

# Well-fit, Technical Running Shoes

## Why?

### Stability

#### Why is it important?

The five most common running injuries (shin splints, Achilles tendonitis, plantar fasciitis, patellar tendonitis and iliotibial band syndrome) all can be caused by side to side, over- or under-rotation of the foot.

#### What should you look for?

There are four categories of shoes (flexible, neutral, stability and motion control), each designed for runners with a given amount of natural foot rotation. Rigid, high-arched feet need less stable shoes than floppy, flat feet. Choose a shoe that guides your foot to a smooth toe-off, where your knee is pointed straight ahead and you feel yourself pushing off the center of your foot. Regardless of stability level, check to make sure that your shoes flex where your foot flexes (at the ball) and not where your foot doesn't (at the arch).



### Cushioning

#### Why is it important?

Impact loads for a typical 130 pound runner are 750,000 pounds per mile! Shin splints and stress fractures are over-load injuries.

#### What should you look for?

Shoes with "supplemental cushioning systems" located in the heel and forefoot. Nike uses Air. Mizuno uses the Wave. Adidas uses AdiPrene..... Don't worry about which system you get-they all work fine.

### Fit

#### Why is it important?

An improper fit can lead to blisters, plantar fasciitis, bruised toenails and even sprained toes, each of which can ruin a season.

#### What should you look for?

Plenty of toe room is a must-at least 1/2" extra length and enough width at the ball to allow the toes to spread during toe off. A comfortably snug midfoot and supportive arch should keep the foot from rotating within the shoe. Heel slippage is easily eliminated with proper lacing. Don't forget synthetic running socks. Cotton absorbs sweat and leads to moist, blister-prone feet. Running socks wick the moisture away from the feet, keeping them dry. To improve shoe fit, narrow-footed runners should consider thick socks and vice versa.

### Durability

Technical running shoes lose their cushioning and stability after 300-500 miles, depending on the shoe, runner, surface training on and weather training in. Non-technical running shoes lose 70% of their cushioning after 200-250 miles.

### Neutral

Striking on the outside heel, rolling straight through the midfoot and toeing off evenly across the metatarsal heads.



### Underpronation

Striking on the outside heel, staying on the outside of the midfoot and forefoot through gait cycle.



### Overpronation

Striking straight across or on the outside heel, rolling in through the midfoot and rolling off the first metatarsal.



### SHOE BUYING TIPS

- Bring your old shoes with you to the running store. The shoe fitter will be able to see what shoes you have been training in and examine the wear pattern.
- Wear the same thickness sock that you will wear when running. Running sockless ruins shoes.
- If, after you purchase your shoes, you have any problems, return to the store and discuss the problem with a shoe fitter. Almost any problem can be resolved through the judicious use of alternative lacing techniques, cushions, supports, sock, etc. There is no need to train in pain.

**FLEET FEET**  
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