

# 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 Structure** 



### **Zoom Vomero**



React















**New Balance** 



Bedlam



Glycerin



Adrenaline



**Ghost** 







# DynaFlyte



**GEL-Nimbus** 







**GEL-Cumulus** 







Kinvara



Ride







Guide







#### **Wave Rider**



Wave Inspire



Wave Knit



**Wave Shadow** 







# **Shoes to Avoid**







New Balance
Minimus

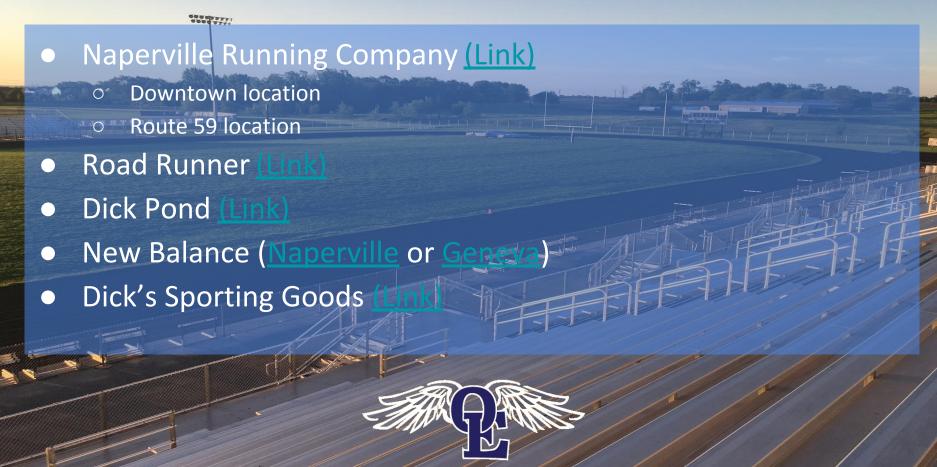


**Chuck Taylors** 

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



## Where From?





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







## 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



# Timex Ironman



# **Watches**

# **Garmin Forerunner 35**





# Apple Watch



These are just a few of the many options available.

If you have questions, ask!