



## Cycling Shoe Owner's Manual

**READ THIS MANUAL BEFORE RIDING WITH YOUR NEW SHOES!** It contains important safety information. Keep it for future reference. If you have any questions please speak with your retailer.

For cycling shoe manual for your language, please visit [FLR-SHOES.COM](http://FLR-SHOES.COM)

English

## Thank You For Your Purchase

Some cycling shoes are designed for use with or without clipless pedals or toe clips and straps. Some cycling shoes are designed for use only with clipless pedals. Speak with your retailer about the correct use of the shoes you have selected.

## Installing Clipless Pedals Systems To Shoes

You must follow the instructions that come with the clipless pedal system you have chosen. You must only use the mounting hardware and cleats that come with your clipless pedals. It is a system and must be used together.



### WARNING

#### **FOLLOW THE CLIPLISS PEDAL MANUFACTURER'S INSTALLATION INSTRUCTIONS.**

Failure to follow the clipless pedal manufacturer's instructions or to use the correct pedal hardware and cleats may result in poor cleat to pedal interface, or difficult or premature pedal release.

**YOU CAN BE SEVERELY INJURED, PARALYZED OR KILLED IN AN ACCIDENT  
IF YOU IGNORE THIS WARNING.**

## Shoe Use With Clipless Pedals



### WARNING

#### **GETTING INTO OR OUT OF CLIPLISS PEDALS REQUIRES SKILL THAT ONLY COMES WITH PRACTICE.**

- Until it becomes a reflex action, the technique requires concentration which can distract your attention and cause you to lose control and fall.
- Start with instruction from your retailer. Then sit still on your bike and practicing getting into and out of your pedals one foot at a time. Then practice riding with your clipless pedal system where there are no obstacles, hazards or traffic. Practice getting in, getting out, repeatedly until your technique and confidence in getting in and out of the pedals is very good.
- There are many clipless pedal systems. You must read and follow the clipless pedal manufacturer's instructions for getting into or out of your own clipless pedal system.

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- Ensure that you have the correct shoe size.
- Only for usage in cycling. Do not use for standard wear, walking and other activities.
- On wet, slippery surface take care by necessary walking.

## Shoe Use With Toe Clips and Straps



### WARNING

**GETTING INTO OR OUT OF PEDALS WITH TOE CLIPS AND STRAPS REQUIRES SKILL THAT ONLY COMES WITH PRACTICE.**

- Until it becomes a reflex action, the technique requires concentration which can distract your attention and cause you to lose control and fall.
- Start with instruction from your retailer. Then sit still on your bike and practicing getting into and out of your pedals one foot at a time. Then practice riding with toe clips and straps where there are no obstacles, hazards or traffic.
- Practice getting in, getting out, repeatedly, until your technique and confidence in getting in and out of the pedals is very good. Keep straps loose, and don't tighten until your technique and confidence in getting in and out of the pedals is very good. Never ride in traffic with straps tight.

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## Lace Keepers

Some cycling shoes have features that secure shoe laces. After tying your laces be sure to secure the laces with any lace keeper. You must secure the laces to minimize the chance of loose laces becoming caught on some part of your bike or the environment.

## Shoe Care and Cleaning Instructions

Follow these instructions to maximize the life of you shoes:

- Use a stiff brush and hose to clean the sole – pay particular attention to the cleat area. Mud and vegetation must be removed from the cleat area so that the clipless pedals work correctly.
- DO NOT MACHINE WASH – Machine washing may cause serious damage.
- CLEAN BY HAND – Use warm water, gentle soap and a soft cloth or brush.
- Dry shoes – With a clean cloth. Remove the sock liner. Stuff the shoes with newspaper to help hold the shape.
- NO HIGH HEAT – Never place in dryer, on radiator, heater or other very hot area.

## Limited Warranty

Shoes are warranted against defects in manufacturing or workmanship for one year from date of retail purchase. This warranty does not cover damage from normal wear and tear, improper cleat installation, improper maintenance, crash abrasion, tears or damage, or use judged to be abusive.



About this Manual  
This is the manual for your shoes.  
Check for updates at [FLR-SHOES.COM](http://FLR-SHOES.COM)

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