

US

TIME

## ATAC XS - ROC ATAC - ALIUM - Z - ALLROAD

Cycling is a sport that can occasionally lead to falls or accidents. Be sure to use caution when riding your bike. Obey all rules of the road and don't forget to wear a helmet. Keep these instructions handy in order to consult them at all times.

The pedals ATAC XS, ROC ATAC - ALIUM, Z, ALLROAD are compatible with all of the sole types SPD® VTT.

**ATTENTION**

Before using your TIME pedals, it is essential to read the instructions below and to follow these recommendations:

For optimal performance and for your safety, it is necessary to make sure that the diameter of the TIME pedal axis (Ø 9/16") lines up perfectly with the diameter of your cranks. Check everything and make sure to fully understand its function before taking the road. These self-loading pedals can only be used with specifically adapted shoes. Before use, put one foot on the ground and practice engaging and disengaging the other shoe. The first times out should preferably be done in a clear and safe area, in order to become familiar with and break in the material. Be careful to check the cleats at regular intervals. Replace the cleats when they are worn out. For first time use and after each replacement of the cleats, engage and disengage the shoes ten to fifteen times before use, in a stopped position. For supplementary information concerning assembly, adjustment, and maintenance of your TIME pedals, contact a specialized retailer. After a fall or impact, have your TIME pedals checked by your retailer. Failure to respect the set-up and usage advice in these instructions could cause a fall or accident.

**ATTENTION**

TIME DECLINES ALL RESPONSIBILITY IN THE CASE OF FAILURE TO RESPECT THE INSTRUCTIONS IN THE USER GUIDE.

**GUARANTEE**

TIME pedals are guaranteed against all factory defects and normal use defects for a period of 12 months from the purchase date at the specialized retailer. During this time, TIME will take care of either the replacement cost or repair cost, as they deem necessary. In order to make use of the guarantee, please go through your specialized retailer and write a letter explaining the problem, accompanied with a proof of purchase date.

**Excluded from guarantee are the following damages:**

- Normal wear of the parts (cleats, support points, bearings, connections...).
- Non-standard set-up or assembly with inadequate parts.
- Abnormal use of product (jumps, acrobatics or similar activities), misuse, accidents, improper maintenance.
- Failure to respect the instructions in the user guide.

For your safety, do not try to disassemble the locking mechanism situated at the back of the axis. Do not make any modifications to either your pedals or your shoe supports. Any modifications to the pedals will lead to a loss of guarantee.

**SET-UP & ADJUSTMENT****PEDALS INSTALLATION:**

Not to get confused, the axis of the right pedal is marked R (tightens clockwise), and the axis of the left pedal is marked L (tightens counter-clockwise).

Lubricate the threads if necessary.

Using a 6 mm allen wrench or a 15 mm wrench, tighten the axis.

**Maximum torque 35 N.m.**

**CLEAT INSTALLATION:**

The set of cleats delivered with the pedals ATAC, ROC ATAC, ALIUM, Z or ALLROAD allow two angles of disengaging.

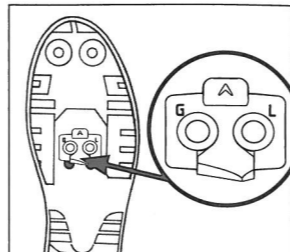
**1 - 13° release angle for beginning or recreational cycling:**

Position the cleat marked G/L under the left sole, with the arrow pointing forward.

Position the cleat marked D/R

under the right sole, with the arrow pointing forward. Lubricate the

screws and tighten to **4-5 N.m.**

**2 - 17° release angle for competition cycling:**

Position the cleat marked D/R under the Left sole, with the arrow pointing forward. Position the cleat marked G/L under the Right sole, with the arrow pointing forward.

Lubricate the screws and tighten to **4-5 N.m.**

**ADJUSTMENT OF RELEASE:****ATAC XS - ROC ATAC - Z CONTROL**

The pedals ATAC XS, ROC ATAC and Z CONTROL (except ALIUM et Z) are equipped with an adjustable release system, allowing for different sensitivities, depending on your physical fitness, terrain, convenience, etc...

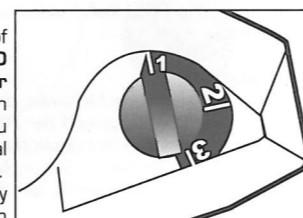
Factory set in position 1, they are adjustable for all types of use. To increase the release effort, proceed as follows:

With the help of a flat screwdriver, turn the adjustment screw (see diagram) clockwise to position 2 for a medium release effort and to position 3 for a maximum release effort.

**ALLROAD**

Certain models in the line of ALLROAD pedals (ALLROAD Gripper+ and ALLROAD Gripper only) are equipped with an adjustment system that allows you to adapt sensitivity to your physical fitness, terrain, convenience, etc...

The ALLROAD pedals are factory adjusted to the first position, which corresponds to the weakest setting and all types of use.

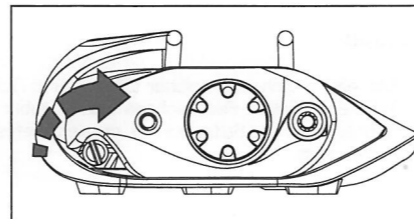
**To adjust the sensitivity setting proceed as follows:**

With the help of a flat screwdriver, turn the adjustment screw clockwise to the middle position for a medium release effort and to the third position for a maximum release effort.

