

HEAT MOLDING INSTRUCTIONS

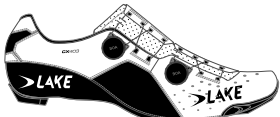
MODELS CAPABLE OF HEAT MOLDING



CX 241 | MX 241



CX 332
MX 332/SuperCross/Lite



CX 403



TX 322 Air

You will need the following items to properly prepare and fit your CFC™ shoes

CFC SHOES

WITH YOUR CLEATS INSTALLED

CONVENTIONAL OR CONVECTIONAL OVEN

OVEN GLOVES

OR HEAT RESISTANT HAND PROTECTION

RIDING SOCKS

OVEN THERMOMETER

A TIMER OR CLOCK

IF A 2ND PERSON IS HELPING, THEN ALSO A BIKE WITH A TRAINER AND PEDALS YOU WILL USE RIDING.

IMPORTANT NOTICE

DO NOT USE HAIR DRYER, HOT AIR PAINT STRIPPER, MICROWAVE OVEN OR DIRECT FLAME. Using such methods will be ineffective or will destroy the shoe (and microwave if attempted). Damage caused by using any of the above methods is not covered by any warranty.

DO NOT USE VACUUM PUMP FOR FORMING. The combination of heat and a vacuum may distort the shape of the lightweight leather structure. Damage due to vacuum forming is not covered by any warranty.

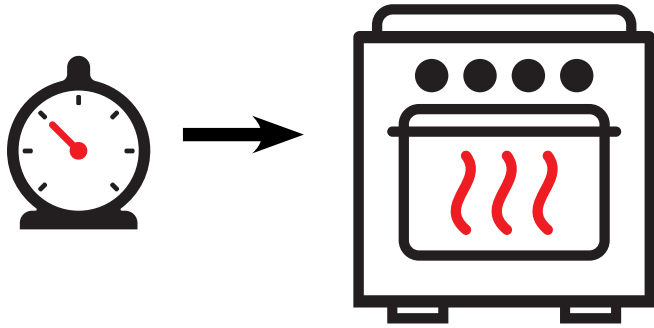
DO NOT TRY FORMING SHOE OFF THE FOOT. There are limits to as to how much the material can flex. On the foot it is unlikely that the material can be overstressed. Off the foot, it is possible to push the materials to the point where they will crack. Damage caused by forming off the foot is not covered by any warranty.

FITTING NOTE: The CFC shoes comes with a removable insole but can be used with custom orthotics. Please see the FAQs to better understand what will work best for you. Please make this decision before starting to form your shoes.

If you don't understand the instructions, please contact info@lakecycling.com

PLEASE READ ALL INSTRUCTIONS BEFORE BEGINNING

Step 1



Place oven thermometer into oven.

Step 2



Put on riding socks.

For best results, set up shoes initially with your bike on a trainer (preferably with the help of a Trained Lake CFC Technician), cleats mounted, and with the pedals you expect to be using.

Temps & Times

Conventional Oven:

Pre-heat oven to 200°F / 90°C
Allow oven to pre-heat for 5-10 minutes.
Do not exceed 200°F / 90°C.
Allow shoe to heat for 3-4 minutes.

Convection Oven:

Set convection oven to "bake" and 180°F/80°C (heat from all directions)
Allow oven to pre-heat for 5 minutes.
Allow shoe to heat for 4-5 minutes.

Step 3



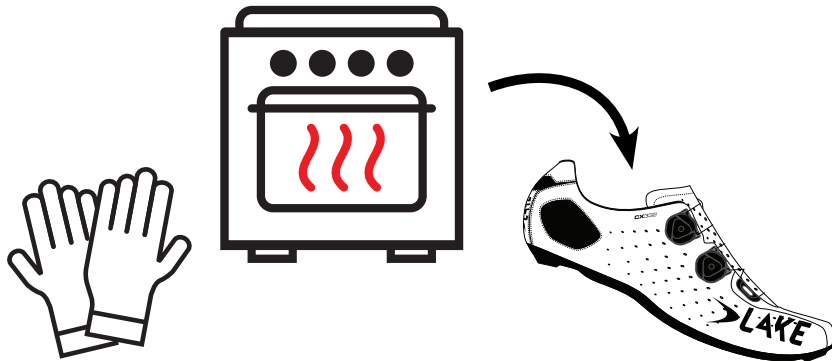
Put on oven gloves or heat resistant hand protection.

Open oven and place one shoe on oven rack so that the sole is set on the rack.

Do not set leather sides of the shoe on oven rack.

