

RACING SHOE REVIEWS

WAFFLES



SPIKES

RACING FLATS

intraining
the running store run by runners

2 Store locations:

33 Park Rd, Milton &

Indooroopilly Shopping Centre (Level 3)

intraining has the largest selection of racing shoes, spikes and waffles in Queensland

RACING FLATS

Racing flats are lightweight running shoes, most often used for racing or higher intensity training sessions such as speedwork. Their lightweight, minimal construction offers fantastic feel and responsiveness, without compromising on comfort. Generally speaking, racing flats are less cushioned and more flexible than conventional running shoes. The various flats differ in their degree of cushioning, stability and heel pitch, as well as their fit. Whilst you don't have to be fast to use racing flats, you do need a relatively efficient running gait, otherwise the lightweight construction and lack of protection can significantly increase injury risk.

Altra The One 2

Mens

Womens



Altra The One
With an anatomically shaped forefoot, this lightweight and cushioned shoe is extremely comfortable and offers great underfoot feel.

Asics DS Racer - Womens

Mens

Womens



Asics DS Racer
Lightweight and cushioned, the Asics DS Racer offers good durability and a great underfoot feel, with very mild mid-foot support for pronation.

Brooks Racer ST



Brooks Racer ST
Offering moderate support through the mid-foot and more stack height, the Brooks Racer ST is more substantial and heavier than most racing flats. As a result, durability and cushioning is fantastic.

Brooks T7 Racer



Brooks T7
A neutral racing flat, the Brooks T7 Racer offers fantastic feel and cushioning in an exceptionally lightweight shoe.

Mizuno Hitogami

Mens

Womens



Mizuno Hitogami
The Mizuno Hitogami is a neutral racing flat offering exceptional feel and responsiveness underfoot, without sacrificing durability or cushioning.

Mizuno Universe



Mizuno Universe
At just 79g, the Mizuno Universe is famed as the lightest racing flat in the world. The thin midsole of this neutral shoe offers amazing feel and responsiveness.

Nike Lunar Racer

Mens

Womens



Nike Lunar Racer
Lunar cushioning gives the Nike Lunar Racer an incredibly soft and comfortable ride. It's lightweight, neutral and fantastically cushioned.

Nike Flyknit Racer



Nike Flyknit Racer
The great underfoot feel and cushioning offered by this neutral racing flat is complemented by the revolutionary flyknit upper, which offers a secure fit.

Saucony Grid Type A6

Mens

Womens



The **Saucony Grid Type A6** has undergone some fantastic updates this season to enhance midfoot flexibility. It offers an incredibly lightweight and responsive neutral racing shoe, without compromising on cushioning or durability.

Saucony Kinvara

Mens

Womens



Saucony Kinvara
The Saucony Kinvara is a versatile and well-cushioned, neutral racing flat. Their minimal heel pitch and great underfoot feel makes them a popular choice.

WAFFLES

Waffles have a fantastic heritage and have been a popular racing shoe for many years, particularly for children. Their rubber-spiked outsole is durable and exceptionally versatile. Children and adults alike commonly use waffles for racing cross-country and other off-road events. They're also a fantastic shoe for little athletics, and are a great shoe for young children to make the transition into spikes for later years of racing.

Asics Firestorm Racer - Boys



Endorsed by Little Athletics Australia The **Asics Firestorm Racer** is a fantastic shoe for young athletes, offering Gel and EVA cushioning and a rubber-spiked outsole.

Asics Firestorm Racer - Girls



Nike Zoom Rival Waffle - Boys



The **Zoom Rival Waffle** is a great shoe for athletes of all ages, for both Little Athletics and Cross Country. It offers Nike's Zoom Air cushioning, a lightweight, and breathable upper, and durable rubber-spiked outsole for great traction.

Nike Zoom Rival Waffle - Girls



LONG DISTANCE SPIKES

Distance spikes are much more like racing flats – but with spikes for extra traction. They can be used on the track, and cross-country events for older athletes. They're lightweight, flexible and offer a small degree of cushioning throughout.

Asics Hvoer LD*



The **Asics Hyper LD** is a great entry-level distance spike, offering a 5-spiked outsole plate, full length EVA cushioning and a flexible, lightweight upper.

Nike Zoom Matumbo



The **Nike Zoom Matumbo** is built for speed and performance over long distance events (3000m – 10000m). The upper is ultra lightweight with dynamic flywire for support, whilst the midsole provides great feel and resilience.

