

Readington Runs – Runners’ Resources

The most important piece of equipment for a runner is a pair of good running shoes, preferably two or more pairs to allow them to dry out naturally between runs. Particularly for newcomers to the sport, it’s important to get properly fitted by experts who take into account whether one is a pronator or a supinator. For those with a pronator foot type, the foot rolls inward during the weight-bearing phase of the stride. It is characterized by low or flat arches. Heavier runners often have feet of this type. A supinator has a type of foot that restricts the impact of the stride largely to the outer edges of the foot. This type of foot often has a very high, rigid arch. Depending on the individuals’ gait and needs, an experienced running shop employee will be able to determine whether you have high, average, or low arches, and recommend the right category of shoes – motion control, stability, or neutral.

Fortunately in NJ and in this area in particular, there are dedicated running shoe stores that can serve everyone’s needs – whether the runner is an experienced road or trail runner, or just a beginner. Here are just a few of the local running stores that you should check out for both running shoes and apparel:

Hunterdon Running Shop, Clinton (908) 238-0649; Sneakers Plus, Flemington (908) 788-2921; Runner’s Pace, Bedminster (908) 781-6842; and the Sneaker Factory, Milburn (973) 376-6094.

Additionally; there are numerous reputable on-line stores for those who are experienced enough to know what they want and need when it comes to running gear. It’s highly recommended that people – particularly those new to the sport - get fitted properly at a local store and to support local enterprises, but some runners do patronize the on-line stores because of convenience, occasional price deals, and availability of favorite brands and models. Listed below are some of the more popular on-line stores supplying running shoes, apparel, and gear.

Road Runner Sports - <http://www.roadrunnersports.com/>
Running Warehouse - <http://www.runningwarehouse.com/fpm.html>
Holabird Sports - <http://www.holabirdsports.com/home.htm>
Finish Line - <http://www.finishline.com/store/index.jsp>
FootRx - <http://www.footrx.com/>

Look for other valuable runners’ resources in future articles.

For further information on running in Readington and Hunterdon County, contact Bruce Marshall at BGMarshall@earthlink.net.

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