

Running Sneakers/Shoes for Cross Country, Indoor Track and Track & Field



Popular Running stores in the area:

Jim Dalberth Sporting Goods

925 Genesee Street Rochester NY

(585)328-9746

<http://jimdalberthsportinggoods.com>

dave@jimdalberthsportinggoods.com

Fleet Feet Sports

2210 Monroe Avenue (Brighton Location)

Rochester NY 14618

(585)697-3338

www.fleetfeetrochester.com

info@fleetfeetrochester.com

2522 RidgeWay Avenue (Greece Location)

Rochester NY 14626

(585)270-4334

www.fleetfeetrochester.com

info@fleetfeetrochester.com

MedVed Running & Walking OutFitters

3400 Monroe Avenue

Rochester NY 14618

(585)248-3420

www.medvedrunwalk.com

Email: see website

Popular Websites for ordering sneakers:

www.eastbay.com

www.firsttothefinish.com

www.roadrunnersports.com

Cross Country Sneakers:

- Cross country runners should have two pair of training sneakers that provide support for running many miles before and during the season (cost ranges from \$40-\$100+)
- Cross country runners at the Varsity level also usually have a pair of racing sneakers or “spikes”. These shoes are lighter and are worn only for races or key workouts. They come with removable spikes and a wrench. (cost ranges from \$10-\$80)
- Shoes brands vary in style, size and comfort. Find ones that work for you. Popular brands include Nike, Asics, Adidas, Saucony, Mizuno, Brooks and Puma.

Indoor Track Sneakers:

- Indoor track athletes should have one good pair of training sneakers for running. These will be used for warm-up, practices and can be used for competition. (cost ranges from \$50-\$100+)
- Indoor track athletes will also probably want a pair of event sneakers. Runners often wear “flats” or lightweight sneakers that have rubber grips on the bottom for faster competition. Sometimes meets allow athletes to wear spikes with blanks in the bottom as long as there is no plastic on the bottom of the shoes. (cost ranges from \$10-\$80)
- Field event athletes may want shoes specific to their event to allow for traction and better performances. These are usually only available online or through specialty stores. (cost ranges from \$10-\$80)

Outdoor Track Sneakers:

- Outdoor track athletes should have one good pair of training sneakers for running. These will be used for warm-up, practices and can be used for competition. (cost ranges from \$50-\$100+)
- Outdoor track athletes will also probably want a pair of event sneakers. Runners often wear “spikes” or lightweight sneakers that have removable spikes or pins on the bottom for faster competition. Sometimes meets limit spike length to $1/8^{\text{th}}$ or $1/4$ of an inch. (cost ranges from \$10-\$80)
- Field event athletes may want shoes specific to their event to allow for traction and better performances. These are usually only available online or through specialty stores. (cost ranges from \$10-\$80)

Other Things to consider when choosing sneakers:

How high is your arch?

Flat



Medium



High



What are your motion mechanics?

Under-pronator

Foot does not roll in, or rolls outward.

You push off mainly from the small toes on the outside of the foot.



Normal

Foot rolls in slightly.

You push off evenly from the front of the foot.



Over-pronator

Foot rolls inward significantly.

You push off mainly from the large toes on the inside of the foot.



How does your foot strike the ground?



Forefoot Strike



Mid-foot Strike



Heel Strike



Extreme Strike

