



The heel length on 'bulldog' binding is highly adjustable. The 'heel strike' (black plastic heel receiver-red arrow) slides along the spring casing (aluminum tube-blue arrows) to any desired position.

To adjust the length, first, loosen the 'bracket screw' at the bottom of the 'heel strike' with a 4 mm hex. Once the bracket screw is loosened, you can lightly rotate the 'heel strike' back and forth on its axis, and slide along the 'spring casing' (be careful not to twist too hard to avoid bending the spring bar inside the spring mechanism) . If the heel strike does not rotate easily, you can use a flat screw driver to pry open the heel strike as shown in photo (yellow arrow). This will make it easier to slide the heel strike along the spring casing. Once you have the heel strike in the desired position, retighten the bracket screw.

The screw must be snug, but do not over tighten since this may weaken the plastic and cause premature failure. Friction powder is applied between the heel strike the spring casing to prevent the strike from sliding after it is tightened- so you don't need to tighten too much to prevent it from sliding.

A 4 mm hex wrench is useful to have along when you are skiing (especially after you made some heel adjustments ) in case you need to tighten the bracket screw more or make further adjustment.

If the length is properly adjusted, the back of the ski boot heel should strike in the mid aspect of the bulldog face as you step into the bindings (red arrow in photo above). If you want more spring load from the heel of the binding (more active), you can adjust the heel strike forward so that the heel of the boot strikes the upper portion of the bulldog face. This will further compress the retention spring and increase the spring load.

Bulldog bindings are custom built to your boot size. The heel casing is cut short for smaller boot sizes. Also, the length and weight of the retention springs varies depending on the build. Bulldog bindings can be adjusted within 1-2 boot sizes (e.g. mondo 26 to 27). If you are trying make a big adjustment in length (such as mondo 25 to mondo 28), the bindings will likely not perform well with that much adjustment.

If you buy a used pair of SPIKE bindings, make sure that the original build was close to your size, Otherwise the heel assembly may not perform well for you, and in that case the heel can be rebuilt to suit you.

cheers

Louis