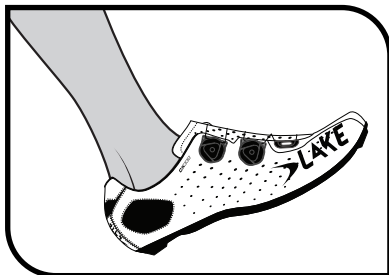
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Step 4



Wearing oven gloves or heat-resistant hand protection, remove the shoe from the oven at the correct time. You should be able to flex the upper parts of the heel; the materials in the heel area should be pliable, but not soft.

(See Drawing A)

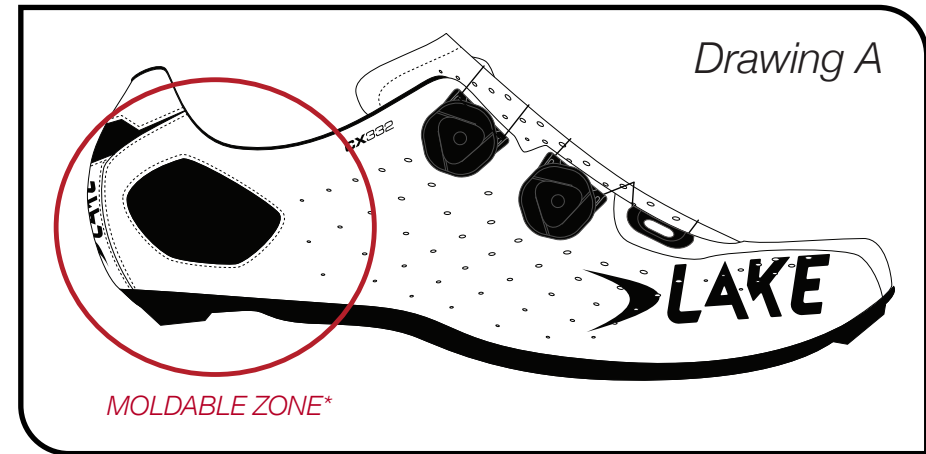


Secure the shoe to your foot.

Do not over-tighten the shoe or apply excessive pulling or pushing to the leather upper.

DO NOT APPLY ANY PRESSURE, PULLING OR PUSHING ON RUBBER SOLE OR WALKING PADS. IT IS SAFE TO STAND WITH THE SHOES ON, HOWEVER PULLING AND PUSHING ON THESE PARTS WHEN HEATED MAY CAUSE SEPARATION OF THESE PARTS.

Step 5



*MOLDABLE ZONE IS THE SAME FOR ALL MODELS

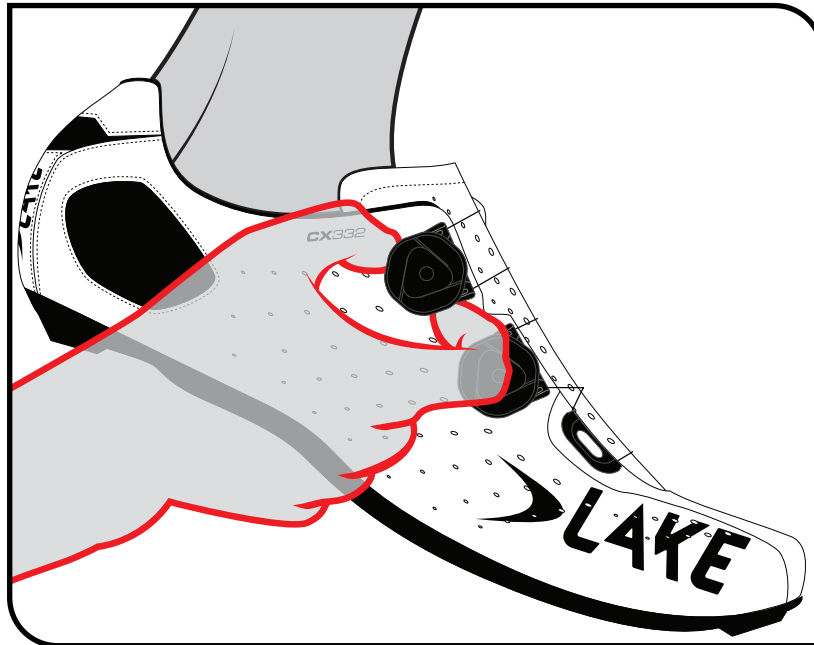
Shape the shoe to your foot while seated.

Make sure that you are leaving smooth surfaces with no sharp edges. Do not use tools sharper than your fingers unless you are a trained shoe tech. Do Not press or form shoe off the foot.

