

SHOES, SHOES, SHOES...SHOES FOR RACE WALKING

Researched by Diane Graham-Henry – Updated April 2009

It's very important to take your time with a new shoe. Don't make a rush purchase. Walk around the store. REALLY try them out. Prices vary depending on the source.

The test of a shoe for your feet is up to your own judgment. What one person wears may not be correct for another. Take into consideration the type of feet (flat, wide, narrow, etc.), body size and weight, foot plant (i.e. supination or pronation). Most store owners know the products they sell and know the way to fit a shoe (this does not include Sportmart).

AND the type of socks will make a big difference. They come thin, thick, and double-layer. The best socks for sports are made of polypropylene (CoolMax, Thorlo, Wigwam, etc.) These have the ability to draw moisture from the foot. Cotton socks hold moisture, cause the feet to heat up, and will tend to cause blisters and calluses.

The majority of the following shoes are categorized as "running flats." Some only come in men's, or unisex sizes (M/U), and some in both men's and women's (M/W). Women can wear the men's shoes. MAKE SURE there is plenty of room for toes – should not be touching end of shoe.

The weight of the shoe is not the most important factor...support and comfort are. Look for flexibility in the toe, and stable support in the arch and heel. **You do not want a running shoe which has a heel that cantilevers away from the heel. This will inhibit the plant of the heel when walking.** Trainers are more stable and take the use of many miles; racers are very light, and don't withstand as much mileage. Some break down quicker when wearing orthotics.

Adidas Adizero Mana (M/W) – Stable trainer.

Adizero Ace (M/W) – Trainer.

Adizero Adios (M) – Light racer.

Asics Gel Hyper Speed (M/W) – Light racer, stable heel.

Gel Bandito (M/W) - Stable, more cushioned, racer

Piranha SP2 (M/W) – Trainer.

Mizuno Wave Universe 2 (M/W) - Racer

Wave Ronin 2 (M/W) – Stable racer. Good for pronators.

Wave Musha (M/W) – Trainer.

New Balance RC 205 (M/W) – Light racer.

RC 805 (M/W) – Stable trainer.

RC 903 (M/W) – Stable racer.

Nike Zoom Katana Rac3r III (M) – Light racer

Lunaracer + (M/W) – very light racer

Zoom Waffle Racer VI (M) – very light racer

Jana Star Waffle III (W) – Light racer.

Zoom Limitless + (M/W) – Trainer.

Zoom Run SL (M/W) - Stable trainer.

Puma Complete Road Racer (U) – Light racer.

Saucony Grid Fastwitch 3 (M/W) – Light weight racer.

Grid Type A2 (M/W) – Light racer

Grid Tangent 3 (M/W) – Stable trainer.

Grid Kilkenny XC2 (M/W) – Light racer.

Shops supporting walking:

Fleet Feet Sports, 1620 N. Wells St., 4555 N. Lincoln Ave.

Running Away, 1634 W. North Ave., Chicago. (New location)

New Balance, 2369 N. Clark St.

Universal Sole, 3052 N. Lincoln Ave., Chicago (New location)

Murphy's Fit, 513 Dempster, Evanston

Dick Pond Athletics, Carol Stream, Lisle/Naperville, Barrington, St. Charles, Schaumburg