

# Eight Basic Steps to Choosing the Right Running Shoes

It's often overlooked but choosing the right running shoes is one of the most important decisions you will make as a runner.

Here's what you need to know before buying.

Faced by the huge range of running shoes that are now available, selecting the right ones for you can be a daunting task. For any runner though it's extremely important to get this decision right as apart from obvious reasons such as comfort, wearing the wrong running shoes is also one of the most common causes of injury.

Running puts a lot of stress on the body and a running shoe that doesn't provide the correct stability and cushioning to suit your running style and foot shape will in many cases lead to stress injuries. Furthermore all runners have different requirements and what is suitable for one can lead to injury in another.

So how do you decide the kind of running shoes to buy? Well firstly we must determine our foot type.

## What Foot Type am I?

In general there are 3 types of foot, each of which will have its own requirements from a running shoe.

To learn which type of foot you have, the best way to find out (and this won't be the last time you'll hear this) is to come to a specialist shoe retailer like The Derby Runner which have a huge amount experience and reputation.

### 1) Mild –Moderate Overpronation (most common)



With overpronated feet, the foot strikes the ground toward the outside of the heel/mid-foot then rolls inward, towards the big toe joint as the arch flattens. This is a natural way of the foot absorbing the shock and is known as pronation. In this case the foot excessively rolls inwards. This is a movement called overpronation. The excessive motion made by the foot causes instability which can lead to stress in the foot, lower leg, knee, hip, pelvis and lower back. The type of shoe you'll need is known as a **stability shoe**. This type of shoe designed to limit the inward rolling of the foot.

## 2) Severe over-pronation



As with the above foot type the foot strikes the ground toward the outside of the heel/midfoot then rolls inward. But in this case it occurs much more severely and at a faster rate and you will not 'toe-off' properly. You will need a higher level of support in your shoe. Often called a ***motion control shoe***.

## 3) Neutral/ Under-pronated



A neutral foot is one that when running, still lands on the outside of the heel and then rolls inwards, but not enough to need extra support.

An underpronated foot is excessively rigid and doesn't roll inwards enough. Although this creates stability there is not enough shock absorption. To encourage your foot to roll inwards your running shoe will need to be flexible so as to encourage this movement. In both cases (neutral/underpronation), you'll need a ***neutral running shoe***.

## Tips When Buying Running Shoes

- 1) Come to us** – Whether you are buying your first pair of trainers or your 100<sup>th</sup> pair, it is still important to get the correct advice. Staff at the Derby Runner are on hand to give advice on all aspects, from how your usual trainer has been changed this year, to the basics of fit and support.
- 2) Establish foot type** – As detailed above, it is essential to buy the correct shoe for your foot-type. All our staff are trained to analyse your unique running style and foot characteristics, to suggest which shoe-type would suit you best.
- 3) Tell us what you'll be using shoe for** – At the Derby Runner, we have a wide variety of foot-wear, to suit all types of running and fitness needs. We'll be on hand to advise which shoe will suit you. Be-it for running on the road, on the fells, on the treadmill or classes in the gym.
- 4) Establish correct size** – The size of your trainers is very important. A poorly fitting running shoe can be a contributing factor to various injuries. Different brands and models tend to fit very differently to each other, despite claiming to be the same size. We will ensure you are aware how a running shoe should fit your foot.
- 5) Try a few on** – All our brands make equivalents in the respective foot-types. These will vary comfort-wise from person to person. It is important to try a few to know what you do and don't like feel of.

- 6) Give them a go on our treadmill** – This step is not essential, but is useful for many to know how a shoe feels when in full-flow! Our in-store treadmill is there for your use. Or simply run around the shop!
- 7) Choose based on comfort** – Once we get to this step, the choice will be narrowed down based on all the factors previously mentioned and others including, budget, style preference, etc. The most important thing here is to choose the most comfortable pair.
- 8) Wear them out!** –Now you have your new shoes it's time to enjoy them. Go and wear them out. Most trainers will last around 500 miles of running. When you get to the point they need to be changed, bring them to The Derby Runner with you. We can look at the 'wear-pattern' and use your feedback to ensure your next pair are just as good!