EXPANDED CLEAT-ADJUSTMENT RANGE

SHIMANO

SPD-SL

A combined fore and aft cleat-adjustment range of 22 mm (**11** mm from the outsole and **11** mm from the cleat) offers each rider the opportunity to find their best cleat position.

22 MM OF TOTAL CLEAT-ADJUSTMENT
22 mm of combined cleat-adjustment range offers each rider the ability to select the best possible cleat position.

WIDER CLEAT ADJUSTMENT
Expands range for mounting cleats

22 mm TOTAL

SHIMANO outsole cleat-adjustment range = 11 mm

SPD-SL cleat-adjustment range = 11 mm

SPD

A wide cleat-adjustment range is enhanced by additional aft adjustment to deliver rider confidence for increased bike control.

MODEL	XC/RT/MT/XM			ME4 ME3/ME2/ME1			AM				ME7/ME5				
	+10 mm fore -10 mm aft			+10 mm fore -13 mm aft			36 to 39	40 to 42	43 to 45	46 to 48	36 to 39	40 to 42	43 to 45	46 to 48	49 to 52
ADJUSTMENT RANGE	20 mm total			23 mm total			20 mm total				23 mm total				
NORMAL ADJUSTMENT RANGE															
BALL CENTER															
ADDITIONAL AFT (REARWARD) ADJUSTMENT RANGE															
							-15 to -18				-15 to -19				

FOOTWEAR OPTIMIZED
AROUND THE HUMAN FOOT

SHIMANO

SHIMANO footwear is developed using our unique understanding of how the foot interfaces with the shoe and the pedal to optimize comfort and maximize power transfer for smooth and efficient pedaling. Our footwear is System Engineered to function seamlessly with our SHIMANO SPD and SPD-SL pedal platforms to optimize rider performance, efficiency, and comfort for every type of rider and ride.

ANATOMICALLY DESIGNED

All SHIMANO footwear closures are anatomically designed to reduce pressure and tension on the highest points of the foot. By wrapping the foot securely, and in a uniform method, comfort is improved and added power transmission created.

THE BOA® SYSTEM

BOA®

The Boa® System offers infinite adjustment for a glove-like fit with on-the-fly one-handed adjustments and convenient fast release.

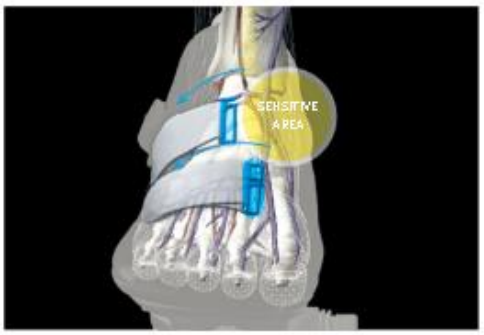
THE BOA® POWERZONE GUIDE

Powerzone is easy to adjust to a preferred forefoot fit preference. A tighter fit is available by looping the wire around the hook as shown.

LOW PROFILE REVERSE BUCKLES

LOW PROFILE REVERSE BUCKLE

Low profile reverse buckles hold the foot securely while reducing aerodynamic drag on Road footwear, and decreasing the chance of hitting obstacles on Off-Road footwear.

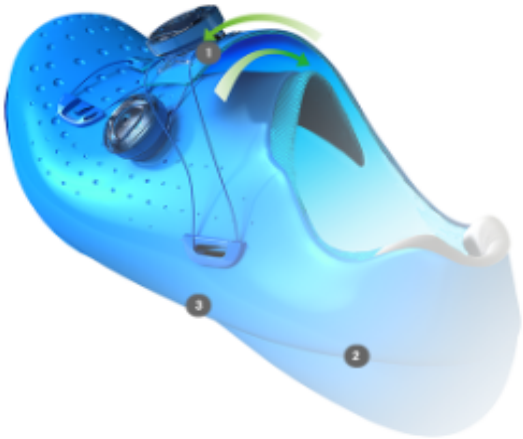


OFFSET STRAPS

OFF SET STRAPS

Unlike conventional closures, SHIMANO's anatomically precise Offset Straps relieve tension at the highest point of the foot, where pressure tends to be greatest.

SHIMANO FOOTWEAR PROVIDES ALL-DAY COMFORT BY WRAPPING THE FOOT SECURELY TO MAXIMIZE POWER TRANSFER.



