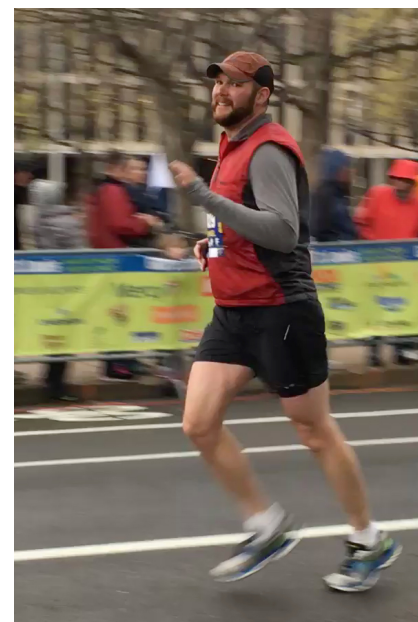
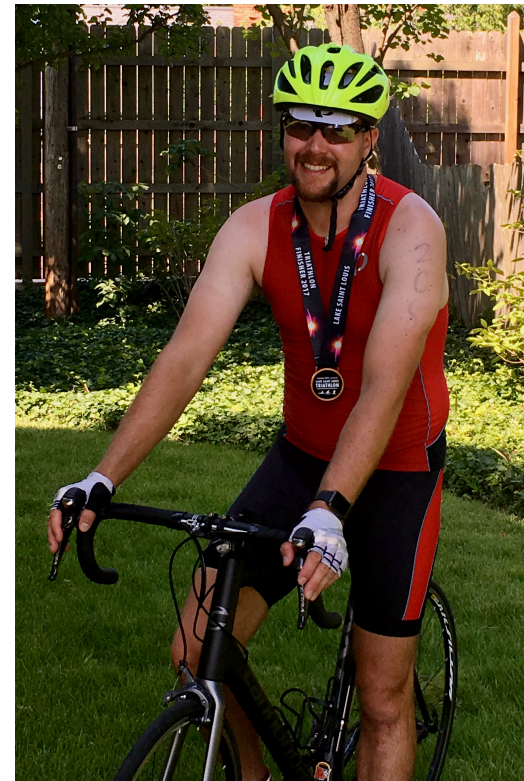




***"What to Look for and Select
in Your New Running Shoes"***

Mike Flynn



SO many shoe
options...

How to
decide???

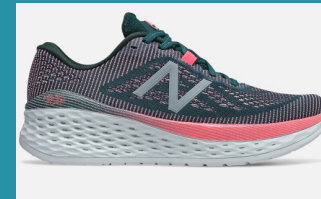
Neutral



Stability



Motion Control



Race



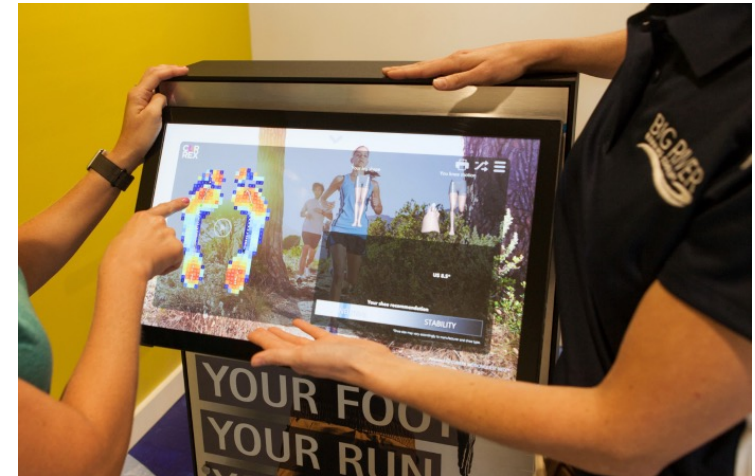
Trail



Big River Running Fitting Process



- **Three** Standard Measurements
 - Brannock
 - Foot Length
 - Arch Length
 - Width
- **NOW** using a fourth measure (pressure)
- **ANALYZE** your gait
- **DISCUSS** your goals and injury history



Factors to Consider

- Gait & level of support needed
- Injury history
- Goals and intended usage
 - Comfort / Performance
 - Training / Racing
 - Road / Trail
 - Shorter v. Longer Distance
- Level of Cushioning
- Heel-to-Toe Drop
- Weight
- Price
- Durability
- Versatility

Foot Structure (Pronation)

Foot Structure:

High Arch – under-flexing

Medium Arch - flexing

Low Arch – over-flexing;
collapsing

Pronation – flexing; allows
forward movement & shock
absorption

Over-pronation – over-flexing

Under-pronation – under-
flexing

ARCH TYPE — FOOT ALIGNMENT



NORMAL ARCH



NEUTRAL ALIGNMENT



HIGH ARCHED PRINT

SUPINATOR-ROLLS



TO OUTSIDE/LATERAL



FLATFOOT PRINT

PRONATOR-ROLLS TO



INSIDE/MEDIAL

What is support?

