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# adidas EQ19 Run Men's Shoes User Manual

Model: GY4719

## INTRODUCTION

This manual provides essential information for the proper use, care, and maintenance of your adidas EQ19 Run Men's Shoes. Designed for comfort and performance, these shoes are suitable for various athletic activities, particularly running. Please read this manual thoroughly to ensure optimal experience and longevity of your footwear.

## PRODUCT FEATURES

- **Brand:** adidas
- **Product Type:** Men's Running Shoes
- **Color:** Core Black/Cloud White/Iron Metallic
- **Materials:** Synthetic & Rubber construction
- **Sole Material:** Synthetic Rubber for durability and traction
- **Outer Material:** Synthetic Resin for support and structure



Image: Front-side view of the adidas EQ19 Run Men's Shoes, showcasing the black mesh upper, white adidas stripes, and white sole.

## SETUP AND FIRST USE

Before using your new adidas EQ19 Run shoes, follow these steps:

1. **Unboxing:** Carefully remove the shoes from their packaging. Inspect them for any visible defects or damage.
2. **Initial Fit Check:** Try on both shoes with the type of socks you typically wear for running or activity. Ensure there is adequate space (about a thumb's width) between your longest toe and the end of the shoe.
3. **Lacing:** Adjust the laces to achieve a snug yet comfortable fit. Avoid lacing too tightly, which can restrict circulation, or too loosely, which can cause instability.
4. **Short Walk:** Take a short walk to assess comfort and fit before engaging in strenuous activity.



Image: Side profile of the adidas EQ19 Run Men's Shoes, highlighting the lacing system and overall shoe shape.

## USAGE GUIDELINES

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The adidas EQ19 Run shoes are designed for road running and general athletic use. To maximize their performance and lifespan:

- Use the shoes for their intended purpose. While versatile, they are optimized for running on paved surfaces.
- Rotate your running shoes if you run frequently to allow the cushioning to recover and extend the life of each pair.
- Avoid using these shoes for activities that may cause excessive abrasion or damage, such as trail running on rough terrain or heavy manual labor.

## MAINTENANCE AND CARE

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Proper care will help maintain the appearance and performance of your shoes:

- **Cleaning:** For light dirt, wipe the shoes with a damp cloth. For more stubborn stains, use a mild soap solution and a soft brush. Avoid harsh chemicals or abrasive cleaners.
- **Drying:** Allow shoes to air dry naturally at room temperature. Do not use direct heat sources like radiators or tumble 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 help maintain their shape.
- **Insoles:** Removable insoles can be taken out and air-dried separately to prevent odor buildup.



Image: Rear view of the adidas EQ19 Run Men's Shoes, showing the heel counter and sole design.

## TROUBLESHOOTING

If you encounter any issues with your shoes, consider the following:

- **Discomfort/Rubbing:** Ensure you have the correct size and that your socks are appropriate. Adjust lacing to relieve pressure points. Break-in period may be required for new shoes.
- **Excessive Wear:** Uneven wear patterns on the sole may indicate a need for gait analysis or a different shoe type. Ensure proper maintenance and cleaning.
- **Odor:** Regularly air out shoes after use. Remove and wash insoles if they are removable. Consider using shoe deodorizers.

## SPECIFICATIONS

- **Product Dimensions:** 14 x 9 x 5 inches

- **Item Weight:** Approximately 3 Pounds
- **Model Number:** GY4719
- **Department:** Men's
- **Manufacturer:** Adidas
- **ASIN:** B09VCJVD8Y
- **Fabric Type:** Synthetic-and-rubber
- **Origin:** Made in the USA or Imported
- **Sole Material:** Synthetic Rubber
- **Outer Material:** Synthetic Resin



Image: Bottom view of the adidas EQ19 Run Men's Shoes, illustrating the synthetic rubber sole pattern for grip and durability.

## SIZE GUIDE

Refer to the following size chart to ensure you select the correct fit for your adidas EQ19 Run Men's Shoes.

