adidas Run Falcon 3.0

Instruction Manual

adidas Men's Run Falcon 3.0 Shoe

Product Overview

The adidas Men's Run Falcon 3.0 Shoe is designed for comfort and performance, paying homage to vintage adidas aesthetics. It features a Cloudfoam midsole for superior cushioning and a durable rubber outsole for reliable grip. This model incorporates recycled materials as part of adidas's commitment to sustainability.



Image: Front view of the adidas Men's Run Falcon 3.0 Shoe in black, showcasing the classic design and lacing system.

Key Features

- **Cushioned Support:** Engineered for comfort during various activities.
- **Cloudfoam Midsole:** Provides immediate step-in comfort and advanced cushioning for a smooth stride.

- **Breathable Textile Upper:** Lightweight and supportive, ensuring ventilation and a comfortable fit.
- **High Traction Rubber Outsole:** Delivers excellent grip on diverse surfaces for stability and confidence.
- **Recycled Content:** Upper made with at least 50% recycled materials, contributing to reduced plastic waste.



Image: Side profile of the adidas Men's Run Falcon 3.0 Shoe, highlighting the Cloudfoam midsole and the iconic three-stripes design.

Setup and First Use

The adidas Run Falcon 3.0 shoes are ready for use right out of the box. Follow these steps for optimal fit and comfort:

1. **Unboxing:** Remove shoes from packaging.
2. **Lacing:** Ensure laces are threaded through all eyelets. Adjust lacing tension for a secure yet comfortable fit across the top of your foot. Avoid overtightening, which can restrict circulation.
3. **Initial Wear:** Wear the shoes for short periods initially to allow them to conform to your foot shape.



Image: Close-up view of the shoe's lacing area, demonstrating the textile upper and lace design.

Operating and Usage

These shoes are designed for running and general athletic activities, as well as casual everyday wear. The Cloudfoam midsole provides cushioning suitable for various impacts, while the rubber outsole offers reliable traction.

- **Running:** Ideal for road running due to their cushioned design.
- **Training:** Suitable for light training sessions and gym workouts.
- **Casual Wear:** Comfortable for extended periods of walking and daily activities.

Note: These shoes are not water resistant. Avoid prolonged exposure to wet conditions.

Maintenance and Care

Proper care will extend the life and appearance of your adidas Run Falcon 3.0 shoes:

- **Cleaning:**
  - Remove loose dirt with a soft brush.
  - Wipe the upper with a damp cloth and mild soap.
  - Clean the sole with a brush and water.
  - Do not machine wash or tumble dry.
- **Drying:** Air dry at room temperature. Avoid direct sunlight or heat sources, which can damage materials.
- **Storage:** Store in a cool, dry place away from direct sunlight when not in use.



Image: A pair of adidas Run Falcon 3.0 shoes resting on a surface, illustrating their clean design suitable for various settings.

Troubleshooting

Most issues with footwear can be resolved with proper fit and care. If you experience discomfort:

- **Discomfort/Rubbing:**

- Check lacing tension. Adjust to be snug but not tight.
- Ensure you are wearing appropriate socks.
- Allow for a break-in period.

- **Squeaking:**
  - Sometimes new shoes may squeak due to friction between parts. This often resolves with wear.
  - Ensure insoles are properly seated.

Specifications

Attribute	Detail
Model	Run Falcon 3.0
Department	mens
Sole Material	Rubber
Closure Type	Lace-Up
Water Resistance Level	Not Water Resistant
Origin	Made in the USA or Imported
First Available	April 29, 2025

Size Guide

Refer to the table below for US Regular sizing information to ensure the best fit for your adidas Run Falcon 3.0 shoes.

Brand Size	UK Size	EU Size	Heel to toe (in)
4	3.5	36	8.7
4.5	4	36.7	8.9
5	4.5	37.3	9
5.5	5	38	9.2
6	5.5	38.7	9.4
6.5	6	39.3	9.5
7	6.5	40	9.7
7.5	7	40.7	9.8
8	7.5	41.3	10
8.5	8	42	10.2
9	8.5	42.7	10.4
9.5	9	43.3	10.5
10	9.5	44	10.7
10.5	10	44.7	10.9
11	10.5	45.3	11
11.5	11	46	11.2
12	11.5	46.7	11.3
12.5	12	47.3	11.5
13	12.5	48	11.7
13.5	13	48.7	11.9
14	13.5	49.3	12
14.5	14	50	12.2
15	14.5	50.7	12.4
16	15	51.3	12.7
17	16	52.7	13
18	17	53.3	13.3
19	18	54.7	13.7
20	19	55.7	14

Warranty and Support

For warranty information or product support, please refer to the official adidas website or contact their customer service directly. Keep your proof of purchase for any warranty claims.

Online Support: Visit adidas.com/us/help

Sustainability Commitment

The adidas Run Falcon 3.0 Shoe is part of adidas's initiative to reduce plastic waste. The upper of this shoe is made with a minimum of 50% recycled content, demonstrating a step towards a more sustainable future.



Image: An aerial view of a pristine coastline, symbolizing adidas's commitment to environmental sustainability and reducing plastic waste.

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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.

Submit question