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Warning: The 3M 300LSE adhesive transfer tape on the back of the SULOFR sheet is *extremely sticky*. Once the protective liner is removed, *do not touch the exposed adhesive with your fingers or with any object* other than the surface that you want the SULOFR sheet to be attached to. Any object accidentally touching the adhesive will stick to the adhesive just as strongly as the back of the SULOFR sheet does. Thus, when trying to pull away an object that is accidentally touching the adhesive, the adhesive may detach from the SULOFR sheet and stick to the object instead. Reading and following the instructions on this page will help you avoid touching the adhesive accidentally.

Instructions on how to attach **SULOFR-SHEET-3M with adhesive backing**

I. Summary of Properties

The SULOFR sheet that you purchased comes with self-adhesive backing. The backing is the stickiest double-sided adhesive there is, it is 3M 300LSE adhesive transfer tape.

3M 300LSE bonds extremely well to hard leather, suede, and most rubber soles. However, there is an artificial rubber called "EVA," to which 300LSE does not bond well. Also, if you existing rubber shoe soles have an aggressive profile (i.e., a profile that does not offer much surface area that the adhesive can touch, then the bond will be less strong.

II. Instructions

In these instructions we presume that you want to cut out individual pieces of SULOFR and attach those to shoe soles. Below are detailed instructions for doing so.

Before you get started, please remember:

- **Absolutely positively do not touch the adhesive with your fingers or with any object other than the correct area of the workpiece that you want to stick the SULOFR onto.**
- Make sure your existing shoes soles are clean and dry before attaching SULOFR.
- If you have to touch the adhesive, touch it only with a piece of liner, *unprinted* side toward the adhesive. If you don't have a piece of liner, you can use the liner found on the back of address labels from your printer. Just sacrifice a few address labels and cut out a piece of the thus exposed liner behind the removed address labels.

Step-by-step instructions

1. Cut out the pieces that you need, bearing in mind that you will stick the side covered by the liner onto the shoe sole.
2. Carefully pry off a small corner of the liner until you expose a small area of, say, 1 in² (1 square-inch) of adhesive.

3. Carefully position the exposed adhesive over your shoe sole, *but do not yet let the adhesive touch the sole*. The exposed adhesive should be "hovering" at a distance of 1 inch over the shoe sole.
4. Carefully adjust the position and orientation of the exposed adhesive to match exactly the area and orientation of the shoe sole that the exposed adhesive should stick to.
5. If possible, make the first contact between the adhesive and the shoe sole in a corner of the 1-in² exposed area and keep that contact area as small as possible.
6. While the contact area between the exposed adhesive and the shoe sole is still very small (ideally: point-sized), reorient the SULOFR piece by rotating it around the point of contact until it is perfectly aligned with the shoe sole.
7. Once you are satisfied that the orientation of the SULOFR sheet relative to the shoe sole is correct, press that 1-in² area of adhesive against the workpiece. **At this time you are committed: you can no longer detach the SULOFR piece and reposition it.** If you try to detach the SULOFR sheet, some of the adhesive will stick to the shoe sole, and some will stick to the SULOFR piece.
8. Slowly and carefully peel back some more of the liner while simultaneously "rolling" the SULOFR piece and its adhesive backing onto the shoe sole. Do this at the same rate, at which the adhesive is being revealed as you peel back the liner.

After the SULOFR pieces are attached to the shoe soles

3M 300LSE adhesive is pressure sensitive: in order to get the strongest possible bond, you should press the two SULOFR pieces against the shoe soles as strongly as possible, ideally with clamps. A few minutes will do, longer is better.

Caution: Shoes equipped with SULOFR soles are extremely slippery. Wear your shoes only for dancing on rough outdoor surfaces such as concrete or asphalt. Never walk in SULOFR shoes, but if you do, be extremely careful.

Soles2dance Ironclad Guarantee:

If this product does not meet your expectations, please contact us at customerservice@soles2dance.com
We will promptly rectify any problem to your complete satisfaction. Guaranteed!