



# RUNNING SHOE SELECTION

**TASK:** Teach your element about the importance of proper running shoes, how to select the right one and when to replace.

**CONDITIONS:** Discussion – Question based

**STANDARDS:** Understand the importance of proper running shoes, how to select and when to replace.



# RUNNING SHOE SELECTION

## **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).

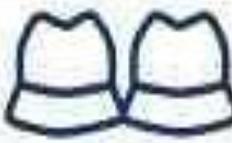
## **WHERE should I buy running shoes?**

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



# RUNNING SHOE SELECTION

All feet aren't the same. What TYPE are you?

	FLAT FOOT	NORMAL ARCH	HIGH ARCH
FOOTPRINT			
SOLE WEAR			
HEEL VIEW			



# RUNNING SHOE SELECTION

When was the last time you replaced your shoes?



NO-GO

Vs.



GO



# RUNNING SHOE SELECTION

Now that I know my foot type... what shoe do I get?

Flat feet?  
MOTION CONTROL



Straight lasted

Normal?  
STABILITY



Semi-curve lasted

High Arch?  
CUSHIONED



Curve lasted



# RUNNING SHOE SELECTION

## 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