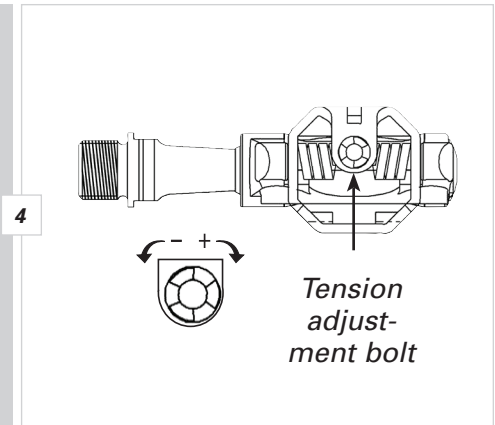
Minimum binding tension settings are recommended for novice riders and for riders in situations requiring frequent cleat release, such as on difficult terrain or in heavy traffic.

Pedal Use

1. 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 into front pedal binding. Then step down firmly to engage the cleat in the rear pedal binding (see Figure 5).
2. As the cleat engages, you should hear a "CLICK," and you 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.
3. 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.



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