FIRST Shoe Clinic

Sponsored by:

FLEET FEET Sports

Today's Agenda

- Numbers
- Running Mechanics
- Anatomy of Footwear
- Rules of Buying Running Shoes
- Apparel Basics

1708-A Augusta St.

Lewis Plaza Shopping Center

235-4800

www.fleetfeetgreenville.com

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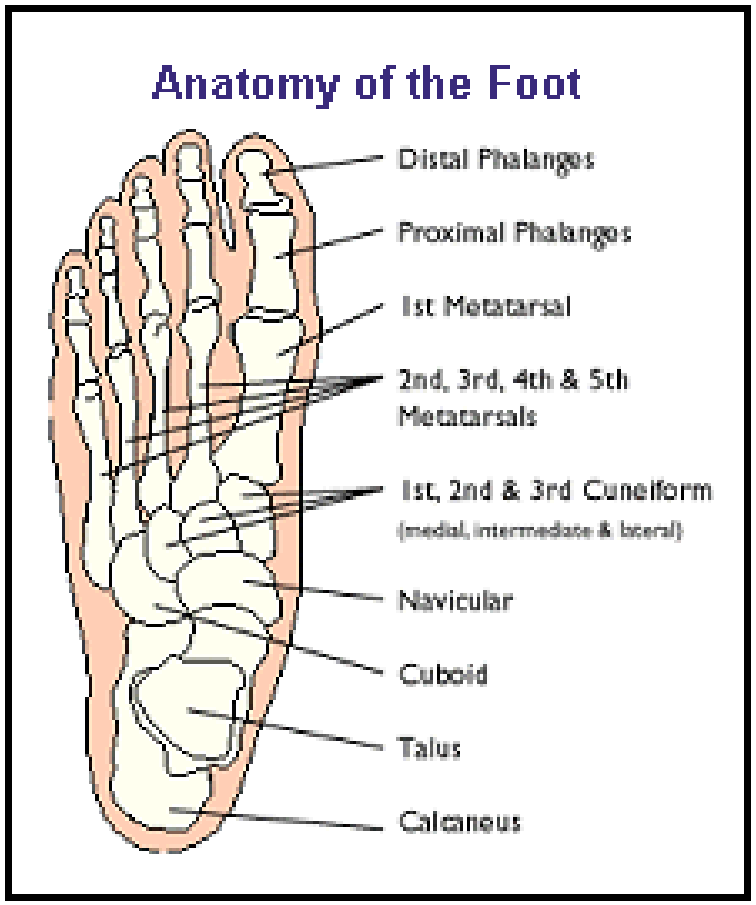
Numbers



- 26 bones in each foot
- Connected by 104 tendons and ligaments
- Over 25% of all the bones in your body are in your feet

Numbers

- Feet strike the ground ~1,700 times per mile
- 1700 x 26.2 miles = 44,540
- Feet strike the ground with 3x bodyweight
- 150 lbs = 450 lbs per footstrike
- 450 lbs = 765,000 lbs per mile
- 765,000 lbs x 26.2 = 20,042,000 lbs
- This is why proper footwear is important!

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Numbers

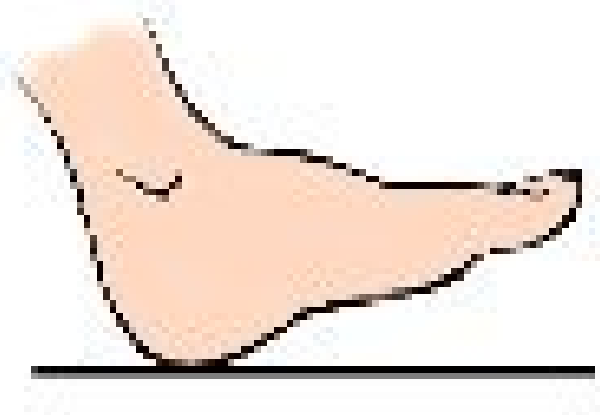
- #1 cause of injury in running is:

