



Running Shoe Fact Sheet

All runners want to perform in comfort.

Unfortunately, like other commodities, your running shoes have a shelf life and they will start deteriorating after a period of time.

The average running shoe is good for approximately 500-800kms of running before it loses its shock protection. When you start running on a regular basis, it is a good idea to have a pair of shoes put aside just for your running program. Try not to wear them to the shops or for everyday use, this will help maintain the cushioning and support. You can also rotate your running shoes, i.e. have two pairs of running shoes on the go at the same time to enhance the lifespan of the shoes.

First Step

There are several factors to consider when choosing a running shoe. These include:

- Individual foot and lower limb biomechanics – commonly described as “foot type”. This plays a major role in determining the different needs in a running shoe
- How far, fast and the frequency of your running
- The surfaces you run on – grass, road, track trail for example

When selecting your pair of running shoes you should be familiar with your “foot type”. This will help dictate what type of running shoe is best for your feet.

If you are uncertain, make sure you get your shoes professionally fitted at a sports footwear specialist or by a health professional.

Below are some general tips that will help you choose the right shoe for you.

(Please note; these are general tips only and should not be used or relied upon as a substitute for professional advice as to what is the right shoe for you.)

Cushioning

- A good running shoe will feature a heel and forefoot cushioning system to reduce the forces during the landing phase. We subject our lower limbs to a minimum of 2.5 times our own body weight with every heel strike whilst we run.
- Good forefoot cushioning will assist to propel you forward and improve your running efficiency.

Support

- The amount of support needed in running shoes will generally depend on two things – how much and how fast your foot rolls in (pronation).
- The key here is the level of motion control required depending on your pronation level through the mid foot.
- Today’s running shoes have technologies designed to aid all “foot types” so if you are unsure of yours, make sure you seek advice from a specialist sports shoe fitter.



Outsole

- A combination of outsole materials that provide good durability, flexibility and reduce the overall weight of the shoe are key considerations when purchasing running shoes.
- Look for a high performance and abrasive rubber for greater traction and durability
- A flexible forefoot that bends at the ball of your foot, not at the arch or mid foot. Strategically placed flex grooves in the outsole will allow this to occur.

Upper

- Running shoes require materials that provide excellent “breathability”, whilst maintaining support and comfort.
- Improved upper designs now provide less seams and adhesives which help decrease weight and increase comfort, with less chance of causing blistering and irritation.

Fit

- Try on a few different brands of shoe and remember a shoe that is right for your friend’s foot may feel totally uncomfortable on your foot
- Walk around the shop a few times with both shoes on. Walk over hard surfaces, not just the carpet.
- Make sure the ball of your foot fits comfortably into the widest part of the shoe forefoot.
- It is essential to get a shoe which suits your foot type so as to prevent injury and enhance the running experience.