

SHIMANO RC502W

SHIMANO RC5W (RC502W) Women's Cycling Shoes Instruction Manual

Model: RC502W

INTRODUCTION

This manual provides essential information for the proper setup, operation, and maintenance of your SHIMANO RC5W (RC502W) Women's Cycling Shoes. Please read these instructions carefully before using your shoes to ensure optimal performance, comfort, and longevity.

The SHIMANO RC5W (RC502W) cycling shoes are designed for road cycling, offering a balance of lightweight construction, efficient power transfer, and a comfortable, secure fit.

PRODUCT OVERVIEW

The RC5W (RC502W) shoes incorporate advanced features for an enhanced cycling experience:

- **Lightweight Design:** Constructed for minimal weight without compromising structural integrity.
- **Optimized Fit:** Features a surround wrapping upper structure and BOA® L6 skeleton dials for a precise, glove-like fit that reduces overlap and hot spots.
- **Efficient Power Transfer:** A light carbon fiber reinforced nylon sole and super low stack height contribute to maximum power transfer and pedaling efficiency.
- **Breathability:** Mesh, TPU, and synthetic leather composite upper materials ensure comfortable ventilation.



Figure 1: Side view of the SHIMANO RC5W (RC502W) Women's Cycling Shoe, showcasing the BOA dial and strap closure system.



Figure 2: Top view of both SHIMANO RC5W (RC502W) Women's Cycling Shoes, highlighting the BOA L6 dials and ventilation perforations.



Figure 3: Bottom view of the SHIMANO RC5W (RC502W) Women's Cycling Shoe sole, showing the cleat mounting area and carbon reinforced nylon construction.

SETUP

1. Cleat Installation

The SHIMANO RC5W (RC502W) shoes are compatible with 3-bolt road cleats (e.g., SPD-SL). Cleats are not included with the shoes and must be purchased separately.

1. Align the cleat with the mounting holes on the sole of the shoe.
2. Insert the cleat bolts through the cleat and into the sole.
3. Adjust the cleat position (fore/aft, side-to-side, and rotation) to your preferred riding style and comfort. Start

with a neutral position, typically centered under the ball of your foot.

4. Tighten the cleat bolts securely using an appropriate hex key. Do not overtighten. Refer to your cleat manufacturer's instructions for specific torque recommendations.
5. Repeat for the other shoe.

2. Initial Fit Adjustment

Before your first ride, ensure the shoes fit correctly:

- Slide your foot into the shoe.
- **BOA® L6 Dial:** To tighten, push the dial in and rotate clockwise. To release, pull the dial out. Adjust until the shoe feels snug but not uncomfortably tight.
- **Forefoot Strap:** Adjust the hook-and-loop strap across the forefoot for additional security and comfort.
- Ensure your heel is secure and there is no excessive movement. Your toes should have a small amount of room to move, but not slide forward.

OPERATING

Wearing the Shoes

1. Loosen the BOA® L6 dial by pulling it outwards.
2. Open the forefoot strap.
3. Slide your foot into the shoe.
4. Secure the forefoot strap.
5. Push in the BOA® L6 dial and rotate clockwise to tighten the shoe to a comfortable and secure fit.

Adjusting During Ride

The BOA® L6 dial allows for micro-adjustments while riding. If your feet swell or you need to adjust tightness:

- **To Tighten:** Rotate the BOA® L6 dial clockwise in small increments.
- **To Loosen:** Pull the BOA® L6 dial outwards to fully release tension, then re-tighten to your desired comfort level.

MAINTENANCE

Cleaning

- After each ride, wipe down the shoes with a damp cloth to remove dirt and sweat.
- For deeper cleaning, use mild soap and water. Avoid harsh chemicals or abrasive cleaners.
- Remove insoles and wash separately if necessary.
- Allow shoes to air dry completely at room temperature. Do not use direct heat sources (e.g., hairdryer, radiator) as this can damage materials.

Storage

- Store shoes in a cool, dry place away from direct sunlight.
- Ensure shoes are completely dry before storing to prevent mold or odor.

