

About the AP-500

The **AP-500** Replacement Foot fits the 500mm f/5.6 Nikon lenses and serves three main purposes:

1. Added Stiffness over the factory tripod mounting foot connected to a lens plate, reducing flex and vibration.
2. Functions as the Arca-Swiss style quick-release plate for your lens.
3. Creates a more ideal geometry for using your lens on the Wimberley Sidemount Head and Sidekick, allowing the lens to balance optimally.

Wimberley lens plates are compatible with Arca-Swiss style quick-release clamps such as those made by Wimberley, Kirk Enterprises, Really Right Stuff, Arca-Swiss, Markins, and others.

Installation Instructions

1. Remove the factory foot from the lens.
2. Loosely Attach the **AP-500** plate to the lens using the enclosed 1/4-20 x 9/16"L flat head fastener. Drive the screw until you first meet resistance then back off the fastener 220° (Fig. 1).
3. Insert the roll pin in with the toothpick on the left side (Fig 2). You may need to jiggle the foot slightly or back out the fastener slightly to insert the pin. Do not insert on right.
4. Drive the screw in until tight. You will feel some additional resistance as the pin conforms slightly. This is normal. Continue to tighten until snug.
5. Install safety stop screws as shown on page 2 (Fig. 3). Safety stop screws are not required, however they keep your lens and camera secure when using a compatible QR clamp.



Installation Video

Please visit our site for an installation tutorial

www.tripodhead.com/inc/ap-500-plus.cfm

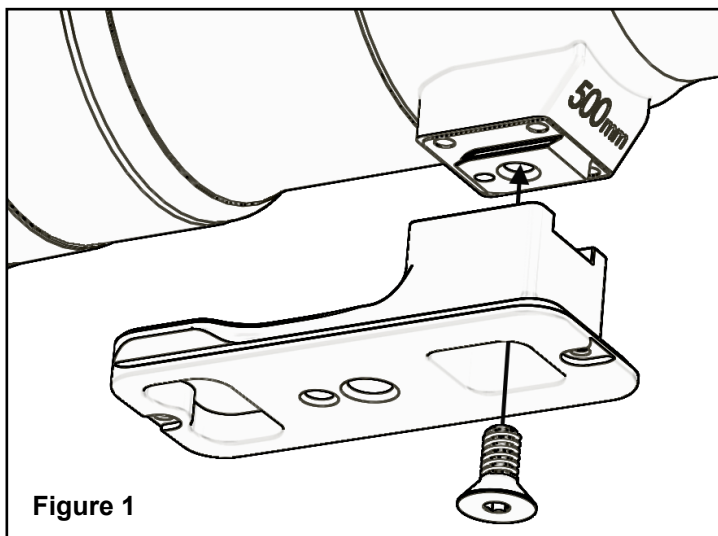


Figure 1

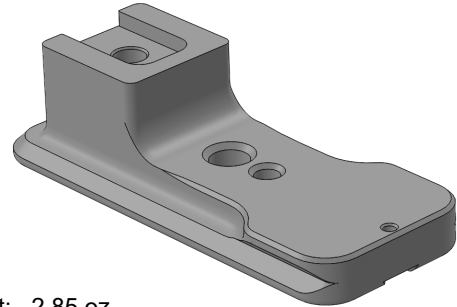
Wimberley

AP-500 Quick-release Replacement Foot for Nikon:

500 f/5.6 PF VR



7 53182 83484 9



Weight: 2.85 oz

Product Dimensions (L x W x H): 3.73" x 1.5" x 0.97"

Materials: Anodized 6061 Aluminum, Stainless Steel

Package Contents:

- Arca-Swiss Style QR Plate: AP-500 Replacement Foot (Qty 1)
- Mounting Screw: 1/4-20 x 9/16"L Flat Head Socket Cap Screw (Qty 1)
- Safety Stop Screws: M3 x 3mm Socket Head Cap Screw (Qty 2)
- Hex Key: 5/32 (Qty 1)
- Hex Key: 2.5mm (Qty 1)
- Roll Pin: 1/16" x 5/8"L SS Roll Pin (Qty 1)
- Roll Pin Insertion Tool: 2.5"L Toothpick (Qty 1) Made in USA

Wimberley, Inc.

