

⚠ WARNING

– To avoid serious injuries:

- Understand how the locking mechanism works before you ride.
- Before riding, place one foot on the ground and practice engaging and disengaging from the pedal a number of times until you get used to it.
- Practice riding on smooth ground first.
- Before riding, adjust the retention force of the pedal to your liking.
(Refer to the adjustment instructions for the pedal set.)
- Make sure that mud, dirt, and foreign objects don't build up in the pedal-cleat interface area.
- If you do not maintain both your shoes and cleats in good condition, release and engagement to the pedals could become unpredictable or difficult, which could result in severe injury.
- SPD shoes may not provide adequate traction for walking on wet and/or smooth surfaces. Use extreme caution when walking on such surfaces in order to avoid a serious injury.
- Select the right-sized shoes for your feet, and be sure to fasten the loop & hook fasteners when using.
- Refer to the instructions supplied with your SPD pedals.
- **Obtain and read the service instructions carefully prior to installing the parts.** Loose, worn, or damaged parts may cause serious injury to the rider. We strongly recommend only using genuine Shimano replacement parts.
- Heat molding of the upper and inner sole must only be carried out by a properly-authorized Shimano footwear dealer. If the heat molding is carried out incorrectly, burns or fire may result.
- If you have any questions regarding methods of installation, adjustment, maintenance or operation, please contact a professional bicycle dealer.
- Read these Technical Service Instructions carefully, and keep them in a safe place for later reference.

BE SURE TO READ AND FOLLOW THE ABOVE WARNINGS CAREFULLY. IF THE WARNINGS ARE NOT FOLLOWED, YOUR SHOES MAY NOT COME OUT OF THE PEDALS WHEN YOU INTEND OR THEY MAY COME OUT UNEXPECTEDLY OR ACCIDENTALLY, AND SEVERE INJURY MAY RESULT.

NOTE:

- Do not use the shoes for walking without the cleats attached.
- Do not step on sharp pointed objects or subject the shoes to shock, as the soles are made of special material.
- Do not use washing machines or dryers to clean the shoes.
- Allow your shoes to air-dry in a shaded area. Do not expose your shoes to strong direct sunlight.
Do not apply heat with a dryer or similar appliance.
- Do not leave the SPD shoes exposed to temperatures of 50°C or higher, otherwise the shoes may become warped by heat.
- Parts are not guaranteed against natural wear or deterioration resulting from normal use.

These service instructions are printed on recycled paper.
Please note: Specifications are subject to change for improvement without notice. (English)

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SH-R300 SH-WR80 SH-R220 SH-R160

SPD-SL Racing shoes

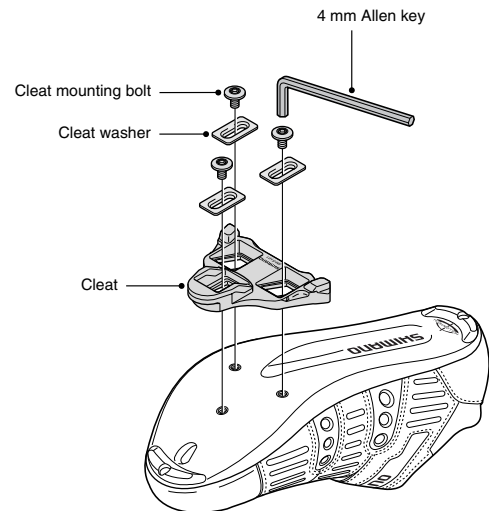
The above models of shoes are heat-molded customized shoes. They can be used as they are without heat molding, but any heat molding of the upper and inner sole must only be carried out by a properly-authorized Shimano footwear dealer.

Technical Service Instructions

Attaching the cleats

Attach and adjust the cleats while referring to the Service Instructions for the SPD-SL pedals.

**Cleat mounting bolt tightening torque:
5 – 6 N·m {43 – 52 in. lbs.}**

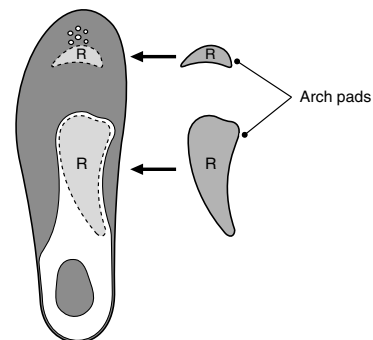


Note:

When installing the cleats, use the cleat mounting bolts and the cleat washers that are provided with pedals manufactured by Shimano. If you use any other cleat mounting bolts, it may damage the cleats and cause problems with correct installation.

Installation of the arch pad

If you feel that the shoes are not providing enough support for your feet, you can attach the accessory arch pads to the underside of the inner sole as shown in the illustration. Make sure that you attach the arch pads correctly for left and right shoes.



Cleat replacement

Cleats wear out over time and should be replaced periodically. Cleats should be replaced when it becomes difficult to release, or it starts to release with much less effort than when it was in new condition.