RUNNING

Numbers

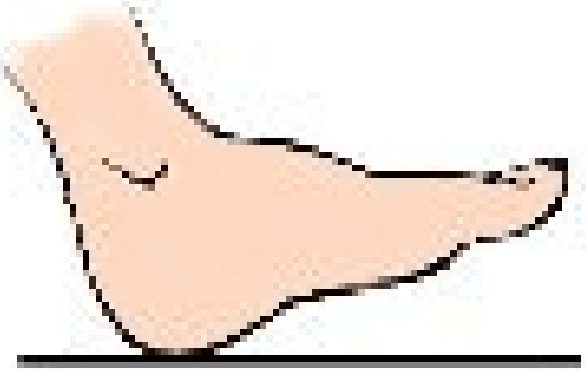
- Running too much
- Running too fast
- Running too soon

Running Mechanics



Lateral (outside) heel strike

Running Mechanics



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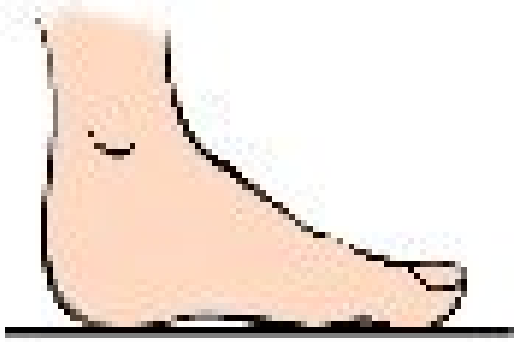
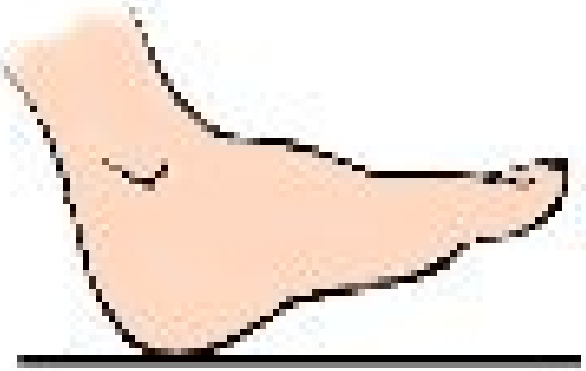


Midstance (pronation) phase

Running Mechanics



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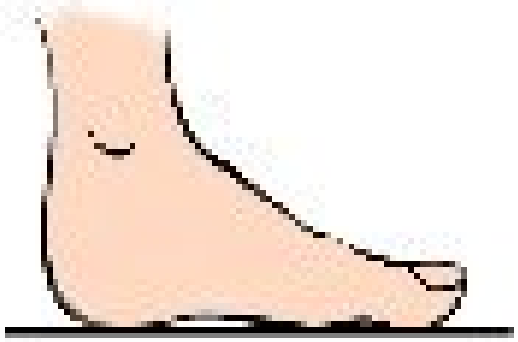

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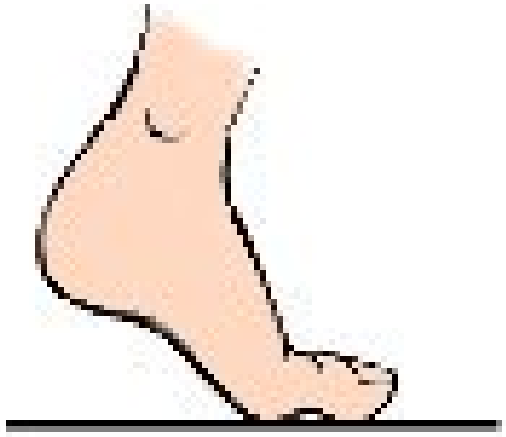

Toe Off (propulsion) phase

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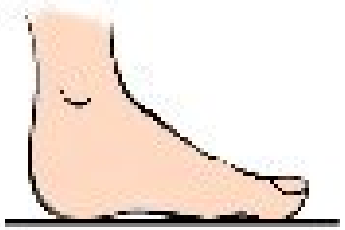
Running Mechanics



- Pronation
  - Natural inward roll of the foot
  - Body's natural way of absorbing shock
  - Everybody pronates
  - Degree of pronation determines footwear

Running Mechanics

- Types of pronation

Running Mechanics

Under pronation (supination)

- Lands lateral and stays lateral
- “Generally” high arched, curved footshape and/or bow-legged athletes, rigid immobile feet
- Flexible shoes
    - Allows foot to pronate as much as possible

