A GUIDE FOR YOUR STRIDE

It’s time to start your striding! Below is a handy checklist of must-haves for every level of runner.

RUN/WALK CHECK LIST

SHOES

Find the right FIT (see other side). Then remember to replace your shoes at least every 300-500 miles.

SOCKS

Ditch the cotton! You need moisture-wicking materials, seamless designs, and a deep heel cup.

APPAREL

BE COOL:
In warm weather, go with lightweight, breathable and wicking fabrics. Choose shorts or capris that fit well and have chafe-free designs. Some pieces offer anti-microbial properties and UV protection.

BE WARM:
In cooler temps, start with a wicking base layer, then layer on fast-drying tops and weather-resistant jackets for versatility. Add an insulated middle layer for extra warmth. On the bottom, get high-quality tech tights.

BE SEEN:
Go bright! Pick colors that will make you visible to drivers. A reflective vest is a necessity for morning and dusk runs along the streets of Atlanta!

SPORTS BRA

Did you know 80% of women are wearing the wrong size sports bra? West Stride is a woman-owned store that offers personal bra fittings to get you the right bra for your size and shape.

ACCESSORIES

From GPS watches, to injury prevention tools, the list of runner’s toys is long. A few essentials: watch, foam roller, Road ID bracelet, and reflective vest. As you begin logging more miles, you may want energy gels, hand-held water bottles and Body Glide.

Head to West Stride anytime for expert shoe fittings and advice!
4 STEPS TO THE RIGHT FIT!

Find the perfect ride for your stride!
Pay attention to the 4 “F’s”:

FUNCTION:
- How will you use the shoes?
- What is your current level of activity/future goals?
- What is your recent injury history?
- Do you have a need for added stability?

FIT:
- Do you have a thumb width’s of space in the toe box?
- Do you have enough space to wiggle your toes freely?
- Is there any slipping or excessive movement?

FEEL:
- Do you like soft/cushy or firm/responsive feel?
- Does the arch height and placement feel comfortable?
- Are there any irritating seams or overlays?

FASHION:
- Is it the right fit? If YES, then you can consider colors!
- We always offer a variety of choices, but remember the right FIT is key!

SECRETS FOR STRIDE SUCCESS:

- STAND TALL - Focus on running tall. Your mom was right - don’t slouch! Also a slight bend at the hips and relaxed arms are keys to good form.
- FIND A GROUP - Studies have shown that runners experience an increase in motivation when training with another person or people.
- INCREASE INTENSITY - Interval training at any level can help you. Push harder for a short period of time, then go easy.
- CHANGE IT UP - We love to run, but it is important to cross-train! Do activities that strengthen your core and upper body to help reduce injury.