

Newbie need help finding right shoe



[Tri_baby](#) 7 posts since

Oct 18, 2008

I have been running for about 6 weeks. I have one pair of shoes that fit great. I thought they were Adidas Supernova Control, so I bought another pair. However, these are causing blisters between the ball of my foot and the big toe (left side especially). I did the "wet" test and think I have almost flat arches. I know I need a shoe with lots of cushioning in the toe, but some sort of control for my ankle. There isn't a running store in the town I live, so any advice would be greatly appreciated.



[OutRunTheReaper](#) 2 posts since

Mar 12, 2008 1. **Re: Newbie need help finding right shoe** Nov 20, 2008 9:57 PM

How far away is the nearest running store? If you just can't get to one that will fit you properly try [runningwarehouse.com](#). They have some online tools and will even let you upload a video of you running for a gait analysis. I have not used them for that (I have 4 running stores in my area) but their prices look good.



[cpa0217](#) 79 posts since

Sep 26, 2007 2. **Re: Newbie need help finding right shoe** Nov 21, 2008 8:29 AM

Since you're new, if there's any way at all you can get to a running store in another city, I really encourage you to do it. Once you get professionally fitted, then you can opt to buy your replacement shoes online, as long as you stick with the same shoe. I went to the running store for my first pair of shoes & now I buy them online directly from Brooks.



[lenzlaw](#) 7,024 posts since

Jan 18, 2008 3. **Re: Newbie need help finding right shoe** Nov 21, 2008 9:00 AM

Based on what you said you most likely need a motion control shoe and the Supernova Control should work well for you. I'm not sure what's causing the blisters. I've had that problem but only at marathon distances. Maybe your foot is sliding around a little.

There are various lacing techniques that may help> <http://www.runnersworld.com/article/0,7120,s6-238-267--12334-0,00.html> and <http://www.runnersworld.com/article/0,7120,s6-240---858-0,00.html> Try the Runner's World Running Shoe Finder to get an idea of what shoes are out there. <http://www.runnersworld.com/cda/shoelabshoefinder/1,,s6-240-325-329-0-0-0-0,00.html> Put in Motion-control for the shoe

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type. The problem is getting to try them for fit before you buy them. That's where a good running store is worth it's weight in gold-plated shoes. For size, remember there should be a thumbnail width between the longest toe and the front of the shoe.



[USASMA](#) 1 posts since

Oct 8, 2008 4. **Re: Newbie need help finding right shoe** Nov 21, 2008 9:33 AM

Hi-- I highly recommend the SPIRA Shoes...Go to spirafootwear.com...they are great running shoes. If you live in EL Paso, TX, they have two stores, one in Cielo Vista Mall and the other in the Airport. The name of the store is SPIRA.



[hattrickinc](#) 1 posts since

Nov 14, 2008 5. **Re: Newbie need help finding right shoe** Nov 21, 2008 6:13 PM

I would find the best store thats closest (within reason, of course) and go there.


You ARE talking about the shoes that will help you on your journey to greatness...

I have to travel about an hour to go to a shoe store (get2fit) that ACTUALLY knows what their talking about. They know me by now, and I don't mind the extra \$ / time it takes, because I know it's the smart idea...



[Tri_baby](#) 7 posts since

Oct 18, 2008 6. **Re: Newbie need help finding right shoe** Nov 22, 2008 5:29 AM

 in response to: [hattrickinc](#)

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Thanks for everyon's help. I found out that the shoes I have are similar but not the same. The one that fits well was a replacement for the one that causes blisters. Thursday was the first time I tried any distance (6.5 miles) in the Control 10 shoe....OUCH. I talk to someone at the gym who recommended a running store about an hour from me, I didn't even know they existed. She also recommended someone who works there who has done many marathons. It pays to ask !