Running Mechanics

Neutral pronation (biomechanically blessed)

- Lands lateral and rolls to the middle
- “Generally” not high or low arches but with a little straighter footshape, more flexible
- Cushioned or neutral shoes
    - Disperses as much shock as possible

Running Mechanics

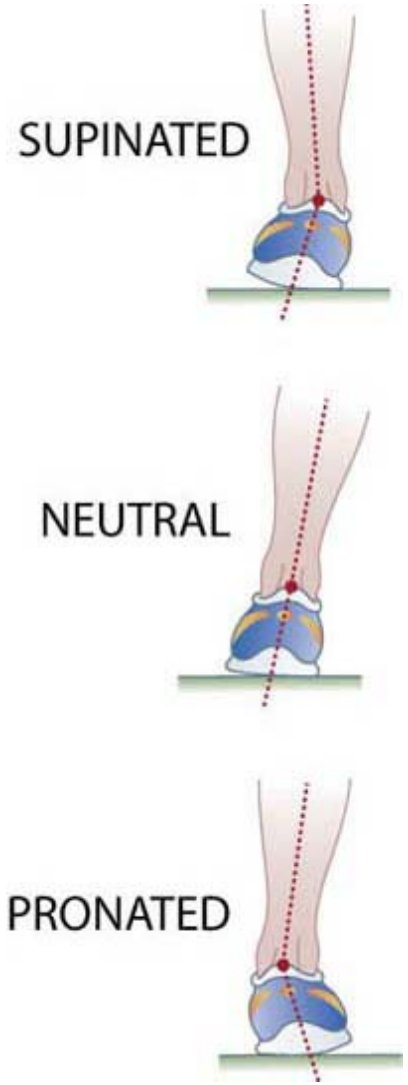
Over pronation

- Lands lateral and rolls past middle
- “Generally” lower arches, to a flatter foot with a little straighter footshape and more flexible
- Stable shoes
  - Slows down the rate of pronation

Running Mechanics

Severe over pronation

- Lands lateral and rolls past middle
- “Generally” flatter arches with a very straight footshape, much more flexible and mobile feet
- Motion control shoes
  - Controls footstrike



