

# Running Shoes

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[Sophias Wisdom 5K](#) 2 posts since

May 31, 2009

I wondering if anyone can suggest a good pair of sneakers for a person who's feet supine (recent foot scan showed this to be an issue)? I am a new runner and my left hip, knee and ankle are not impressed. Thanks.



[brtdog](#) 2 posts since


Jun 27, 2008 1. **Re: Running Shoes** Jul 8, 2009 4:22 PM

I would definitely go to a store like Fleet Feet where the people know what they are talking about. If you spend any money on this sport, put it into good/great shoes. I've had more injuries from wearing shoes that are not "fitted" for me. Take the time and spend the money. You'll be happy.



[gotmarc](#) 1 posts since

Jul 9, 2009 2. **Re: Running Shoes** Jul 9, 2009 7:55 AM

 in response to: [brtdog](#)

Is there any stores where they "know what they are talking about," closer to Southern California?



[Sophias Wisdom 5K](#) 2 posts since

May 31, 2009 3. **Re: Running Shoes** Jul 10, 2009 5:49 PM

 in response to: [brtdog](#)

Thanks for the suggestion. I am trying a new pair now and will see how they work. I do know that they are a worthwhile investment.



[BarbaraPeterson](#) 1 posts since

Jul 25, 2009 4. **Re: Running Shoes** Jul 25, 2009 5:58 PM

Hi. Have you checked out [xterragear.com](#) -- and look under their new footwear? There are very nice shoes, reasonably priced and they have excellent options. Please tell them Barbara Peterson sent you, they will like it. (I am an XTERRA athlete, and have just tested

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their shoes with great new appreciation for their product line). You can also look me up as a viable reference under Ambassadors/SW REGION.

Good luck!



[lookinahead](#) 36 posts since

Aug 14, 2009 5. **Re: Running Shoes** Aug 18, 2009 9:22 AM

I am in Texas - but know these type of "chains" are out there nationally. I recently went to Lukes Locker and they will not only talk to you about what your needs are and help with fit, but they will also put you on a treadmill that allows them to see "how" you walk and assist with best shoe for your needs.

saying all this - I walked out a little lighter in the pocketbook, but hopefully these new beauties will help me stay injury free so that I can keep lookinahead 😊



[John W. Walker](#) 1 posts since

Aug 18, 2009 6. **Re: Running Shoes** Aug 18, 2009 11:04 AM

👤 in response to: [gotmarc](#)

Runners High.



[Surfgrrrl](#) 4 posts since

Oct 7, 2009 7. **Re: Running Shoes** Oct 7, 2009 5:40 AM

Not sure what supine is? but I am flat footed (almost no arch) and I have found Brooks to be one of the few shoes built for this condition. Most of the other brands we get here in Australia presume that if you are flatfooted you wont want to take up running - I'm trying to prove them wrong 😊