

Running Sneakers/Shoes for Cross Country, Indoor Track and Outdoor 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

MedVed Running & Walking OutFitters

3400 Monroe Avenue

Rochester NY 14618

(585)248-3420

www.medvedrunwalk.com

Email: see website

Fleet Feet Sports

Culver Rd Armory Location

155 Culver Rd.

Suite 110

Rochester NY 14620

(585)697-3338

www.fleetfeetrochester.com

info@fleetfeetrochester.com

Valenti Sports

2195 Monroe Avenue

Brighton, NY 14618

(585) GO SPORT

joe@valentisports.com

Fleet Feet Sports 2

Greece Location

2522 RidgeWay Avenue (Greece Location)

Rochester NY 14626

(585)270-4334

www.fleetfeetrochester.com

info@fleetfeetrochester.com

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)
- Shoe brands vary in style, size and comfort. Find ones that work for you – make sure they are comfortable! 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 **two** 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 1/8th or ¼ 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)

Taking Care of your Shoes:

- If your training shoes or racing spikes are wet, stuff dry newspaper inside every hour until dry.
- Take out your metal spikes after each competition. Clean out the spike hole with a Q-Tip to get rid of mud and dirt that will clog or damage the hole. Clean off the spikes too. Put spikes back in before your next race.
- Buy different sized spikes so that you will be prepared for a variety of weather/racing conditions (ie: mud, dirt, sand, wood chips, grass, pavement, wet vs. dry conditions etc.)
- Typically, each pair of training shoes last 500 miles (one season for experienced runners).

Other Things to consider when choosing sneakers:

How high is your arch?

Flat



Medium



High



- Most of the salespeople at the running specialty stores are runners and/or are trained on different types of shoes. Ask which would be best for your arch and motion mechanics.

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

