

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											
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 a hefty one-handed adjustments and convenient fast release.



THE BOA® POWERZONE GUIDE

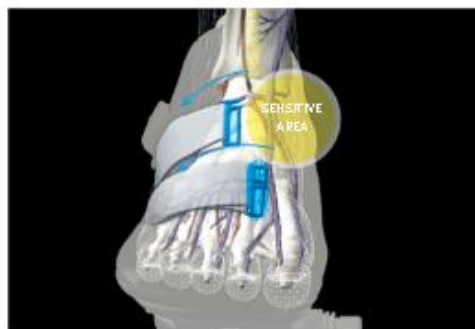
Powerzone is easy to adjust to a preferred forefoot fit preference. A tighter fit is available by looping the wire around the hook as shown.



LOW PROFILE REVERSE BUCKLES



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

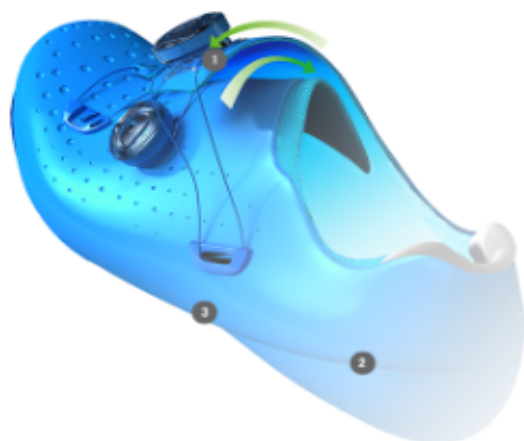


OFFSET STRAPS



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 a 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.

FURTHER, FASTER... MORE COMFORTABLE

Engineered with the endurance rider in mind, the Road Performance RP9 magically blends the advanced features and construction of our road competition footwear with the comfort and efficiency required for long days in the saddle. Supple materials surround our 3D Anatomic design to conform to the foot, transferring power seamlessly and effortlessly to the pedals.

ROAD PERFORMANCE AT EVERY LEVEL

Available Road Performance range includes RP9, RP7, RP5, RP3, and RP1 models for all levels of cyclists seeking performance with comfort.

LONG-DISTANCE COMFORT

All-day comfort without sacrificing power transmission.

CLEAN APPEARANCE

Sophisticated aesthetic and hidden hardware routing for a clean appearance.

LIGHTWEIGHT CONSTRUCTION

Built on the Road Performance platform, the RP9 weighs just 224 grams (Size 42).



SM-SH41 CLEAT ADAPTOR

The SM-SH41 Cleat Adaptor converts any 3-hole SPD-SL shoe to mount a SPD cleat. Simple to install, the SM-SH41 allows riders to utilize the performance of a road shoe with the broad range of SPD pedals. The SM-SH41 also improves walkability with cleat protecting, durable TPU platforms.



COMFORTABLE UPPER

Supple microfiber synthetic leather with laser-cut MicroVent perforations.



MULTI-LEVEL COOLING

Integrated cooling channels route air across the outsole, insole, and upper.



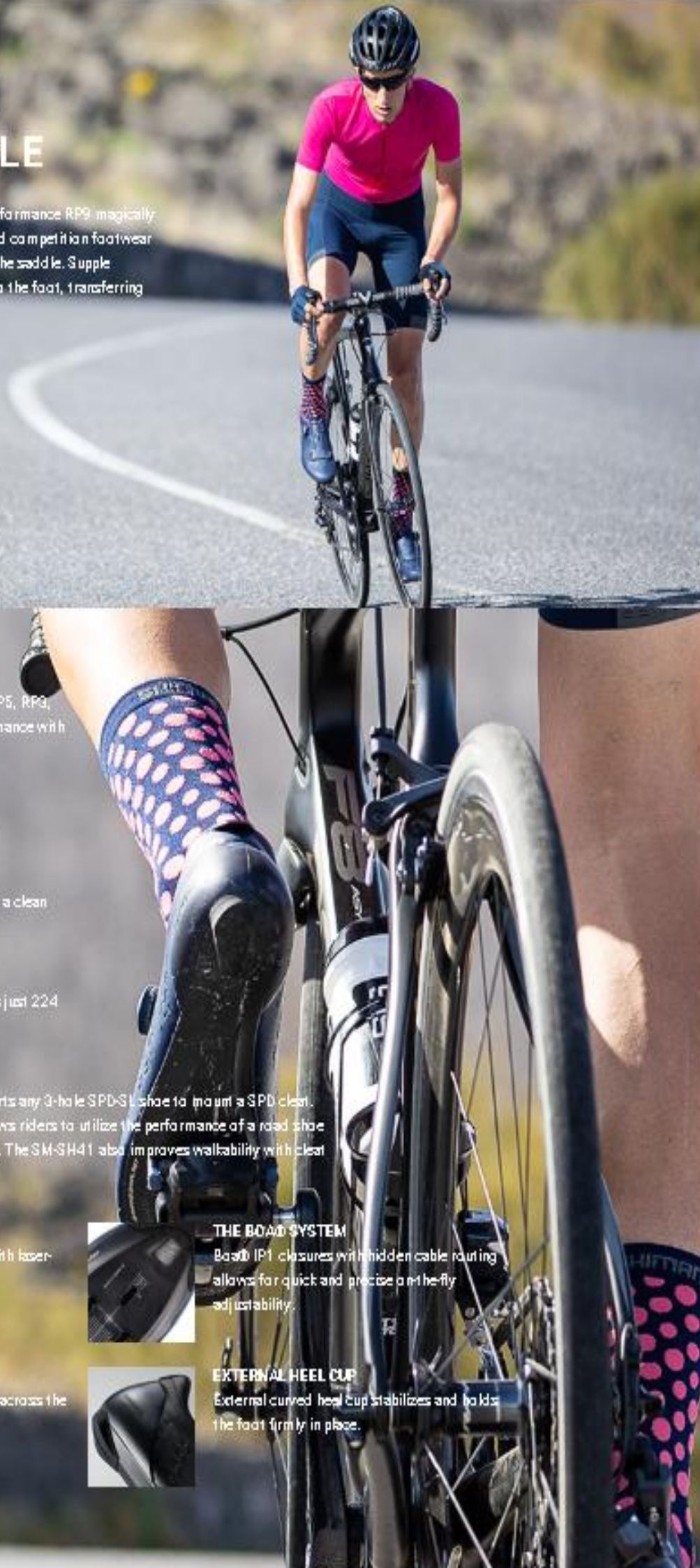
THE BOA SYSTEM

Boa® IP1 closures with hidden cable routing allows for quick and precise on-the-fly adjustability.



EXTERNAL HEEL CUP

External curved heel cup stabilizes and holds the foot firmly in place.





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