Shoe Selection FAQs

Q: How snug should a running shoe fit?

A: Aim for a thumbnail's length of extra space in the toebox. This helps you avoid losing toenails since your toes won't jam against the end when running downhill or when your feet swell. The width should be snug but allow a bit of room for your foot to move without rubbing. Laces should be snug but not tight.

Q: What is the typical lifespan of a running shoe?

A: In general, a pair of running shoes should last between 400 to 500 miles of running (3 or 4 months for regular runners). This varies depending on your running mechanics. Take a look at your shoes. While the uppers will often look good, check the midsole and outsoles to see if they are compressed or worn.

Q: If I wear an orthotic to correct my pronation, do I still need a motion-control shoe?

A: You may be OK with a neutral shoe, but a motion-control shoe will offer additional support.

Q: Can I use a road shoe for running trails?

A: Absolutely, just keep in mind that a trail shoe will give you more traction on rough or loose surfaces than a road shoe.

Q: If I supinate, can I wear a shoe that is for overpronators?

A: You shouldn't. It's best to go with the shoe that coordinates with your body mechanics to avoid any injuries.

Q: Is it OK to do a race or long run while wearing new shoes?

A: The best approach is to do a short run first to see how your new shoes feel. You want to make sure the shoe is right for you before hitting a trail or pounding the pavement in a race.

Source: http://www.rei.com/learn/expert-advice/running-shoes.html



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