Nike Zoom Rival D - Mens



The **Nike Zoom Rival D** is a versatile distance spike, great for races of 400m – 5000m. They offer a seamless fit, zoom air cushioning and 6-spiked outsole.

Nike Zoom Rival D - Womens



MIDDLE DISTANCE SPIKES

Exceptionally versatile, middle distance spikes are fantastic for athletes who compete in a wide variety of events – both track and field. Outsole rigidity varies between the different models, but generally they provide good feel and responsiveness, whilst being lighter-weight and more flexible than a sprint spike. They offer some heel cushioning, which is great for distance events and jumps, but the outsole is still firm and responsive enough for shorter distances.

Asics Hyper MD



Asics Hyper MD
With it's EVA cushioned heel and semi-rigid, 5-pin outsole plate, the Asics Hyper MD is a great entry-level spike for middle distance track and jumping events.

Asics Hyper Rocket - Girls



The **Asics Hyper Rocket Girl** offers a women's specific fit, with an EVA cushioned heel and semi-rigid outsole plate accommodating 5 spikes. It's a great spike for middle to long distance track events, as well as jumps.

Nike Zoom Maxcat



The **Nike Zoom Maxcat** is designed for the serious athlete, offering amazing feel and responsiveness. It's low profile midsole is the perfect blend of stiffness for long distance sprinting events (200-400m).

Nike Zoom Rival MD



Nike Zoom Rival MD
Offering the comfort of zoom air cushioning and versatility of a 7-spiked semi-rigid outsole plate, Nike's Zoom Rival MD is a fantastic entry-level spike for middle distance and jumping events.

SPRINT SPIKES

Spike designed for short distances are constructed of a rigid outsole plate. This increases weight, but provides fantastic responsiveness. The heel is rounded and provides no cushioning, which reduces weight and bulkiness of the shoe. They typically offer plenty of spike holes in the forefoot, which provides good versatility for spike placement.

Asics Hyper Rocket Girl SP



The **Asics Hyper Rocket Girl SP** combines a 5-spiked PU outsole plate, minimal rubber outsole and women's specific fit to offer a great entry-level spike for female sprinters.

Asics Hyper Sprint



The **Asics Hyper Sprint** is a great entry-level spike for distances up to 200m. The 5-spiked Pebax outsole plate is rigid yet lightweight, and provides great traction.

Nike Zoom Ja Fly 2



The **Nike Zoom Ja Fly** is a high-performance sprinting spike. It's aggressive 8-spiked outsole plate provides incredible traction and responsiveness, whilst the lightweight upper and dynamic flywire cables optimise fit.



THE BENEFITS OF RACING SHOES



There is research evidence to prove that red shoes are faster. However the actual cause of this phenomenon is due to the fact that red is the most popular colour for racing shoes. Because faster runners are more likely to use racing shoes then the result is faster times for red shoes.

A more important question is *"if racing shoes can make you run faster - how do they do it?"*.

IMPROVES PERFORMANCE:

A normal training shoe in a men's size 9 weighs between 300 and 400 grams. Some Racing shoes are as light as 100grams. If you take one step every metre on a run then the extra 200 grams per step means lifting an extra 200kg every kilometre. Since the weight is on the end of your leg it moves more and has a greater effect than the weight around your torso that moves along a straight line. So this extra weight has an energy cost that reduces your running economy. Racing shoes have less softness and cushioning than training shoes. This reduced dampening of force also increases efficiency. The force you exert into the ground is returned with less loss of power. Racing shoes have less stability features than training shoes. They tend to be more flexible and thinner. That means that you do not have to fight the shoe if it does not have the optimum control than what your foot needs. That means the energy you waste in fighting a stiff shoe can be used instead to run faster. There is also a psychological advantage to using a light weight racing shoe when running faster that can inspire you to a greater performance.

RISKS OF RACING SHOES:

There is a trade off between performance and injury risk when using racing shoes. The impact forces are greater when running with less cushioning. This extra force can lead to tissue stress and injury. While the advantage of reduced stability and control is true at faster speeds this can cause a negative effect at slower speeds. You may become fatigued sooner from dealing with the increased impact forces and if your running biomechanics changes as a result then you will expend more energy running in a light weight shoe with inadequate support. After running in racing shoes you are much more likely to have sore legs. This pain may be worth it to achieve a personal best but these sore legs can impact on your future training and racing especially if they turn into an injury.

