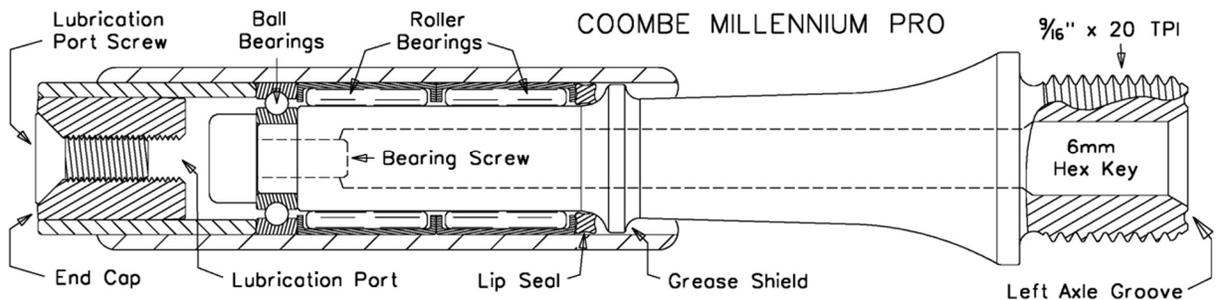




## Millennium Pro Pedal System - Installation and Maintenance



Before installing the pedals, clean the threads inside of the crankarm, then apply a light coating of grease to the crankarm and axle threads.

As shown above, the left axle has a shallow groove on the face of the threaded end. This axle is threaded in counter-clockwise.

The right axle does not have a groove on the end and is threaded in clockwise.

To install the pedals, insert a 6mm hex key fully to the bottom of the broached recess, then firmly tighten the pedals to approximately 22 ft-lbf or 30Nm.

When using the supplied 3mm axles spacers (not shown above) check and re-torque the pedals after the first ride.

The bearings should be greased about every 1,000 to 5,000 miles, depending upon whether being ridden in wet, dry or dirty conditions. With proper lubrication intervals the bearings are designed to last for the lifetime of the pedals.

To lubricate the bearings, use a 2.5mm hex key to remove the lubrication port screw shown above. Then use a conical tipped grease gun to inject grease until clean grease can be seen exiting past the lip seal.

Once lubricated, wipe the extruded grease off with a rag or paper towel, and lightly tighten (only finger tight) the lubrication port screw back into the end cap.



## Millennium Pro Cleat Installation and Maintenance

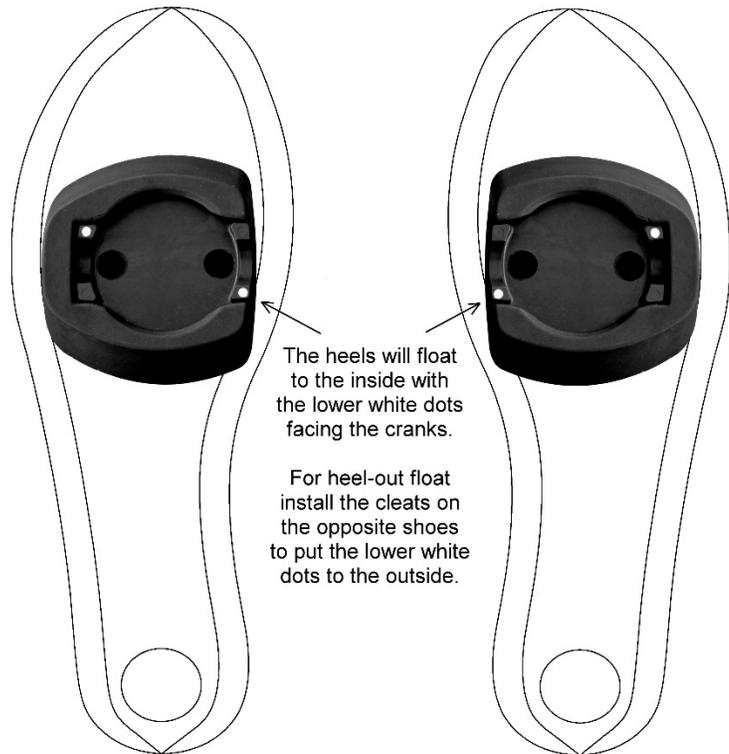
As seen in the image to the side, the lower white dots are to the inside, facing the cranks, so the heels will float from the center towards the cranks.

Installing the cleats on the opposite shoes will put the lower white dots to the outside, so the heels will float from the center away from the cranks.

Before installing the cleats apply a light coating of grease, or “small screw” thread locking compound to the threads of the cleat mounting screws.

Use a 3mm hex key to firmly tighten the cleat mounting screws to the shoe soles.

The tongues of the cleats should be lubricated with a light coating of dry lube on the first couple of rides, then as needed. Be sure to wipe any excess lube from the walking surface of the cleat pads before walking on the cleats.



## Millennium Pro Pedal Engagement and Disengagement

To engage the pedals, press straight down on the pedals until the cleats snap into engagement with the rims on the pedal bodies. Note: wiggling the heels a little bit side to side, while pressing down to engage the pedals, makes it easier to engage.

Caution: once engaged, always double check the engagement by pulling up firmly on the pedals while safely seated on the bicycle.

The pedals can be disengaged by unweighting the feet, then rotating heel-in or heel-out with sufficient force to cam the cleats from the pedals. The pedals can also be disengaged by rolling the feet to the outside in a supination manner. Additionally, in the event of an accident, the pedals are designed to automatically disengage when subjected to abnormal loads. *Patents Pending*