

## The Cost of the Right Style

**Shoes**--If possible, go to a store that deals primarily with running equipment or to a specific salesperson who is an experienced runner. Chick's Sporting Goods is a great place to get the right shoe. A knowledgeable salesperson can help you make a good decision based on size, width, running style, and type of running (training vs. racing). For a beginning runner, these are shoes that can serve both for training and racing. Be sure that the salesman understands that the shoe will be used for daily training. Four good hints on purchasing a new shoe:

1. A good shoe fit will usually feel the best on your feet.
2. It helps to buy a good shoe. It doesn't have to be the most expensive, but sometimes the cheap shoe causes more problems than it saves. Remember shoes are on sale many times because they are not selling. They usually do not sell because they don't feel good for a majority of runners.
3. Make sure that you have some room in the toe-box of the shoe for your feet. A good general rule is the width of your thumb. This allows for both growth, and your feet swelling, and will help prevent you from losing your toenails.
4. Also don't wear your running shoes as play shoes. This is one of the quickest ways to wear them out.

**Clothing**--It is not necessary to purchase specific running clothing for meets. Uniforms will be checked out for meets and invitationals, loose fitting t-shirts and shorts are adequate for daily practice. Clean, dry socks for each practice will help prevent blisters, fungus, and other foot problems. Students will have either running suits or sweat tops and bottoms checked out to them as part of their uniform for colder weather. Please be aware that these are for practice, not to be wearing around as casual clothing. **If they lose them they will be required to pay to replace them.** As an athlete becomes more experienced and involved, he may wish to purchase additional equipment and clothing.

**Watches**--All runners should purchase a runners watch for practice and meets. Usually these can be purchased at stores for as little as \$10. We want all runners to have one of these.