### US SHOES

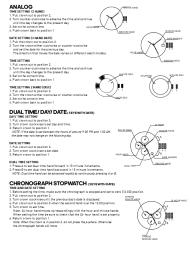
Brand Size	EU Size	UK Size	Heel to toe (in)
<b>4 Men/5 Women</b>	36	3.5	8.7
<b>4.5 Men/5.5 Women</b>	36 2/3	4	8.9
<b>5 Men/6 Women</b>	37 1/3	4.5	9
<b>5.5 Men/6.5 Women</b>	38	5	9.2
<b>6 Men/7 Women</b>	38 2/3	5.5	9.4
<b>6.5 Men/7.5 Women</b>	39 1/3	6	9.5
<b>7 Men/8 Women</b>	40	6.5	9.7
<b>7.5 Men/8.5 Women</b>	40 2/3	7	9.8
<b>8 Men/9 Women</b>	41 1/3	7.5	10
<b>8.5 Men/9.5 Women</b>	42	8	10.2
<b>9 Men/10 Women</b>	42 2/3	8.5	10.4
<b>9.5 Men/10.5 Women</b>	43 1/3	9	10.5
<b>10 Men/11 Women</b>	44	9.5	10.5
<b>10.5 Men/11.5 Women</b>	44 2/3	10	10.9
<b>11 Men/12 Women</b>	45 1/3	10.5	11
<b>11.5 Men/12.5 Women</b>	46	11	11.2
<b>12 Men/13 Women</b>	46 2/3	11.5	11.3
<b>12.5 Men/13.5 Women</b>	47 1/3	12	11.5
<b>13 Men/14 Women</b>	48	12.5	11.7
<b>13.5 Men/14.5 Women</b>	48 2/3	13	11.9
<b>14 Men/15 Women</b>	49.3	13.5	12
<b>14.5 Men/15.5 Women</b>	50	14	12.2

## WARRANTY AND SUPPORT

Your adidas EQ19 Run Men's Shoes are covered by the manufacturer's standard warranty against defects in materials and workmanship. For specific warranty details, claims, or product support, please refer to the official adidas website or contact adidas customer service directly. Keep your proof of purchase for any warranty-related inquiries.

For additional information or to explore other adidas products, visit the [adidas Store on Amazon](#).

## Related Documents - GY4719

	<p><a href="#"><u>Adidas ARCHIVE_01 Digital Watch Operations Manual &amp; Warranty</u></a></p> <p>Comprehensive operations manual for the Adidas ARCHIVE_01 digital watch, covering features, time setting, chronograph operation, water resistance, care, and warranty information.</p>
	<p><a href="#"><u>Adidas RPD-01 Quick Start Guide: Setup, Controls, and Features</u></a></p> <p>Get started with your Adidas RPD-01 headphones. This guide covers setup, pairing, button controls, LED indicators, charging, and cleaning for a seamless audio experience.</p>
	<p><a href="#"><u>Adidas RPT-02 SOL Headphones User Manual</u></a></p> <p>User manual for the Adidas RPT-02 SOL headphones, covering setup, controls, charging, battery care, cleaning, pairing, resetting, and recycling.</p>
	<p><a href="#"><u>Adidas Watch Operating Instructions and Model Guide</u></a></p> <p>Comprehensive guide detailing the operation and settings for various Adidas watch models, including time, date, chronograph, alarm, and timer functions.</p>
	<p><a href="#"><u>Adidas Originals Timepieces: Care Instructions &amp; User Manuals</u></a></p> <p>Comprehensive guide to caring for, adjusting, and operating Adidas Originals timepieces, covering analog, chronograph, digital, and world time watch models. Includes detailed instructions for setting time, date, alarms, stopwatch, and countdown functions.</p>
	<p><a href="#"><u>Adidas AL Rihla Pro User Guide - Features, Specifications, and Safety Information</u></a></p> <p>Comprehensive user guide for the Adidas AL Rihla Pro connected football, detailing its technical specifications, usage instructions, safety warnings, regulatory compliance, and care information.</p>