

Speedplay frequently asked questions

Please see a selection of frequently asked questions regarding Speedplay Zero pedals

Why do Zero pedals look so different from other pedals?

Zero pedals were designed specifically for bicycling. Other clipless pedal systems have been adapted from ski-binding technology for use with bicycles.

Why are Zero pedals so light weight?

Zero pedals are light weight as a result of their simple design. By locating the locking mechanism in the cleat, the pedals are manufactured with only one moving part, the spindle. This design feature alone can save as much as 1/2 pound per pair compared to other clipless pedal designs.

Is the weight of a pedal system important?

Yes, the weight of any part of the bicycle is important, but pedal weight, like wheel weight, is categorized as “rotating” weight. It is considerably more important to reduce the weight of rotating parts on a bicycle than it is to reduce the weight of “static” or non-rotating parts. An old bicycle saying says it all: "A pound off the wheels is worth two off the frame." The same can be said for the weight of pedals.

How much do Zero Pedal Systems weigh?

Zero Titanium –164 grams per pair, Zero Stainless – 206 grams per pair, Zero Track Special – 206 grams per pair, Zero Chrome-Moly – 216 grams per pair, Zero Cleats – 105 grams per pair (3-hole mount); 64 gram per pair (4-hole mount)

What type of bearings are used in Zero pedals?

Each Speedplay Zero pedal turns on a precision needle bearing and two precision cartridge bearings. It is important to recognize that the high quality “rolling element” bearings used in Zero pedals provide an advantage of 40% less rolling resistance than the plastic “sleeve” bushings used in some other pedal systems.

Can Zero pedals be engaged on both sides?

Yes, like all Speedplay pedals, Zero pedals are dual-sided for easy no-look entry. Additionally, the rounded leading and trailing edges help to flip the pedals flat and self-locate into the cleat for easy engagement. The patented Zero, Light Action, and X pedals are the only dual-sided clipless pedals that are both self- righting and self-locating.

What is the float range of Zero pedals?

Zero pedals offer a choice between a fixed position or float that can be precisely and independently micro-adjusted within a 0-15 degree range using the inward and outward rotation limit screws.

Can I adjust inward and/or outward float?

Yes. The Zero cleat spring housing is imprinted with the words “heel-in” and “heel-out” so you can correctly choose which direction to adjust the float.

I prefer pedals with a high release tension. Are Zero pedals for me?

Yes. You can also choose the Zero Track Special, which requires approximately twice the release effort as the Zero Stainless, the Zero Titanium or the Zero Chrome-Moly.

Zero pedals look smaller than most pedals. Do Zero's provide an adequate pedal platform?

Yes. Once engaged into the pedal, the cleat becomes the platform and provides more than an adequate pedaling platform. The Zero Pedal System has been used successfully in all types of long distance cycling events, including professional road racing, ultra-distance cycling, track racing, and triathlons.

Does any pedal system offer better cornering clearance than Zero pedals?

No. Zero, Light Action and X pedals offer the best cornering clearance.

The Zero cleat does not provide enough forward (or rearward) adjustment. What should I do?

If a greater range of either forward or rearward adjustment is needed, you may purchase a Speedplay Cleat Extender Base Plate Kit, Part #13330. These plates replace the Speedplay black plastic Standard Base Plates. The Cleat Extender Base Plates provide an extra 2mm of forward adjustment and an extra 14mm of rearward adjustment than the Standard Base Plates.

Can I use Zero pedals and cleats with mountain bike shoes?

No. Zero cleats are not compatible with mountain bike shoes.

Can I use Light Action cleats or X Cleats with my Zero pedals?

No. Light Action cleats and X cleats cannot be used with Zero pedals, and Zero cleats cannot be used with Light Action or X pedals. Only use Zero cleats with Zero pedals.

How often should I grease the bearings in my Zero pedals?

Speedplay recommends that you grease the bearings with a synthetic, waterproof grease every 2000 miles or more frequently if you ride in wet or dusty conditions. If the pedals spin freely by hand (more than 1/2 turn before stopping), inject grease immediately to avoid damage to the bearings and spindles. The Zero pedal's built-in grease port makes greasing quick and easy. Remember, grease is cheap insurance and saves you money on replacement parts by preventing wear or water damage. Speedplay Grease guns and recommended grease are available at your local Speedplay retailer or call us at 1-800-468-6694 to order.

What type of grease do you recommend for the bearings?

A synthetic, waterproof grease such as marine wheel-bearing grease works best. Speedplay uses waterproof bearing grease in its factory. Do not use thin viscosity grease, spray lubes, oil, or dry-type (PTFE) lubricants on pedal bearings or damage may result. Speedplay Grease guns and recommended grease are available at your local Speedplay dealer or call us at 1-800-468-6694 to order.

Where should the Zero cleats and pedal surface be lubricated?

Apply a dry-type(PFTE) lubricant such as SP-LUBE, Super Lube Dry Film, RZ-50, DuPont Performance Dry, Liquid Wrench Dry-Lube, Pro Gold, or Blaster Dry Lube to the cleat springs and the center area of the cleat where the pedal nests. Be sure to keep the cleat cavity free from dirt and debris. Additionally, be careful not to apply lubricant to the outer plate of the cleats as it may cause the cleats to become slippery on some floor surfaces.

Can I use Light Action or X parts kits with my Zero Pedal System?

No. Light Action, X and Zero parts kits are not interchangeable.