

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

- **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**

- **Nike Outlet Stores**

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

Mizuno Wave Rider 26

• \$140



Brookes Adrenaline 22

• \$140

Saucony Guide 16

• \$140



Saucony Ride 16

• \$140

Brookes Ghost 15

• \$140



New Balance 860-V13

• \$140



New Balance 880-V13

• \$140



Nike Pegasus 40

• \$130

