HMS Cross Country 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**, **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** 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, and running classes are offered.

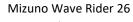
Listed here are locations of stores and price point suggestions for a few very good running shoes.

Running Lab

328 W.Main Street Brighton ,MI 48116

Web: www.runninglabstore.com

Phone: 810-225-9123 Owner: Ken Larscheid Store Manager: Tony Reese



\$140





Brookes Adrenaline 22
• \$140

- Cutting edge high speed camera fit process.
- o Treadmill run and measurement with excellent customer service.
- o 10% off for shoes or spikes, or 15% off both.
- Good Form Running classes offered.
- o Clearance items possible

Saucony Guide 16

• \$140



• Nike Outlet Stores

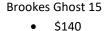
Tanger Outlet Mall 1475 N Burkhart Rd. Howell, MI

Phone: 517-552-6453



Saucony Ride 16

• \$140







New Balance 860-V13

\$140



New Balance 880-V13

\$140



Nike Pegasus 40

\$130