



# STAMFORD STRIDERS

## Tips on Buying Running Shoes

- 1) **Go to a specialist.** Especially if these are your first pair of running shoes we'd recommend buying from a specialist running shop. Any reputable specialist will have knowledgeable and helpful staff to help you get the right ones.
- 2) **Try a few on.** There are lots of brands each of differing qualities and attributes. Don't buy the first pair that you try without having tried others as well.
- 3) **Wear your running socks.** It's also advisable to go after a run or later in the afternoon as these will be the times when your feet will have expanded.
- 4) **Not too tight.** Running shoes should be snug and comfy and not too tight.
- 5) **Not too loose.** Your shoe should fit nice and snugly at your foot's widest point. Also have a good walk around (or even better run if they have a treadmill) in the shop so as to make sure they don't slip about.
- 6) **Room at the front.** There should be a space the width of your thumb between your largest toe and the end of the shoe.
- 7) **Different running surfaces.** If you're running off road or on trails then you'll require specialist *trail running shoes*. However, the same principles still apply when choosing them.
- 8) **Replacing your shoes.** It depends on the individual but generally it's advisable to replace your running shoes after between 300 to 500 miles of running as they'll lose their cushioning and effectiveness. Also if the heel has worn down then it's a sure fire way of knowing you need to part with some more cash.

Choosing the right running shoes is very important so it's worth spending the time, resource (and money) on getting the ones that are right for you.