1. **COMFORT**
   Every SHIMANO cycling shoe uses supple yet durable upper materials engineered with unique closure options to secure the foot firmly and comfortably without hot spots or pressure points.

2. **SECURITY**
   Efficient power transfer demands a stiff and rigid sole that can result in heel slip. SHIMANO cycling footwear is engineered with lightweight internal or external 3D Anatomic heel cups, which secure the heel to eliminate slip and chafing while maximizing power transfer.

3. **POWER TRANSFER**
   Whether it is our ultra-stiff carbon fiber DYNALAST road performance outsole, off-road tuned TORBAL outsole or on- and off-the-bike optimized city touring Explorer outsole, every SHIMANO shoe is designed with the specific user in mind.

EXTERNAL HEEL CUP

On select models we utilize an external heel cup for enhanced heel hold and optimal durability.

S-PHYRE RC9 SHOE

FOOTWEAR SUPERIORITY

The first-generation S-PHYRE RC9 shoe established a new benchmark for cycling shoe performance, weight, efficiency, stiffness, and comfort. Yet S-PHYRE is about always seeking improvement — always innovating to be better. The second-generation S-PHYRE RC9 is even lighter with enhanced hydrophobic materials to limit moisture retention, and features an improved heel cup and a revised pattern for improved fit and better transfer of power to the pedal. With S-PHYRE innovation truly has no finish line.

1. **DUAL MICRO-ADJUST LACING**
   Dual independent Boa® IP1 dials with powerzone wire guide lacing allow quick and precise micro-adjustment while maintaining stability.

2. **FULL-FEATURE SEAMLESS UPPER**
   Supple, stretch-resistant and highly breathable, one-piece Teijin Avail microfiber synthetic leather limits moisture and sweat retention, features increased MicroVent holes for heat dispersion, and fits like a glove.

3. **ASYMMETRIC CONTROL**
   Asymmetric eyestay pattern prevents twisting of foot under high-power pedaling.

4. **UNIBODY CONSTRUCTION**
   The elimination of the traditional lasting board reduces weight and lowers the stack height between the foot and pedal to better support the foot and maximizes power transfer and efficiency.

5. **LOW STACK HEIGHT**
   Low stack height carbon midsole helps stabilize foot during the downward pedaling stroke, maximizing power transfer.

6. **EXTENDED-RANGE CLEAT ADJUSTMENT**
   Extra 11 mm of cleat adjustment range.

7. **EXTERNAL HEEL CUP**
   Revised external curved heel cup construction minimizes foot twist and roll, stabilizes the heel, and holds the foot firmly in place.

BLUE
SH-RC901

BLACK
SH-RC901

WHITE
SH-RC901

GREEN
SH-RC901

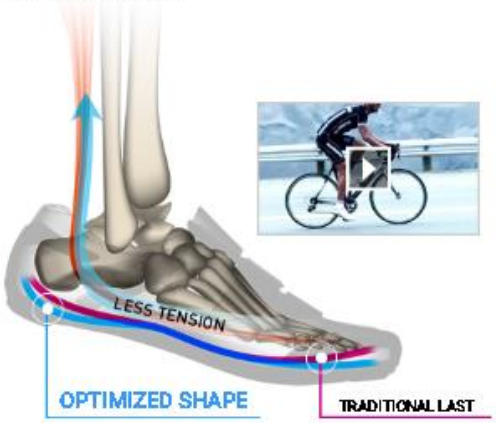
BEST MATCH
PD-R9100

SHIMANO

SHIMANO DYNALAST
CREATING PEDALING EFFICIENCY

OPTIMIZED SHOE LAST

The toe-spring section of a cycling shoe plays a key role in supporting efficient pedaling. Too high, and it causes increased tension in the plantar, calf, and hamstring muscles. Too low, and you get a bowlegged, inefficient pedaling form. Extensive research by Shimano's R&D experts has produced a superior shoe last design with an optimized toe-spring section that promotes a smoother, more energy-efficient upstroke. Built based on feedback from pro riders, Shimano Dynalast helps reduce energy loss on long rides, letting you keep more in the tank for that final sprint to the line.



TENSION IN PLANTAR AREA AFFECTS LEG MUSCLES

A wider range of motion supports a smoother, more efficient upstroke.

SHIMANO DYNALAST
SMOOTHER PEDALING MORE EFFICIENT POWER TRANSFER

TRADITIONAL LAST
TENSION AFFECTS THE MOVING ANGLE