

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

Researched by Diane Graham-Henry – Updated May 2011

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 Sonic 2.0 (M/W) – Stable trainer.
Adizero Aegis 2.0 (M/W) – Stable trainer.

Adizero Boston (M/W) – Trainer.
Adizero Rocket (M/U) – Light racer.

Asics Gel Hyper Speed (M/W) – Light trainer, stable heel.
Piranha SP3 (M/W) – Light racer.

Gel Tarther (M/W) - Stable, racer

Brooks Green Silence (M/W) – Light Trainer.
Mach 12 Spikeless (M/W) – Light Racer.
T7 Racer (M/W) – Light Racer.

Ghost 3 (W) – Stable trainer.
Racer ST5 (M/W) – Racer.
Launch (M/W) – Stable Trainer.

Mizuno Wave Universe 3 (M/W) – Light Racer
Wave Ronin 3 (M/W) – Stable racer. Good for pronators.

Wave Musha 3 (M/W) – Trainer.

New Balance 10 (M/W) – Light racer.
101 (M/W) – Stable racer.

890 (M/W) – Stable trainer.
915 (M/W) – Stable trainer.

Nike Zoom Matumba (M) – Light racer
Zoom Waffle Racer VII (M) – very light racer
Luna Elite +2 (M/W) – Stable Trainer.

Lunaracer + (M/W) – very light racer
Jana Star (W) – Light racer.
Zoom Streak XC 2 (M/W) - light racer.

Puma Faas 250 (U) – Light trainer.
Faas 300 (U) – Stable racer.

Faas 300 Bolt (U) – Light trainer.

Saucony Grid Fastwitch 5 (M/W) – Stable racer.
Pro Grid Kinvara 2 (M/W) – Stable trainer.

Grid Type A4 (M/W) – Light racer.

Shops supporting walking:

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

Running Away, 2219-21 N. Clybourn Ave., Chicago. (New location)

New Balance, 2369 N. Clark St.

Universal Sole, 3052 N. Lincoln Ave., Chicago

Murphy's Fit, 513 Dempster, Evanston

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