

Tips on How to Find Your Best Running Shoe Fit

What you wear on your feet while performing physical fitness activities can affect you more than you may realize. To find out how you can better select a shoe that fits your feet that is designed with functional qualities versus appearance, you would first have to know your foot type. There are 3 foot types: flat, medium and high. You can use the “**Wet Test**” as a general way to assess your foot type; therefore, this test can give you an idea of what kind of shoes best fit you:

1. Pour water into a shallow pan.
2. Wet the sole of your feet.
3. Step onto a paper shopping bag or a piece blank piece of heavy paper.
4. Step off, and look down to observe your foot type.

Flat



Medium



High



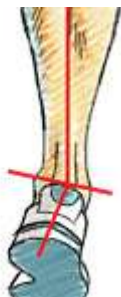
After determining your foot type, what kind of activity will the shoes be used in? Will you be using shoes for training, sports; indoors or outdoors? These are a couple questions that you can ask yourself prior to making your shoe purchase. But you can also test your motion mechanics.

Underpronator: Foot does not roll in, or rolls outward. You push off mainly from the small toes on the outside of your foot. Shoe Type: Cushioned, flexible to absorb shock while running.

Pronator: Foot rolls in slightly. You push off evenly from the front of the foot. Foot Type: Medium, but every pair of feet is different. Shoe Type: Stability

Overpronator: Foot rolls inward significantly. You push off mainly from the large toes on the inside of the foot. Shoe Type: Motion-control, Stability

Underpronator



Pronator



Overpronator



What is Available at the Risner Sports Pro Shop

Motion Control	Minimal or Barefoot	Stability	Cushioned	Lightweight Training
Nike Zoom Structure	Nike Free	Nike Lunarswift	Nike Air Max	Nike Free TR
	Vibram		Nike Air Pegasus	

Brief Descriptions

Nike Air Max: Shoes with moderate control features, such as a two-density midsole. Most cushioned shoe with the least support. For those who underpronate, have a rigid foot (high arch), and do not need any extra support.

Nike Pegasus: Cushioned shoes with plenty of flexibility to encourage foot motion.

Nike Zoom Structure: Motion-control shoes with firm midsoles and control features that reduce the degree of pronation.

Nike Free and Vibram: Some experts believe that cushioned, over-built running shoes actually do more harm than good and recommend minimal or barefoot running. If you want to try this method, start slowly.

Nike Free TR: Lightest of training shoes designed for fast-paced training or racing. For foot types that do not need motion-control. For fast, efficient runners.

Nike Lunarswift: Good blend of cushioning, support and durability. Good for feet with medium foot type, and do not have any severe pronation (under or over).

For more information on Shoe Types Explained, view Running Shoe Finder at:

http://www.runnersworld.com/cda/shoefinder_description/1,,s6-240-325-329-0-0-0-0,00.html

For more information on finding your best fit, visit:

<http://www.runnersworld.com/cda/whichshoe/1,,s6-240-325-329-0-0-0-0,00.html>

Shoe Buying Tips

- Shop late in the day; your feet swell during the day. Buying shoes in the morning may not give you an accurate fit.
- Measure your foot while standing.
- Try on shoes with the socks you will wear.
- Feet are rarely the same exact size. If this is the case, buy the right size for each foot.
- Allow a thumbnail's width between the shoe and your big toe.
- Choose shoes that are comfortable immediately. If they hurt in the store, they will hurt when you wear them after purchase.
- Look for moderately priced shoes. Price is not necessarily an indication of quality. Research has shown that moderately priced running shoes work as well as expensive ones.
- Make sure the shoe matches your foot type and running style.
- Wear new shoes around the house before using them on short runs.
- Don't do a long run in new shoes. Start out with a short run and stop if you have any hot spots. Hot spots are a warning sign that a blister is on its way.
- Consider having an evaluation by a doctor, physical therapist, or podiatrist to learn your foot type.

Risner Sports Pro Shop carries many selections of fitness, running, basketball, softball, football, soccer, cycling, racquetball, and tennis gear. No matter what your favorite sport is, you will find the athletic gear that you need.