TYPES OF RACING SHOES:

The type of racing shoe you use depends on the speed you are running, the distance you are racing, the surface you run on and your own individual biomechanics. The faster you are running the more significant racing shoes become. The shorter the race the faster most people will run and the more impact the shoes will make. Some biomechanically gifted runners are able to do all of their training in racing shoes. There are also some runners who should never use racing shoes due to their poor structure and function. Most runners fall in between and will have a significant benefit if they do speedwork and races in racing specific shoes. There are different types of racing shoes for different surfaces. Running spikes will increase traction when sprinting to reduce any slipping during propulsion. That is why accelerating on sand is so difficult. Waffles and cross country or distance spikes have a layer of cushioning to protect the foot at slower speeds and when heel striking. Road racing flats have even more cushioning and protection with some racers even being good enough to run marathons.



The most important thing is being able to identify what type of racing shoe you need. The best way to do that is to visit the experienced running staff at the [intraining Running Centre](#) at Milton or Indooroopilly Shopping Centre.

By Steve Manning,
Podiatrist & Running Coach
[intraining Running Injury Clinic](#)



MOVEMENT MATTERS

By Margot Manning,
Podiatrist & Running Coach
intraining Running Injury Clinic



Increasing training & racing is essential for improving performance. Usually when you train harder, you will run faster. There is however, an increased risk of injury. The higher loads & intensity of training contributes to damage to the musculoskeletal system, which if not given enough recovery, will breakdown. The genetically fortunate runners can manage these loads with fewer injury interruptions. However, most people will have a weakness in their body's mechanics, movement patterns or skeletal structure which breaks down at a certain training load relevant to them. A few physical contributing factors to this include muscle tone, balance and co-ordination.

MUSCLE TONE

Muscle tone refers to the muscles ability to respond to stimuli and subsequently move. This is very much related to the body's intrinsic neurological responses. Overactive responses, or high muscle tone leads to fast and unwanted contractions in the muscles. This is difficult to control and results in stiffness of movement. Low muscle tone, on the other hand is a result of delayed or low contractual responses of muscles when stimulated to move. People with low muscle tone will fatigue sooner than their peers, be less interested in high levels of exercise due to increased discomfort, and in some cases for children, have a lower attention span. Often children diagnosed with ADD have low muscle tone, and require strategies in the classroom or physical activity settings that provide incidental strength exercises or modification of the activity to suit their fatigue factor. Both children and adults with low muscle tone require physical activity and specific strength & movement pattern exercises to increase their ability to run, walk and play easily. Footwear and orthotics have a significant role in helping the body to maintain it's postural control.

BALANCE

Unlike gymnastics or basketball, running does not require a lot of balance through large & sudden ranges of movement. However, it does require the ability to sense movement changes with changing terrain or surfaces, to avoid rolling ankles, falling (if on trails & cross country) and to being able to respond to a change in speed such as at the end of races. This 'sense' is called proprioception and functions predominantly via mechanoreceptors within the tendons & ligaments around joints that can create a very rapid response to a change in movement. When damage occurs, as done in an ankle sprains, the mechanoreceptors need to be retrained with specific balance exercises to avoid re-injury.

CO-ORDINATION

Co-ordination refers to the smooth and efficient movement patterns. This combines proprioception with the force and direction of movement occurring at the same time. During a growth spurt, children and teenagers go through phases of losing their co-ordination. This is because bone grows faster than muscle. While this is a natural developmental process if a child is involved in high levels of sport, or sports that involve jumping & landing, these movement patterns often need to be retrained with specific drills & exercises. Following an injury, for an athlete of any age, the rehabilitation should always include a phase of retraining the movement patterns specific to that sport in order to regain the required strength & co-ordination. This is necessary to avoid reinjury.

Injury prevention should be something all athletes consider & include in their training routines. Seeking advice from health practitioners in the area of your sport can be useful to keep you playing harder for longer. The intraining Running Injury Clinic includes a team of podiatrists, physiotherapist, dietitian and massage therapist who are also experienced runners.



intraining

running injury clinic

Does your child

- ♦ fatigue quickly with exercise?
- ♦ find sport difficult?
- ♦ continually have injuries?
- ♦ have poor posture?



