

ASICS GT-2140

ASICS Women's GT-2140 Running Shoe User Manual

Model: GT-2140 (T954N.0136)

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1. INTRODUCTION

Welcome to the user manual for your ASICS Women's GT-2140 Running Shoe. This manual provides essential information for the proper use, care, and maintenance of your athletic footwear. The GT-2140 is designed to offer a blend of cushioning and support for runners, incorporating advanced ASICS technologies to enhance your running experience.

Key Features:

- **Solyte Midsole Material:** Lighter than standard EVA and SpEVA, providing improved cushioning and durability.
- **DuoMax Support System:** Ensures proper foot support during the critical transition from heel strike to toe-off.
- **Gender Specific Space Trusstic System:** Accommodates the natural changes in a woman's arch shape, allowing for controlled deformation within the system.
- **ComfortDry Sockliner:** Offers optimal cushioning in a cooler, drier, and healthier environment for your feet.

2. SETUP AND INITIAL FIT

Proper fit is crucial for comfort and performance. Follow these steps to ensure your ASICS GT-2140 shoes are set up correctly.

2.1 Lacing Your Shoes

The lacing system allows for a customizable fit.

1. **Loosen Laces:** Before putting on the shoes, loosen all laces to allow your foot to slide in easily.

2. **Insert Foot:** Place your foot inside the shoe, ensuring your heel is seated firmly against the back of the shoe.
3. **Adjust Laces:** Starting from the toes, gradually tighten the laces, pulling them evenly to achieve a snug but not overly tight fit across the top of your foot. Ensure there is no pressure point.
4. **Tie Knot:** Secure the laces with a double knot to prevent them from coming undone during activity.



Image: Front view of the ASICS GT-2140 running shoe, highlighting the mesh upper and lacing system for a secure fit.

2.2 Checking the Fit

- **Toe Room:** There should be about a thumb's width of space between your longest toe and the end of the shoe.
- **Midfoot:** The shoe should feel secure around your midfoot without pinching or excessive pressure.
- **Heel:** Your heel should feel comfortably locked in place with minimal slippage when you walk or run a few steps.

3. OPERATING YOUR RUNNING SHOES

The ASICS GT-2140 is designed for road running and general athletic activities. Understanding its features will help you maximize your performance and comfort.

3.1 Intended Use

These shoes are engineered for runners seeking stability and cushioning on paved surfaces and light trails. They are suitable for daily training, long runs, and various fitness activities.



Image: Right side view of the ASICS GT-2140, illustrating the shoe's profile and key support technologies.

3.2 Performance Features

- **Cushioning:** The Solyte midsole and GEL cushioning units (visible in the heel and forefoot) absorb impact and provide a comfortable ride.
- **Stability:** The DuoMax Support System and Space Trusstic System work together to reduce overpronation and guide the foot through a more efficient gait cycle.
- **Breathability:** The mesh upper material promotes airflow, keeping your feet cool and dry during your runs.



Image: Bottom view of the ASICS GT-2140, showcasing the durable rubber outsole and the integrated Trusstic System for midfoot integrity.

4. MAINTENANCE AND CARE

Proper care will extend the life and maintain the performance of your ASICS GT-2140 running shoes.

4.1 Cleaning Instructions

- **Surface Cleaning:** Use a soft brush or cloth with mild soap and cold water to gently clean the upper and midsole. Avoid harsh detergents.
- **Outsole Cleaning:** Remove dirt and debris from the outsole using a brush.
- **Drying:** Air dry your shoes at room temperature. Do not use direct heat sources like radiators or tumble dryers, as this can damage materials.
- **Insoles:** Remove insoles and wash them separately if needed, then air dry completely before reinserting.

4.2 Storage

Store your shoes in a cool, dry place away from direct sunlight. Avoid storing them in damp environments to prevent odor and material degradation.

5. TROUBLESHOOTING COMMON ISSUES

If you encounter any issues with your ASICS GT-2140 shoes, refer to the following common problems and solutions.

Problem	Possible Cause	Solution
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Problem	Possible Cause	Solution
Foot discomfort or pain	Incorrect lacing, wrong size, or worn-out cushioning.	Re-lace for a better fit. Verify size using the ASICS size guide. If shoes are old, consider replacement.
Excessive heel slippage	Laces too loose, or shoe size is too large.	Tighten laces, especially around the ankle. Ensure correct size. Try a "heel lock" lacing technique.
Unpleasant odor	Moisture buildup and bacteria.	Air dry shoes thoroughly after each use. Remove and wash insoles. Use shoe deodorizers.
Rapid wear on outsole	Aggressive running style, excessive use, or running on abrasive surfaces.	While normal wear occurs, ensure shoes are used for intended purposes. Consider rotating with another pair.

6. SPECIFICATIONS

Detailed specifications for the ASICS Women's GT-2140 Running Shoe.

- **Model Number:** T954N.0136
- **Department:** Women's
- **Fabric Type:** 100% Synthetic leather and synthetic fiber
- **Sole Material:** Rubber
- **Outer Material:** Ethylene Vinyl Acetate (EVA)
- **Closure Type:** Lace-Up
- **Approximate Package Dimensions:** 13.5 x 8.8 x 5.2 inches
- **Approximate Item Weight:** 1.65 Pounds
- **Manufacturer:** ASICS
- **First Available Date:** June 29, 2009



Image: Rear view of the ASICS GT-2140, highlighting the heel cushioning and stability features.

7. WARRANTY AND SUPPORT

7.1 Warranty Information

Specific warranty details for ASICS products are typically provided at the point of purchase or on the official ASICS website. Please refer to your purchase documentation or visit the official ASICS website for the most current warranty policy.

7.2 Customer Support

For further assistance, product inquiries, or support, please visit the official ASICS store or contact ASICS customer service.

ASICS Official Store: [Visit the ASICS Store on Amazon](#)