Phone: 1-434-529-8385

1750 Broadway St
Charlottesville, VA
22902 USA

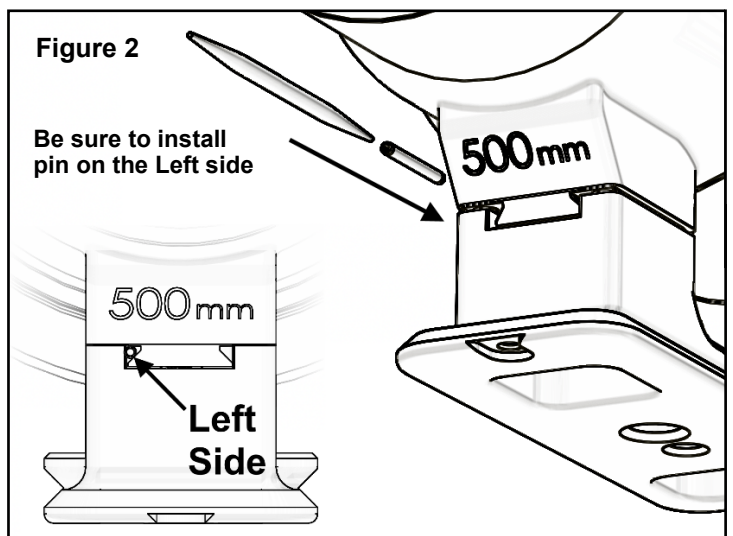
Toll Free: 1-888-665-2746 (USA & Canada)

www.tripodhead.com info@tripodhead.com

10 Year Warranty – See www.tripodhead.com/warranty.cfm for complete details

Figure 2

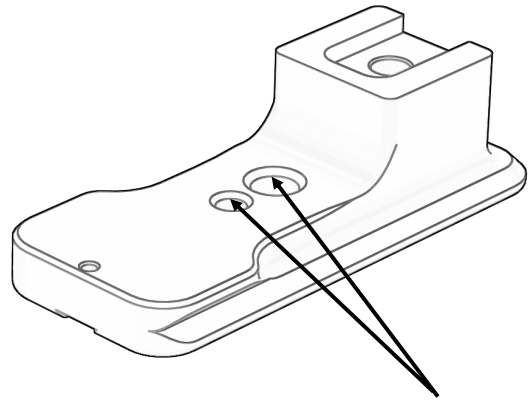
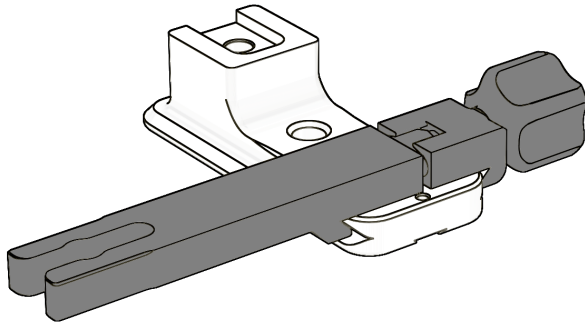
Be sure to install pin on the Left side



Instructions continued on back >>

— Using Flash Brackets

Wimberley replacement feet have a double dovetail cross-section. The upper dovetail allows you to attach Wimberley Flash Brackets as well as other 3rd party quick-release style brackets.

