VELKYNE

USER GUIDE

SPD-SL TO SPD CLEAT ADAPTERS

Two aluminium plates that bolt onto the three inserts of a road shoe and take a two-bolt SPD cleat: keep your shoes, ride SPD pedals and walk normally.

REF. ADAPTCALSPD · 3-BOLT SOLES, SH51 / SH56 CLEATS · ALUMINIUM, ≈ 75 G PER PAIR



01 · FITTING

FROM ROAD SHOE TO SPD PEDAL

What the adapter does

- It turns a road shoe with **three inserts** (the SPD-SL standard) into a shoe that works with two-bolt **SPD** pedals: city bike, gravel, touring, shared indoor trainer.
- The SPD cleat sits recessed in the plate and no longer touches the ground: you **walk normally** and the cleat stops wearing at every stop.
- The non-slip surface steadies the foot on the pedal.

Fitting, one shoe at a time

1. **Remove the road cleat** and clean the sole around the three inserts. Dry-fit the plate: its three holes line up with them.
2. **Slip in the spacer** between sole and plate if the sole is curved and the plate does not sit flat. Flat sole: fit without the spacer.
3. **Bolt the plate on** with three of the supplied bolts, a dab of grease on the threads. Tighten the three bolts in turn, firmly, without forcing the aluminium.
4. **Fit your SPD cleat** (SH51 or SH56, not included) with its own bolts into the plate's two-hole window. Tighten lightly so you can still move it.
5. **Set the cleat** where your road cleat used to sit: pedal axle under the ball of the foot, cleat straight or slightly toed out. Tighten fully.
6. **Test standing still,** leaning against a wall: clip in, clip out, several times. Then the second shoe.

Specifications

Shoes	**Road, 3-bolt**	Pedals	**SPD, two-bolt**
Cleats	**SH51 / SH56**	Material	**Aluminium**
Colour	**Black**	Weight	**≈ 75 g per pair**
Contents	**2 plates, 2 spacers, 6 bolts**		

SAFETY

- **Never** modify the cleat or the pedal's release mechanism.
- First rides: pedal **release tension** at minimum, then raise it gradually.
- Hard to unclip or uncertain engagement: do not ride, go back over the fitting.

KEEP IN MIND

No SPD cleat is included: reuse the one from your pedals, SH51 (single-release) or SH56 (multi-release, easier to get out of).

02 · DAY TO DAY

ADJUSTMENT, CARE, TROUBLESHOOTING

Finding the right cleat position

The classic landmark: the big-toe joint directly above the pedal axle, or slightly behind it for long distances. Mark that point on the side of the sole before tightening, then line the cleat up with it.

For the angle, let the foot take its natural position, seated on the saddle with relaxed heels: the cleat should follow that orientation, not fight it. The knee tells you quickly: discomfort on the inside or outside after a few kilometres means the cleat is turned too far.

Adjust in touches of a few millimetres. Ride around the block between two tries.

Care

- The adapters add **six bolts** to keep an eye on: check their tightness after the first two or three rides, then once a month.
- Clean the cleat window after a muddy ride: trapped grit makes clipping in harder.
- Replace the SPD cleat when its edges are rounded; the plate itself does not wear from walking.
- A drop of oil on the bolts now and then stops them seizing in the inserts.

IF SOMETHING GOES WRONG

- **The cleat will not engage**: the plate is not sitting flat on a curved sole, add the spacer; or the cleat is on backwards, nose towards the front.
- **The shoe unclips on its own**: worn cleat, loose cleat bolts or pedal tension set too low.
- **Creaking while pedalling**: a plate bolt has worked loose, or the thread is dry. Remove, grease, retighten.
- **A plate bolt will not go down**: dirty insert thread. Clean it; never use a longer bolt that would come through the sole.



Plate bolted to the three inserts, SPD cleat fitted in the central window: the cleat sits below the sole.

On video

Independent tutorials on fitting and setting up SPD cleats, scan to watch.

How to install cleats on cycling shoes the right way
Jamesthebikeguy · English

Shimano SPD (mountain bike) cleat installation
Podium Physio · English

Need help?

velkyne.com/contact
Our team answers your questions about fitting and compatibility.