

HMS Track Shoe Report

Track Parents,

As you are aware, track is an inexpensive sport compared to other sports, however, your young athlete will need a **good pair of running shoes**. **All running shoes are not the same**. Try not to purchase running shoes at department stores. Stores such as **Running Lab, Runnin'Gear, Nike, or Adidas** outlet stores will be of great help in purchasing running shoes. If you have concerns with your child's foot, or if your child has lower body pain when they run, **Running Lab, and Runnin'Gear** in Brighton may be able to help by custom fitting a shoe for your child. **Running Lab** has cutting edge high speed camera fit process. An observed treadmill run, and measurement with excellent customer service. Running Lab offers 10% off for shoes or spikes, or 15% off both and running classes are offered. **Runnin' Gear** will also personally fit a shoe to your child and offer 10% off shoes and 20% off spikes.

Listed here are locations of stores and price point suggestions for a few very good running shoes.

- **Running Lab**
328 W.Main Street
Brighton ,MI 48116
Web: www.runninglabstore.com
Phone: 810-225-9123
Owner: Ken Larscheid
 - **Cutting edge high speed camera fit process.**
 - **Treadmill run and measurement with excellent customer service.**
 - **10% off for shoes or spikes, or 15% off both.**
 - **Good Form Running classes offered.**
 - **Clearance items possible**



Mizuno Wave Rider 18
• \$120

Brookes Adrenaline 15
• \$120



Saucony Mirage 5
• \$110



- **Runnin' Gear**
9937 E. Grand River
Brighton, MI 48116
Web: http://www.myrunninggear.com
Phone: 810-844-0180
Manager **Mark Sitko**
 - **Any staff member knows their stuff!**
 - **They will custom fit your child.**
 - **10% off on shoes, 20% off spikes!**
 - **Less expensive clearance items may be available**



Asics Flux 2
• \$100

Asics Exalt
• \$85



- **Nike Outlet Stores**
Tanger Outlet Mall
1475 N Burkhart Rd. Howell, MI
Phone: 517- 552-6453



Brookes Ghost 7
• \$120

- **Adidas Outlet Stores**
Tanger Outlet Mall
1475 N Burkhart Rd.
Howell, MI
Phone: (517) 552-3337

Brooks Ravenna 6
• \$120



Nike Pegasus 31
• \$100



Nike Zoom Vomero 10
This is what run in!
• \$89-\$130