

How to pick the right Running Shoe

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It is well known that picking the right running shoe can make a big difference to performance during both training and the event itself. With the 2010 Rebel Sport City to Surf for Activ coming up in August for many it may be time to start considering a footwear update. But what are the most important considerations for choosing the best shoe possible?

Finding the perfect shoe is generally about locating a shoe that fits perfectly, offers the right amount of support and provides an optimal degree of cushion for your individual foot type.

1. Fit

If comfort equals performance then a well fitting shoe is of paramount importance. A shoe that fits snugly around rearfoot will prevent the heel from slipping in and out of the shoe with each stride thus reducing the likelihood of blisters. It is also important to ensure the upper of the shoe does not rub or irritate the front of the foot either. Some footwear companies have softer stretchier fabrics in areas of high shoe buckling to reduce friction on the top of the foot. To avoid injuries to the toes make sure there is a thumbnails distance between the end of the shoe and the end of your longest toe.

2. Support

The amount of support ideal for you will depend on your basic foot type. Someone with a flat foot, or a foot that rolls in during running will require more support than someone with a neutral or high arch. If you need more support, look for shoes with a high density post located on the inside portion of the midsole and a firm plastic shank under the midfoot of the shoe. These will help guide your foot into more neutral motion during running.

3. Cushion

It is very important to run in a shoe with the correct amount of cushioning as too much cushioning can be as damaging as too little. If you have a high arch and walk more on the outsides of your feet you will need more cushioning to assist with the dispersion of the impact forces associated with running. If you have a flat foot a supportive shoe that is a little firmer under the foot will result healthier feet and a better performance.

With all this in mind choosing the right footwear can still be confusing. Many footwear retailers will be able to advise you of your foot type and will welcome any questions that you may have regarding your needs so don't hesitate to ask them for help.....Happy shoe hunting!

