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SHIMANO PD-ME700

SHIMANO PD-ME700 Pedals User Manual

Brand: SHIMANO | Model: PD-ME700

PRODUCT OVERVIEW

The SHIMANO PD-ME700 Pedals are designed for versatile cycling, catering to both new riders and experienced enthusiasts. These pedals feature a dual-sided engagement system, allowing for effortless connection, particularly useful in situations requiring quick engagement like starting from a stop or during cyclocross remounts. The wide body of the PD-ME700 provides a stable platform, ensuring confident pedaling even when not fully clipped in. Constructed with a durable Chrome-moly spindle and sealed bearings, these pedals offer reliable performance and extended longevity with minimal maintenance. The retention claws are adjustable, enabling riders to fine-tune the release tension to match their specific riding preferences and safety requirements.



Figure 1: Front view of the SHIMANO PD-ME700 Pedals.

KEY FEATURES

- **Dual-Sided Engagement:** Allows for quick and easy clipping in from either side of the pedal, enhancing convenience and safety.
- **Chrome-Moly Spindle with Sealed Bearings:** Ensures durability and smooth rotation, reducing the need for frequent maintenance.
- **Adjustable Retention Claws:** Riders can customize the tension for clipping in and out, providing a personalized and secure feel.
- **Integrated Cage:** Offers additional protection for the binding mechanism against impacts, such as rock strikes, and provides a larger contact area.
- **Wide Platform:** Increases stability and power transfer, and allows for comfortable pedaling even when not clipped in.



Figure 2: Key features of the PD-ME700 Pedals, highlighting the integrated platform, sealed bearing cartridge axle, robust retention claws, customizable tension, and wider platform for increased control.

INSTALLATION GUIDE

Pedal Installation

Before installation, ensure your crank arms are clean and the threads are free of debris. It is recommended to apply a small amount of grease to the pedal threads to prevent seizing and facilitate future removal.

1. Identify the left (L) and right (R) pedals. The left pedal has a left-hand thread (tightens counter-clockwise), and the right pedal has a right-hand thread (tightens clockwise).

2. Carefully thread the right pedal into the right crank arm (drive side) by hand, turning clockwise. Ensure it threads smoothly without resistance.
3. Thread the left pedal into the left crank arm (non-drive side) by hand, turning counter-clockwise.
4. Once hand-tight, use an 8mm hex wrench (or appropriate pedal wrench) to fully tighten the pedals. Refer to your bicycle's crank arm specifications for the correct torque settings. Overtightening can damage threads, while undertightening can lead to pedals loosening during use.



Figure 3: Side profile of the PD-ME700 pedal, showing the spindle connection point.

Cleat Installation and Adjustment

The PD-ME700 pedals are compatible with SPD cleats. Proper cleat positioning is crucial for comfort, efficiency, and injury prevention.

1. Attach the SPD cleats to your cycling shoes using the provided hardware. Start with the cleats positioned centrally under the ball of your foot.
2. Adjust the cleat's fore/aft position to align with the ball of your foot. The cleat should be positioned so that the pedal axle is directly under the ball of your foot when clipped in.
3. Adjust the cleat's rotational angle to match your natural foot angle on the pedal. This allows for comfortable float and release.
4. Tighten the cleat bolts securely. Test the clipping in and out action.
5. **Adjusting Release Tension:** The PD-ME700 pedals feature adjustable retention claws. Use a 2.5mm hex wrench to turn the tension adjustment screw located on the rear of the binding mechanism. Turning clockwise increases tension (harder to release), and counter-clockwise decreases tension (easier to release). Adjust both sides of each pedal equally.



Figure 4: Close-up view of the PD-ME700 pedal, showing the tension adjustment screw for the retention claws.

OPERATION

Clipping In and Out

To clip in, place the front of your cleat into the front binding of the pedal, then push down firmly with your heel until you hear a click. To unclip, twist your heel outwards away from the bicycle. Practice clipping in and out in a safe, open area before riding in traffic or on challenging terrain.

Enhanced Stability

The wide platform of the PD-ME700 pedals provides a larger surface area for your foot. This is particularly beneficial when you are not clipped in, offering increased control and stability. It also contributes to more efficient power transfer when pedaling, as the force is distributed over a broader area.

MAINTENANCE

- **Cleaning:** Regularly clean your pedals, especially after riding in muddy or dusty conditions. Use a damp cloth to wipe away dirt and debris. Avoid high-pressure washing directly on the bearings.
- **Lubrication:** The sealed bearings in the PD-ME700 pedals are designed for low maintenance. However, if you notice any stiffness or grinding, consult a professional bike mechanic for servicing.
- **Tension Check:** Periodically check the tension of the retention claws to ensure they are set to your preferred level and have not loosened over time.
- **Inspect for Damage:** Before each ride, quickly inspect the pedals for any signs of damage, such as cracks, bends, or excessive wear on the binding mechanisms.

TROUBLESHOOTING

Issue	Possible Cause	Solution
Difficulty clipping in or out	Tension too high/low, worn cleats, debris in mechanism	Adjust tension (see Installation Guide), replace worn cleats, clean binding mechanism

Issue	Possible Cause	Solution
Pedal feels loose or wobbly	Loose pedal on crank arm, worn bearings	Tighten pedal to crank arm, consult mechanic for bearing service
Squeaking or grinding noise	Lack of lubrication, dirt in bearings, worn components	Clean and lubricate, consult mechanic for inspection

SPECIFICATIONS

Attribute	Value
Brand	SHIMANO
Model Name	PD-ME700 (CPP582)
Color	Black
Material	Alloy Steel
Thread Size	9/16 inches
Item Weight	200 Grams (per pedal, approx. 485g per pair as per video)
Product Dimensions	7.87"L x 3.15"W
UPC	192790616339
First Available	August 7, 2020

WARRANTY AND SUPPORT

The SHIMANO PD-ME700 Pedals come with a **2-Year Manufacturer Warranty**. For warranty claims, technical support, or additional product information, please visit the official SHIMANO website or contact their customer service.

You can also find more information and products from SHIMANO by visiting their official store [SHIMANO Brand Store](#).