

MIZUNO B1GE2050

Mizuno ME-01 Walking Shoes User Manual

Model: B1GE2050

1. INTRODUCTION

Welcome to the user manual for your new Mizuno ME-01 Walking Shoes. These shoes are designed to provide comfort and support for various daily activities, from business to casual outings. This manual provides essential information on product features, proper usage, maintenance, and troubleshooting to ensure you get the most out of your footwear.

2. PRODUCT OVERVIEW

The Mizuno ME-01 Walking Shoes combine lightweight design with a wide fit for enhanced comfort. They feature a knit upper for breathability and a synthetic sole for durability and cushioning.

Key Features:

- **Upper Material:** Synthetic fiber and artificial leather for a blend of flexibility and support.
- **Sole Material:** Synthetic sole designed for lightweight cushioning and traction.
- **Insole:** Anti-bacterial and deodorizing mesh insole (SEK standard certified), which is removable for easy cleaning or replacement.
- **Fit:** Designed with a 3E width for a comfortable, wider fit.



Side view of the Mizuno ME-01 Walking Shoe in navy and brown, showcasing its sleek design and material combination.



Front 3/4 view of the Mizuno ME-01 Walking Shoe, highlighting the toe box and lacing system.



Top-down view of the Mizuno ME-01 Walking Shoe, showing the lacing and overall shape.



Bottom view of the Mizuno ME-01 Walking Shoe sole, showing the tread pattern designed for grip and flexibility.

3. SETUP

Proper Fit and Lacing:

Achieving the correct fit is crucial for comfort and performance. Follow these steps for optimal setup:

1. **Wear Appropriate Socks:** Always try on your shoes with the type of socks you intend to wear during activity.
2. **Loosen Laces:** Before putting on the shoes, loosen the laces completely to allow your foot to slide in easily.
3. **Insert Foot:** Slide your foot into the shoe, ensuring your heel is comfortably seated at the back.
4. **Adjust Laces:** Starting from the toes, gradually tighten the laces, ensuring a snug but not overly tight fit across the instep. There should be enough room for your toes to wiggle slightly.
5. **Tie Laces:** Secure the laces with a double knot to prevent them from coming undone during activity.

Note: The ME-01 features a traditional lace-up closure. While some walking shoes include zippers for convenience, this model relies on lacing for a secure and adjustable fit.

4. OPERATING (USAGE)

Walking Experience:

The Mizuno ME-01 walking shoes are engineered for a comfortable and smooth walking experience. The lightweight construction reduces fatigue, while the cushioning provides impact absorption.

- **Everyday Use:** Ideal for daily walks, commuting, and casual wear due to their versatile design and comfort.
- **Cushioning:** The sole design offers responsive cushioning, making each step feel softer and more comfortable.
- **Stability:** The wide base and structured upper provide good stability for various walking surfaces.



Illustration of the sole's design, indicating the natural walking path for smooth transitions.



Close-up of the forefoot section of the sole, highlighting flexibility zones for natural foot movement.

5. MAINTENANCE

Proper care will extend the life and appearance of your Mizuno ME-01 Walking Shoes.

Cleaning Instructions:

- **Surface Cleaning:** Wipe the upper and sole with a soft, damp cloth. For stubborn dirt, use a mild soap solution. Avoid harsh chemicals or abrasive cleaners.
- **Insole Care:** The removable insole can be hand-washed with mild soap and water. Ensure it is completely dry before placing it back into the shoe.
- **Drying:** Air dry your shoes at room temperature. Avoid direct sunlight or heat sources, as this can damage materials. Stuffing with newspaper can help absorb moisture and maintain shape.

Storage:

Store your shoes in a cool, dry place away from direct sunlight when not in use. Keep them in their original box or a shoe bag to protect them from dust and damage.

6. TROUBLESHOOTING

Common Issues and Solutions:

- **Shoes feel too tight:**
Ensure laces are not overtightened. The knit upper may stretch slightly with wear. If discomfort persists, consider trying a different lacing technique or a thinner sock.
- **Shoes feel too loose:**

Try tightening the laces more securely. If the issue is primarily in the heel, ensure your foot is pushed back fully before lacing. A thicker sock or an additional insole might also help.

- **Foot odor:**

Regularly remove and clean the anti-bacterial and deodorizing insoles. Allow shoes to air out between uses.

- **Squeaking noise:**

This can sometimes be caused by the insole rubbing against the inside of the shoe. Try removing the insole, cleaning the inside of the shoe, and then reinserting the insole. A small amount of baby powder under the insole can also help.

7. SPECIFICATIONS

Feature	Detail
Manufacturer	MIZUNO
Product Model Number	B1GE2050
ASIN	B083TX13CM
Upper Material	Synthetic fiber / Artificial leather
Sole Material	Synthetic sole
Closure Type	Lace-Up
Department	Unisex Adult
Country of Origin	Vietnam
First Available Date	January 14, 2020

8. WARRANTY AND SUPPORT

For any questions regarding your Mizuno ME-01 Walking Shoes, including warranty information or support needs, please contact Mizuno customer service through their official website or the retailer from whom you purchased the product. Please retain your proof of purchase for any warranty claims.