

# Running Shoe Seminar outline

(by Mario Canino, MS, August 2017)

- Foot Type (arches: low, normal, high)
  - Low:
  - Normal: “ideal” foot
  - High:
- Foot Gait Pattern (underpro, neutral, over pro, excessive over pro)
- Shoe wear down
  - See chart
- Shoe anatomy
  - Outsole:
    - Bottom of the shoe
  - Upper:
    - Material (e.g., fabric or leather) that secures the shoe to the foot. Usually either sewn or glued to the midsole
  - Heel Counter
    - Far back where the heel sits in the shoe to prevent slipping. Shoe drop/heel drop/offset: difference from the height of the ground at the heel versus the height in the forefoot (example: 4mm heel is closer to “minimalist” versus a 10mm)
  - Midsole:
    - Most important part of the shoe in relation to cushioning and stability either technical foam or rubber between the upper and the shoe part that hits the ground.
  - Midsole Cushioning Devices:
    - Each company uses their own “special” materials to make a cushioning system within the midsole foam. Examples are air, gel, ethyl vinyl acetate (EVA) foam, plates, etc.
    - This is each company’s selling point and differentiates them from other companies.
  - Midsole Stability Devices:
    - Usually a type of plastic or dense foam (or both) that is put towards the heel to help over-pronators support the arches to guide the foot into a neutral stride.

- Toe Box:
  - Front of the shoe that houses the toes. Extremely important for determining sizing of the foot (explain why it's important to go larger in running shoes due to swelling, foot moving during running, and where the stability meets the arch properly)
- Insert:
  - Doesn't do too much, just hides the stitching and adds a little extra comfort/cushion. This is another methodology to look at your gait based on the wear of the insert along with the bottom of the shoes
- Shape:
  - Straight (excessive overpronators)
  - Semi-curved (over pronators)
  - Curved (neutral shoes)
- Replacing shoes
  - Frequency
  - Changing same company but different model and outside shoe company
- Shoe Chart "So Shoe Me"



# Sample Shoe Chart

	Neutral	Guidance	Stability (localized at arch)	Motion Control (heel to arch)
<b>Adidas</b> 	Adizero Adios Adizero Boston Glide Boost Energy Boost	Adizero Tempo	Supernova Sequence	
<b>Asics</b> 	GEL-Nimbus GEL-Cumulus	GT-1000 series DS Trainer	GT-2000 series GT-3000 series GEL-Kayano	GEL- Foundation
<b>Brooks</b> 	Pure collection Glycerin Ghost Dyad	Ravenna	Adrenaline Transcend	Addiction Ariel (women) Beast (men)
<b>Mizuno</b> 	Wave Enigma Wave Creation Wave Rider	Wave Sayonara	Wave Inspire	Wave Paradox
<b>New Balance</b> 	Fresh Foam		860	920
<b>Nike</b> 	Free run Pegasus Vomero	LunarGlide	Structure Triax	
<b>Saucony</b> 	Kinvara Triumph Ride		Guide	Hurricane Omni

