



## Bontrager Commuter Pedals

bontrager.com

PN 570222

### WARNING

Incorrect use or adjustment of the Bontrager clipless system may cause loss of control resulting in personal injury. If you are uncertain about the operation of this system, consult your retailer before riding.

### Compatibility

Bontrager pedals are designed for use with Wellgo 98A cleats or Shimano SPD® cleats. Cleats from other manufacturers may not be compatible with Bontrager pedals. Similarly, Bontrager cleats may be incompatible with other pedal systems. Riding with incompatible cleats and pedals could prevent disengagement from the pedals. If you are unsure about your pedals or cleats, consult your retailer before riding.

### To attach the cleats

Make sure your shoes are the correct type for this pedal system. Most compatible shoes have either exposed cleat mounting holes or a rubber pad on the shoe outsole covering these mounting holes. If your shoes do not have exposed cleat screw holes, refer to the instructions that came with the shoes or consult your retailer.

1. Wipe a thin layer of grease onto the threads of each screw.
2. Determine which end of the cleat is the front, and place over the cleat nuts on the shoe outsole. The two cleats are identical, so can be used on either shoe.

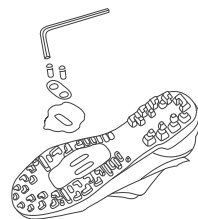


Figure 2. Screw installation

3. With the cleat adjustment plate installed with the tapered holes facing up to accept the cleat screws, loosely install the cleat mounting screws (Figure 2).

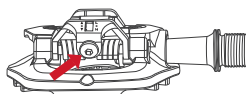


Figure 3. Adjustment screw

### Adjustment

Bontrager clipless pedals allow adjustment of the force required to enter and exit the pedals. Adjust both pedals on both sides to the lowest setting you can safely ride.

### Congratulations

...for choosing Bontrager pedals. At Bontrager we strive to make quality, innovative components, and thoughtful accessories—all made with a rider-first and no-compromise mentality. Whether you're looking for a replacement part, upgraded components or wheels, or entirely new add-ons that modify the look and feel of your bike, every Bontrager product is built to make your next ride better than your last.

### Bontrager clipless system

A clipless foot retention system allows you to firmly attach your shoe to the pedal. The pedals engage metal cleats attached to special cycling shoes. This system is intended to firmly hold your foot on the pedal, but requires that you purposely release it.

These pedals are not intended for extreme riding including aggressive downhill, slopestyle, dirt jumping, or other forms of aggressive riding.

### Installation

#### Tools required:

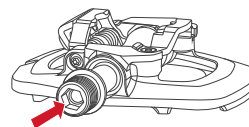


Figure 1. Hex fitting on pedal spindle

1. 8mm hex
2. 4mm hex
3. Torque wrench
4. Light bicycle grease

4. Visually align each cleat so that it is roughly aligned with the heel of the shoe and so that the ball of your foot will rest directly over the pedal spindle when pedaling. Temporarily tighten the cleat screws to 22 lb•in (2.4 Nm).

The cleats may be moved sideways, to the front or back, or to a different angle to suit your preference. With the shoes on your feet and holding onto something for support, practice entry and exit of the pedals to determine what cleat position feels best. The correct position of the cleats allows for comfortable, efficient pedaling. Any discomfort caused by using the pedals indicates that the cleat position is incorrect and should be readjusted immediately. Incorrect installation of the cleats

### To attach the pedals

1. Before inserting the pedal threads into the crank arm, clean the pedal and crank threads and wipe a thin layer of bicycle grease onto the pedal threads. Consult your retailer for the proper grease.
2. Start threads by hand, not with a wrench. Right and Left pedals are marked R and L on the pedal body. Turn the right-hand pedal spindle clockwise, but turn the left-hand pedal in a counter-clockwise direction.
3. With a 8mm hex wrench from the backside of the pedal spindle (Figure 1), tighten the pedals into the crank arms to 350-380 lb•in (40.2-42.9 Nm).

could cause physical injury.

