

# Running Shoes

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The best footwear for this program is **running shoes**. Cross trainers, court or walking shoes are not a good choice. We all have individual supportive and cushioning needs. The running shoe category is the best one to offer all these features.

Most of these shoes are colourful. Get assessed by an experienced professional to determine your footwear needs.

## Features of the Running Shoe

The uppers are typically a synthetic/nylon mesh combination. These materials offer the most breathability and flexibility and are very light weight.



The midsole will look (and feel) different, depending on your supportive requirements. Feet that need support (low arch or flat feet) will have two or more different densities of material and/or a more firm medial (inside of the foot) device to support your foot through the stride. Feet that require cushion (high arch or ridged feet) will have single density, soft midsoles.

Every good shoe in the running category will come with removable insoles. This allows for the use of orthotics and also the occasional washing. Remember, they are made of light weight foam that will shrink if you wash them in hot water. Wash them in cold water and by hand only.

## **What to Keep in Mind When Purchasing Footwear**

Have your feet and gait (your walking stride) observed by a qualified salesperson. Call ahead of time and ask if there is someone that can “check my gait”. If they do not offer the service, call somewhere else. Be sure the salesperson watches you walk or run in the shoes. This will determine if a shoe is over correcting or under correcting your step. Without a gait analysis during the fitting process, it’s just guesswork.

Do not be fooled by a really soft, cushy feel. The softer the midsole, the less support the shoe has. Although some feet do require a highly cushioned shoe (high arched, rigid foot types), most people fall into categories that require more stability. Softer midsoles also tend to wear out more quickly.

Fit is important. Do not settle for a shoe that is too roomy or tight fitting. Shoes are now available in a variety of widths to meet the needs of the widest or narrowest of feet. An ideal fit will be roomy in the toe box. This will allow your toes to spread comfortably and when „toeing“ off in your stride. If a shoe is too snug around your toes, you run the risk of blistering or bruising. Aim for approximately 1 cm or ½ inch width of space between your longest toe and the end of the shoe. This extra space will also allow for swelling as you exercise, especially on those warmer days.

Shoes will last 6 to 12 months or 800 to 1200km. This will vary according to your foot strike and/ or your weight.