



The Running Shoe

Roadrunner Sports

<http://www.roadrunnersports.com>
Locations in Torrance/Costa Mesa

Runners High

Located in Long Beach/Belmont

Runner's Zone

Located in Whittier

MENTION YOU ARE FROM CERRITOS HIGH SCHOOL CROSS COUNTRY AND RECEIVE A DISCOUNT AT THE RUNNER'S ZONE, RUNNERS HIGH, AND POSSIBLY AT ROADRUNNER! THIS YEAR WE ARE ALSO MAKING A DEAL WITH ASICS!!! STAY TUNED!!!

Why the Specific Shoe?

The stores are excellent choices for shoe selections, especially with those who have had knee or shin problems in the past. The new Roadrunner Sports store using computerized technology to analyze how you strike your foot, while Andy at the Runner's Zone provides an excellent analysis. Athletes may also look at Runner's High or the Snails Pace. Shopping at Sports Authority, Big 5, or online will require that you know about shoes, as they will see you any shoe, as they are not specialists in running shoes.

As some of you may know, leg injuries, such as shin splints or pain in the arch, foot, knee, or hip, can occur. Many times, these injuries are a result of shoes that are worn or do not properly support your feet.

All athletes have different types of feet, some athletes have normal arches, while others have flat feet or high arches. On the same note, some athletes strike the ground on their toes, their heels, from the left to the right or the right to the left. In most cases, athletes that do not have normal arches and that do not strike the ground correctly are sometimes in need of shoes that support their style. The store is normally accurate in terms of analyzing what type of shoe to provide for each athlete, which normally results in a decrease in injuries, more comfort, and more fun for athletes.

Though running form and muscle strengthening need to be focused on to help reduce injuries, picking the right shoes with the right support can also help reduce the risk of injury for your son or daughter. It may cost more to purchase a shoe from a specialty-type store, however the quality and dependability of the product are higher if you invest more money in protecting such valuable assets – your feet, ankles, Achilles, shins, knees, and hips.