

STEPS FOR ATTACHING FROG CLEATS TO SHOES

G3 FROG CLEATS fit shoes with a two-slot SPD-type mounting pattern, including road shoes.

Step One: Be sure the cantilever latch is in position beneath the cleat. Be sure the word "FRONT", printed on the cleat body, is pointed toward the toe-end of the shoe. There is no difference between Left and Right G3 FROG CLEATS.

Step Two: Grease the threads and heads of the 5X9mm mounting screws before installation to prevent them from seizing over time from rust.

CAUTION Use only Speedplay brand screws as other brands of mounting screws are not compatible with G3 Frog Cleats.

Step Three: Position the cleat under the ball of the foot. Thread the mounting screws into place until they just hold the cleat against the shoe sole in order to make the inward rotation adjustment described in Step Four.

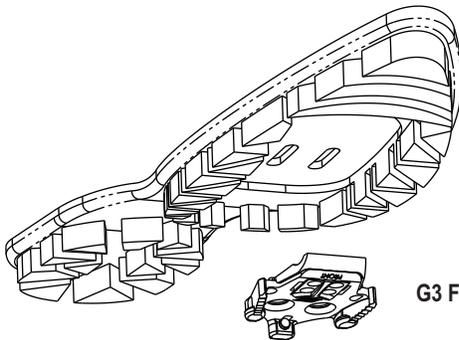
Step Four: Adjusting inward cleat rotation will allow the cleat to offer some inward float and will prevent the heel of the shoe from rubbing against the crankarm when pedaling. To adjust inward cleat rotation, position the front of the cleat so that it angles slightly toward the outside of the shoe. With the right pedal securely attached to the crankarm, engage the right shoe, with cleat attached, to the right pedal. Next, rotate the heel of the shoe toward the crankarm until the rear of the cleat contacts the inward rotation stop on the pedal body. Continue to rotate the shoe inward until the heel of the shoe just clears the crankarm without touching. This action will rotate the cleat on the shoe sole to the desired position. Repeat these steps to adjust the inward rotation of the left cleat on the left shoe.

Step Five: Once each cleat is positioned correctly, tighten the two mounting screws on each shoe securely (4.0 Nm / 35 inch pounds torque) with a 4mm hex wrench.

Frog Cantilever Latch Shim (Use if needed)

Once the G3 cleat is securely mounted to the shoe with Speedplay's mounting screws tightened to 4 Nm / 35 inch pounds, the flat area of the cantilever latch must be flush with the G3 cleat's flat surface to ensure proper engagement. The raised curved portion at the rear of the cantilever latch should protrude slightly above the cleat's flat surface by approximately 1mm (about the thickness of a dime). Over time or with certain shoe models, the engagement edge of the cantilever latch may not protrude high enough to sufficiently engage the crown of the pedal. Insufficient latch engagement may result in inadvertent pedal disengagement while riding, which could result in loss of control or a fall.

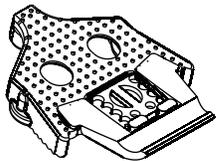
Proper latch function can be ensured by installing the optional Cantilever Latch Shim (supplied with each set of cleats) on the underside of the cleat as shown. Installation of this Shim is required if the cantilever latch does not sufficiently protrude and engage the pedal. Once the Shim has been attached to the cleat as shown, install cleat assembly onto the shoe with mounting screws. Visually inspect each cleat to ensure that the raised curved portion of the cantilever latch is protruding adequately above the cleat's flat surface. Before riding, first test the cleat's security on the pedal by engaging and disengaging each pedal with the respective shoe. Once properly installed, the Shim will ensure that engagement of the pedal and cleat function properly.



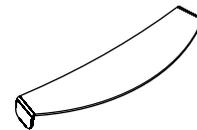
G3 Frog Cleat with Cantilever Latch (2)



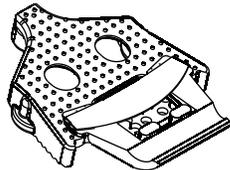
5x9mm Mounting Screws (4)



G3 Frog Cleat with Cantilever Latch



Cantilever Latch Shim



Cantilever Latch Shim installed



Correct Height of Cantilever Latch

WARNING Maximum mounting screw torque is 4.0 Nm / 35 inch pounds. Do not over tighten Frog mounting screws. See WARNINGS under GENERAL SAFETY INFORMATION.

CAUTION Only Speedplay's 5 x 9 mm mounting screws will fit into G3 Frog cleats.