

If The Shoe Fits

The weather is cooling down, and the running tracks beckon. There's nothing like a fresh pair of shoes to mark the return of running season, but how do you know you're picking the right one? Our handy guide is here to help.

Choosing the right running shoe can be rather daunting, especially when in most large sporting stores, you're faced with an overwhelming wall of footwear brands that all have unique technical features. With mountains of models available, ranging from minimalist to mattress-style cushioning, it's no wonder we can so easily get confused—and that's before colour coordination even comes into the equation.

So we turned to the experts—specialist running brand Newton Running—to get the low-down. If you're trying to find shoes that promote a more natural running technique, that encourages a midfoot to forefoot strike, they recommend choosing a running shoe based on the following factors: Foot type, primary use for the shoes, fit and size, and running technique. Here, we'll break it down for you step by step (pun intended).

Determining your foot type

If, like many runners, you don't know your foot type, you can call on your local physiotherapist, such as one from Up and Running Integrated Sports Medical Center (upandrunningdubai.com) for gait analysis. Or, just

follow these easy few steps of looking at how your foot tracks as a guide.

First, find a mirror and make sure that you can see your ankles. Stand with your feet hip-width apart and bend your knees. Watch what your ankles do as you flex. You will notice one of three scenarios:

1. Neutral. Ankles that

track in a straight line mean you need a neutral model.

2. Overpronation (extreme or mild). This can easily be identified by collapsed arches, if your toes turn out when you run, or if your second toe is longer than your first. If so, then go for a stability model.

3. Supination (under-pronation). This is identified by a foot that rolls outward. It's extremely rare, but if this is the case for you, then a neutral shoe is what you need.

mileage shoe? You could even be training for something specific like a 5km, 10km, 21.1km (half marathon) or monster 42.2km (marathon) race. Once you know your running goal then you can choose the appropriate footwear; from minimal drops and more heavily cushioned trainers to "off-road" shoes and lightweight racers, there is a shoe to suit your running needs and technique.

What size should I get?

It is very important to make sure you get a proper fit. Standing with your heels pulled to the back of your

Primary use of the shoes

Are you a recreational runner, city or trail runner, or are you after a speed or



Need To Know

What is heel to toe drop?

Heel to toe drop refers to the measurement between the height of the heel of the shoe and the height of the midfoot. For instance, all Newton models have a heel to toe drop ranging from 0-6 mm. This just means that all Newton Running shoes are based on a more level-to-the-ground platform to help you achieve a more natural technique.

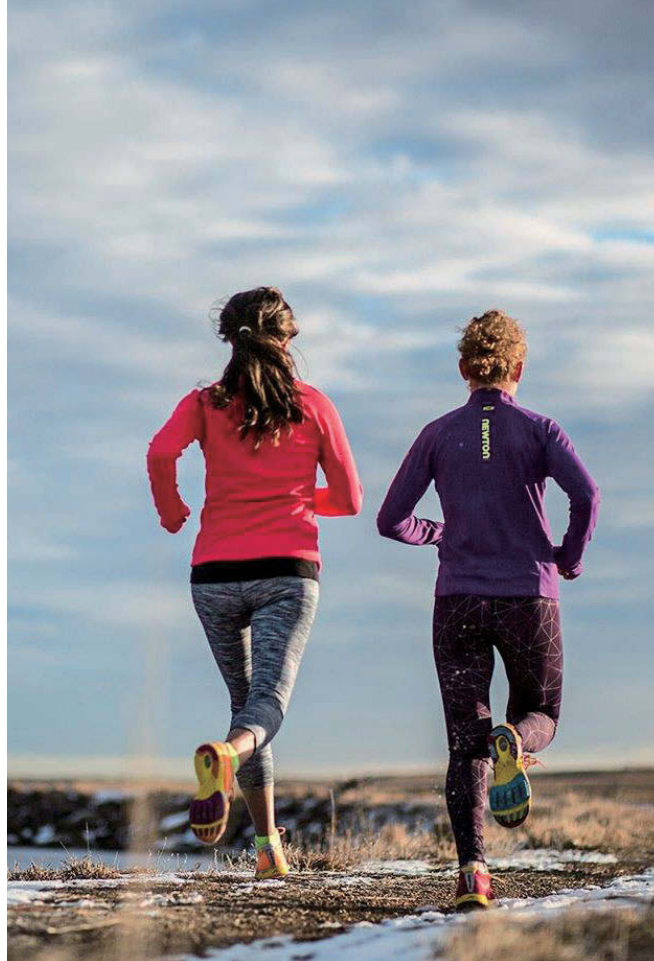
Best Body

shoes, measure if you have a full thumb's width of space from the top of your longest toe to the end of the shoe. If you have that much room, you are good to go. "It's rather scary to see just how many people there are running in the incorrect size shoes. Often they are too small, restricting blood circulation and movement, or it results in severe friction and runners end up losing their toenails," says Newton Running Brand Manager Samantha Cadwallader.

