

Running Shoes

Spikes: What do I buy? It is so often the question when people want to buy spikes. I hear it from parents and even older athletes and unfortunately most people, even staff in shoe stores, don't know the difference.

There are seven different types of specialised shoes, and that is not including all the variations of those types and not including what you would normally refer to as joggers. In this information please understand that younger athletes probably will not think the 400 is a sprint or that the 800,1500m as middle distance, you will have to adjust for the age of the athlete.

1. **Sprint spikes:** *Normally for 60, 100, 200, 400m, will have no padding on the sole and spikes will tend to start under the big toe and be clustered under the ball of the foot. Will also have a complete formed sole.*

No padding
and has a
formed sole



2. **Middle distance:** *Normally for 800, 1500, 2000m. This is more your all rounder shoe. It is normally the cheaper brother of the sprint shoe and it has padding under the heel, which means you can use it for triple jump as well. It is also light enough to sprint in. Spikes tend to start slightly further back then on the sprint shoe.*

You can see the
padding under the
heel.



3. **Triple Jump & Pole Vault:** *Now we start to get into the specialised shoes. Due to the lesser demand for these shoes they cost twice as much and are not stocked by many retailers. This shoe has much more padding all the way along the sole to absorb the shocks associated with triple jump.*

Padding extends all the
way to the toes and
spikes tend to be
clustered under the
ball of the foot



4. **High Jump:** *Light weight shoe with more of a rigid sole, with little or no padding but with extra spikes on the heel to assist with grip on take off.*

Formed sole with 4 extra spikes on the heel.



5. **Javelin:** *Similar to the high jump shoe but is actually a boot with extra ankle support and extra lacing. Heavier construction also has heel spikes for the foot plant.*



Higher sides to protect the ankle and extra spikes in the heel.

6. **Discus, Shot Put & Hammer:** *Light weight shoe with no spikes, this shoe has no grip at all on the sole and has no padding.*



No spikes or grip on the sole



7. **The Waffle:** *This is another all rounder. It is used by children as a light weight shoe before they use spikes. It is great for all events. Older athletes use them for training, cross country, long distance and walks. They can range in price but are normally reasonably cheap.*

*** Not suitable for discus/shot/hammer. If the athlete does a turn, the extra grip on the sole causes instability and lose of balance in the turn, this could result in knee injuries. Not to mention the turning wears out the grip and makes them useless for other events.*

Well, have fun choosing your next pair of shoes, you will impress the sales staff with your knowledge and get the right shoe as well.

Places to look: *“Struddys” at Browns Plains has a great selection of sprint and middle distance spikes, with a few others thrown in, and as a member of the “Jimboomba Junior Development Squad” you get 15% off.*

For more specialized shoes “The Athletes Foot” either has them or can get them.

If you are sure of your size, then you can go to “Eastbay” or “Stringers Sport” on the internet and order from them.

For throwing shoes you can go to “Nothing But Throws”, all these links are on the performance page of our web site. www.jac.asn.au