



COMPLETE RUNNER'S GUIDE TO SPIKES

www.thecompleterunner.com

INTRODUCTION

With the high school track and field season right around the corner now is a good time to start thinking about getting your new racing spikes and training shoes. The process of looking for and trying on new shoes and spikes may be a little intimidating for track athletes and parents, so we've put together a few tips to make the spike buying process easy and pain free.

In the following pages you will find brief answers to some of the most common questions we hear about spikes. We try to keep it simple, and we welcome any additional questions at the store or by calling us at (810) 233-8851. I hope you enjoy and wish you the best in your season!

Complete Runner



TRACK SPIKES Q & A

Why Do I Need Spikes for Track?

Spikes give running athletes superior traction to dig in and get a better grip on the surface of the track, helping them perform their best. They are super light-weight and give that extra boost that could be the difference between first and second place.

What Kind of Spikes Do I Need?

Shoe companies usually have many types of spikes based on your running events: sprint, mid-distance, long-distance, cross country, and field events. The sprint can be anywhere from 100 meters to 400 meters, and the mid-distance can cover 800 meters to 5,000 meters, making it a good all-around spike for the athlete who does a little bit of everything. Long-distance is used for anything over 5,000 meters. Field events include high jump, long jump, shot put, etc.

TRACK SPIKES Q & A

Do Spikes Fit Differently Than Running Shoes?

We like to see about a thumb length of room in our running shoes, but we want a snug fit with spikes so you may need a half or full size smaller than your running shoes. We will make sure to custom fit your spikes to make sure you have the right size for your feet.

Are Spikes Made For Pronation or Supination?

When running in spikes your body is naturally in a “racing gait” where you are running on your toes, so unlike running shoes spikes are not made for different feet type.

What Kind of Socks Should I Wear With Spikes?

It is ideal to wear racing socks with spikes, preferably a snug pair of seamless, wicking socks. Remember, “Cotton is rotten” and will make your feet prone to blisters.

TRACK SPIKES Q & A

Should I Only Wear Spikes When Racing?

Since spikes are very light and have little cushion they are meant to be used only for racing. This is not to say you can't use them for a hard track workout but this should be the exception. Make sure you have a new pair of running shoes for your daily training runs and keep the spikes for the meets when you really need to perform your best.

What Type of Shoes Should I Use for Training?

You should wear running shoes when training for your events. Shorter distance runners should look for a light-weight, racer trainer type shoe, with a low heel drop. Longer distance runners can wear a more traditional running shoe that offers more cushion.

TRACK SPIKES Q & A

What About Changing the Spikes?

After a while your spikes will wear down and you will want to replace them. When you buy new spikes most of the shoes include a wrench and some of the higher end shoes also come with a spike pouch. We have a variety of replacement spikes of all different lengths at the store as well.

Can I Wear My Cross Country Spikes in Track?

It is not a good idea to wear cross country spikes in track since they are made for a totally different purpose. Cross country spikes are heavier and made to run off road in rough terrain, where track spikes are much lighter and offer less cushioning.

TRACK SPIKES Q & A

How Much do Track Spikes Cost?

Just like running shoes spikes come in a variety of brands and performance levels. Some cost less than running shoes and others are about the same. Most brands have entry level spikes that are a good value for first time runners as well as a higher end model with the latest technology that veteran runners desire to perform at peak levels.

How Do I Know What Spikes Are Best For Me?

We invite you to stop by [Complete Runner](#) to check out our new New Balance, Saucony, Under Armour and Hoka spikes and let us help you find the right track spikes for your feet this season.

TRACK COACHES: PLAN A SPIKE NIGHT FOR YOUR TEAM!

We would like to invite you and your athletes to a Team Spike Night where our trained staff will provide professional help and guidance to your team with:

- Refreshments
- Shoe clinic & fittings
- The latest offerings in distance, mid-distance, sprint, and cross country spikes
- Team discount on all shoes and apparel

Team nights are usually booked between 4-7 pm but we would be glad to customize something for you.

If you would like to participate in a Team Spike Night at our store to help your team get prepared for this year's track season, please give us a call at (810) 233-8851 email us at info@thecompleterunner.com

ADDITIONAL RUNNING RESOURCES

Shoes

[How to Choose the Best Running Shoes for Your Feet](#)

[Racing Shoes for Speed and Performance](#)

[How Long Do Running Shoes Last?](#)

Nutrition

[What to Eat Before a Race](#)

[Staying Hydrated While Running](#)

[Race Day Nutrition Tips](#)

Misc

[The Runner's Guide to Preventing Chafing](#)

[Use Resistance to Improve Your Speed and Endurance](#)

THANK YOU FOR READING



Connect with Complete Runner

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