Right Foot, Rear View

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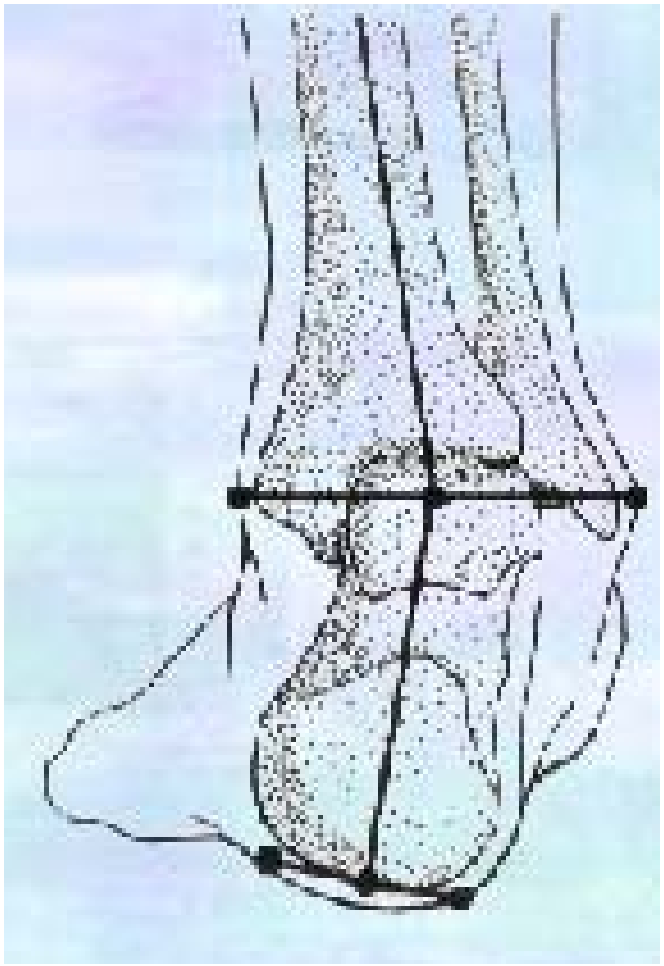
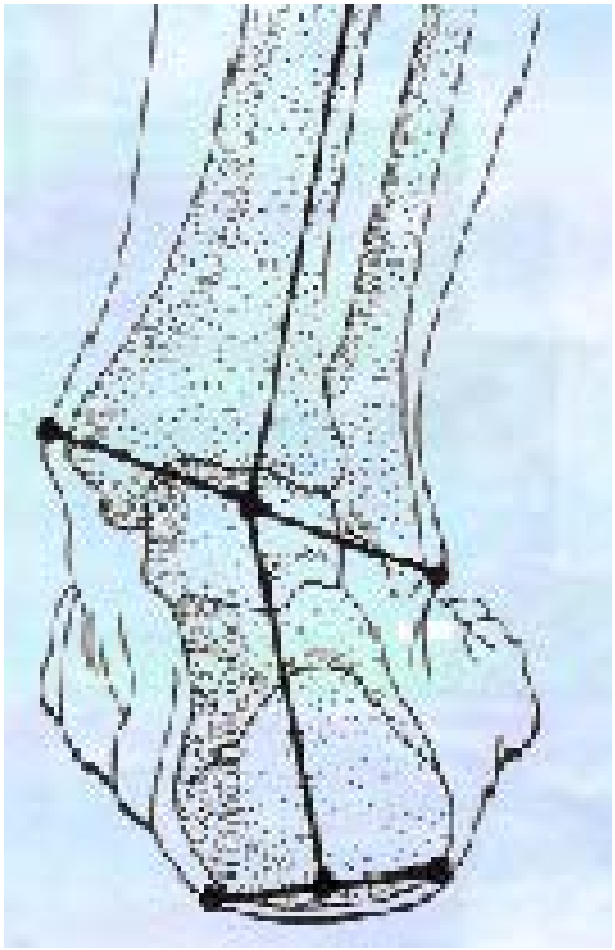
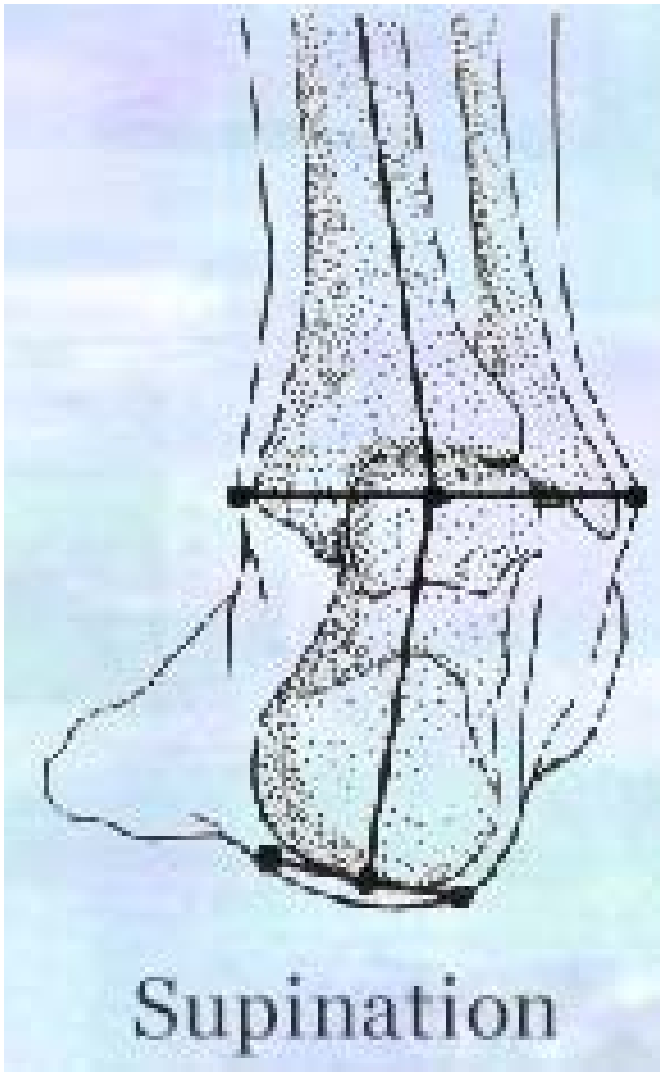
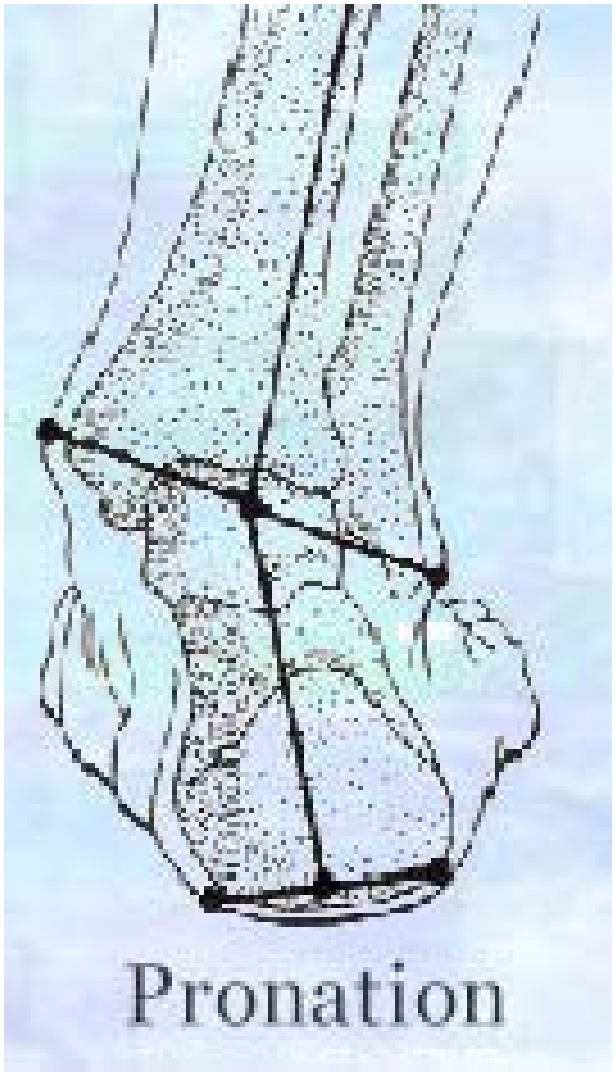




