



OLNEY XC

YOUTH CROSS COUNTRY



CHOOSING THE RIGHT RUNNING SHOES FOR KIDS

THE RIGHT FIT TODAY HELPS THEM RUN STRONG TOMORROW!



WHY PROPER RUNNING SHOES MATTER

The right running shoes are key for comfort, safety, and performance. Ill-fitting shoes can cause blisters, sore feet, or even injuries.



SUPPORT GROWING FEET: Children's feet are still developing. Proper running shoes provide the support and cushioning needed to protect joints and muscles during high-impact activities.



PREVENT INJURIES: Ill-fitting or worn-out shoes can lead to shin splints, blisters, sore knees, and more.



COMFORT = CONFIDENCE: When shoes feel good, kids can focus on their performance—not foot pain.



WHAT TO LOOK FOR



COMFORT FIRST:

The most important feature of a running shoe is how it feels while running.



FIT OVER FASHION:

Shoes should feel snug but not tight, with about a thumb's width of space at the toe. Looks are fun, but fit, support, and comfort matter most.



TRY BEFORE YOU BUY:

Every child's foot is unique. Visit a local running specialty store for a proper fitting. Many offer generous return periods too.



SHOP SMART:

Once you find the perfect shoe, check for online deals on that exact model.



QUICK TIPS



Replace shoes when they show wear.



Running shoes are different from every day sneakers—stick with shoes made for running.



Choose moisture-wicking socks to prevent blisters.



Check the soles regularly for wear, especially in the heel and forefoot.

SHOE RECOMMENDATIONS FROM OUR COACHES:



NIKE

Vomero, Pegasus



SAUCONY

Ride, Endorphin



ASICS

Gel Cumulus, NovaBlast



NEW BALANCE

Fresh Foam 880, 1080



HOKA

Boni, Clifton



BROOKS

Glycerin, Ghost

HELPING KIDS FIND THE RIGHT SHOE
SETS THEM UP FOR
healthy, happy miles
WITH OUR CLUB.



A GREAT SHOE =
A GREAT RUN!

