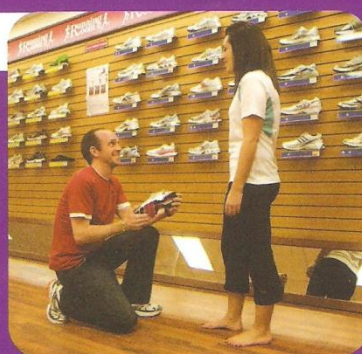


How to buy the right shoe

Good shoes are still the soundest investment you can make; coupled with a sensible training schedule they are essential in helping to prevent injury. So many shoes, so many configurations, with a little time and our expertise, the chances of finding one that works for you are excellent.



TIPS FOR SHOE BUYING...

1. Spend Time

Walk in the shoe. Don't buy shoes because they worked well for someone else. Test them out.

2. Take Along Your Old Shoes, A Pair of Coolmax Socks, & your Orthotics

Our Running Room staff can "read" your wear pattern, and it is important to be fitted with the Coolmax sock you will be running in.

3. Tell Us... about your running history, goals, past injuries, the type of training you do, and what has or hasn't worked for you in the past.

4. Running Room Foot Exam

Whether you have a rigid or flexible foot, a low or high arch, or are flat-footed, makes a difference as to what will best suit you.

5. Comfort

Pressure spots or loose fitting shoes will be susceptible to blisters. If your foot slides excessively, you will also lose energy on the push off.

6. A Snug Fit

Pull the laces so that you have a feeling of security without discomfort.

7. Selecting The Right "Last" (Footbed Construction)

All shoes are constructed over a wood or composite form called a "last". The three predominant shapes today are the "straight," "curved" and the "semi-curved". If you have a curved

foot and wear a straight shoe, you will feel pressure on the inside of your big toe, and you will tend to roll off the outside of the shoe.

8. The Selection Process

Select two or three models that work best for your foot function. Compare the fit of each and then stand and walk around in each shoe to feel how it performs. You will find your new shoes choose you.

9. Running In Cross Trainers or Aerobic Shoes?

Running shoes are designed for a forward motion and cushion the impact specific to running. Cross trainers and Aerobic shoes are designed for more indoor use and have more lateral support and toe flexibility. If you use them as your running shoes, over time you'll risk injury.

10. When To Buy A New Pair

Often, a shoe's upper is still in great shape, but the cushioning and support has been lost. A test? Mark the date that you bought your shoes, and drop by the Running Room after you have logged approximately 800km or 500 miles to compare your old shoes with a new pair. The key to keeping off the injury list is to replace your shoes once they begin to wear or break down.



Shoe Classification System



Cushioning

You need cushioning, a flexible forefoot and no motion control features. You under-pronate.



Stability

You need extra cushioning and some degree of stability and are not an excessive pronator.



Motion Control

You quickly break down midsoles, over-pronate and need a firm midsole with a sturdy heel counter.

Cushioning

Characteristics: Feet roll to outside, arches are high &/or rigid which usually do not pronate enough, and do not provide effective shock absorption, knees stay neutral or move outwards through foot strike. Shoe wears along the outside of the sole.

Injuries: Stress fractures, pain on outside of shin/knee.

Best Last: Curved, slip-lasted shoe for low or moderate rearfoot stability.

Best Shoes: Moderate rearfoot & pronation control. Lightweight cushioning shoes with a flexible forefoot and soft/firm midsole.

Stability

Characteristics: Normal-flat arch, lands on the outside of the heel then rolls inward (pronates) to absorb shock. Semi-flexible arch that requires varied degrees of support. Knees roll in when bent.

Injuries: Knee pain, IT band, Tendonitis, Plantar Fasciitis

Best Last: Semi-Curved/Straight

Best Shoes: Stability shoes with a degree of control features such as moderate pronation control, heel counters, and multi-density midsole. These provide extra cushioning and some degree of stability.

Motion Control

Characteristics: Feet roll in, low arches, knees move towards each in the middle when bending. You quickly break down midsoles. Foot strikes on the outside of the heel and rolls inward (pronates) excessively.

Injuries: Knee pain, IT band, Plantar Fasciitis

Best Last: Straight or semi-curved for maximum rearfoot stability as well as medial & lateral support.

Best Shoes: Motion-control or strong Stability shoes with firm midsoles, a wide landing base, and control features like a strong, rigid heel counter to keep the heel secure and reduce the degree of pronation as well as a posting on the medial side for added motion control.