

What to consider when buying running shoes

To enjoy and get the most out of your running it is particularly important to use the correct footwear. By doing this you will minimize injuries and discomfort. The following are some tips to keep in mind when you are buying running shoes.

- *It may seem obvious but if you are going to run, then buy a running shoe. Running shoes are designed to deliver the functionality and support required by the legs and feet when running. Netball, tennis and other sport shoes are designed for those specific activities and using them to run will increase the chance of injury.*
- *Understand your feet and how they work. The staff at Coventry Runner will assess your foot type and recommend the most suitable shoes for you. We have different shoes available for various foot types and will have models to suit you whether you have - high arches, normal arches, or flat feet.*
- *Make sure the shoes fits properly. Although personal preference is most important, a good guide is to leave one finger's width (1cm) between your longest toe and the end of the shoe. It is also important to make sure that your heel does not move about too much in the shoe. You are the only person who can know if the shoe feels comfortable and fits properly. So if you are in any doubt then try another size.*
- *When buying running shoes always try to wear the socks and/or the orthotics that you would normally run in. Unless acting under medical advice, never place orthotic devices directly on top of the standard insole.*
- *As feet vary in size depending on the time of day, try to shop for your shoes at about the time you would normally run. Most feet swell in the afternoon, so take this into account when trying on shoes. Try on both left and right shoes as one foot can be slightly bigger than the other. Have a walk about or little run in the shoes and make sure they are comfortable.*
- *Feel free to ask questions. At Coventry Runner all of the staff are runners and it is our policy to have tried all of the shoes that we sell. There is lots of information available on shoe technology so use this information to find a shoe that best meets your needs.*
- *Don't expect your shoes to last forever. Running shoes should, on average, last for about 500 – 600 miles, although this can depend on individual technique and type of running. You will usually feel or see the midsole of the shoe compressing with time. This is an indication that the shoe needs changing, as it may be starting to lose its full cushioning, support and function.*
- *Never wash running shoes in a washing machine as this may harm some of the materials within the shoe. If the shoes need cleaning use warm water and a sponge and allow them to dry naturally.*

