

# What Every Runner Should Know About Shoes

---

## Proper Shoe Fit

- ✓ Know what type of shoe is best for your foot
  - Purchase from a speciality running store or knowledgeable Internet retailer to ensure proper shoe type and fit.
- ✓ Buy shoes that are appropriate for your foot type and training intensity, not for cosmetics, celebrity endorsement, or cost.
- ✓ Always get fitted for running shoes in the evening.
  - Feet are larger at the end of the day
  - Should be ½ inch between the longest toe and the end of the toe box
- ✓ Wear running socks when trying on shoes to ensure proper fit.
- ✓ If you wear orthotics, bring them along and try them in the new shoes before buying
- ✓ Take a test run in the shoes at the store before purchasing to confirm comfort and fit.
- ✓ If the shoes don't feel good in the store, don't buy them. Running shoes do not need to be "broken in" to be comfortable.

## Running Shoe Care

- ✓ Wear running shoes only for running. Wearing running shoes for walking or playing other sports will break down the motion control and cushioning of your shoes.
- ✓ Don't kick off your shoes without untying them. This will destroy the heel counter.
- ✓ Avoid running in wet shoes. A wet midsole has 40-50% less shock absorbing capability.
- ✓ Don't wash running shoes in the clothes washer. This will deform their shape.
- ✓ Exposure to excessive heat will degrade the components of the shoe. Let them dry naturally after exposure to water.

## Running Shoe Replacement

- ✓ Researchers note a significant correlation between infrequent change of running shoes and injuries.
- ✓ Replace shoes every 400-600 miles or every 6 months. Estimate your weekly mileage and mark your calendar as a reminder.
- ✓ Outsoles that are made of durable compounds are a poor indicator of remaining shoe life. In most cases, the midsoles will wear out long before the outsole, especially for heavier runners.
- ✓ Midsole materials last for approximately 400-600 miles or 6 to 12 months, depending on the mileage and training intensity.
- ✓ Running shoes may lose between 30-50% of their shock absorption after about 250 miles of use. Even sitting on a shelf, their shock absorbing capabilities are significantly reduced after 1 to 2 years
- ✓ Alternating between two pairs of running shoes will extend the life of the midsole longer than wearing each pair of shoes consecutively.

1362 Lambton Mall Road, Unit #3  
Sarnia, ON, N7S 5A1

Phone: 519.542.6060 Fax: 519.542.6061

**This is Your Life – Live It! Get In Motion.**