



KC EXPRESS.org



KC EXPRESS.org



KC EXPRESS.org

## CHOOSE THE RIGHT SHOES

- Buy shoes from a running/walking specialty shoe store. The staff can recommend the best shoes for your foot shape and gait.
- Running/walking shoes need to be roomier than your regular shoes. Allow a thumb's width at the end of your longest toe. When in doubt, choose the larger size.
- Take your time. Shop late in the day when your feet are slightly larger. Walk or run in the shoes in the store, or if permitted, outside.



- Choose socks made of synthetic blends to help wick moisture from your skin and prevent blisters. Wear those socks when you try on shoes.
- Running and walking shoes don't need to be broken in. The way they fit the first time is the way they are always going to fit.
- Replace your shoes every 500 miles/six months, regardless of how they look on the outside.

## CHOOSE THE RIGHT SHOES

- Buy shoes from a running/walking specialty shoe store. The staff can recommend the best shoes for your foot shape and gait.
- Running/walking shoes need to be roomier than your regular shoes. Allow a thumb's width at the end of your longest toe. When in doubt, choose the larger size.
- Take your time. Shop late in the day when your feet are slightly larger. Walk or run in the shoes in the store, or if permitted, outside.



- Choose socks made of synthetic blends to help wick moisture from your skin and prevent blisters. Wear those socks when you try on shoes.
- Running and walking shoes don't need to be broken in. The way they fit the first time is the way they are always going to fit.
- Replace your shoes every 500 miles/six months, regardless of how they look on the outside.

## CHOOSE THE RIGHT SHOES

- Buy shoes from a running/walking specialty shoe store. The staff can recommend the best shoes for your foot shape and gait.
- Running/walking shoes need to be roomier than your regular shoes. Allow a thumb's width at the end of your longest toe. When in doubt, choose the larger size.
- Take your time. Shop late in the day when your feet are slightly larger. Walk or run in the shoes in the store, or if permitted, outside.



- Choose socks made of synthetic blends to help wick moisture from your skin and prevent blisters. Wear those socks when you try on shoes.
- Running and walking shoes don't need to be broken in. The way they fit the first time is the way they are always going to fit.
- Replace your shoes every 500 miles/six months, regardless of how they look on the outside.

LOCAL RUNNING/WALKING  
SPECIALTY STORES

**ELITE FEET**

Hawthorne Plaza  
5017 West 119th Street  
Overland Park, KS

**GARRY GRIBBLE'S RUNNING SPORTS**

Ward Parkway Center  
8600 Ward Pkwy  
Kansas City, MO

**GARRY GRIBBLE'S RUNNING SPORTS**

Stoll Park Shopping Center  
1908 W 119th St.  
Overland Park, KS

**GARRY GRIBBLE'S RUNNING SPORTS**

Across from Independence Center  
18810 E. 39th St.  
Independence, MO

**NEW BALANCE STORE**

The Fountains  
6607 W 119th St  
Overland Park, KS

**SPORTS MEDICINE STORE/  
METRO WALK & RUN**

7301 W. 95th Street  
Overland Park, KS

**SPORTS MEDICINE STORE/  
METRO WALK & RUN**

6106 NW Barry Road  
Kansas City, MO

**ULTRAMAX**

Prairie Village Shopping Center  
6911 Tomahawk  
Prairie Village, KS

LOCAL RUNNING/WALKING  
SPECIALTY STORES

**ELITE FEET**

Hawthorne Plaza  
5017 West 119th Street  
Overland Park, KS

**GARRY GRIBBLE'S RUNNING SPORTS**

Ward Parkway Center  
8600 Ward Pkwy  
Kansas City, MO

**GARRY GRIBBLE'S RUNNING SPORTS**

Stoll Park Shopping Center  
1908 W 119th St.  
Overland Park, KS

**GARRY GRIBBLE'S RUNNING SPORTS**

Across from Independence Center  
18810 E. 39th St.  
Independence, MO

**NEW BALANCE STORE**

The Fountains  
6607 W 119th St  
Overland Park, KS

**SPORTS MEDICINE STORE/  
METRO WALK & RUN**

7301 W. 95th Street  
Overland Park, KS

**SPORTS MEDICINE STORE/  
METRO WALK & RUN**

6106 NW Barry Road  
Kansas City, MO

**ULTRAMAX**

Prairie Village Shopping Center  
6911 Tomahawk  
Prairie Village, KS

LOCAL RUNNING/WALKING  
SPECIALTY STORES

**ELITE FEET**

Hawthorne Plaza  
5017 West 119th Street  
Overland Park, KS

**GARRY GRIBBLE'S RUNNING SPORTS**

Ward Parkway Center  
8600 Ward Pkwy  
Kansas City, MO

**GARRY GRIBBLE'S RUNNING SPORTS**

Stoll Park Shopping Center  
1908 W 119th St.  
Overland Park, KS

**GARRY GRIBBLE'S RUNNING SPORTS**

Across from Independence Center  
18810 E. 39th St.  
Independence, MO

**NEW BALANCE STORE**

The Fountains  
6607 W 119th St  
Overland Park, KS

**SPORTS MEDICINE STORE/  
METRO WALK & RUN**

7301 W. 95th Street  
Overland Park, KS

**SPORTS MEDICINE STORE/  
METRO WALK & RUN**

6106 NW Barry Road  
Kansas City, MO

**ULTRAMAX**

Prairie Village Shopping Center  
6911 Tomahawk  
Prairie Village, KS