5. If needed, loosen the screws and adjust the cleat position. Then temporarily retighten to re-check the cleat position.
6. When the cleat position is correct, completely tighten the cleat attachment screws to 44-51 lb•in (4.9-5.8 Nm).

On either pedal there is an adjustment screw on one end (Figure 3). As you near the end of the adjustment (with both the lowest and the highest settings) the resistance to turning the adjustment screws will greatly increase. Do not force the adjustment screws past this point, or the pedal may be damaged or come undone. If the pedal does not provide the release force desired, consult your retailer.

With some shoes, the tread on the sole may be too thick such that it interferes with entry and exit of the pedals. In this case, either remove material from the sole or select different shoes.

### To adjust the cleat engagement force

1. Turn each adjustment screw clockwise to increase the force required for release and entry, or counterclockwise to decrease this force.
2. Make sure the release force is the same on both pedals. There are indicators on the pedal to help you achieve this.

If your pedals become difficult to exit, your cleats may be worn. Depending on conditions and maintenance, the interval for cleat replacement varies greatly. Replace worn cleats with compatible cleats when it becomes difficult to enter or exit the pedals.

## Riding

Familiarize yourself with the use of these pedals. Practice entry and exit before your first ride. After first practicing in a stationary position, an empty, flat parking lot provides an excellent place to practice the following:

- Before attempting to engage your cleated shoe into the pedal, check both the cleats and the pedals for any contamination such as mud and stones, which may interfere with entry or exit of this system.

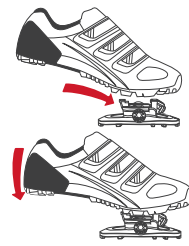


Figure 4. Push down and forward to engage

- To enter the pedals, engage the front of the cleat into the front of the pedal (Figure 4) and press down with the ball of your foot. You should hear an audible click telling you that the pedal has engaged the cleat.

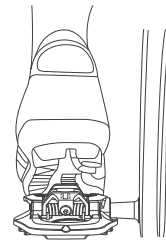


Figure 5. Test engagement by rolling

- Check the engagement by attempting to roll your shoe from the pedal (Figure 5). If your shoe rolls off the pedal, start over.

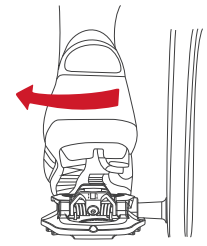


Figure 6. Twist laterally to disengage

- To disengage the shoe from the pedal, twist your heel laterally away from the centerline of the bike (Figure 6).

Always disengage at least one foot from the pedals before stopping. Before a slow-speed maneuver, you might want to disengage from a pedal even though you do not plan to stop.

Watch the road while in motion. Looking at your pedals may make it difficult to see upcoming obstacles.

## Maintenance

Before every ride, clean the pedals and cleats. Also check that you can properly enter and exit either side of each pedal.

Every month tighten the cleat attachment screws to 44-51 lb•in (4.9-5.8 Nm).

Every 3 months, inspect your pedals. Tighten the pedals into the crank arms as in the Installation section. Also check the bearings. Rotate and move the pedals right to left and up and down with your hand. If you feel any looseness or roughness in the pedal bearings, have your pedal adjusted or re-greased by your retailer, or replaced.

This pedal system is distributed by the following:

Trek USA  
801 W. Madison  
Waterloo, WI  
53594  
www.trebikes.com



## Unconditional Bontrager Guarantee

If for any reason you're not satisfied with your Bontrager purchase, return the item, along with proof of purchase, to a Trek retailer or [trekbikes.com](http://trekbikes.com) within 30 days for an exchange or store credit.

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This guarantee includes Bontrager aftermarket components, apparel, and accessories. Bontrager OE (original equipment) componentry sold as part of a bicycle is excluded. Used items must be cleaned for a return. If you send merchandise that is not cleaned or laundered, we will return it to you at your expense.

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## Limited Warranty

See [Bontrager.com](http://Bontrager.com) for detailed warranty information.