



## VO2 Racing- Direct Connect Binding Mounting Instructions

The Easton VO2 Racing snowshoe is designed to mount virtually any running shoe directly to the forged aluminum crampon. This unique feature eliminates the traditional binding and allows the runner to have a more responsive and secure connection to the snowshoe.

To attach your shoe to the VO2 system you will have to drill two holes through the sole of your shoe. *Please select your shoes carefully as you will be permanently modifying your shoes by drilling small holes through the soles.*

### Parts Provided:

1. Two- T-Nut mounting plates
2. Four- 2cm long bolts

### Tools Needed:

1. Marker that is identifiable on the sole of the shoe.
2. Power Drill with a 3mm or 5/32" drill bit.
4. Phillips head screwdriver.

### Attaching your shoes to the VO2:

1. Place your shoe on the top of the crampon/binding so that the pivot rod is slightly behind the ball of the foot.
  - a. When the shoe is rolled forward the toe of the shoe should be in line with the toe of the crampon.
  - b. In general the pivot rod should rest along the widest part of the shoe.
  - c. Make sure the shoe is centered side to side on the crampon and within the deck opening.
  - d. Make sure that either side of the shoe can pivot smoothly without contacting the edges of the decking.
2. Once the shoe is properly aligned on the crampon, turn the snowshoe over (take care not to allow the shoe to move on the crampon) and mark the sole of the shoe with a pen or marker through the mounting holes in the crampon. Be sure to mark the location of both the left and the right side of the crampon.
3. Unlace the shoe, remove the insole, and fold back the tongue to provide easier access.
4. Using a 4mm or 5/32" drill bit, drill a hole through the sole of your shoe at each marked hole location. Take care not to damage other parts of the shoe.
5. Insert the T-Nut plate inside your shoe so that the threaded holes fit into the holes in the sole. The mounting plate should lay flat on the inside of your shoe.
6. Insert the bolts through the crampon first, then through the sole of your shoe and thread them into the T-Nut mounting plate. A lock-tight solution may be added to the bolts to help prevent any loosening over time.



7. Tighten the bolts with the screwdriver until the shoe is firmly attached to the crampon. Depending on the thickness of the sole, the bolts may need to be cut or filed to ensure a smooth internal surface. Please note that over tightening can crush the midsole of the shoe and cause the bolts to protrude through the mounting plate into the interior of the shoe.
8. Reinsert the foot bed and go for a run.