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› [SHIMANO PD-EH500 SPD & Flat Dual Sided Bike Pedal Instruction Manual](#)

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Model: PD-EH500

1. INTRODUCTION

The SHIMANO PD-EH500 pedals are designed for versatility, offering both SPD (Shimano Pedaling Dynamics) clip-in functionality on one side and a grippy flat platform on the other. This dual-sided design makes them suitable for various riding styles, including indoor cycling, urban commuting, and casual rides where different footwear may be preferred. These pedals provide efficient power transfer when clipped in and stable support for regular shoes.



Figure 1: SHIMANO PD-EH500 Dual Sided Pedal highlighting key features. One side features a grippy flat platform for sneakers, while the other side offers SPD clip-in for pedaling efficiency. The pedal also features a sealed bearing cartridge axle for low-maintenance durability and customizable entry and release tension.

2. PRODUCT FEATURES

- **Dual-Sided Design:** One side features an SPD / 2-hole clip-in mechanism for cycling-specific shoes, while

the other side provides a grippy flat platform for use with regular shoes or sneakers.

- **Adjustable Cleat Tension:** Allows riders to customize the entry and release tension of the SPD mechanism for personalized comfort and security.
- **Durable Construction:** Built with a sealed bearing cartridge axle for low-maintenance and long-lasting performance.
- **Included Cleats:** Comes with SPD / 2-hole cleats for immediate use with compatible cycling shoes.

3. SETUP

3.1. Pedal Installation

Before installation, identify the left (L) and right (R) pedals. The pedal spindle will typically have an 'L' or 'R' marking. The right pedal (R) threads clockwise into the crank arm, while the left pedal (L) threads counter-clockwise. Ensure the threads are clean and apply a small amount of grease to prevent seizing.

1. Insert the pedal spindle into the corresponding crank arm.
2. Hand-tighten the pedal until it is snug.
3. Use a 15mm pedal wrench or an 8mm Allen key (depending on the pedal design) to fully tighten the pedal.
Ensure it is securely fastened to prevent loosening during use.



Figure 2: SHIMANO PD-EH500 Pedal showing approximate dimensions (7 inches length, 6 inches width). This image helps visualize the pedal size for installation.

3.2. Cleat Installation (for SPD-compatible shoes)

The PD-EH500 pedals come with SPD / 2-hole cleats. These cleats attach to compatible cycling shoes, typically mountain bike shoes or touring shoes.

1. Locate the two threaded holes on the sole of your SPD-compatible cycling shoes.
2. Position the cleat over the holes. The cleats can be adjusted forward/backward and rotated slightly to find the optimal position for your foot.
3. Insert the cleat bolts through the cleat and into the shoe's sole.
4. Hand-tighten the bolts, then use an Allen key to secure them. Do not overtighten initially, as you may need to adjust the cleat position after a test ride.

4. OPERATING

4.1. Clipping In and Out (SPD Side)

Practice clipping in and out in a safe environment before riding on the road.

- **To Clip In:** Place the front of your cleat into the front hook of the pedal's SPD mechanism. Then, push down firmly with your heel until you hear a click, indicating the cleat is engaged.
- **To Clip Out:** Twist your heel outwards, away from the bicycle frame. The cleat will disengage from the pedal.

4.2. Using the Flat Side

The flat side of the pedal is designed for use with any type of footwear, providing a stable and grippy surface for casual rides or when you prefer not to use cycling-specific shoes.

4.3. Adjusting Cleat Tension

The SPD mechanism features adjustable spring tension, allowing you to control how easily your foot clips in and out. This is particularly useful for beginners who may prefer a looser setting for easier release.

1. Locate the small Allen bolt on the rear of the SPD mechanism on each pedal.
2. Use an appropriate Allen key to turn the bolt. Turning clockwise increases tension (harder to clip out), and turning counter-clockwise decreases tension (easier to clip out).
3. Adjust both pedals equally and test the tension before riding.



Figure 3: Close-up view of the tension adjustment screw on the SPD side of the pedal. This screw allows for fine-tuning the cleat release force.

5. MAINTENANCE

Regular maintenance ensures optimal performance and extends the lifespan of your pedals.

- **Cleaning:** Periodically clean the pedals, especially the SPD mechanism, to remove dirt, mud, and debris.

that can hinder clipping action. Use a brush and mild soap, then rinse and dry thoroughly.

- **Lubrication:** Apply a small amount of light lubricant to the SPD mechanism springs and pivot points to ensure smooth operation. Avoid excessive lubrication on the flat side to maintain grip.
- **Inspection:** Regularly check the pedals for any signs of wear, damage, or loose components. Ensure the pedal bolts and cleat bolts are tight.
- **Axle Maintenance:** The sealed bearing cartridge axle is designed for low maintenance. If you notice any play or roughness in the bearings, consult a professional bike mechanic for service.



Figure 4: Close-up view of the sealed bearing cartridge axle, highlighting its design for low-maintenance durability.

6. TROUBLESHOOTING

- **Difficulty Clipping In/Out:**

- Check cleat tension: Adjust the tension screw on the pedal (see Section 4.3).
- Inspect cleats: Worn or damaged cleats can make clipping difficult. Replace if necessary.
- Clean pedals/cleats: Dirt or debris can obstruct the mechanism.

- **Pedal Loosening:**

- Ensure pedals are tightened to the correct torque specifications (consult your bicycle's crank arm manual or a bike mechanic).
- Verify correct threading (right pedal clockwise, left pedal counter-clockwise).

- **Unwanted Release from SPD:**

- Increase cleat tension (see Section 4.3).
- Check cleats for wear; replace if worn.

7. SPECIFICATIONS

Specification	Detail
Model Number	PD-EH500 (EPDEH500)
Pedal Type	SPD & Flat Dual Sided
Cleat Compatibility	SPD / 2-hole (cleats included)
Body Material	Aluminum
Axle Type	Sealed Bearing Cartridge
Item Weight	1.2 Pounds (approx. 544g)
Product Dimensions	7" L x 6" W (approx. 17.8cm L x 15.2cm W)
Color	Black

8. WARRANTY AND SUPPORT

The SHIMANO PD-EH500 pedals come with a **2 Year Manufacturer Warranty**. For warranty claims, technical support, or further assistance, please refer to the official SHIMANO website or contact your authorized SHIMANO dealer.

Official Product Video:

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Video 1: Official product overview of the SHIMANO PD-EH500 Urban Riding & Cycle Touring Bike Pedal. This video demonstrates the pedal's features and versatility for different riding conditions.

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