If a 2nd person is helping, sit on the bike that is secured on a trainer with the pedals engaged. Apply pressure to the moldable zones of the shoe (see Drawing A).

If you don't understand the instructions, please contact info@lakecycling.com

Step 6



When the shoe cools down and you have had your foot in place for about fifteen minutes, **check that closure pressure is still where you would like**. If not, tighten as needed. You may find that you will not have to tighten as much as you are used to in conventional shoes, as **your heel should be securely locked in place when shoes have been adjusted**. If you feel any pressure points in the moldable area, reheat and readjust as necessary.

Repeat Above steps for the other shoe.

This will give you your initial setup. Often, this will be all you need.

Ride with your new shoes. Try to identify any place in the moldable area where you have either pressure points or feel that the shoe is too tight. Reheat the shoe and, using your fingers at the points where you feel any problems, readjust.

When readjusting, make sure that you are leaving smooth surfaces with no sharp edges. **DO NOT use tools sharper than your fingers unless you are a trained shoe tech.**

Perfect Fit. Once the shoes have been molded the feeling should be as if wearing just a comfortable slipper, no heel slip, no excessive pressure or pinching, just a comfortable, solid and secure fit.

FREQUENTLY ASKED QUESTIONS

Q: How often can I reheat my shoe?

A: As often as you need.

Q: How hot can the shoe get?

A: Max oven temp of 200°F/90°C

Q: How long can the shoe stay in the oven?

A: At max temperature, Do Not leave in the oven for more than five minutes.

Q: The instructions say that I should have a second person and a trainer to help. Is this necessary?

A: The instructions give you two options - fit the CFC shoes on your own or do it with some help. We would like you to know and feel confident that you can do the fitting and adjusting on your own. However, a second person and a trainer will make fitting the first time through more accurate. A trained technician in the shop will make it even better. A technician will help you get the best fit from your shoe and will be able to advise if you need any further support adjustments (orthotics, wedges, pedal changes, etc.) To make your ride with the CFC shoes most enjoyable.

Q: Can I use an orthotics with the Lake CFC shoes?

A: If you feel an orthotics will help your performance or add comfort to your ride, absolutely do so. Make sure to see an experienced technician who understands cycling and that you need to be fit in a riding position -- not stationary walking position.

Q: The CFC shoes come with both a removable insole and an inner surface that allows riding the shoe without the removable insole. Why? How should I use this feature?

A1: The interior food surface of the CFC shoes provides a minimal amount of cushioning on a breathable surface and a high amount of volume. The inserted foot bed reduces volume and gives you an increased amount of cushioning that will gradually form to your foot. The unique design of the CFC shoes and the arrangement of the BOA® closure system allow you a lot of leeway in your ability to comfortably fill the available volume.

A2: The interior volume allows you the choice of using the shoe without the secondary footbed, with the secondary footbed or with your own orthotics system. The question of which way to go is really a question of the type of riding you are doing and your personal preference. There is a not a right or wrong here. Go the way that feels best to you.

SHOE CARE & WARRANTY EVENTS

Overheating

If shoes have been overheated they may be returned to us for inspection. If found to be repairable, they will be repaired or replaced at a charge of US \$190.



BOA care/parts: Replacement repair parts at www.boafit.com/en-us

Please read the BOA manual that has been supplied with your shoes. Your dealer will have access to a complete BOA® repair kit. BOA® offers a lifetime warranty on all removable parts.



Leather Care

For optimal shoe life, please keep leather clean and moisturized. If wet, allow to dry naturally with no more than a wooden shoe form or paper as a drying liner.



Carbon failure

If for any reason carbon parts fail, please return shoes directly to us for inspection. If failure is related to a product problem, we will replace your shoes at no charge. If failure is related to a misuse problem, (overheating, forming off the foot, etc.) We will replace for a fee of US \$250 or reject replacement at our discretion.

Upper from sole - Return shoes for reassembly. If within the first three years, shoes will be reassembled at no charge. After third year, reassembly charge will be US \$100.

CUSTOM FIT CARBON

THE NEXT ADVANCEMENT IN CYCLING FOOTWEAR

The same expertise & craftsmanship that have helped us to create the best fitting cycling shoes in the world now allow us to offer the cycling community the most advanced custom-formable carbon fiber cycling shoes. Featuring our Moldable Carbon Stability Platform™ (Patent Pending), hand-crafted K-Lite™ Kangaroo upper, Outlast® SmartFabric™, & the Boa® micro-adjustable closure. And that's just the beginning.