RIGHT FOOT, REAR VIEW





RIGHT FOOT, REAR VIEW

Running Mechanics

This is why we watch you run

What to expect from a shoe

- Protect your feet from the running surface
- Provide shock absorption
- Accommodate / control the wearer’s biomechanics
- Compliment your running style

What a shoe will **NOT** do

- Make you faster
- Cure your injuries

Anatomy of Footwear

- Outsole
  - Traction
  - Durability
- Midsole
  - Most important part of the shoe
  - Provides cushioning & flexibility
  - Provides stability & control
- Upper
  - Comfort/ Fit
  - Support/ Breathability

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Rate of Loss of Shock Absorption

- 25% after 50 miles
- 33% after 100 – 150 miles
- 50% after 250 miles
- 70% after 500 miles
- Most runners can expect foot discomfort after a shoe loses 70% of its cushioning ability
- If you run 25 miles/week you can expect the shoe to last 4.5 to 5 months.

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Rules of Buying Athletic Shoes

- You cannot buy running shoes by the color
- You cannot buy running shoes by the number
- Do not believe everything that you see and read
- Make sure the person selling you the shoe can explain why

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Proper Shoe Fit

- Salesperson should ask about your running
- Inspect your feet
- Measure both feet, weighted and unweighted
- Check for proper size

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Apparel

- Avoid COTTON!!!
- Cotton
  - absorbs up to 10x it own weight in water
  - Increase chafing
  - Hot in summer and cold in winter

Apparel

- The Benefits of Technical Fabrics
- Capillary action of the fiber transports moisture away (wicking) from your body
- Keeps you drier
- Reduces chafing

Socks

- Cotton retains 14 times the moisture of CoolMax
- Cotton stretches and loses shape when it gets wet inside the shoe
- Wash socks inside out to wash out dead skin

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THANKS!

QUESTIONS?

COMMENTS?

CONCERNS?

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