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Finding the right shoe

By: Lauren Casavant

Before getting started in 2015 we want to highlight the importance of getting the correct sneakers, for it is important not only for comfort but it can also prevent injury.

Start your journey of finding the perfect shoes by determining what type of foot you have.

If you do not know the answer to this question, there is a way to seek local professional help. [PR Running](#) and [Marathon Sports Boston](#) are two highly recommended stores where employees are trained to help you with gait analysis and personalized shoe purchase. These stores actually let you try on the shoes, take a few laps, and see if they are a true fit before leaving the store. Their staff look forward to helping you find the perfect shoe!

Once you know what type of shoe best fits you and are looking for the "best deal" out there, try the online company [Running Warehouse](#). This company allows you to buy shoes at a reasonable or liquidated price, always offering 2 day FREE shipping and if needed FREE returns (with the label in the original box). There's more, they have a return policy like no other!! They encourage you to WEAR the shoe, and to fall in love with them, if you don't you can send the shoes back for store credit for the full price you paid. This feature has personally been extremely helpful when buying a newer model of shoes, trying out something "new", or just "not what I thought it would be" I've returned the worn shoes allowing me to make a purchase that I was then satisfied with.

Lets make the 2015 season our best yet by taking the time to educate ourselves to better reach our goals!!

#### **Footnotes:**

PR Running | [www.myprrun.com](http://www.myprrun.com)

Marathon Sports Boston | [www.marathonsports.com](http://www.marathonsports.com)

Running Warehouse | [www.runningwarehouse.com](http://www.runningwarehouse.com)