

Walking and Bicycling Resources

CHOOSING THE RIGHT WALKING SHOES



HOW TO PICK WALKING SHOES

When looking for new walking shoes, the first thing to remember is that each foot type and walking style is different. Though you may love the appearance of your neighbor's shoes they may leave you sore and more prone to injury. In order to aid your search for comfortable shoes, use the following tips:

Choose walking shoes, not running shoes

While walking your heel will fit first and then roll to the toe. A softer sole with more bend than a running shoe facilitates this motion.

Look for low, rounded heel A rounded heel will help your foot to roll through your stride rather than hit the ground flat. The slapping motion slows momentum and contributes to sore shins.

Shop at the end of the day This will allow you to accommodate the slight swelling which typically happens after a brisk walk and remain comfortable.

Try on both shoes The average American has one half to full size difference between each foot.

Get a trained fit Go to a specialized walking and running equipment store, or department store that employs trained shoe fitting personnel. Bring an old pair of shoes and leave plenty of time to find the right fit. The fitter will probably look at the wear pattern in your shoes, determine your arch height and watch you walk barefoot in order to recommend shoes for your needs.

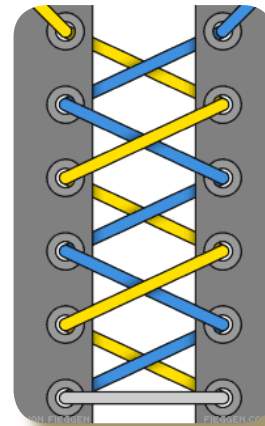


www.bodytrends.com

HOW TO TELL WHEN SHOES WEAR OUT

Generally you can expect your walking shoes to last for 300 to 600 miles. Though the uppers may look great, the mid-sole or cushioned area may have no give left. Visual inspection will not always reveal the level of wear on your shoes. The best way to avoid worn shoes is to determine your average weekly mileage and mark the approximate replacement date on your calendar or writing the estimated replacement date inside the shoe as soon as you purchase them. You can prolong your shoe's life by purchasing a second pair and rotating usage, which allows each pair time to completely decompress and dry out.

HOW TO TIE WALKING SHOES



www.friggen.com

Many shoe fitting challenges can be solved through alternative lacing patterns. The information below comes from Dr. Carol Grey from USC. Additional information is available at www.friggen.com.

Narrow feet: Consider using wide-set eyelets that bring the sides of the shoe more snugly across the top of the foot

Wide feet: Eyelets set closer to the tongue and set closer together add width to the lacing area

Feet pain: For pain in specific areas of the foot, try skipping eyelets in the vicinity of the pain and tightening laces above and below the skipped eyelets

High arches: Lacing straight across between eyelets (instead of crisscrossing) can reduce or eliminate pressure points

More resources: <http://www.thewalkingsite.com>

<http://www.sideroad.com/Fitness/good-walking-shoes.html>

<http://www.pbs.org/americaswalking/>