

Mota Boot Sizing & Heat Molding Guide

Read below if you recently purchased Mota boots and have an area that is causing discomfort, or you are questioning the overall fit of your new boots.

Check sizing:

Remove the foot-bed from the right boot, place the foot on the foot-bed with heel all the way back. You want your toes as close to the end as possible without going over. Don't worry about width - most important is length to ensure the boot has a full fit. Width is moldable. All Mota boots have a Barefoot Fit that makes it easy to widen the toe box area. Do **NOT** buy your boots big to accommodate for width. For more information please visit videos at www.goldmedalcompany.com.

Lacing | Tightening heel cup:

Help secure / tighten the heel cup by sitting down while lacing your boots. Be sure your foot is under your knee (not in front of you). Tie your laces from the bottom to the top and fix ankle strap while your foot is under your knee. This technique ensures the heel is completely seated into the heel cup. Note: This becomes a natural fit once your boots are broken-in and have conformed to our heel/foot. Skaters tend to have their foot extended out in front of them while lacing, forcing their heel forward and out of the heel cup. Mota Flex-TEK heel counters compliment heel wrap securing your heel when skating.

Spot molding:

All Mota boots are heat moldable. However, we suggest skating in them three to four times first. We recommend using a heat gun and only spot molding where needed using a heat gun (not a blow dryer).

IMPORTANT NOTES:

1. If your boot is slightly short in the toe area or you have more pressure in the forward toe area than you like, refer to heel molding. You gain space by improving heel fit. Getting your heel further back in the heel cup gives you more forward toe room.
2. Do not walk in your boots, soles are not made for walking.
3. Only stand during molding if our boots are snuggier than you like. We suggest you stay sitting until the boots completely cool for best results. NEVER stand and emulate skating moves while the boots are hot/warm. This will disturb the molding process and not allow the upper to copy your foot one to one.

-Toe box: Thoroughly massage (with heat gun) outside toe area (sides of toe-box) for about 10 minutes moving the heat gun slowly and steady (never stop moving the heat gun). Keeping the gun about 4-6 inches away from the boot. The leather that wraps the toe box will become soft. Put your foot in the skate wearing what you skate in, stay sitting with your foot under your knee until completely cooled (about 15 minutes). If you want extra space use socks, stuff something firm in the area you want to spread (make more space), after it cools remove the additional material and you will have additional space in that specific area.

-Heel

Thoroughly massage back and back-sides (just below the UPPER) and the MATERIAL area for about 10 minutes moving the heat gun slowly and steady (never stopping the heat gun). The entire backside of the boot should be heated but the focus must be just to blow the leather on the back quarter of the boot. If you only heat the upper area ankle high the counters will not mold to the best of their ability. Keep the heat gun about 4-6 inches away from the boot. The composite becomes pliable. Put your foot in the boot (suggest barefoot, thin

socks or skate SOX/booties) CAUTION: CHECK IF THEY ARE TOO HOT FIRST. Lace up the boot from the very bottom, keep your foot under your knee while tying the boot TIGHTLY (TIGHTER than you will ever skate them for a good molding). Stay sitting with your foot under your knee until completely cool (about 15 minutes). You can speed up the cooling process with a cold cloth.