







Selecting the Correct Running Shoes for your Feet

Ultimately, shoes should be comfortable, fit well, and be something that you feel confident running in. Start by determining how your foot strikes the ground, then use the guidelines below to find your optimal level of support and cushioning.

How to Identify your Pattern

	Overpronator	Normal	Supinator
Strike Pattern	Rolls too far inward.	Rolls inward in a normal range.	Either does not roll inward or rolls outward.
Arch	Flat	Normal	High
Shoe Wear	 <p>Heel broken down to inside/sole wear to inside</p>	 <p>Even wear at heel and ball of foot</p>	 <p>Heel broken down to outside/sole wear along outside border</p>
Footprint with wet feet	 <p>Full print with arch filled in</p>	 <p>Print with a narrow band connecting heel and ball of foot</p>	 <p>Print with two isolated regions: heel and ball of foot</p>

Choosing the Right Shoe

General Characteristics	Motion control or high stability	Neutral or moderate stability shoe	Soft, flexible, well cushioned shoe
Additional Considerations	Minimal space between laces and sole. Lower heel	Comfort fit with no rubbing or pinching	Roomy between laces and sole Higher heel

Lacing Your Running Shoes to Fit Your Form

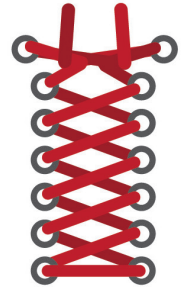
There may be a more appropriate way to tie your running shoes than what you learned in kindergarten, because each person's footprint is as unique as their fingerprint. Check out how your laces can help your races below.

Problem

Heel slippage or narrow heel in a wide shoe

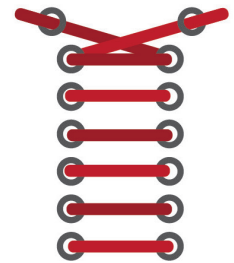
Solution

Crisscross laces until you get to the last eyelet. Loop each lace by going down into the next hole on the same side, using the loop as an eyelet. This snugs the shoe better around the heel.



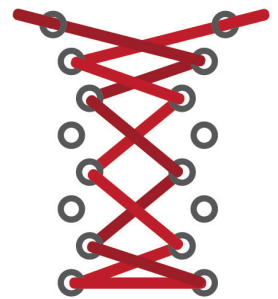
High arch or rigid feet
Pain on the tops of the instep
Toes that go to sleep

Distribute the pressure more evenly across the top of the foot by eliminating the crisscross. Pass the laces along the eyelets of the same side of the shoe.



How to lace variable width eyelets for wide feet

Skip the fourth and sixth (outer) eyelets for a looser fit.



How to lace variable width eyelets for narrow feet

Skip the third and fifth (inner) eyelets for a more snug fit.

