

CLIPLESS PEDALS

1. Choosing pedals

- Many manufacturers offer pedals with different features; research your purchase
- If you have bad knees or weak ankles, try pedals that offer free floating designs
- Pedals are available with cage on one side and binding on other for recreational use

2. Special Shoes

- Clipless pedals require a cleat that mounts to the bottom of your shoe
- Shoes with stiff soles and threaded inserts allow the cleat to be safely attached
- Shop around for comfort; you might be walking a lot in the shoes so buy accordingly

3. Set up

- Shops might help you set up your cleats if you buy your shoes and pedals from them
- From the front to back, your cleat should be parallel with the centerline of the shoe
- The widest part of the cleat should line up under the widest part of the shoe

4. Clicking in

- Practice clipping in and out of your pedals; stabilize yourself on a wall or wind trainer
- Ride the bike in a grass field, practice clipping in and out; you might fall once or twice
- Start with the springs on the lowest tension, gradually increasing it over time

5. Riding

- Clipless pedals have been the most significant upgrade in many people's lives
- Greater pedaling efficiency, increased control and more connected feeling
- Easier to get out of than clips and straps in an emergency

6. Shopping

- Practice taking your foot out well in advance of a stop
- After a few rides, you will click in and out without thinking about it
- Make sure you lean over to the side that you have your foot out on

-- *League of American Bicyclists*