

ASICS GT-2000 9

ASICS GT-2000 9 Knit Running Shoes User Manual

Model: GT-2000 9 (1011A983-400)

1. PRODUCT OVERVIEW

The ASICS GT-2000 9 Knit Running Shoes are designed for runners seeking a lightweight and cushioned experience with enhanced stability. This model is particularly functional for wet conditions, incorporating advanced technologies to support your foot during various running activities.

For nearly 30 years, the GT-2000 series has been a preferred stability shoe for a wide range of runners, from casual enthusiasts to competitive marathoners. The GT-2000 9 is an excellent choice for those requiring foot support and comfort.

Key Features:

- **Gore-Tex Waterproofing:** Designed to keep your feet dry in wet conditions, allowing you to run comfortably on wet roads.
- **GEL Technology Cushioning:** Provides excellent shock absorption, reducing impact during footstrike.
- **FLYTEFOAM Material:** A layer in the midsole that creates a softer and more supportive feel, enhancing comfort.
- **GUIDANCE TRUSSTIC Design:** Improves stability and promotes a more efficient toe-off.
- **DYNAMIC DUOMAX Support System:** Key technology for enhanced stability and support.



Image 1.1: Side view of the ASICS GT-2000 9 Knit Running Shoe, highlighting its design and cushioning.

2. INITIAL SETUP AND FITTING

Proper fitting is crucial for comfort and performance. Follow these steps to ensure your ASICS GT-2000 9 shoes fit correctly:

1. **Try On:** Wear the shoes with the type of socks you typically use for running. Try them on at the end of the day when your feet are slightly larger.
2. **Check Length:** Ensure there is about a thumb's width between your longest toe and the end of the shoe.
3. **Check Width:** Your foot should feel snug but not constricted. There should be no visible stretching or bulging on the sides of the forefoot materials. If you experience this, you may need a wider size.
4. **Heel Fit:** Your heel should feel secure with minimal slippage. Walk or jog a few steps to confirm.
5. **Lacing:** Lace the shoes securely but not too tightly, allowing for natural foot expansion during activity.

Size and Width Guide:

Refer to the following charts for detailed sizing and width information. Note that differences between narrow, standard, wide, and extra wide are typically small and proportional to the shoe size.

Size Guide		Width Guide																											
MEN'S SIZES																													
US	4	4.5	5	5.5	6	6.5	7	7.5	8	8.5	9	9.5	10	10.5	11	11.5	12												
UK	3	3.5	4	4.5	5	5.5	6	6.5	7	7.5	8	8.5	9	9.5	10	10.5	11												
EU	36	37	37.5	38	39	39.5	40	40.5	41.5	42	42.5	43.5	44	44.5	45	46	46.5												
CM	22.5	23	23.5	24	24.5	25		25.5	26	26.5	27	27.5	28		28.5	29	29.5												
WOMEN'S SIZES																													
US	5.5	6	6.5	7	7.5	8	8.5	9	9.5	10	10.5	11	11.5	12															
UK	3.5	4	4.5	5	5.5	6	6.5	7	7.5	8	8.5	9	9.5	10															
EU	36	37	37.5	38	39	39.5	40	40.5	41.5	42	42.5	43.5	44	44.5	45	46	46.5												
CM	22.5	23	23.5	24	24.5	25		25.5	26	26.5	27	27.5	28		28.5	29	29.5												
YOUTH SIZES																													
US	K10	K11	K12	K13	1	1.5	2	2.5	3	3.5	4	4.5	5	5.5	6	6.5	7												
EU	27	28.5	30	31.5	32.5	33	33.5	34.5	35	35.5	36	37	37.5	38	39	39.5	40												
CM	17	17.5	18.5	19.5	20	20.5	21	21.5	22		22.5	23	23.5	24	24.5	25													
WRESTLING																													
US	4	4.5	5	5.5	6	6.5	7	7.5	8	8.5	9	9.5	10	10.5	11	11.5	12	12.5	13	13.5	14	14.5	15	15.5	16	16.5	17	17.5	18
EU	34	34.5	35	36	37	37.5	38	39	39.5	40.5	41.5	42	42.5	43.5	44	45	46	46.5	47	48	49	49.5	50.5	51	51.5	52.5	53	53.5	54
CM	22	22.5	23	23.5	24		24.5	25	25.5	26	26.5		27	27.5	28	28.5	29	29.5		30	30.5	31	31.5	32.5	33		33.5	34	34.5

Image 2.1: ASICS shoe size conversion chart for Men, Women, Youth, and Wrestling, showing US, UK, EU, and CM measurements.

