



(In-The-Shoe) ITS-F Wedge™ Sizing Chart			
ITS-F Wedge	USA Men's	USA Women's	European
Size 6 - 7	5.5 - 7	7 - 8.5	37.5 - 40
Size 8 - 9	7.5 - 9	9 - 10.5	40 - 43
Size 10 - 11	9.5 - 11	11 - 12.5	43 - 45
Size 12 - 13	11.5 - 13	13 - 14.5	45 - 47

1.5° of tilt
per ITS-F Wedge

- Safe, high density plastic construction
- Trimmable to size
- Made in USA

ITS-F Wedges™ (in-the-shoe)

- ITS-F Size 6 - 7 = 5.5 to 7 shoe size
- ITS-F Size 8 - 9 = 7.5 to 9 shoe size
- ITS-F Size 10 - 11 = 9.5 to 11 shoe size
- ITS-F Size 12 - 13 = 11.5 to 13 shoe size (USA Men's Sizing)

How to measure Forefoot Tilt:

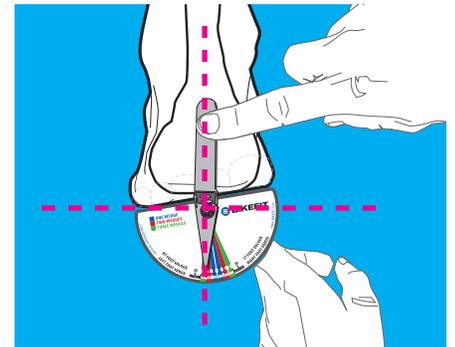
Please visit your nearest BikeFit Pro, who will be able to measure both of your feet with the Forefoot Measuring Device (FFMD). This is a measurable way to determine the starting point for your Cleat and the number of Cleat Wedges you may need for each foot. To learn more, see the process pictured below. Or view more online at www.BikeFit.com



a. Kneel on a chair, facing the back, with relaxed feet extending over the edge.



b. Your BikeFit Pro will place the Forefoot Measuring Device (FFMD) on the bottom of each foot pushing the handle against the heel so the vertical portion is aligned dividing the heel in two equal halves. The FFMD can be purchased separately at www.BikeFit.com.



c. With FFMD in place, position the top flat surface of the Device (½-circle protractor portion) on the ball of the foot. Make a note of the angle indicated by the protractor. Repeat this procedure 3 times for each foot & average the numbers separately. Use this as your starting point. See reference charts found online at [BikeFit.com](http://www.BikeFit.com)

# of Degrees	Approx. # of Cleat Wedges	Approx # of ITS Wedges
0 - 2	0	0
3 - 7	1	1
6 - 12	<i>Up to 2</i>	consider combo w/ Cleat Wedges
12 - 20+	<i>Up to 3</i>	consider combo w/ Cleat Wedges

HOW MANY WEDGES DO YOU NEED?

PLEASE NOTE:

Specialized Body Geometry (BG) shoes generally require THE SAME number of Wedges in a varus position as all other cycling shoes. Use comfort and feel as your guides for what is best for you.