

## Binding Tension Adjustment

1. Locate the binding tension adjustment bolt on either end of each pedal (see Figure D).
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 spring 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:** Binding tension settings should be equal on both sides of each pedal, and on both pedals to ensure uniform entry and release. Therefore, if you make an adjustment to one tension adjustment bolt, you should make the same adjustment to all four bolts.

### **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 under the lip of the front pedal binding. Then step down firmly with your heel to engage the rear of the cleat in the rear pedal binding (see Figure E).
2. When the cleat is properly engaged, 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 sides of the pedal, and test again.
3. Release by twisting the heel away from the bicycle until the cleat releases from the pedal (see Figure F). The cleat will also release by twisting the heel toward the bike if necessary in an emergency situation. If release is difficult, reduce the spring binding tension on both sides of the pedal, 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 tension springs.
4. Check cleats for wear before every ride. Cleats that are badly worn may impair release from the pedals, and should be replaced.

