

TIPS FOR PROPER SHOES AND APPAREL

SHOES: This is the most important item that you will be wearing, because wearing the wrong shoe or worn out shoes can cause injuries and cause you to have to stop running or walking. You should have your running or walking mechanics analyzed before you purchase your shoes. There are three types of running/walking styles: Over Pronators, Under Pronators and Neutral. A Specialty Running Store's staff should be able to watch you run or walk and determine which style you are. With that information, they will be able to put you in the shoe for your particular style. For example, if you are an over pronator and you get a shoe for under pronators, that will only make you worse and can possibly cause injuries of the foot, shins or knees.

SOCKS: Do not wear cotton socks as they will cause blisters. When cotton socks get wet, they will start rubbing, causing friction and that will cause blisters. Be sure you get a sock that has no cotton but has the moisture wicking materials that will bring the moisture to the top of your sock and evaporate.

SHORTS AND SHIRTS & BRA: You will stay warmer in the winter and cooler in the summer in shorts and shirts that are made of moisture wicking materials such as coolmax, dry fit, dry release, etc. These should be worn next to your body and they will bring the moisture to the top of the shirt or short which will keep you dry and warmer in the winter, and dry and cooler in the summer. In the winter, you can layer another type of shirt over this type of shirt, and it will take the moisture to the top shirt, therefore keeping you dry and warmer. Shorts and shirts made of these types of materials will also reduce chafing. Cotton shirts and shorts get wet from sweat and will actually make you colder in the winter and hotter in the summer, plus they will be heavier. It is very important to get a good supportive bra that also has moisture management materials in it.

TIGHTS: On colder days and in the winter, long tights will keep your legs warm so you can continue to run. These should also be made of moisture wicking materials such as coolmax, dry fit, dry release, etc. This will take the moisture from your legs to the outside and evaporate to keep you warmer. You should be able to run in Arkansas year 'round by dressing properly.

HEADBANDS AND GLOVES: These are items that will also help to keep you warmer in colder weather. It is good to get gloves that have moisture wicking material so that your hands will stay warm. If your hands sweat and are wet, they will get cold even if you do have on gloves.

IDENTIFICATION: Do not go for a run or walk, especially alone, without having some type of identification on you in case of emergency. There are "dog-tag" type medals that you can wear or fasten to your shoes.

REFLECTIVE CLOTHING: Do not run in the dark without some type of reflective clothing, vest or lights for safety purposes.

We will be glad to help you and work with you on your shoe type and advise you on apparel if you do not have a Running Specialty Store in your area. We are The Sporty Runner, 1016 Van Ronkle St., Conway, 501-328-9255. Linda Starr-Owner, Don Starr-Manager. We are also a sponsor of the clinic and race.