

QUESTIONNAIRE ON WOMEN'S RUNNING SHOES

1. Height _____
2. Weight _____
3. Shoe size (women's) NIKE _____ Other _____
4. Do you wear orthotics or inserts? Yes ____ No ____
5. Weekly mileage _____
6. How long have you been running regularly? _____
7. When running at an easy pace, what part of your foot strikes the ground first? Heel ____ Midfoot ____ Forefoot ____
Don't know ____
8. Do you run competitively? Yes ____ No ____

If yes, do you own a pair of shoes specifically for racing?
Yes ____ No ____
9. How many miles do you typically run on a pair of training shoes before discarding them?
10. Rank the deterioration which affects your training shoes
(from most - 5, to least - 1)

____ Heel counter deformation
____ Upper deterioration
____ Outsole wear in the forefoot
____ Outsole wear in the rearfoot
____ Midsole compression
11. Do you normally wear a woman's shoe? Yes ____ No ____