Running technique

Runners come in all shapes and sizes and so each one of us runs uniquely—some with a more natural running technique that is with a midfoot to forefoot strike, and some with the controversial heel striking pattern. However,

regardless of your natural stride, it is worth adopting a good technique because it helps improve efficiency and places less pressure on the joints. Think posture, position and cadence. Focus on standing tall, with your head up and looking forward, while relaxing the body. The ideal position to maintain while running is similar to a marching gait. Soften the knees, hips and ankles while letting your heels settle fully on the ground as you march in place. Make sure your foot lands under your hips. Lastly, keep a high cadence (stay between 170 and 190 steps/minute) and your stride length short. Once your shoes and technique are sorted, all you need is some good tunes, a great trail or track, a bit of motivation, and you'll be good to go. Happy running!



Join The Club

Whether you're already a keen runner or just starting out, finding a group of people to run with can be key to staying motivated to push yourself further—not to mention keep things more fun! Going with a bunch of friends can be great, but if none or not enough of your mates are into it, don't fret—there's bound to be some already in your city. Bonus: It can be a great way to meet new people too. Here are some to get you started.

NIKE Run Club

Run with other like-minded women (and typically a coach or a few) in this female empowerment-boosting club, that hosts everything from dawn, sunset and midnight runs to training for the now world-famous NIKE "We Run" races on a regular basis. They take pride in finding beautiful locations to explore in each city, and the group energy is always off-the-charts whether you're a total newbie or an established runner. You can also track it all on their handy smartphone app, that'll let you keep tabs on personal bests, total scores, and even post results on Instagram. [nike.com/running](https://www.nike.com/running)

Reebok Run Club

With both beginners and experts choosing between different programmes to train for (from 5km and 10km to half-marathon or full-marathon training), if you're the kind of person who likes to set specific goals to train for, this is the one for you. Run by Urban Energy Fitness, this is a comprehensive training programme, with strength and core classes, nutrition, injury-prevention and training tips, and social gatherings as part of the whole shebang. They'll even help

you take care of your race entries. [urbanenergyfitness.com](https://www.urbanenergyfitness.com)

The Dubai Creek Striders

With a goal to become the leading "non-profit running club" within both Dubai and the UAE as a whole, this large and friendly running club is committed to helping members go the (long) distance, as well as train for the DCS Half Marathon. While all levels are catered for, this lot is very passionate about their sport and it's probably best to join once you have some running experience and want to take it to the next level. [dubaicreekstriders.org](https://www.dubaicreekstriders.org)

ABRaSAC

If you're already an avid runner and are keen to join forces with people who can help you ace road running from 5km to a marathon, this is the group for you. This athletics club is dedicated to helping people improve their endurance—so dedicated that they'll train all year round (yes, even in the summer), and training won't be easy... but if you've already run a fair amount and are looking to push your limits, they could be just what you need to propel you into the next level. [abrasac.org](https://www.abrasac.org)

Dubai Road Runners

The oldest running club in Dubai (it was founded in 1989!), this is a super-welcoming group that accepts runners of all levels—and all ages—with open arms. Whether you're just looking to try the sport out, want to get into running a little more seriously, or want to practice for a race, they're here to help and there's bound to be someone else in the crew who's either already or is currently going through what you are. Talk about team support! They also host an annual 10km race if you need a goal to pit yourself against. [dubairoadrunners.com](https://www.dubairoadrunners.com)

Al Ain Hash House Harriers

You'll run on sand, you'll run on gravel, and there'll often be a BBQ at the end—this family running group welcomes everyone from adults to children, the fit and not-quite-as-fit, so whether you're keen to run or just walk, it's a social way to get your sweat on. [alainexpat.com](https://www.alainexpat.com)

Abu Dhabi Striders

This super long-standing club (it was established in 1984) has been running throughout the entire year since 1992. A non-profit based off volunteers, runners of

all abilities are welcome, and they also host 5km and 10km runs, a half-marathon and a cross-country event, as well as supporting other events across Abu Dhabi, if you're looking for things to sign up for. We love that they donate the proceeds from each race to charity too. [abudhabistriders.com](https://www.abudhabistriders.com)

Bahrain Road Runners

While you will have to sign up as a member to be part of this club, they invite everyone in the community to join them in races they organise throughout the year, including half marathons, marathons, triathlons, duathlons, biathlons and more. [bahrainroadrunners.com](https://www.bahrainroadrunners.com)

Doha Bay Running Club

Since its establishment in 2009, this informal running group has grown from just a handful of members to more than 600 people, and supports both new and experienced runners. While the majority of members train for long-distance races, they do welcome those looking for shorter courses as well, with most runs held on public roads (with safety guidelines in place, of course). [dohabayrunningclub.com](https://www.dohabayrunningclub.com)