Size Guide		Width Guide	
<p>The standard (medium) width for women is B, while the standard width for men is D. Shoe boxes and labels will only identify widths other than standard. Within the shoes, wide and narrow widths are identified on the label, underneath the tongue — ie. T005N(2E).</p> <p>When is additional width needed? Visible stretching or bulging on the outsides of forefoot materials is a good indicator that additional width may be needed. These sizes are available in many of our Running and Training shoes. In some cases, men can wear women's styles to achieve a narrow fit and women can wear men's to get a wide. If this is needed, please use the references above to determine comparable size lengths. Please note that the differences of width between narrow, standard, wide, and extra wide are usually only a couple millimeters and are proportional to the size of the shoe. Most additional width will be found in the forefoot.</p>			
MEN/KIDS		WOMEN	
	2A	NARROW	
NARROW	B	STANDARD	
STANDARD	D	WIDE	
WIDE	2E	EXTRA WIDE	
EXTRA WIDE	4E		

Image 2.2: ASICS shoe width guide, detailing classifications for Men/Kids and Women.

3. OPERATING (USAGE) INSTRUCTIONS

The ASICS GT-2000 9 Knit Running Shoes are engineered for optimal performance during running and walking activities, especially in varying weather conditions.

- **Running:** Utilize the shoes for road running. The GEL technology and FLYTEFOAM midsole provide cushioning and responsiveness for a comfortable stride.
- **Stability:** The GUIDANCE TRUSSTIC design and DYNAMIC DUOMAX support system work together to provide stability, which is beneficial for runners who require pronation support.
- **Wet Conditions:** The GORE-TEX waterproofing ensures your feet remain dry when running on wet surfaces, enhancing comfort and focus.
- **Adaptation:** Allow for a short break-in period to let the shoes conform to your foot shape and running style.



Image 3.1: The DYNAMIC DUOMAX support system visible on the shoe's midsole, contributing to stability.

4. CARE AND MAINTENANCE

Proper care extends the life and performance of your ASICS GT-2000 9 running shoes.

- **Cleaning:**
 - Remove loose dirt with a soft brush.
 - Wipe the upper with a damp cloth and mild soap. Avoid harsh detergents.
 - For GORE-TEX material, follow specific GORE-TEX cleaning guidelines, typically involving gentle washing and air drying.
 - Clean the outsole with a brush to remove mud and debris.
- **Drying:**
 - Air dry shoes at room temperature. Avoid direct sunlight or heat sources (like radiators or dryers) as this can damage materials.
 - Stuff shoes with newspaper or paper towels to absorb moisture and help maintain shape during drying.
- **Storage:** Store shoes in a cool, dry place away from direct sunlight when not in use.
- **Avoid Machine Washing:** Do not machine wash or tumble dry your shoes, as this can damage the materials and construction.



Image 4.1: The durable rubber outsole of the ASICS GT-2000 9, designed for traction and longevity.

5. TROUBLESHOOTING

If you encounter issues with your ASICS GT-2000 9 running shoes, consider the following common solutions:

- **Heel Slippage:**

- Ensure laces are tied securely, using all eyelets.
- Experiment with different lacing techniques, such as a runner's knot, to improve heel lock.
- Check sock thickness; thinner socks might contribute to slippage.

- Verify shoe size and width. If the shoe is too large or wide, it can cause heel movement.

- **Discomfort/Lack of Support:**

- Allow for a break-in period. New shoes often require a few runs to fully adapt to your foot.
- Ensure you have the correct size and width for your foot type. Refer to the size guide in Section 2.
- Consider if the shoe type (stability shoe) is appropriate for your pronation needs.
- Inspect for any foreign objects inside the shoe or damaged insoles.

- **Wet Feet (despite GORE-TEX):**

- Ensure the water is not entering from the top of the shoe (e.g., splashing over the collar).
- Check for any visible damage to the GORE-TEX membrane.
- Confirm that the shoes are clean, as dirt can compromise waterproofing over time.

6. SPECIFICATIONS

Feature	Detail
Brand	ASICS
Model Name	GT-2000 9
Item Model Number	1011A983-400
Department	Men's
Product Dimensions	10 x 15 x 6 inches; 1.44 Pounds
Outer Material	FlyteFoam (Knit)
Sole Material	Rubber
Sport Type	Running
Waterproofing	GORE-TEX
Date First Available	April 4, 2020
UPC	193604989489

7. WARRANTY AND SUPPORT

For specific warranty information regarding your ASICS GT-2000 9 Knit Running Shoes, please refer to the documentation provided at the time of purchase or visit the official ASICS website.

If you require further assistance, have questions about product features, or need troubleshooting beyond what is covered in this manual, please contact ASICS customer support directly.

ASICS Official Website: www.asics.com



