WALKING SHOES

Nike Air  New Balance  Rockport
Reebok  Saucony

RUNNING SHOES

Nike Air  New Balance  Asics Gel
Reebok  Saucony  Brooks

SHOES AVAILABLE AT:

Bob’s Stores
Foot Locker: Enfield Mall, Buckland Hills Mall
FootPrints of Newington; 666-3100
Vincent’s Stride Rite of Enfield; 745-2009

EXTRA DEPTH SHOES:  P.W. Minor, SAS, Soft Spot Supreme

Stores carrying specialty shoes:
FootPrints of Newington; 666-3100
Viel’s of Manchester; 643-9232 / 800 511-0600
Brooslin’s of Springfield; (413) 732-0465

SHOE TIPS:

1. Always try several different shoe makers.
2. Try shoes on towards the end of the day.
3. Shoes should feel comfortable at the time you try them on.
4. Gradually break shoes in to allow feet to adjust. 
   ie: one hour the first day, increasing an hour each day after.
5. Either walking or running shoes should have removable innersoles to
   accommodate an over-the-counter type of arch support or prescription
   orthotic.
6. Make sure the store you buy these shoes at does have a return policy.