# PEDAL ISSI TRAIL INSTRUCTIONS

# THANK YOU FOR PURCHASING ISSI PEDALS!

At iSSi<sup>m</sup>, we know the best way to improve a bike is to make it truly your own. That's why we fashion performance pedals to help personalize the connection between you and your bike. iSSi: it's your bike; make it yours.

WARNING: CYCLING CAN BE DANGEROUS. BICYCLE PRODUCTS SHOULD BE INSTALLED AND SERVICED BY A PROFESSIONAL MECHANIC. NEVER MODIFY YOUR BICYCLE OR ACCESSORIES. READ AND FOLLOW ALL PRODUCT INSTRUCTIONS AND WARNINGS INCLUDING INFORMATION ON THE MANUFACTURER'S WEBSITE. INSPECT YOUR BICYCLE BEFORE EVERY RIDE. ALWAYS WEAR A HELMET.

▲ WARNING: A loose, cracked, worn out, or crashed pedal can come off of your bicycle crank leading to a loss of control that could cause serious injury. Pedals that are damaged or worn out should not be used. Remove immediately and inspect for damage. If you are unsure if your pedal is unsafe to ride, consult your local bicycle dealer.

▲ WARNING: Never ride in open-toed or open-heeled shoes as they don't fully support and secure your foot. Doing so could lead to a loss of control and serious injury and/or death.

For additional product and safety information go to: www.rideissi.com/safety.

#### **COMPATIBILITY**

iSSi pedals are for cranksets with 9/16" pedal threads. iSSi pedals are designed for use with iSSi cleats, Wellgo 98A cleats, and Shimano SPD® cleats.

iSSi cleats are compatible with all standard two-bolt SPD-style shoes.

### **INTENDED USE**

iSSi pedals are intended for on- and off-road trail use, including ASTM use condition 3. This is a set of conditions for operation of a bicycle that includes Condition 1 (paved roads) and Condition 2 (unpaved and gravel roads) as well as rough trails, rough unpaved roads, and rough terrain and unimproved trails that require technical skills. Jumps and drops are intended to be less than 61cm (24").



iSSi pedals are NOT intended for hardcore freeriding, extreme downhill, dirt jumping, slopestyle, or other aggressive and/or extreme riding types.

#### **TOOLS AND SUPPLIES**

3mm and 6mm Allen wrenches Grease

NOTE: Never use a cone wrench to remove or install a pedal.

**NOTE:** Pedal threads are different from left side and right side. The right-side pedal has a right-hand thread (removes counterclockwise, installs clockwise). The left-side pedal has a left-hand thread (removes clockwise, installs counterclockwise). Additionally, the thread will appear to slope up toward its tightening direction. Left-hand threads slope up to the left, while right-hand threads slope up to the right.

#### **INSTALLING PEDALS**

 Begin by identifying the right and left pedals. Look for "L" and "R" marking on the pedal body. It is only stamped on one side of the pedal.

▲ CAUTION: Do not attempt to install a right-side pedal into the left-side crank or vise versa. Doing so could permanently damage your crank AND pedal. Left-threaded pedals (threads sloping upward to the left) go to left crank. Right-threaded pedals (threads sloping upward to the right) go to right crank. See image at top if in doubt.

- 2. Heavily grease threads of both pedals.
- 3. Thread the right-side pedal into right crank by hand, CLOCKWISE.
- To tighten fully, use the 6mm Allen wrench from the back of the pedal spindle. Torque to 18Nm.

Repeat these steps for the left-side pedal, making sure to tighten by turning COUNTER-CLOCKWISE.

**NOTE:** Periodically check both pedals for tightness and retighten according to these instructions if necessary.

▲ WARNING: Immediately discontinue using the pedals if excessive play develops, the pedal body or spindle shows signs of cracking, or the pedal body seems too tight or too loose on the spindle. Take your bicycle or pedals to a professional bicycle mechanic for evaluation, service, or replacement. (See Ongoing Maintenance.)

# LIMITED WARRANTY

This iSSi product is warranted against defects in materials and workmanship for three years from the date of retail purchase of the product, subject to the limitations detailed below. Save your dated receipt for proof of purchase.

