



FOOT NOTES

LACING TIPS

Not all shoes are created equal! Everyone's feet are different. By using specific lacing techniques you can improve the fit of your shoes and help solve some very common problems.



HEEL SLIPPAGE: - Heel slippage occurs when a narrow heel is in a wide shoe. To keep the heel secure, criss-cross the laces by the conventional method until you get to the second last eyelet. Create a loop by pulling the lace through the last eyelet without crossing over. Use this loop as an eyelet for your last criss-cross and tie.



TENDER TOES: - Tender toes are often associated with high mileage runners. To alleviate pressure on the toenails and to give the toes more room in the toebox, take the lace on one side and go through each eyelet, with the other end of the lace, run it from the inside front eyelet of the opposite last eyelet.



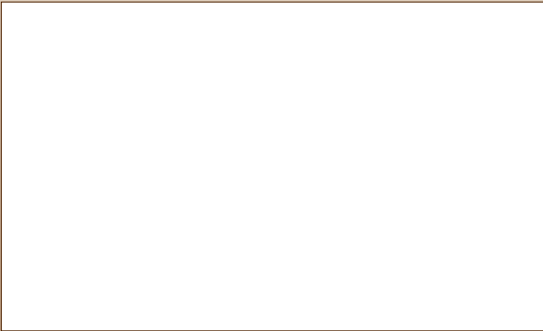
PAIN ON THE TOP OF THE FOOT OR ARCH: - This can occur when the conventional method of criss-cross and tie lacing adds extra pressure to a high arch or rigid foot. Redistribute the pressure more evenly on top of the foot by passing the laces under the eyelets rather than crossing the laces over the top of the foot.



VARIABLE WIDTH: - If you have a wide foot, skip the 3rd, and 5th eyelets. If you have a narrow foot skip the 4th, and 6th eyelets.

Each lacing system should match your individual foot requirements.

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