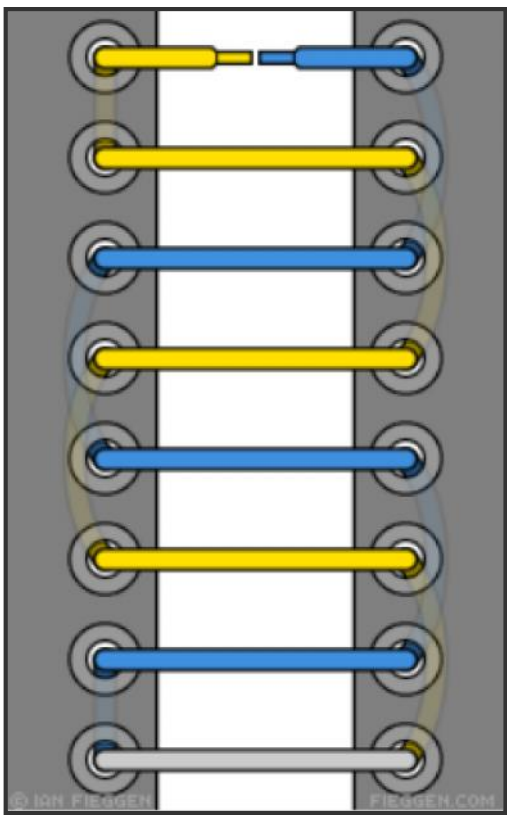


How to Lace Your Running Shoes

Use these two lacing methods to improve fit, reduce slipping and take pressure off trouble-spot areas of your foot.

STRAIGHT BAR OR LADDER



Begin straight across on the outside (grey section) and in through the bottom eyelets.

The left (blue) end runs straight up on the inside, then straight across on the outside.

Both ends run straight up on the inside, each skipping one eyelet and emerging two eyelets higher up.

Both ends continue straight across on the outside and in through the adjacent eyelets.

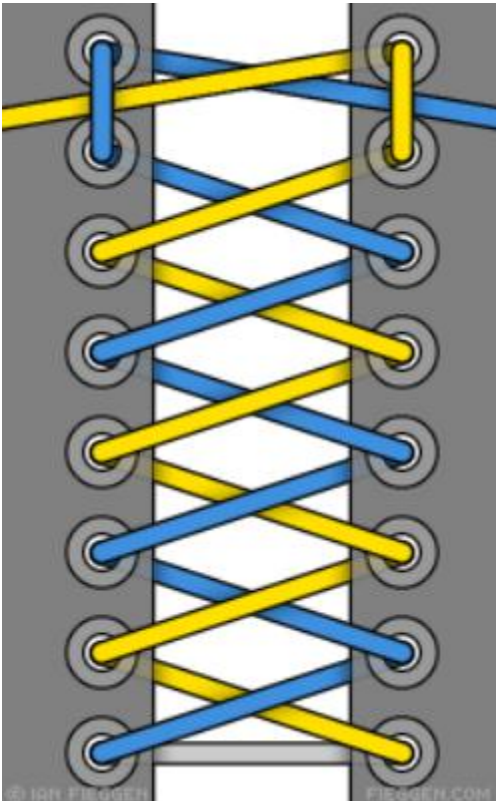
Alternate running up on the inside and across on the outside until lacing is completed.

Need a visual walkthrough? Visit:

<http://www.fieggen.com/shoelace/straightbarlacing.htm>

Benefits reduces pressure on the top of the foot by not allowing the laces to cross over the middle of the metatarsals

HEEL LOCK



Lace the shoe up to the second-from-top eyelets using any lacing method (eg. [Criss Cross Lacing](#) is shown here).

The ends run straight up on the outside and in through the top eyelets.

The ends are crossed, then each end is fed under the vertical section on the opposite side.

The ends are returned to the middle for tying, pulling the vertical sections inwards.

Need a visual walkthrough? Visit:

<http://www.fieggen.com/shoelace/locklacing.htm>

Benefits This method prevents slipping of the heel and actually reduces loading rates pronation velocity, and plantar foot pressure