This warranty does NOT cover the following:

- Damage due to improper assembly or follow-up maintenance or lack of skill, competence or experience of the user or assembler
- Products that have been modified, neglected, used in competition or for commercial purposes, misused or abused, involved in accidents or anything other than normal use
- Damage or deterioration to the paint, surface finish, aesthetics or appearance of the product
- Normal wear and tear
- Labor required to remove and/or refit and re-adjust the product within the bicycle assembly
- Installation of components, parts, or accessories not originally intended use with or compatible with iSSi products

This limited warranty is expressly limited to the repair or replacement of a defective product, at the option of iSSi, and is the sole remedy of the warranty. This limited warranty applies only to the original purchaser of the iSSi product and is not transferrable. This warranty applies only to products purchased through an authorized dealer or distributor. In no event shall iSSi be liable for any loss, inconvenience or damage, whether direct, incidental, consequential, or otherwise resulting from breach of any express or implied warranty or condition, of merchantability, fitness for a particular purpose, or otherwise with respect to our products except as set forth herein. This limited warranty gives the consumer specific legal rights, and those rights and other rights may vary from place to place. This limited warranty does not affect your statutory rights.

TO THE EXTENT NOT PROHIBITED BY LAW, THESE WARRANTIES ARE EXCLUSIVE AND THERE ARE NO OTHER EXPRESS OR IMPLIED WARRANTIES OR CONDITIONS INCLUDING WARRANTIES OR CONDITIONS OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE.

### **WARRANTY PROCESS**

We will happily back up our products if there is a problem that is our fault. If you and your shop think your iSSi product is worthy of a warranty inspection, please return the product to the original place of purchase, accompanied by a sales receipt.



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# **INSTALLATION OF THE 2-BOLT CLEAT**

- 1. If there is a cover over the cleat area of the sole, remove the cover from the shoe using a pair of pliers (fig. 1).
- 2. If necessary, remove the insole of the shoe and install the cleat washer from the inside of the shoe (fig. 2).
- 3. Line up the threaded bolt holes of the cleat washer over the double channels inside the sole of the shoe (fig. 3).
- Place a cleat on the outside of the shoe with the cleat's rough side down for grip. Apply grease to the outside of the cleat in the channel where the bolt washer sits.
- Insert the bolt washer so that the countersunk holes are facing up. Apply grease to the outside of the bolt washer.

▲ WARNING: Fully tighten the cleat bolts before engaging the cleat into the pedal! If the cleats are not fully tightened, the shoe will be incredibly difficult to remove and may cause damage to the shoe or cause a crash leading to serious injury or even death. Always fully tighten the cleat bolts during the initial adjustments. Do not attempt to make adjustments with a loose cleat.



#### Engaging

Press the cleat into the pedal. The cleat of the shoe sits under the ball of the foot and over the spindle of the pedal. Use this frame of reference to help guide the cleat into the pedal until it becomes intuitive (fig. 4).

#### Disengaging

Disengage your foot by twisting your heel to the outside, away from the bike. Plan ahead during initial rides and give yourself time to disengage your foot before coming to a complete stop (fig. 5).

#### ADJUSTING RETENTION FORCE

The tension of the spring is adjusted for each pedal (top and bottom) with the adjustment bolt in the rear. Turn the 3mm bolt in a clockwise direction to increase retention force, and in a counterclockwise direction to decrease retention force (fig. 6).

**NOTE:** On the mountain-style pedals please note there are two adjustment bolts on each pedal.

▲ WARNING: Clipless pedals provide a secure attachment to your bicycle that can result in increased efficiency when riding. LEARNING HOW TO USE CLIPLESS PEDALS CORRECTLY TAKES PRACTICE! WE STRONGLY SUGGEST practicing how to enter and disengage from your pedals with a friend holding you and your bicycle upright or positioned in a doorway where you can lean up against a side and repeatedly practice getting in and out of the pedal. Your first rides should be in low-traffic areas or on soft grass until you feel comfortable getting in and out of clipless pedals to avoid potential falls in hazardous traffic situations or injury.

# **ONGOING MAINTENANCE**

To function properly, pedals and cleats must be kept clean. Occasional lubrication of cleat bolts will help prevent rust and seizure. Pedals should be serviced if: rotating pedal emits noise, rotation by hand feels rough, and/or there is play in the bearings.

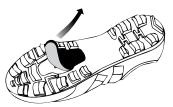




Figure 1

Figure 2

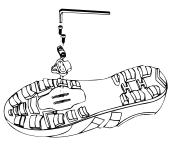
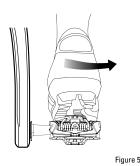




Figure 3

Figure



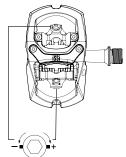


Figure 6