



## EXUSTAR CYCLING SHOES

### Introduction and General Information

Thank you for buying Exustar cycling shoes. With proper use and care, they will serve you well whether you are a competitive or a casual cyclist. Keep this document for future reference. There may be additional relevant information on Exustar's website: [www.exustar.com](http://www.exustar.com)

### Warning

1. Carefully read these instructions before installing cleats or using your shoes - improper use may lead to injury. 2. These instructions concern the use of Exustar shoes with Exustar pedals and cleats. If using these shoes with another brand of clipless pedals, you also need to consult that company's instructions. 3. Some Exustar shoes are designed for use with clipless pedals, but cleats are NOT supplied with shoes. Cleats are supplied with pedals, or can be purchased separately. 4. Exustar shoes are designed for cycling only. They are not meant for other sports or activities, including walking. 5. Consult a bicycle dealer if you have any questions, or doubts about your ability to perform the following procedures.

### Shoe/Cleat Compatibility

If your shoes are cleat-attachable, refer to their model number and the chart below to establish cleat compatibility. The important parts of the model number are the 2nd and 3rd letters. For example, if your shoe is E-ST213, it is a E-ST Shoe Series shoe. ST shoes are Road or Triathlon Category of Shoe, and Compatible Cleat Types are Look:ARC or SPD.

Shoe Series	Category of Shoe	Compatible Cleat Type
E-SR000	Road Track	SPD Look:ARC EPS-R
E-SK000	Road Trekking	Look:ARC EPS-T E-C100 E-C101
E-ST000	Road Triathlon	Look:ARC SPD EPS-R
E-SM000	MTB	SPD
E-SS000	Sandals	SPD
E-SP000	Spinning Casual cycle	SPD
E-SB000	BMX Downhill Freestyle	SPD

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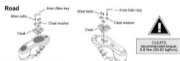
### Shoe Hole Configuration

Cleat-attachable shoes have different hole configurations. Check the sole of your shoes and refer to the chart below. Some rubber-soled MTB shoes and sandals have a cover over the cleat mounting hole. Use a sharp knife to cut around the outline of the cover, then pull the cover off with a pair of pliers. The cover on some BMX shoes may already be out, but the cover needs to be pried up with a knife, then you can pull it off with pliers.

Road	Road	Track	MTB
MTB	Sandals	Spinning	BMX

### Assembly of Cleats to Shoes

Cleats and hardware are supplied with Exustar clipless pedals. Note the model number of your cleats, and consult the Shoe/Cleat Compatibility chart for information about them. The front end of most cleats is pointed or narrower than the rear. This end faces the toe of the shoe. Left and right cleats are identical. Using a 4mm Allen key, attach cleats to the shoe soles with washers and Allen bolts.



### Track



### Adjustment of Cleats

The lateral center line of the cleat should be aligned under the center of the ball of the foot. Adjust vertically via slots in the shoe sole. Adjust horizontally via play between cleat washers and cleat. Tighten very firmly, but do not use excessive force. Cleat position can be fine-tuned, according to personal preference after trial use. It may take some time to find your optimum cleat position.



### Use of Cleated Shoes with Clipless Pedals

Position the cleat between the front and rear pedal linkage. Push the heel down to engage cleat. Alternatively by holding heel upwards (away from linkage). Exustar cleats will also release by holding heel upwards if necessary, for emergency situations only.

#### Look/ARC EPS-R systems



#### SPD system



### Care of Shoes

You can extend the life of your Exustar shoes by taking a little time to clean and care for them:

- Remove any small stones or objects that may have lodged in the shoe sole, particularly around cleat area, vents or airtex holes.
- Remove dry mud with a stiff plastic-bristled brush.
- Gritting can be removed with a damp cloth. Do not immerse shoes in water, or machine-wash.
- Insoles may be hand or machine-washed separately.
- Do not leave wet shoes enclosed in a bag for an extended time as this can create mold.
- Always air-dry your footwear after each use. Remove inner sole to air inside the shoe properly.
- Store your shoes away from sunlight in a well-ventilated place.
- If storing for a lengthy period of time, loosely pack shoes with balls of paper to help them maintain their shape.
- If insoles are badly worn, Exustar supplies replacement insoles. Numerous third party options are also available.
- Damaged or badly worn shoes should be replaced.

### Limited Warranty

Exustar warrants this product under normal usage against defects in workmanship and materials to the original purchaser for one year from purchase date provided the following conditions are met: 1. User assumes all risk of personal injury, damage to or failure of the product when it is used in start or ramp jumping, aerobatics or similar activities. 2. This warranty does not cover any incidental or consequential damages, such as personal injury or any other losses due to accident, negligent misuse, abuse, normal wear and tear, improper assembly or maintenance. 3. When returning a defective Exustar product for warranty purposes, the claimant must provide proof of purchase and a written description of damages. 4. There are no other warranties implied except this express limited warranty.

### Sizing Chart

Japanese	US Women	US Men	European
21.5	1	2	34
22.5	2	3	35
23.0	2.5	3.5	36
23.5	3	4	37
24.0	3.5	4.5	38
24.5	4	5	39
25.0	4.5	5.5	40
25.5	5	6	41
26.0	5.5	6.5	42
26.5	6	7	43
27.0	6.5	7.5	44
27.5	7	8	45
28.0	7.5	8.5	46
28.5	8	9	47
29.0	8.5	9.5	48
29.5	9	10	49
30.0	9.5	10.5	50
30.5	10	11	51
31.0	10.5	11.5	52
31.5	11	12	53
32.0	11.5	12.5	54
32.5	12	13	55
33.0	12.5	13.5	56
33.5	13	14	57
34.0	13.5	14.5	58
34.5	14	15	59
35.0	14.5	15.5	60
35.5	15	16	61
36.0	15.5	16.5	62
36.5	16	17	63
37.0	16.5	17.5	64
37.5	17	18	65
38.0	17.5	18.5	66
38.5	18	19	67
39.0	18.5	19.5	68
39.5	19	20	69
40.0	19.5	20.5	70
40.5	20	21	71
41.0	20.5	21.5	72
41.5	21	22	73
42.0	21.5	22.5	74
42.5	22	23	75
43.0	22.5	23.5	76
43.5	23	24	77
44.0	23.5	24.5	78
44.5	24	25	79
45.0	24.5	25.5	80
45.5	25	26	81
46.0	25.5	26.5	82
46.5	26	27	83
47.0	26.5	27.5	84
47.5	27	28	85
48.0	27.5	28.5	86
48.5	28	29	87
49.0	28.5	29.5	88
49.5	29	30	89
50.0	29.5	30.5	90
50.5	30	31	91
51.0	30.5	31.5	92
51.5	31	32	93
52.0	31.5	32.5	94
52.5	32	33	95
53.0	32.5	33.5	96
53.5	33	34	97
54.0	33.5	34.5	98
54.5	34	35	99
55.0	34.5	35.5	100