SHIMANO EPDEH500

SHIMANO PD-EH500 Dual-Sided SPD Pedals Instruction Manual

Model: PD-EH500

Brand: SHIMANO

Introduction

The SHIMANO PD-EH500 pedals are versatile dual-sided pedals designed for both SPD clipless shoes and standard flat shoes. Constructed from durable aluminum, these pedals offer reliable performance for various cycling disciplines, including mountain biking and gravel riding. This manual provides essential information for proper installation, operation, and maintenance to ensure safe and efficient use.

Safety Information

- Always wear appropriate safety gear, including a helmet, when cycling.
- Ensure pedals are securely tightened to the crank arms before each ride.
- Practice clipping in and out in a safe, controlled environment before riding on public roads or trails.
- Adjust cleat tension to a comfortable level, especially for beginners, to allow for easy disengagement.
- Regularly inspect pedals and cleats for wear and damage. Replace worn components immediately.
- Be aware of your surroundings and anticipate situations requiring quick disengagement.

What's in the Box

Your SHIMANO PD-EH500 pedal set includes:

- SHIMANO PD-EH500 Dual-Sided Pedals (1 pair)
- SHIMANO SM-SH56 Multi-Release SPD Cleats (1 pair)
- Mounting hardware for cleats (screws, washers, backing plates)
- User Manual (this document)

(Note: Some packages may include additional small grub screws for enhanced grip on the flat side, as shown in some instructional videos.)

Setup and Installation

1. Installing Pedals on Your Bicycle

The SHIMANO PD-EH500 pedals feature different threading for the left and right sides to prevent loosening during use. The left pedal has a left-hand thread (tightens counter-clockwise), and the right pedal has a standard right-hand thread (tightens clockwise).

1. Identify the left (L) and right (R) pedals. Markings are typically found on the pedal spindle.
2. Apply a small amount of grease to the pedal threads to prevent seizing and facilitate future removal.
3. For the right pedal, thread it into the right crank arm clockwise by hand. For the left pedal, thread it into the left crank arm counter-clockwise by hand. Ensure the threads engage smoothly.
4. Once hand-tight, use a 6mm Allen key (or a 15mm pedal wrench if your pedals have flats) to fully tighten the pedals. Tighten securely to prevent loosening during riding.



Image: Right SHIMANO PD-EH500 pedal showing the 'R' marking on the spindle, indicating it's the right-side pedal. The pedal features a clipless mechanism on one side and a flat platform on the other.



Image: Side view of the SHIMANO PD-EH500 pedal, highlighting the spindle with a "TIGHTEN 10Nm" instruction, indicating the recommended torque for installation. This view also shows the dual-sided design.

For additional grip on the flat side, small grub screws can be installed. These are typically threaded into designated holes on the pedal body. Use a small Allen key to install and tighten them.



Image: Close-up of the SHIMANO PD-EH500 pedal's flat side, showing the small grub screws installed for enhanced traction with regular shoes.

2. Installing Cleats on Your Cycling Shoes

The SHIMANO SM-SH56 multi-release cleats allow for disengagement by twisting your heel in multiple directions (outward, inward, or upward).

1. Locate the two threaded holes on the sole of your SPD-compatible cycling shoes.
2. Place the backing plate inside the shoe, aligning it with the holes.
3. Position the cleat on the outside of the shoe, aligning its holes with the backing plate.
4. Insert the two cleat bolts through the cleat and into the backing plate. Start by hand-tightening them.
5. Adjust the cleat position:
    - **Fore/Aft Adjustment:** Move the cleat forward or backward to position the ball of your foot over the pedal spindle.
    - **Lateral Adjustment:** Move the cleat left or right to adjust your Q-factor (stance width).
    - **Rotational Adjustment:** Rotate the cleat slightly to allow for natural foot angle.
6. Once the desired position is found, securely tighten the cleat bolts. Do not overtighten.

