

# BENCHMARKING

	WEIGHT (g)	CLOSURE	UPPER MATERIAL	OUTSOLE MATERIAL	DESCRIPTION
 <p>Pearl Izumi Elite RD III Bike Shoe  <a href="http://www.rei.com/product/837590/pearl-izumi-elite-rd-iii-bike-shoes-mens">http://www.rei.com/product/837590/pearl-izumi-elite-rd-iii-bike-shoes-mens</a></p>	283	Buckle/ Velcro	Synthetic Leather	Carbon Fiber	Typical performance road cycling shoe. Designed to clip to the pedals
 <p>Multi Surface Cycling Shoe  <a href="http://www.teametrogen.com/">http://www.teametrogen.com/</a></p>	325	Velcro	Synthetic Leather/ Nylon Mesh	Ergo Grip Rubber	Women's shoe with inset cleat to allow some walking and "looks cute." Can be used with or without the cleat
 <p>Men's Ultra Race 3.0 Shoe  <a href="http://zootsports.com">zootsports.com</a></p>	252	Elastic pull laces	Nylon/ Mesh	EVA/ Rubber	Men's Triathlon Running shoe optimized for easy on and off.
 <p>Kursk Pro  <a href="http://chromebagstore.com">chromebagstore.com</a></p>		Laces with "lace garage" and metal eyelets	1,000 denier Cordura	Vulcanized rubber with full length nylon shank plate	Casual shoe that can accept clips. Not rigid enough for serious cycling, but too stiff for running.



Adidas 1

The second shoe to integrate a computer [2005]. The sensor in the heel measures the amount of cushioning in each step which the triggers a motor to turn a screw, adjusting the cushioning mechanism to be optimized for each step. Good idea in concept. In reality, when it hit the market, there were far too many complaints about the failure of the system and they were discontinued in a year. Lesson learned, stay away from computer shoes for a few more years. The first attempt was by PUMA in 1986, which was a failure as well.



Shimano Ultegra PD -6700  
SPD-SL  
REI.com

WEIGHT (g) (pair)	Spindle	body material	Style
317	Chromoly	Aluminum	Clipless



Shimano M424 SPD pedal  
REI.com

472	Chromoly	Resin	Clipless
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MKS Silver Touring Pedal  
jensonuse.com

360	Chromoly	Aluminum	Flat
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