

# Shoe Buying Guide

Oswego East Girls' Cross Country



# Why?

- Treat your body well!!!
- Good shoes prevent nagging, recurring injuries that can lead to worse
- Lower leg injuries are most commonly caused by poor shoes
- Happy Feet=Happy & Healthy Athletes



# How Often?

- It depends
- Should have a new(ish) pair to start this season
- 2 pairs of shoes will extend the life of both pairs
- Watch for wear and tear patterns
  - Near ball of foot; on heel; tears in the upper
- 1st Question from coach: “How old are your shoes?”
- Distance runners put on more miles



# How Much?

- It depends
- Does not have to break the bank
- ~ \$100 now is worth the investment
  - Avoids potential injuries: PT, orthotics, pain, suffering
- Coupons, discounts, sales
- Older models (Pegasus 35 vs. 36)



# What Kind?

- It depends
- Nike, New Balance, Brooks, Asics, Saucony, Mizuno
- Different brands fit differently
- 3 types of shoes: [New Balance Simple Explanation](#)
  - Neutral (only cushioning, no support; good for most feet)
  - Stability (supported arch; good for overpronation)
  - Motion Control (helps with severe imbalances)
- Most athletes will be in a neutral or stability shoe
- Most important...does it feel good?



Pegasus



Zoom Vomero



Zoom Structure



React



Nike



860



880



890



1080



New Balance



Bedlam



Adrenaline



Glycerin



Ghost



Brooks





DynaFlyte



GT3000



GEL-Nimbus



GEL-Cumulus



Asics



Kinvara



Triumph



Ride



Guide



Saucony



Wave Rider



Wave Knit



Wave Inspire



Wave Shadow



Mizuno



# Shoes to Avoid



Nike Free



New Balance  
Minimus



Chuck Taylors

These shoes don't have the proper support for season-long, intense training.



# Where From?

- Naperville Running Company ([Link](#))
  - Downtown location
  - Route 59 location
- Road Runner ([Link](#))
- Dick Pond ([Link](#))
- New Balance ([Naperville](#) or [Geneva](#))
- Dick's Sporting Goods ([Link](#))



# What About Spikes?

- For meets--Still Need Training Shoes!!
- Spikes should come with implements (usually  $\frac{3}{8}$  inch for XC) and wrench
- Look for Cross Country Spikes or Distance Spikes



# Questions?

- If you have questions, or if anything is unclear: Ask!!
- Your coaches are more than happy to help!!
- Happy feet=Happy & Healthy Athletes



# Watch Buying Guide

Oswego East Girls' Cross Country





# Why Wear a Watch?

- Warmups and Cooldowns are a prescribed number of minutes
- We ask girls to know and track their splits in workouts
- Some workouts have proscribed lengths of rest between reps
- When the girls log their runs and workouts, watches help them be more specific
- GPS watches can track mileage if girls want to know and track



# What Kind of Watch?

- It does NOT have to be a GPS watch; just one that keeps time!
- As with shoes, there is a huge range in price
  - Timex Ironman Watches run \$30-50 and can be found almost anywhere (This is Coach Ideran's favorite)
  - GPS watches can run from \$100 to much higher, depending on the features you want (Garmin is the most common brand)
  - Apple Watches can track time and mileage as well
- Use this Runner's World Article for more info on GPS options [\(Link\)](#)



# Timex Ironman



# Garmin Forerunner 35



# Apple Watch



Watches



These are just a few of the many options available. If you have questions, ask!