

2014 CAP CITY 5K, Quarter & Half Marathon May 3rd, 2014

Training Tips



Week 2: Finding the Right Shoes

Choosing the right pair of shoes to wear when you're physically active is crucial to the effectiveness and comfort of your workout. Keep a few key points in mind when you shop for shoes:

Before you go:

- Choose an athletic or specialty store that has a wide selection. Often staff at specialty stores are trained to help you find the shoe that meets your individual training needs. We recommend Front Runner, Columbus Running Company, Second Sole, or New Balance.
- Get fitted for shoes at the end of the day, when your foot is at its maximum size.
- Wear the socks you would wear to work out in.

Once you get there:

- If you have high arches, you'll most likely need greater shock absorption than those with average arches. If you have low-arched feet (or "flat") feet, you'll probably want shoes with less cushioning but greater support and heel control. If your feet are normal-arched, a stability shoe will work best for you.
- If you don't know what type of arches you have, try the wet test (see below for directions).



When trying on shoes:

- Allow the width of your index finger between the end of your longest toe and the end of the shoe. If one foot is larger than the other, buy the larger size.
- The shoe should be as wide across the forefoot without allowing slippage in the heel. If the shoe has variable-width lacing, experiment with the narrow and wide eyelets to achieve a custom fit.
- A good walking shoe should mostly be leather to absorb shock, while running shoes are made mostly of lightweight fabric. If you're walking in running shoes, you may get painful shin splints.

Watch for shoes with excessive wear. Worn shoes often make a foot problem worse and can cause injuries. Decide whether you need a new pair of shoes by estimating the number of miles on your old shoes, not by the amount of tread left on the outer sole. Shoes typically last for about 500 miles.

The Wet Test - moisten your foot with water and stand on any surface that will leave an imprint of your foot. Use the guide below to help you decide what kind of arch you have.