BOA® Dial Care

- Periodically check the BOA® L6 dials for any debris or damage. Clean with a small brush if needed.
- The BOA® system is designed to be durable, but if issues arise, refer to the official BOA Technology website for specific care and warranty information.

TROUBLESHOOTING

- **Shoe feels too tight/loose:** Adjust the BOA® L6 dial and forefoot strap. Remember that feet can swell during exercise, so adjust as needed.
- **Foot numbness or hot spots:** This often indicates improper fit or cleat position. Re-evaluate cleat placement and shoe tightness. Ensure the shoe is snug but not constricting blood flow.
- **Cleats not engaging/disengaging properly:** Check for debris in the pedal mechanism or on the cleat. Ensure cleats are securely tightened to the shoe. Worn cleats may need replacement.
- **BOA® dial not functioning:** Inspect for dirt or damage. If the dial is broken, contact BOA Technology for replacement parts under their warranty program.

SPECIFICATIONS

SHIMANO RC5W (RC502W) Women's Cycling Shoes

Brand	SHIMANO
Model Name	RC502W
Part Number	ESHRC502WCW01W38000
Color	White
Outer Material	Synthetic
Sole Material	Carbon fiber reinforced nylon
Closure System	BOA® L6 dial, Hook-and-loop strap
Cleat Compatibility	3-bolt road cleats (e.g., SPD-SL)
Weight (approx.)	241 Grams (for size 34, single shoe)
Stiffness Rating	7 (on SHIMANO's scale)
Manufacturer	Shimano Clothing
Date First Available	June 3, 2022

WARRANTY AND SUPPORT







Specific warranty details for the SHIMANO RC5W (RC502W) Women's Cycling Shoes are not provided within this manual. For comprehensive warranty information, product support, or to locate an authorized service center, please visit the official SHIMANO website or contact your local SHIMANO dealer.

For issues related to the BOA® Fit System, please refer to the official [BOA Technology website](#) for their warranty and repair services.

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This manual is for informational purposes only. Specifications are subject to change without notice.

Related Documents - RC502W

	<p>Manual del Usuario SHIMANO Ciclocomputador con Presilla UM-7JD0A-001</p> <p>Guía completa del usuario para el ciclocomputador SHIMANO con presilla (modelo UM-7JD0A-001). Aprenda sobre instalación, funcionamiento básico, ajustes, y solución de problemas para su bicicleta eléctrica SHIMANO STEPS.</p>
	<p>SHIMANO Di2 Rear Derailleur Dealer's Manual: DURA-ACE, ULTEGRA, 105</p> <p>Comprehensive dealer's manual for SHIMANO Di2 rear derailleurs, including DURA-ACE R9250, ULTEGRA R8150, and 105 R7150. Covers installation, adjustment, maintenance, troubleshooting, and E-TUBE PROJECT connectivity.</p>
	<p>Shimano STEPS E-Bike System Service Manual: E8000, E7000, E6100, E5000 Series</p> <p>Comprehensive service manual for Shimano STEPS e-bike systems, covering E8000, E7000, E6100, and E5000 series. Includes installation, maintenance, parts, and technical specifications for e-bike components.</p>
	<p>Shimano ULTEGRA RX RD-RX800-GS Rear Derailleur Parts List and Diagram</p> <p>Detailed parts list and exploded view diagram for the Shimano ULTEGRA RX RD-RX800-GS 11-speed rear derailleur, including part numbers and interchangeability information for bicycle mechanics and enthusiasts.</p>
	<p>Shimano Technical Documents Website User Manual</p> <p>User manual for the si.shimano.com website, providing instructions on how to navigate, search for, and download technical documents, manuals, and specifications for Shimano products.</p>
	<p>Shimano Original Parts Catalogue 2025 Bicycle Components</p> <p>Explore the comprehensive 2025 Shimano Original Parts Catalogue, featuring detailed specifications, compatibility information, and product listings for all Shimano bicycle components. Find the perfect replacement parts for your bike.</p>

