The Empire Runner

Blast from the Past: June ‘78

What goes around, comes around.

A WORD ON SHOES, AND A GOOD BUY by Glenn McCarthy

After 15 years of involvement in this running game I am more and more put off by the high cost of running shoes. I try to look for shoes that fill my needs but cost as little as possible. The best hidden advise in the "Runner's World" shoe issue was-- "runners should try to get by with the least shoe they can." Then turning around and doing just the opposite, Runner's World evaluated the most heavily padded shoes as the best, if that is true let's all put pillows under our feet. Exercise Physiologist and marathoner E.C. Frederick wrote in the last issue of"Running" that over padding in the ball of shoes is a reason for loss of efficiency and power, as well as a slight change in form of the runner. Instead of pushing off after impact, the foot is busy compressing all the excess padding.

At any rate I've found a bargain. Now don't be put off with the fact that the shoes are available only at Mervyn's for $21.97 ($19.97 on sale). They are the Nike Monterrey. I've now been running "hard" over hills and dales (the Montecito Heights area) for the last 3 months, with no aches or pains. I am glad to report that the Monterreys are still not worn through the outer soles (9 miles average per day for 3 months). I recommend that you check them out as a good buy. (Just saw them called "Grizzly" also, check for padding).

If you have something to say about shoes you have tried, good or bad, just write down your thoughts. Your experience with a certain pair of shees may not be of any further value to you but it may save someone else or help them make the right decision.