

Installing, Adjusting and Servicing WTB MP310™ CLIPLESS PEDALS and CLEATS



Congratulations on your purchase of WTB MP310 clipless pedals. WTB MP310 clipless pedals are ultra lightweight, simple to adjust and easy to service. Correct installation, adjustment and maintenance of these pedals will provide you with many miles of exceptional and trouble-free operation.

TOOLS NEEDED:

For cleat installation: 4mm Allen key, pliers. For pedal installation: 15mm open end wrench or adjustable wrench. For pedal release tension adjustment: 3mm Allen key. For maintenance: 9mm socket wrench, flat screwdriver or coin, torque wrench (recommended).

BEFORE YOU START:

1. Review these instructions and illustrations before you install the pedals or cleats.
2. WTB MP310 pedals and cleats are compatible with most Shimano SPD® compatible soles. Some shoes may require slight trimming of the rubber sole surrounding the cleat area for proper clearance. To prepare the shoes for cleat mounting, first use the pliers to pull off the rubber cover to expose the cleat mounting holes in the sole of the shoe. Then remove the shoe's sock liner or insole.

WARNING: Do not use these pedals and cleats in any way other than as described in these instructions. FAILURE TO FOLLOW THESE INSTRUCTIONS MAY RESULT IN SERIOUS INJURY OR DEATH.

1. Do not use these pedals with cleats other than those supplied with the pedals.
2. Keep cleats clear of dirt and debris to ensure proper engagement and release.
3. The WTB cleats supplied are designed to engage and disengage when both the cleats and pedals are facing forward. See the Cleat Installation section of these instructions.
4. Before attempting to ride with these pedals and cleats, be sure that you understand the operation of the engagement and release action of the pedals and cleats.
5. If you have never used clipless pedals before, we strongly recommend that you first practice clipping in and out while standing still (hold on to a door jamb, post or wall). Then, practice engaging and disengaging your foot from the pedal while riding in a place where there are no obstacles, hazards or traffic. You must familiarize yourself with the clip-in/clip-out action before taking a ride in challenging conditions. Until engaging and disengaging the foot becomes a reflex action, the technique requires concentration which can distract your attention, and can cause you to lose control and fall.

INSTALLATION

1. ATTACH THE CLEATS TO THE SHOE

The cleats are interchangeable left and right.

- a. From inside the shoe, position a slotted cleat washer and a two-hole cleat nut over the oval holes.
- b. From the bottom of the shoe, position a cleat, with its embossed arrow pointing toward the toe of the shoe, and then a two-hole countersunk washer, over the cleat holes.
- c. Insert and provisionally tighten the cleat mounting bolts with a 4mm Allen key. Do not fully tighten the cleat, so that you can re-position it later if necessary. The provisional tightening torque for cleat mounting bolts is 2.5Nm (22in.-lbs.).

2. MOUNT THE PEDALS TO THE CRANK ARMS

Apply a small dab of grease to the pedal threads. The left pedal has an 'L' stamped on the wrench flat, the right pedal has an 'R'. Screw the pedals into the crank arms, clockwise for the right pedal, counterclockwise for the left pedal, and tighten with the 15mm open end wrench or adjustable wrench, to a torque of 35Nm (304in.-lbs.). Do not overtighten.

ADJUSTMENT

1. ADJUST THE CLEATS

The cleat has an adjustment range of approximately 20mm front to back and 5mm right to left. After you have provisionally tightened the cleat and mounted the pedals, put on the shoes and engage and release one foot at a time in the pedal. To engage the pedal, hook the toe of the cleat under the front cleat retainer plate and step down to snap into the rear cleat retainer plate. To release, simply twist your foot, heel first, outward, away from the bike. Readjust the cleat position until it positions the ball of your foot over the center of the pedal and the angle of your foot, ankle and knee are comfortable. After you have determined the best cleat position, firmly tighten the cleat mounting bolts with a 4mm Allen key to a torque of 5-6Nm (43-52in.-lbs.). If you have questions about proper cleat position, visit a professional bicycle dealer for assistance.

2. ADJUST THE RELEASE TORQUE

WTB MP310 Clipless Pedals are shipped with a moderate amount of cleat retainer plate tension. Before riding the pedals, you may want to experiment with the release torque settings and adjust them to your preference. Release torque is adjusted with a 3mm Allen key by tightening or loosening the release torque screws at the fore and aft edges of the pedal body (see pedal illustration). WTB MP310 Clipless Pedals come set up with a medium release torque. To increase release torque, turn the release torque screw clockwise. Maximum release torque is achieved at approximately 0-5 turns or when the screw bottoms out. To decrease release torque, turn the release torque screw counter-clockwise. Note that the two sides of the pedals are independently adjustable.

MAINTENANCE

1. REGULAR MAINTENANCE

Before each ride, clean and lube the contact edges of your cleats and the cleat retainer plates with a light oil or chain lube to ensure optimum engagement and release of the cleats.

2. BEARING MAINTENANCE

For easier maintenance, keep the axles on the cranks. Remove the pedal end cap with a flat screwdriver, coin or similar object. Then, remove the locknut (turn counter clockwise) with a 9mm socket and pull the pedal body from the axle. Inspect the seals and replace them if they are damaged. Inspect the surfaces of the axle and the bearings. Clean the bearing surface of the axle and the needle bearing with a mild degreaser, wipe dry and apply new grease to the needle bearings and the axle surface. If the axle or needle bearing is worn or damaged, replace as necessary. If the cartridge ball bearing (on the end of the axle) is worn or damaged, replace it as necessary. Replace the pedal body on the axle. Wipe off excess grease. Install the locknut and tighten clockwise with a torque wrench to 60in.-lbs, +/- 5in.-lbs. Do not overtighten or undertighten the locknut. Re-install the end cap.

With regular maintenance, you should get many miles of outstanding performance from your WTB MP310 Clipless pedals. Should you need additional assistance or have any questions, please visit our website at wtb.com. Please feel free to drop us a line and keep us posted on how the pedals are working for you.

