

DIY Adapted Pedals

Cost ~\$20/pair

Pedals and Toe clips are available at most bike shops (I purchased from Western Cycle)

Pedals come in two different sizes, ½ inch and 9/16 inch, make sure to get the right size

Make sure to get pedals with holes to attach toe clips to as well as slots for the nylon Toe Clip Strap to slide through

There is a right hand pedal and a left hand pedal, you can tell by looking for a “L” or “R” on the pedal. “L” pedal has to go on the left side of bike, “R” pedal has to go on the right side

Remove pedal from packaging



You may have to remove reflector to find holes for toe clips



Note the holes that go through the pedal



Remove reflector if needed. A flat head screwdriver works well



Pedal with reflector removed



Make sure that toe clip is put on the right way. This is a “R” right hand pedal.



Fasten toe clip to pedal using screw and nut provided





Qi Creative[®]

Pedal and Toe Clip should look like this.



Woosh!



Pedal and Toe Clip should look like this.





Sew 2 sets of straps using velcro (one side hook, other side loop). 9 inches should be long enough.

Sew a ~1 inch loop on one side of each strap.



Insert nylon strap that came with toe clip through top loops of toe clips and slide one velcro loop onto strap



Thread nylon strap through slots found on pedal.



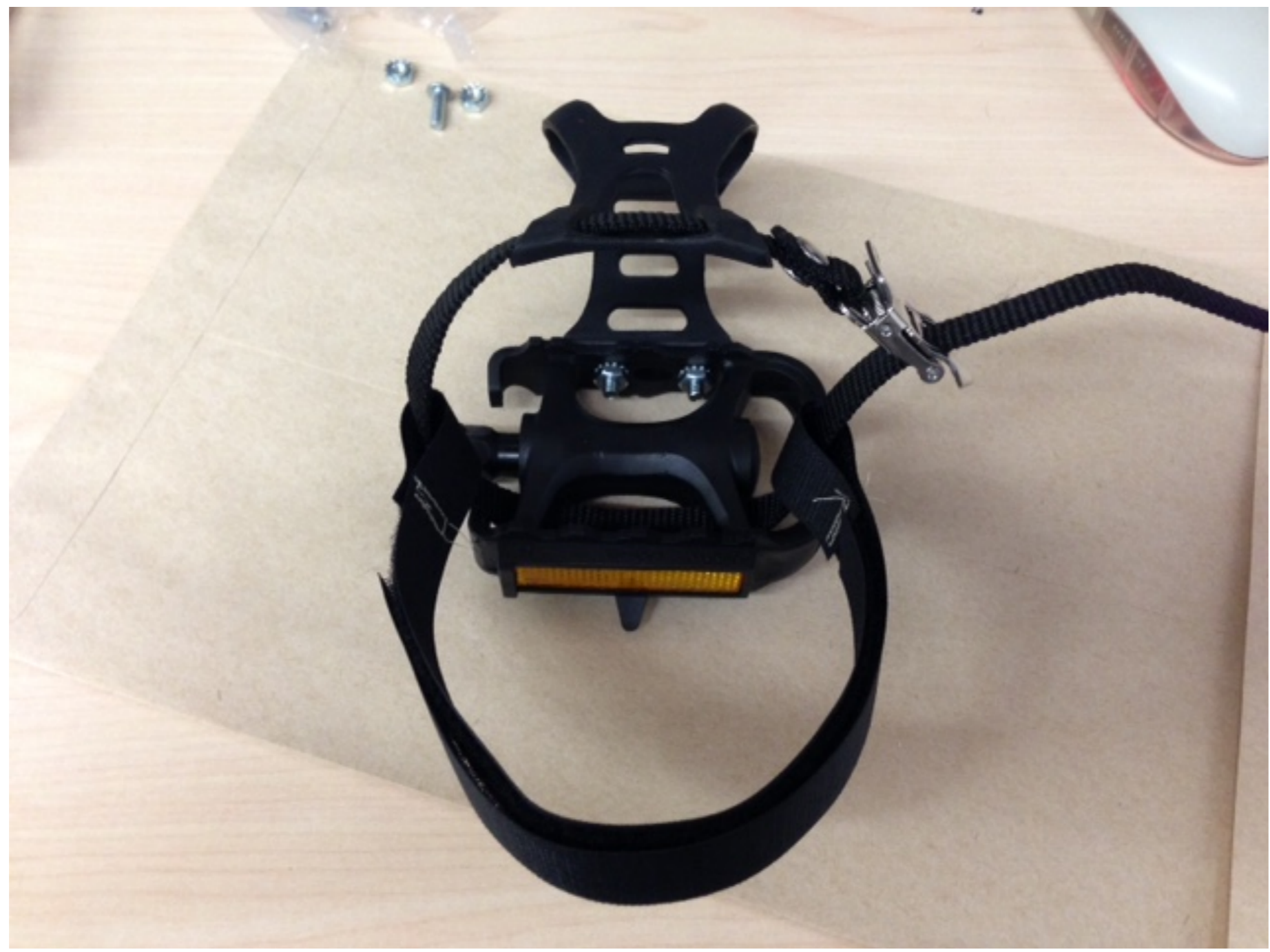
Place other half of velcro strap over the nylon strap.



Thread nylon strap through buckle on its other end



This is the completed right side pedal





Pedal Install

- Once you have completed both pedals, install the pedals on the bike
- Note - A right side pedal can only go on the right side of the bike. A left side pedal can only go on the left side of the bike. The right pedal tightens in a clockwise direction, the left side in counter-clockwise direction. (see “Replacing Bike Pedals” for more info)