



HOW TO BUY RUNNING SHOES

Introduction

All running shoes are not created equal. Not only can they alter your speed, but they can also affect your knees, back and joints. Selecting the right running shoe can make all the difference, and it can be overwhelming when faced with a wall full of shoes that all look pretty much the same. But if you follow these steps, you can find shoes that will have you running like an Olympic marathoner.

Instructions

Step One

Find a good running shoe store. You can buy your shoe at the local mega-mart, but the sales professionals in a specialty store are better trained to help you pick the right shoe. To locate a store, ask friends who run, check running magazine reviews, or check the yellow pages.

Step Two

Examine the soles of your old running shoes. Notice the spots where the shoes show wear from the road. This tells you where your foot falls every time it hits the ground.

Step Three

Place your shoes side-by-side on a flat surface. If the shoes tilt in toward the middle, your new shoe probably needs more stability than your old shoe. If they tilt to the outside, you may have a high arch and your new shoes should have good shock absorption.

Step Four

Look at the top of your shoe. If you can see an outline of your big or little toe, and you've noticed discomfort in those areas while running, you should try a larger or wider shoe.

Step Five

Consider the amount of running you will be doing. This tells you whether you should buy an elite running shoe or a basic model. The more intense the running, the more money you'll want to spend on the shoes.

Step Six

Go to the running shoe store. Tell them what you've found out about your old shoes, or bring a pair with you. The employees should be able to "read" your old shoes and guide your choice. If not, you probably should find a different store.

Step Seven

Try out the shoes. Many stores will let you take a run up and down the street to audition the shoes. Try on as many shoes as it takes. Make sure you like the feel and fit of the shoe. Try out the new shoes for at least 10 minutes. This lets you know if the shoe maintains its comfort during wear.

Step Eight

Buy the best running shoes for your feet. When you find the right pair, don't let them get away. Take them home and start breaking them in!

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