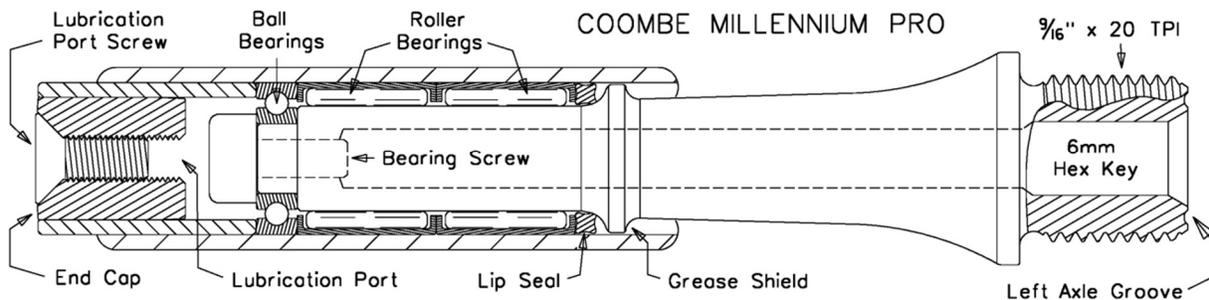




## Millennium Pro Pedal System - Installation and Maintenance



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.

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

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

When using the supplied 3mm axles spacers (not shown above) place the flat side of the spacers against the crankarms and re-torque the pedals after the first ride.

The bearings should be greased after the first 500 miles, then about every 2,000 miles depending upon wet or dry riding 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

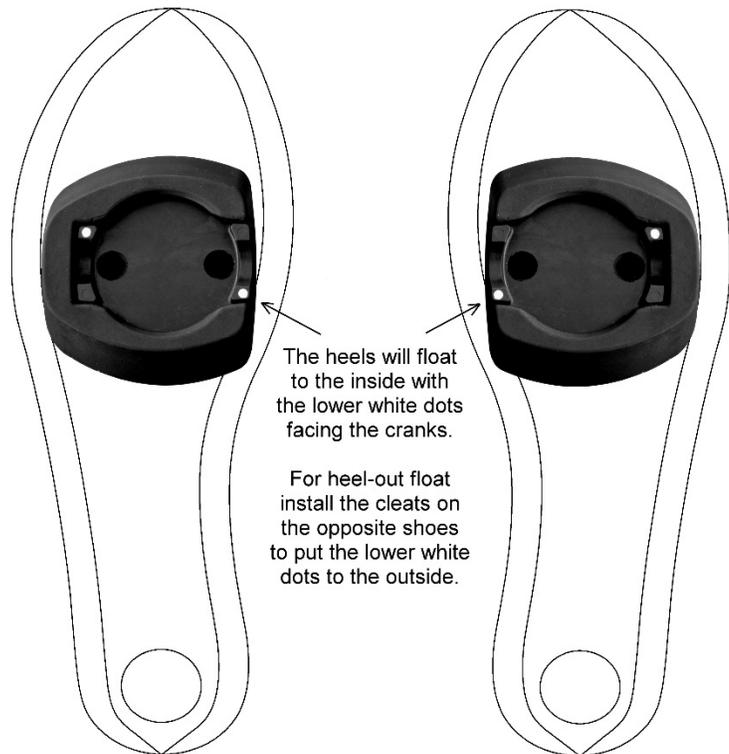
Millennium Pro cleats float either three degrees heel-in or heel-out, from the centered position, depending upon which shoe they are installed upon.

In the side image, the lower white dots are to the inside, facing the cranks, to provide heel-in float from the centered position towards the cranks.

Installing the cleats on the opposite shoes will put the lower white dots to the outside, to provide heel-out float 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.

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.



Note: when installing the cleats to shoe soles having more curvature than the cleat pads, one or both of the cleat shims can be installed on the back of the pads to fill in any gaps between the pads and the shoe soles. Additionally, one or both of the cleat shims can be installed to increase the release tension.

## 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*