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Six Steps to Buying a Pair of Running Shoes

Step 1: Look at your old shoes

	Observation	Implication	Recommendation
Heel Counter	Lean in	Over Pronate	Straighter last, motion control
	Lean out	Over-Supinate	Curved last, cushion
Uppers	Splitting	Shoe too narrow	Wider toe box, shoe with sizing
	Hole in toe	Shoe too narrow	Deeper toe box
Midsole	Hard/cracked	Shock absorption dead	But new shoes sooner
	Uneven compression	Over-Pronate/Supinate	Motion control shoe
Outsole	Worn Lateral heel	RF striker	Carbon rubber outsole in heel
	Worn medial heel	RF striker in pronation	Carbon rubber outsole in heel
	Worn forefoot	Forefoot striker	Forefoot impact cushioning

Step 2: Look at yourself

Foot Size	Unusually wide/narrow	Width size shoes
	Rt. Different than Lt.	May need 2 pairs of shoes. Fit larger foot
	Women's shoes	Match shoe shape to anatomy
Foot shape	Individual/ Congential	Match shoe shape to anatomy
Leg alignment	Leg length difference	Shoes that accommodate heel lift
	Knock knee/Bow legged	Consult professional
Body Weight	Over 175-200 lbs	Shock absorbing mid-sole

Step 3: Look at your injury history

Stress Fracture	Unable to absorb forces	Stability/cushion shoes
Achilles injury	Inflexibility/over pronate	Stability/flexible forefoot
Ankle sprain	Prone to supination	Avoid anti-pronation features
Shin splints	Overuse	Stability/cushioning
Knee injures	Excessive force	Stability/cushioning



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Step 4: Look at your training habits

Surface/Terrain	Road vs. trail or cross country
Competitive Level	Run to "win" or "stay in shape"
Environment	Hot-Humid-Wet-Cold

Step 5: Summarize your needs

- Shape
- Construction
- Mid-sole material and design
- Outsole material and design
- Uppers
- Weight
- Size and Width
- Special Features
- Cost

Step 6: Purchasing Shoes

- Find a reputable store
- Ask questions
- Trail in store
 - Try on both shoes with the socks you run in
 - There should be ½ in from the end of your toe to the end of the shoe
 - You should be able to freely wiggle your toes
 - Shoes should be comfortable immediately
 - Walk or run in both shoes
 - There should be a firm grip in the heel and no slippage
- Check quality control
 - Is there quality in stitching
 - Is there adequate bond between the upper and mid sole
 - Are outsole "wraparound" bound tightly?
- Break in gradually first few weeks especially if this is a different shoe than worn previously