- Where it is located; what is the difference?
 - Medial Posting v. Guide Rails
 - Broad Base / Platform
 - Bike Tire (narrow v. wide)
 - Torsional Twist
 - Wringing out a towel
- Bending shoes in half vs. forefoot

Stack Height (Cushion)

- **Stack Height:** *The stack height is how much is under your foot. Shoes with lower stack heights tend to have a firmer, responsive underfoot feel, while higher stack height shoes tend to have a softer, more compliant feel.*
- **High or Maximal:** Best for long runs. The longer the run, the more this height may provide a benefit. Also, they are a great option for easy runs or “recovery” runs.
- **Medium:** Most runners, regardless of experience log most of their miles with this stack height. If you seek a little more padding for daily use then go to a high stack height shoe.
- **Low:** Best for faster pace workouts. Advanced runners often use this height for regular training as well. Beginning runners may look at this height as a starting point for their first race-specific shoe.
- **Minimal:** Until recently, most racing-specific shoes were found here. Can also be used for faster training if you are an efficient runner, or regular use if you seek a minimalist running experience.
- **Barefoot:** Best for limited use such as speed work or strides. May be used for occasional short runs on soft surfaces like grass.

Heel-to-Toe Drop

- **Heel-to-Toe Drop:** Heel-to-toe drop is *the difference between (midsole + outsole) heel height and (midsole + outsole) forefoot height*. For example: a drop of zero would mean that when seated in the shoe, the heel and ball of the forefoot would be at exactly the same height off of the ground. A drop of 12mm would mean that the heel sits 12mm higher off the ground than the forefoot.
 - Higher = less strain on Achilles Tendon
 - Lower = more likely to land on midfoot/forefoot
- **Typical heel-to-toe offsets:**
 - 10-12mm (Most Asics, Mizunos, Brooks, Nike, New Balance)
 - 6-8mm (many Saucony, On)
 - 4-5mm (Brooks Pure, Saucony Freedom/Kinvara, Hoka)
 - Zero Drop (Altra)

Different Shoes for Different Purposes

- Rotating shoes extends the life of each pair (more time for foam to rebound between uses)
- Alternating different styles works a greater variety of muscle fibers and more evenly distributes the workload, which can reduce likelihood of overuse injuries
- Purpose-specific shoes:
 - Trail
 - Race Day / Speedwork



Popular Choices for Triathlon

*BUT
REMEMBER
that
EVERYBODY IS
DIFFERENT!!!*

- Saucony Kinvara – 4mm, 7.8oz, \$110.00
 - Men <https://bigriverrunning.fittedrunning.com/product/saucony-kinvara-11-2/>
 - Women <https://bigriverrunning.fittedrunning.com/product/saucony-kinvara-11/>
- Hoka Rincon – 5mm, 7.7oz, \$115.00
 - Men <https://bigriverrunning.fittedrunning.com/product/hoka-one-one-rincon-2-3/>
 - Women <https://bigriverrunning.fittedrunning.com/product/hoka-one-one-rincon-2-2/>
- On Cloudflow – 6mm, 8.3oz, \$140.00
 - Men <https://bigriverrunning.fittedrunning.com/product/on-cloudflow-4/>
 - Women <https://bigriverrunning.fittedrunning.com/product/on-cloudflow-3/>

Do I need a
carbon fiber
plate in my
shoe???

- *It depends... (many factors to consider)*
- <https://www.triathlete.com/gear/run/hoka-or-nike-we-compare-two-carbon-plated-running-shoes/>



Time to Accessorize

- Socks
 - *Yes, it is ok for triathletes to wear socks*
- Inserts – **3D fit**
 - **2 – Dimensions (length + width)**
 - **3 – Dimension (arch)**
 - Long hours + Hard workouts
 - *Can also add some support to lighter weight, more minimal shoes*
- Anti-Chafe
- Elastic Laces – easy on (T2)
- Race # Belt
- Massage Accessories

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