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SHIMANO CL-MT001

Shimano CL-MT001 Multi-Entry SPD Cleat Set Instruction Manual

Model: CL-MT001 | Brand: SHIMANO

1. PRODUCT OVERVIEW

The Shimano CL-MT001 is a Multi-Entry Trail/Enduro SPD Cleat set designed for secure and efficient pedaling. These cleats offer multi-directional entry for easy engagement and a thin, tapered design for comfortable walking when off the bike. They are engineered for seamless integration with Shimano's SPD pedal system and are compatible with existing Shimano SPD pedals and shoes.



Image: Components of the Shimano CL-MT001 Multi-Entry SPD Cleat Set, including two cleats and mounting screws.

Key features include:

- SPD cleat that allows engagement from multiple directions.
- Multi-Entry Trail/Enduro SPD Cleat design.
- Durable, heat-treated construction for long-lasting performance.
- Precision-engineered for optimal compatibility with Shimano pedals.
- Thin, tapered cleat design for easier and quieter walking.

Note: Cleat nuts are not included with this set.

2. PACKAGE CONTENTS

Your Shimano CL-MT001 Multi-Entry SPD Cleat Set package should contain the following items:

- 1 pair (2 pieces) of Shimano CL-MT001 Multi-Entry SPD Cleats.
- Mounting screws for cleat attachment.

Please inspect all components upon receipt to ensure nothing is missing or damaged.

3. INSTALLATION GUIDE

Proper installation of your SPD cleats is crucial for safety and performance. Follow these steps carefully:

1. **Prepare Your Shoes:** Ensure your cycling shoes are clean and free of debris where the cleats will be mounted. Most SPD-compatible shoes have two threaded holes for cleat attachment.
2. **Position the Cleat:** Place one cleat over the mounting holes on the sole of your shoe. The cleat can be adjusted forward/backward and rotated to find the optimal position for your foot. A common starting point is to align the center of the cleat with the ball of your foot.
3. **Insert Mounting Screws:** Insert the provided mounting screws through the cleat and into the threaded holes on your shoe. Do not fully tighten them yet.
4. **Adjust Cleat Position:**
 - **Fore/Aft Adjustment:** Move the cleat forward or backward to position it correctly under the ball of your foot.
 - **Lateral Adjustment:** Some shoes and cleats allow for slight side-to-side adjustment. This affects your Q-factor (stance width).
 - **Rotational Adjustment:** Rotate the cleat slightly to allow your heel to move naturally when clipped in. This is often referred to as "float." The multi-directional entry of the CL-MT001 provides flexibility here.
5. **Tighten Screws:** Once the desired position is found, tighten the mounting screws securely. It is recommended to use a torque wrench to tighten to the manufacturer's specified torque (usually found in your shoe or pedal manual, or on the cleat packaging). Overtightening can damage the cleat or shoe, while undertightening can lead to cleat movement and potential injury.
6. **Repeat for Second Shoe:** Install the second cleat on the other shoe, mirroring the adjustments made to the first.

Your browser does not support the video tag.

Video: A product overview demonstrating the Shimano SPD Cleat Set, showing the components and their general appearance. This video can help visualize the cleats before installation.

Always test your cleat engagement and release in a safe environment before riding. Adjust as needed for comfort and security.

4. USAGE AND COMPATIBILITY

The Shimano CL-MT001 cleats are designed for Multi-Entry SPD pedals, offering enhanced ease of engagement and release compared to single-release cleats. This multi-directional release allows you to disengage your foot by twisting your heel in multiple directions, providing greater confidence, especially in challenging trail conditions or when quick dismounts are necessary.

These cleats are compatible with all existing Shimano SPD pedals and shoes. The stability of the contact between your shoe and pedal may vary depending on the condition of your shoes and the specific size of your pedals.

Regularly check the cleat-to-shoe interface for wear and ensure all screws are tight to maintain optimal performance and safety.

5. MAINTENANCE

To ensure the longevity and optimal performance of your Shimano CL-MT001 cleats, regular maintenance is recommended:

- **Cleaning:** After riding, especially in muddy or dusty conditions, clean your cleats with a brush and water to remove dirt and debris. Avoid harsh chemicals that could damage the cleat material.
- **Inspection:** Periodically inspect the cleats for signs of wear, such as rounded edges or excessive play when clipped into pedals. Also, check the mounting screws for tightness and corrosion.
- **Lubrication:** A small amount of dry lubricant can be applied to the cleat mechanism and pedal engagement points to ensure smooth clipping in and out.
- **Replacement:** Cleats are wear items and will eventually need replacement. Replace your cleats when they show significant wear or if you experience difficulty engaging or disengaging from your pedals, or if they feel loose.

6. TROUBLESHOOTING

If you encounter issues with your Shimano CL-MT001 cleats, consider the following:

- **Difficulty Clipping In/Out:**
 - Check for debris in the cleat or pedal mechanism.
 - Ensure pedal tension is correctly adjusted (refer to your pedal manual).
 - Inspect cleats for excessive wear; worn cleats can hinder proper engagement.
- **Cleats Feel Loose or Move:**
 - Tighten the cleat mounting screws to the recommended torque.
 - Check for damage to the shoe's sole or the cleat itself.
- **Unusual Noise:**
 - Ensure all cleat screws are tight.
 - Clean cleats and pedals to remove grit.
 - Consider applying a small amount of dry lubricant to the cleat-pedal interface.

If problems persist, consult a professional bicycle mechanic.

7. SPECIFICATIONS

| Attribute | Detail |
|------------|----------|
| Brand | SHIMANO |
| Model Name | CL-MT001 |

| | |
|---------------------|--|
| Part Number | ICLMT001 |
| Cleat Type | SPD Multi-Entry (Trail/Enduro) |
| Material | Alloy Steel |
| Color | Black (Cleat body is silver-toned metal) |
| Item Weight | 50 Grams |
| Included Components | Cleats, Mounting Screws (Cleat nut not included) |

8. IMPORTANT SAFETY INFORMATION

- Always ensure cleats are securely fastened to your shoes before riding. Loose cleats can lead to loss of control and injury.
- Practice clipping in and out in a safe, controlled environment (e.g., against a wall or on a trainer) until you are comfortable and confident.
- Regularly check the condition of your cleats and replace them when they show signs of significant wear. Worn cleats can compromise engagement and release.
- Be aware of your surroundings and anticipate situations where you may need to unclip quickly.
- The stability of the contact depends on the condition of the shoes and the size of the pedal. Ensure your shoes and pedals are in good condition for optimal performance.

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For further assistance, please refer to the official SHIMANO website or contact customer support.