

adidas EG1144

adidas Men's SL20 Running Shoes Instruction Manual

Model: EG1144

1. INTRODUCTION

Welcome to the instruction manual for your new adidas Men's SL20 Running Shoes. These shoes are designed for performance and comfort, incorporating adidas's long history and deep-rooted connection with sport. Driven by a relentless pursuit of innovation and decades of sports science expertise, the SL20 is crafted to support your running endeavors.

Key features include:

- Lightweight design for enhanced speed.
- Responsive cushioning for optimal energy return.
- Durable outsole for reliable traction.

2. SETUP

2.1 Unboxing and Initial Inspection

Upon receiving your adidas SL20 Running Shoes, carefully remove them from the packaging. Inspect both shoes for any visible defects or damage. Ensure all components, including laces, are intact.

2.2 Proper Fit and Lacing

For optimal performance and comfort, ensure your shoes fit correctly. The SL20 is designed to provide a snug yet comfortable fit. When trying on the shoes:

1. Wear the type of socks you typically use for running.
2. Insert your foot, ensuring your heel is seated firmly against the back of the shoe.
3. Lace the shoes securely, but not too tightly, to avoid pressure points. There should be about a thumb's width of space between your longest toe and the end of the shoe.
4. Walk around to assess comfort and fit. Your foot should not slide excessively inside the shoe.

Refer to the adidas size guide for detailed sizing information if you are unsure about your size.



Image: Front view of the adidas Men's SL20 Running Shoes, showcasing the black upper, white and solar yellow midsole, and black laces with yellow accents.

3. OPERATING INSTRUCTIONS

3.1 Running and Training

The adidas SL20 Running Shoes are engineered for various running activities, from daily training to faster-paced workouts. The Lightstrike midsole provides a balance of cushioning and responsiveness, making them suitable for different distances and intensities.

- **Road Running:** The Continental™ Rubber outsole offers excellent grip on various road surfaces, wet or dry.
- **Pace Training:** The lightweight construction supports quicker transitions and a more agile feel.

3.2 General Use

While primarily designed for running, these shoes can also be used for general athletic activities or casual wear due to their comfortable fit and stylish design.



Image: Side profile of the adidas Men's SL20 Running Shoes, highlighting the black upper with three grey stripes, the prominent 'SL20' branding, and the distinctive solar yellow Lightstrike midsole.

4. MAINTENANCE AND CARE

Proper care will extend the lifespan and maintain the performance of your adidas SL20 Running Shoes.

- **Cleaning:** Clean shoes regularly with a soft brush or cloth and mild soap and water. Avoid harsh detergents or abrasive materials.
- **Drying:** Allow shoes to air dry naturally at room temperature. Do not use direct heat sources like radiators or dryers, as this can damage materials.
- **Storage:** Store shoes in a cool, dry place away from direct sunlight. If storing for extended periods, consider using shoe trees to maintain their shape.
- **Avoid Machine Washing:** Machine washing can damage the shoe's structure and materials.

5. TROUBLESHOOTING

5.1 Fit Issues

If you experience discomfort related to fit:

- **Too Tight/Loose:** Re-adjust lacing. Ensure you are wearing appropriate socks. If issues persist, re-evaluate your size using the adidas size guide.
- **Heel Slippage:** Try different lacing techniques, such as a runner's knot, to secure the heel.

5.2 Wear and Tear

Running shoes have a finite lifespan, typically 300-500 miles, depending on individual running style, weight, and surface. Signs that your shoes may need replacement include:

- Reduced cushioning or responsiveness.
- Excessive wear on the outsole, especially in high-impact areas.
- New aches or pains during or after runs.

6. SPECIFICATIONS

Feature	Detail
Product Dimensions	11 x 4 x 7 inches
Item Weight	3 Pounds
Model Number	EG1144
Department	Mens
Manufacturer	adidas
Fabric Type	100% Textile_Synthetic
Sole Material	100% Synthetic
Platform Height	1 inches
Closure Type	Lace-Up

7. WARRANTY AND SUPPORT

For information regarding product warranty, returns, or customer support, please refer to the official adidas website or contact their customer service directly. Keep your proof of purchase for any warranty claims.
Visit the official adidas store for more information:[adidas Store](#)