

Adapters for riding an SPD-pedal bike in normal shoes



REDSHIFT

Mousetrap Pedal Adapters

£54.99, redshiftsports.com

Riders wanting both clipless and flat-pedal functionality in the same machine have until now had the choice of either swapping pedals or fitting dual-purpose pedals, which combine an MTB-style cleat attachment on one side with a flat surface on the other.

While convenient, practical and effective, dual usage adds weight. More importantly, for performance riding, the 'flattie' side is usually a lot wider than the clipless side, significantly reducing cornering clearance and increasing air drag at speed. And they usually look bulky.

Step forward Redshift's new Mousetrap pedal adapter. This slots into the two-bolt SPD pedal cleat-retention jaws to provide a broad, supportive and grippy pedalling surface suitable for most footwear.

The attachment mechanism isn't quite that simple. The adapters are moulded in a hard plastic and comprise the platform itself, plus

a latch lever with a spring-loaded retention cam that keeps it in place when closed. Opening the lever moves together tabs that are shaped to match those on steel cleats, enabling the tabs to drop into the space between the retention jaws.

Flipping the lever down into its recess pushes the tabs apart, locking them into place between the jaws and securing the adapter to the pedal. The adapters are directional but can be used on either pedal. Magnets inside the two adapters hold them together for storage.

Fitting and removal are the work of seconds and, once in place, the adapters are firmly attached, with no movement or free play. The platform area is huge and, with its diamond-serrated surface, holds rubber-soled footwear well. None of the pedalling force is transmitted through the adapter retention tabs, ensuring that in normal usage they should prove durable. The adapters do, however,

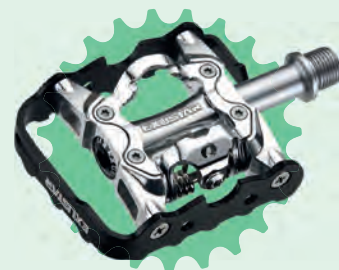
Other options



SHIMANO PD-M324 SPD MTB PEDALS £69.99

Dual-sided pedals with an SPD cleat attachment on one side and a toothed, open-plate 'flattie' on the other.

shimano.com



EXUSTAR PM86 FLAT/SPD PEDALS £49.99

Same idea as Shimano's PD-M324, with an SPD cleat attachment one side and an open platform on the other.

spacycles.co.uk

Verdict

A quick, easy and fuss-free way to turn double-sided SPD pedals into flatties for riding around in regular footwear – and back again. When you don't need them, the adapters are compact enough to fit in a pocket.

stick out a long way and the tabs may suffer in an impact. They only fit double-sided SPD pedals (full list on web FAQ page); single-side SPDs foul the underside of the platform and won't let the tabs engage.

Richard Hallett