

# Lake Forest Cross Country

## General Items

1. Running Shoes (“Training Flats”)
  - New running shoes are the only piece of equipment that you need for the cross country season. Shoes are ONLY good for one season worth of pounding, so if you are still running in shoes from last track season, then you are taking chances with injury. Your shoes are the only defense your legs will have from the hard pounding they will occur every day.
  - If possible, get two pair at a time and rotate the pairs every other day.
  - PRICE: be prepared to spend \$75 - \$110 on a pair of shoes. Yes it sounds expensive but it is better than hospital bills for a stress fracture. Typically, price is generated by the structure of the shoe. The more support you need in a shoe the more you’re going to pay. How do you know how much support you need? Visit a running shoe store and get fitted...you do not need to buy from them as you can often get the same shoe online much cheaper.
  - BRAND: your greatest concern is the fit of the shoe...not the manufacturer! Don’t get caught into the gell, air, pump, shocks, or look of the shoe. Make sure the fit of the shoe is correct. Make sure there is room in the toe box...the foot swells during running and needs room to expand.
  - SIZE: Have your foot measured, even if you think you know your shoe size. Running shoes often run small, meaning that you will need a running shoe that is often half to a full size larger than your street shoe.
  - SOCKS: bring along socks that you plan to wear while running.
2. Spikes (lightweight racing shoes with metal spikes on the sole for better traction) are used only in races and are not required. Spikes do help you race faster due to the reduction in weight and the psychological impact that wearing spikes give you. Spike should last at least two seasons, depending on foot growth.
  - Local Stores:
    - Runner’s Edge (Libertyville and Wilmette)
    - Running Right (Highland Park)
    - Kiddles (Lake Forest)
    - Rogan’s Shoes (Mundelein and Kenosha)
3. Watch
  - Our workouts are designed for individual abilities and at specific paces that watches can help with. Target and Wal-Mart have some great selections and prices. I recommend the Timex Ironman series and prices can range from \$35 - \$50 and last the entire high school career.
4. “Technical” clothes
  - For most of the season we run in hot humid conditions, and the technical gear is made to keep you cooler and more comfortable than cotton during the summer and drier and warmer in the winter. Many items are made of lightweight, stretchy fabrics making them less bulky. Many of these items have greatly come down in cost and in some instances have become less expensive than cotton. Most major companies such as Nike, Adidas, etc all buy there fabric from the

same supplier then manufacture at their own locations. With that in mind a technical garment you buy at Target or Wal-Mart will be of the same material that you can buy from major companies, just at the fraction of the cost. I recommend the Champion C9 brand found at Target, for t-shirts. They are often less than \$10, and last a long time.

- When looking for technical gear, look for shorts and tops that are designed specifically for runners. They fit and move better than do basketball shorts.

All of the local running stores listed above and many of the general sports stores in the area have these items. Great deals can be found at the Nike Outlet store in Kenosha. Buy one get one ½ off shoes can be done at Rogan's Shoes. Most other running stores will give 10-20% off if you tell them you run for a high school.

