

Shoes for Cross Country

The basic shoe for cross-country is good running shoe. It is the shoe that each runner will do the majority of running in. It should be a shoe specifically designed for running. There are several stores in the area ([Fleet Feet](#), [Bear Creek Running](#), Academy, Dicks, [Running warehouse.com](#)) that have these shoes and have qualified salespeople to help you select the best pair. The number one cause of injuries for distance runners is improper or worn out shoes. Running shoes usually last around 400 miles, for high mileage runners that means new shoes every two months. Try to stay away from stability or motion control shoes unless you have conferred with coach Grennier.

Basic Running Shoe Recommendations:

Hoka - Mach, Clifton, Stability- Arahi

New Balance - 1080, Rebel, Propel, Stability - Vongo, Prism

Saucony - Ride, Triumph, Stability - Guide, Tempus

Asics - Nimbus, Cumulus, Stability - Kayano

The second pair of shoes most runners will need is a pair of distance spikes. These shoes are just for the race. Most of the same stores will also carry these shoes and have people to help you pick the right pair. Below is a list of some shoes from the major brands that would work. Try them on to find the best pair for you.

Distance Spikes Recommendations:

Basic Spikes - Nike Rival D

Advanced Spikes - Nike Dragonflies