



# RUNNING SHOE SELECTION

(This card is used to facilitate instruction, questions to ask – answers ETC... If the back is required – that’s OK – but try to limit to one card for reference)

WHO needs to wear proper running shoes?

- \* Anyone who participates in impact activities

WHAT is a “proper” running shoe?

- \* One that matches your foot type, fits well and is in good condition (<6months old)

WHY is a “proper” running shoe important?

- \* Many injuries occur from running in old, worn out shoes or from running in the wrong shoe type

WHEN should I replace my running shoes?

- \* 6months or every 400miles (sooner if you are overweight or run in rain, snow or rocks which break down the shoes faster)

WHERE can I buy running shoes?

- \* Anywhere... once you know the proper shoe for you
- \* Specialty Running Shoe stores offer foot assessments/fittings

1. Go to the experts: -Running store – foot assessment, treadmill test; Take a run to try them out
2. Try on shoes: Later in day (feet swell); Wear usual socks/or hoses
3. Sizes vary by brand: Try on different brands; Try on sizes ½ above and below if needed
4. Shoe length/width: Big toe to end of shoe: ½ inch (thumb’s width); Shoes should bend at ball of foot with heel raise; Should be snug but NOT tight; Foot/toes should not press against top/sides of shoes; No sliding/slipping forward/side to side; Heel should not slip out of shoe
5. Comfort: Must be comfortable immediately; There is NO “break in” period