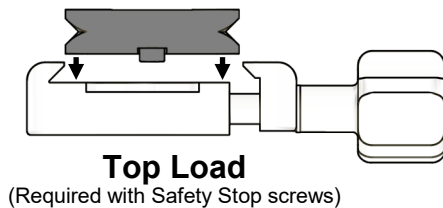


Using the AP-500 without using a quick-release

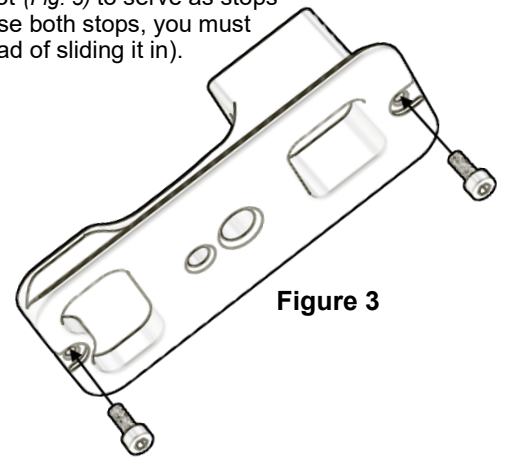
The 3/8 and 1/4 inch holes in the middle section of the plate can be used to attach the foot directly to the threaded stud of a monopod or other lens support equipment, without needing a quick-release clamp.

— Using the Optional Safety-Stop Screws

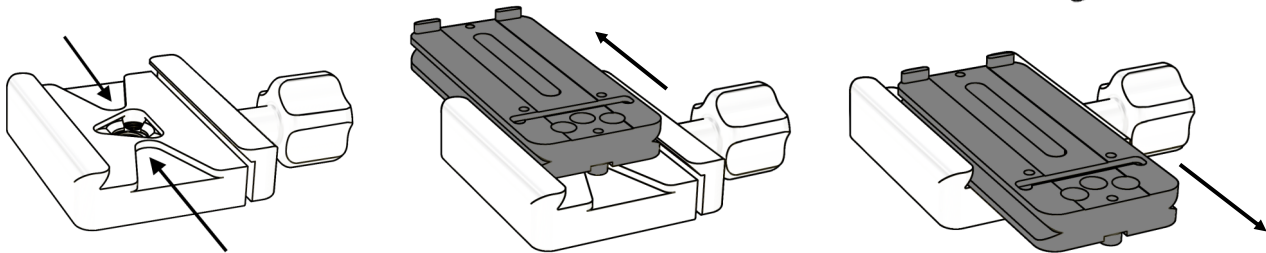
Your Wimberley foot comes with two safety stop screws and a matching 2.5mm hex key. Two of these screws are intended to be screwed into the small bottom threaded holes in the front and back of the foot (Fig. 3) to serve as stops that prevent the foot from accidentally sliding out of the quick-release clamp. If you opt to use both stops, you must open the jaws of the quick-release clamp wide enough to load your lens from the top (instead of sliding it in).



Top Loading is less convenient, but you can be certain that your lens will not slide out of the clamp.



Safety Stop Channels We recommend using clamps with safety stop channels. These channels allow a full range of forward and backward motion but will not let the plate slip out if the clamp is inadvertently loosened.



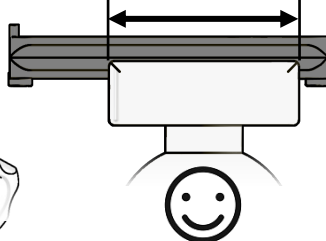
⚠️ 3rd Party Clamp Warning: Our safety stop screws work with most 3rd party quick-release clamps, but clamps that do not have channels and are too wide to be straddled by the safety stop screws will not work.

Your clamp must have safety stop channels **OR**



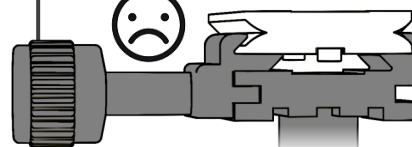
Safety Stop Channels

be short enough to allow the foot to straddle the clamp

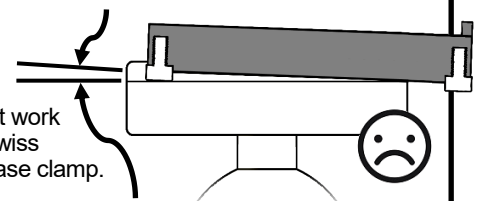


Arca-Swiss Z1

The safety-stop security feature of this foot does not work when used with an Arca-Swiss "double-decker" quick-release clamp.



If this foot safety feature is important to you, we recommend replacing the clamp with a Wimberley C-12 QR Clamp.



Clamps without safety stop channels (or those without adequate clearance) will **insecurely** clamp the foot at an angle

Thank you for your interest in Wimberley products. If you have any questions or comments please feel free to contact us.