**Longitudinal adjustment of locking mechanisms:**

To move the locking mechanisms forwards or backwards on the shoes, loosen the attachment screws, determine the new position, and retighten the screws.

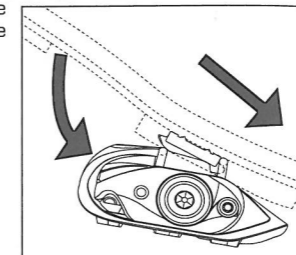
**Maximum torque: 4.5 N.m.**



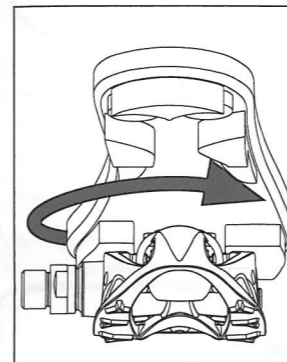
**IMPORTANT:** Before using for the first time it is important to practice these two movements in a stationary position. For first time use, go to a clear and flat area to get familiar with this new device.

**UTILIZATION****Engagement:**

Insert the tip of the cleat into the forward arch of the pedal, and then apply pressure to the back of the pedal to engage the cleat with the pedal.

**Disengagement:**

Disengagement is usually done with a rotation of the back of the foot to the outside. However, TIME pedals also allow disengaging in the opposite direction under specific situations.

**MAINTENANCE****Pedals:**

TIME pedals don't require any special maintenance, other than keeping them clean. If using a pressure washer, avoid pointing it at the bearings.

**cleat:**

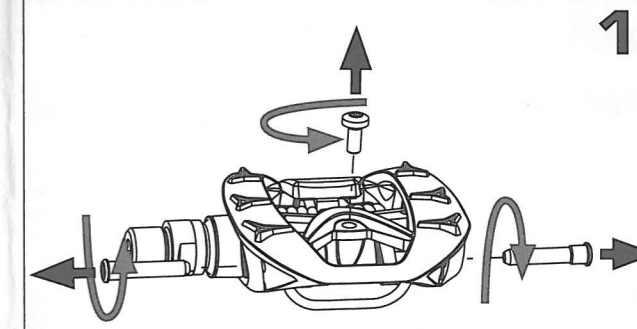
The cleats wear out and should be regularly replaced. To make replacement easier, trace the outline of the old cleats on the soles of your shoes with a pencil. After installing new cleats, continue through a break in period by engaging and disengaging your shoes several times while stationary.

**COVER REPLACEMENT**

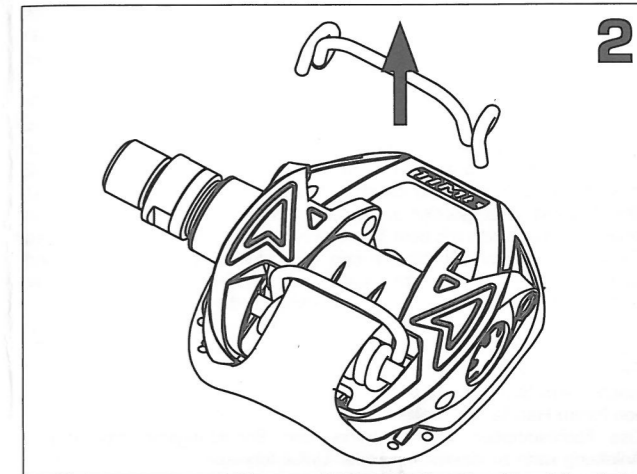
The pedals ALLROAD Gripper+ and ALLROAD Gripper allow for an easy disassembly of the cover assembly: the forward side of the pedal is equipped with, other than the bolt, two unscrewable spring axis. All that is needed is a 6-lobed Torx head wrench.

**DISASSEMBLY:**

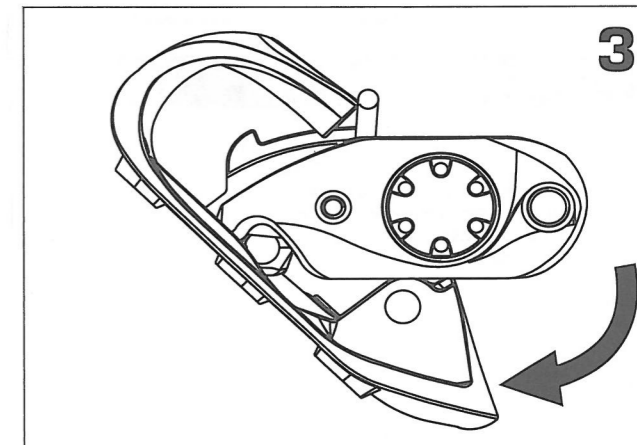
1: With a screwdriver or Torx T20 wrench, unscrew and remove the two lateral axis springs. Then unscrew the bolt situated on the side opposite to the attachment point.



2: Remove the arched spring situated in the front.



3: Disengage the cover support with a circular movement of about 45°.



**Attention:** it is useless and even strongly advised against trying to remove the locking mechanism situated at the back of the axis!

**REASSEMBLY:**

Carry out in the reverse order the steps listed above under disassembly of the cover support. Make sure that the lateral axis are correctly tightened and that the heads of these axis springs are in contact with the sides of the pedal (tighten to a torque of **3-4 N.m**). If needed, add some stop thread to the axis spring and bolt threads. This is highly recommended if the cover assembly has been replaced several times.