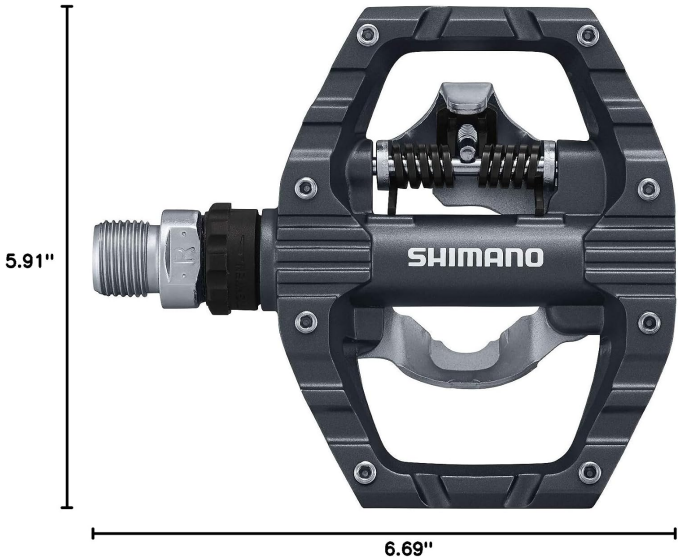


Image: A diagram illustrating the dimensions of the SHIMANO PD-EH500 pedal, showing its length of 6.69 inches and width of 5.91 inches. This helps in understanding the physical size for cleat placement.

Operating Instructions

Using the Clipless Side (SPD)

1. **Engagement:** With your cycling shoe, align the cleat with the clipless mechanism on the pedal. Push down firmly with your heel, and you should hear a "click" as the cleat engages.

2. **Disengagement:** To release, twist your heel outward (away from the bicycle) or inward. The SM-SH56 cleats also allow for upward release. Practice this motion until it becomes natural.

Tension Adjustment: The clipless mechanism has an adjustable spring tension. Use a small Allen key to turn the adjustment screw (marked with '+' and '-') on the back of the clipless mechanism.

- Turning towards '+' increases tension, making it harder to release.
- Turning towards '-' decreases tension, making it easier to release.
- Beginners should start with the lowest tension setting for easier release.



Image: A detailed view of the SHIMANO PD-EH500 pedal's clipless mechanism, showing the tension adjustment screw with '+' and '-' indicators. This screw controls the force required to clip in and out.

Video: A person demonstrates the installation of SHIMANO PD-EH500 pedals onto a bicycle crank arm using an Allen key. The video also shows how to adjust the cleat tension on the pedal.

Using the Flat Side

The flat side of the PD-EH500 pedal provides a stable platform for riding with regular shoes. This is ideal for casual rides, commuting, or when you prefer not to wear cycling shoes. The integrated pins (if installed) enhance grip.

Maintenance

- **Cleaning:** Regularly clean your pedals and cleats to remove dirt, mud, and debris. Use a brush and mild soap with water. Rinse thoroughly and dry.
- **Lubrication:** Apply a small amount of bicycle-specific grease to the pedal spindles and cleat mechanisms periodically to ensure smooth operation and prevent corrosion.
- **Inspection:** Check for loose bolts, excessive wear on cleats, or damage to the pedal body. Replace worn cleats or damaged pedals as necessary.

Troubleshooting

Difficulty clipping in/out:
Check cleat tension on the pedal. Reduce tension for easier release. Ensure cleats are clean and free of debris. Verify cleat position on the shoe.

Pedals feel loose or make noise:
Check if the pedals are securely tightened to the crank arms. Re-tighten with an Allen key or pedal wrench. If noise persists, the internal bearings may require service by a professional bike mechanic.

Poor grip on flat side:
Ensure grub screws are installed and properly tightened. Replace if worn.

Specifications

Feature	Detail
Model Number	EPDEH500
Brand	SHIMANO
Type	Dual-Sided (SPD Clipless / Flat Platform)
Material	Aluminum
Item Weight	150 Grams (per pedal, approx.)
Product Dimensions	6.69"L x 5.91"W
Thread Size	9/16"
Cleats Included	SM-SH56 (Multi-Release)

Warranty and Support

The SHIMANO PD-EH500 pedals come with a 2-Year Manufacturer Warranty. For warranty claims, technical support, or service inquiries, please contact SHIMANO customer service or visit their official website. Keep your proof of purchase for warranty validation.

Ask a question about this manual

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

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Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

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