



RUNNING SHOES



It's imperative to select and purchase the correct running shoes for your body type. You should purchase a pair ASAP and start breaking them in with adequate training to prepare for the 18 weeks of the Fire Academy.

Injuries like plantar fasciitis, shin splints and other issues can be helped by the right shoe.

How should I select the right shoe?

As you set out to find the best shoes for the job, you should first consider the shape of your feet. The three main foot types are **flat**, **neutral** and **high arches**.

- **Flat feet** tend to have fallen arches, making them flexible and prone to over-pronation, an inward rolling motion.
 - Flat-footed harriers tend to gravitate to a higher stability shoe, as they help prevent over-pronation
- **Neutral feet** are the most biomechanically sound variety, putting them somewhere in the middle.
 - Neutral runners can often run in many types of footwear, but most commonly go for a moderate stability shoe.
- **High-arched feet** are essentially the polar opposite of flat feet. When the arches are particularly defined, the feet end up being rigid, leading to supination, or landing on the outside edges of the feet.
 - Runners with high arches are best suited for a cushioned shoe, providing midsole padding with flexibility.

http://running.competitor.com/2014/09/shoes-and-gear/running-101-how-to-select-the-best-pair-of-running-shoes_49598

Where can I go to purchase or try shoes on?



(Visit www.jackrabbit.com for store locations in NYC)

Jack Rabbit offers:

- Gait Analysis
 - They are in the business of matchmaking and problem solving for your feet. Whether you've have high arches, flat feet, bunions, knee pain, shin splints, or anything in between. They have the expertise, knowledge and tools to find the right footwear for you.
- Expert Fitting
 - In addition to a full gait analysis, their staff is trained to find the perfect pair of shoes for your unique footwear needs. The process starts with a brief consultation with one of their fit fanatics to get a sense of what you're looking for, and your fitness/running background. From there, they'll continue this process with individualized attention until they help you find the right shoe for you.



REI (Recreational Equipment Inc.)

- Link below offers there procedure on how to select a proper pair of shoes.
 - <https://www.rei.com/learn/expert-advice/running-shoes.html>



Westchester Road Runner
179 East Post Rd.
White Plains, NY 10601

If you need a running program or further assistance in getting physically and mentally prepared for the Fire Academy, visit www.matafuegotraining.com