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RACING FLATS



Altra The One				
Price	Available Sizes	Heel Pitch (mm)	Stack Height (mm) heel and forefoot	Weight (g) <i>Mens US 9</i>
\$149.95	Mens. 9 – 12 Womens. 7 - 10	0	19 - 19	187



Brooks Racer ST				
Price	Available Sizes	Heel Pitch (mm)	Stack Height (mm) heel and forefoot	Weight (g) <i>Mens US 9</i>
\$179.95	Mens. 9 – 12	12	28 - 16	243



Mizuno Universe				
Price	Available Sizes	Heel Pitch (mm)	Stack Height (mm) heel and forefoot	Weight (g) <i>Mens US 9</i>
\$159.95	Mens. 9 – 12	2	13 - 11	179



Nike Lunar Racer				
Price	Available Sizes	Heel Pitch (mm)	Stack Height (mm) heel and forefoot	Weight (g) <i>Mens US 9</i>
\$199.95	Mens. 9 – 13	10	24-14	176



Saucony Type A				
Price	Available Sizes	Heel Pitch (mm)	Stack Height (mm) heel and forefoot	Weight (g) <i>Mens US 9</i>
\$159.95	Mens. 9 – 13 Womens. 7 - 10	4	22-18	215



Asics DS Racer				
Price	Available Sizes	Heel Pitch (mm)	Stack Height (mm) heel and forefoot	Weight (g) <i>Mens US 9</i>
\$179.95	Mens. 9 – 13 Womens. 7 - 10	7	23 - 15	178



Brooks T7 Racer				
Price	Available Sizes	Heel Pitch (mm)	Stack Height (mm) heel and forefoot	Weight (g) <i>Mens US 9</i>
\$169.95	Mens. 9 – 12	11	23 - 12	170



Mizuno Hitogami				
Price	Available Sizes	Heel Pitch (mm)	Stack Height (mm) heel and forefoot	Weight (g) <i>Mens US 9</i>
\$159.95	Mens. 9 – 13 Womens. 7 - 10	9	19 - 10	220



Nike Flyknit Racer				
Price	Available Sizes	Heel Pitch (mm)	Stack Height (mm) heel and forefoot	Weight (g) <i>Mens US 9</i>
\$159.95	Mens. 9 – 12	2	13-11	179



Saucony Kinvara				
Price	Available Sizes	Heel Pitch (mm)	Stack Height (mm) heel and forefoot	Weight (g) <i>Mens US 9</i>
\$179.95	Mens. 9 – 13 Womens. 7 - 10	7	27-20	181

WAFFLES



Asics Firestorm Racer		
Price	Available Sizes	Weight (g) <i>Boys/Girls US 3</i>
\$89.95	Boys. 11 – 7 Girls. 11 – 7	158



Nike Zoom Rival Waffle		
Price	Available Sizes	Weight (g) <i>Mens US 9</i>
\$79.95	Boys/Mens. 4 – 9 Girls. 3.5 – 7 Womens. 7 – 10	181

LONG DISTANCE SPIKES



Asics Hyper LD		
Price	Available Sizes	Weight (g) <i>Mens US 9</i>
\$119.95	Mens. 4 – 10 Womens. 4 – 9	154



Nike Zoom Matumbo		
Price	Available Sizes	Weight (g) <i>Mens US 9</i>
\$159.95	Mens. 7 – 13 (Unisex)	102



Nike Zoom Rival D		
Price	Available Sizes	Weight (g) <i>Mens US 9</i>
\$99.95	Mens. 4 – 7 (Unisex)	173



MIDDLE DISTANCE SPIKES



Asics Hyper MD		
Price	Available Sizes	Weight (g) <i>Mens US 9</i>
\$99.95	Mens. 4 – 9	165



Asics Hyper Rocket Girl		
Price	Available Sizes	Weight (g) <i>Womens US 7</i>
\$99.95	Womens. 5 – 9	144



Nike Zoom Maxcat 4		
Price	Available Sizes	Weight (g) <i>Mens US 9</i>
\$119.95	Mens. 4 – 10 (Unisex)	156



Nike Zoom Rival MD		
Price	Available Sizes	Weight (g) <i>Mens US 9</i>
\$119.95	Mens. 4 – 10 (Unisex)	170

SPRINT SPIKES



Asics Hyper Rocket Girl SP		
Price	Available Sizes	Weight (g) <i>Mens US 9</i>
\$99.95	Womens. 5-9	144



Asics Hyper Sprint		
Price	Available Sizes	Weight (g) <i>Mens US 9</i>
\$99.95	Mens. 4 – 10 (Unisex)	162



Nike Zoom Ja Fly		
Price	Available Sizes	Weight (g) <i>Mens US 9</i>
\$159.95	Mens. 4 – 12 (Unisex)	173

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