

General Safety Information

⚠ WARNING

- To avoid serious injuries:

If the below warnings are not followed, your shoes may not be released from the binding or may be unexpectedly or accidentally released, resulting in capsizing and/or injury.

- These shoes are intended exclusively for rowing. Use these shoes in combination with the SRD binding system. Do not use these shoes in combination with conventional stretchers and SRD (F-series) binding systems. Do not use them for any other purpose.
- Sufficiently understand how to engage and release shoes into/from the SRD foot stretchers before using them.
- Use only Shimano genuine cleats (SM-KS60) and attach them securely to the shoes. Periodically retighten the parts.
- Adjust the step-in position adjustment bolts firmly according to the procedures. (For the adjustment method, refer to the Technical Service Instructions of the SRD foot stretcher.)
- Adjust the release force of the binding to the appropriate level before launching. (For the adjustment method, refer to the Technical Service Instructions of the SRD foot stretcher.)
- In the beginning, practice engaging the cleats in the binding and releasing them from it repeatedly to get your feet used to it.
- Remove mud stuck on the cleats and binding to maintain original engaging and releasing performance.
- Be sure to check the cleats for wear periodically. If the cleats are worn, replace them. Adjust the release force of the binding before launching. Continuing to use the boat without replacing the cleats may prevent the shoes from being released from the binding or cause the shoes to be released unexpectedly, resulting in capsizing or injury.
- Be sure to confirm that you can engage and release the cleats into/from the binding before launching.
- These shoes are not suitable for walking. Exercise due caution in a wet or smooth place as such places are slippery. There is the danger of serious injury from falling down.
- Refer to the Technical Service Instructions of the SRD foot stretcher as well.
- Be sure to read the Technical Service Instructions and follow them prior to installing the parts. It is recommended that only Shimano genuine replacement parts be used.
- When attaching a cleat, use the included cleat mounting bolts and cleat adapter. If other cleat mounting bolts are used, the cleat mounting section may be damaged.
- Loose or damaged parts may cause the boat to capsize suddenly or the rider to be injured.
- Do not use the shoes with the cleat or cleat mount removed.
- Read these Technical Service Instructions carefully, and keep them in a safe place for later reference.

NOTE:

- The soles use special materials. Do not push a projection against them or apply a strong shock on them.
- Deterioration of the adhesive over time may cause the shoe sole to come off. Make sure that the shoe sole has no peeling at its periphery before use; if you find any peeling, do not use the shoe.
- Do not use a washing machine or drying machine to maintain the shoes.
- Do not dry the shoes by blowing hot air from a dryer on them. Air dry them in the shade.
- Do not leave the shoes in places where the temperature may increase to 50°C or more. Such temperatures may cause the shoes to be deformed.
- Do not leave the shoes wet after use. Wipe off any dirt and moisture on the product with a dry cloth.
- Parts are not guaranteed against natural wear or deterioration resulting from normal use.
- Check that there is no looseness in any tightened sections of the cleats before embarking.

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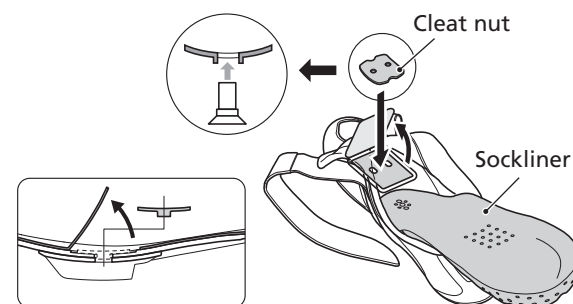
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SRD Shoes

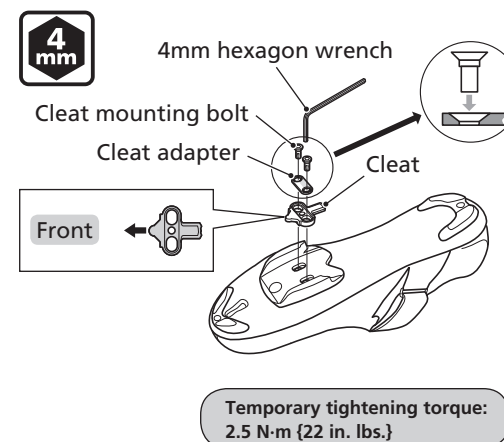
Technical Service Instructions

Attaching cleats

1. Remove the sockliner, open the flap in the midsole, and position a cleat nut over the oval holes.

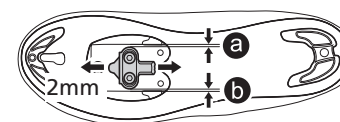


2. From the bottom of the shoe, position a cleat and then a cleat adapter over the cleat holes and tighten the cleat mounting bolts to temporarily secure the cleat to the shoe. The cleats are compatible with both right and left shoes.



3. Adjusting the cleat position

- (1) It is possible to adjust the cleat position within the range of 2mm in the forward and backward directions. After temporarily tightening the cleat, determine your best cleat position.
- (2) Adjust the cleat position properly so that the right and left clearances between the cleat and rubber are uniform (a = b).
- (3) After determining the cleat position, attach the cleats securely to the shoes by tightening the cleat mounting bolts with the 4mm hexagon wrench.



Tightening torque:
5 - 6 N·m {44 - 52 in. lbs.}

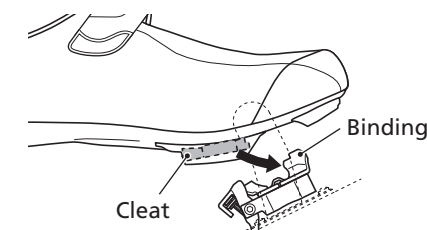
Cleat replacement

Cleats wear out over time and should be replaced periodically. Cleats should be replaced with new ones early if it becomes difficult for shoes to be released, or shoes start to be released with much less effort than at an earlier stage.

Engaging and releasing shoes into/from the SRD foot stretchers

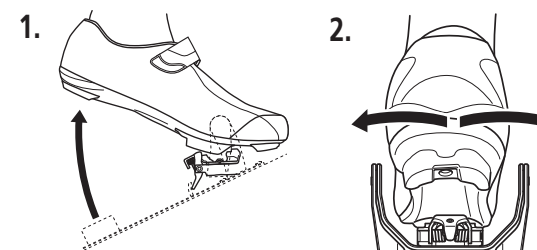
Engaging method

Press the cleat into the binding of the SRD foot stretcher from a diagonally-backward direction.



Releasing method

1. Pulling up the heel upward will cause the cleat to be released from the binding.
2. The cleats can be released from their binding by turning your heel strongly either left or right.



The releasing method differs depending on the model of the stretcher. It is necessary to practice the method of releasing the cleats repeatedly to get your feet used to it.

SHIMANO

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* Service Instructions in further languages are available at :
<http://www.shimano.com>

Please note: Specifications are subject to change for improvement without notice. (English)