

BUYING RUNNING SHOES

training shoes

Buying the right pair of running shoes is an important part of an athlete being successful and decreasing the chances of injury.

When to buy shoes?

Running shoes typically last between 300 and 500 miles. This translates to an athlete needing to **buy a new pair of shoes every 3 to 4 months.**

The life of the shoe is determined by the amount of compression in the foam, not the condition of the upper fabric. So while a shoe could look in mostly good condition, if it has gone through 500 miles of running the amount of support and cushion is very little compared to when it was new. This leaves an athlete at a much higher chance of getting a running related injury.

Where to buy shoes?

RunGr8 Running Center	2608 W 12600 S - Riverton
Salt Lake Running Company	78 E 11400 S B - Draper

While you can find running shoes at general athletic stores, Running Specialized Shoe Stores like RunGr8 and Salt Lake Running Company will have a lot more options. They also have experienced staff who can help you find the right shoes.

**Ask for a Discount at the above stores and they should give High School Athletes a 10% discount on training shoes and 15% discount on racing shoes*

What brand of shoe should I buy?

There is no one shoe or one brand that is best for everyone. A shoe might feel great for a teammate but not work at all for you. Part of the reason is that we each have different foot shapes, foot widths, and arch heights. Each shoe brand has their own "fit" which tailors towards a more standard shape of the insole, width of the toe box, and height of the arch. How do you know if a brand or shoe works for your foot? The rule of thumb is that you want to feel like your not wearing a shoe at all. It should feel natural to your foot, no irritation or pressure points. Always buy your shoe based on comfort, not color!

What type of shoe should I buy?

There are two categories to know when you buy your shoes.

1. What type of cushion you need: *Light-weight, Moderate Cushion, or High Cushion*
2. What type of support you need: *Neutral Shoe, or Stability Shoe*

The first category is an easy answer. Almost all high school cross country athletes should ask for a "Light-weight Trainer". Extra cushion equals extra weight and most high school athletes don't need the extra cushion.

The second category is typically figured out the first time you buy a pair of shoes. Analyzing you while you run and/or "neutral" or "stability" shoes. Since the majority of runners can thrive in neutral shoes regardless of footstrike it is safer to buy a neutral shoe, however, factor in the advice of the worker at a Running Shoe Store.

Footstrike

Neutral wear-pattern



Over-pronation wear-pattern (Could try "Stability Shoes")



If you need stability shoes there are a key tell-tell sign:

- severe wear pattern on the front-inside edge of your old running shoes

Don't worry about the wear on the heel, look at the wear by your big toe. If there is a high amount of wear on the edge of the shoe near the big toe, that is a sign that you might need more support for your arch and it is worth it to try a "stability shoe". A neutral footstrike can create wear from a range of under the big-toe to the middle of the foot.

Summary

- It is ideal to get new running shoes every 3-4 months to help prevent injuries
- Running Specialized Shoe Stores are the best place to buy running shoes.
- Ask for a "Light-weight Training Shoe"
- Ask to have them analyze your footstrike (if you are unsure go with a Neutral shoe)
- Try on multiple brands of shoes and look for a pair that almost feels like you are not wearing a shoe.
- Choose comfort over color