

Running Club Iron-On Transfer Directions

Cutting Out the Design

Cut out the design leaving about ¼ to ½ inch border.

Preparing for Transfer

Preheat the iron with “cotton” or hottest setting.

Turn off steam. Do NOT iron with steam.

Place the t-shirt on a hard, smooth surface.

Place the image face down on the t-shirt. The red lines should be facing up.

Transferring the Image

Iron the t-shirt using firm pressure. Iron with straight, non-stop motions from top to bottom and side to side covering the entire image.

Be sure to use firm pressure with the iron to press the edges of the image to properly adhere the transfer sheet.

Keep the iron moving at all times with equal firm pressure to prevent scorching.

Approximate ironing time: about 30 seconds

Peeling the Transfer

For your convenience and safety reasons, the transfer sheet is designed with Cool-Peel backing paper.

DO NOT PEEL OFF THE BACKING SHEET WHILE IT IS STILL HOT.

Let t-shirt cool completely then gently and evenly peel away from the edge of the backing paper.

Tips for Washing

Allow 72 hours before washing.

Wash separately for the first time only.

Always wash the t-shirt inside out.

Wash in COLD water.

Do not use bleach or bleach alternative detergents.

Remove the t-shirt immediately from the washer.

The ink may bleed if left in the washer.

Dry on low temperature.

Do not iron directly on the transferred image when ironing t-shirt after washing.

The iron on transfers will hold up better if the shirt was hung up to dry instead of dried in the dryer!