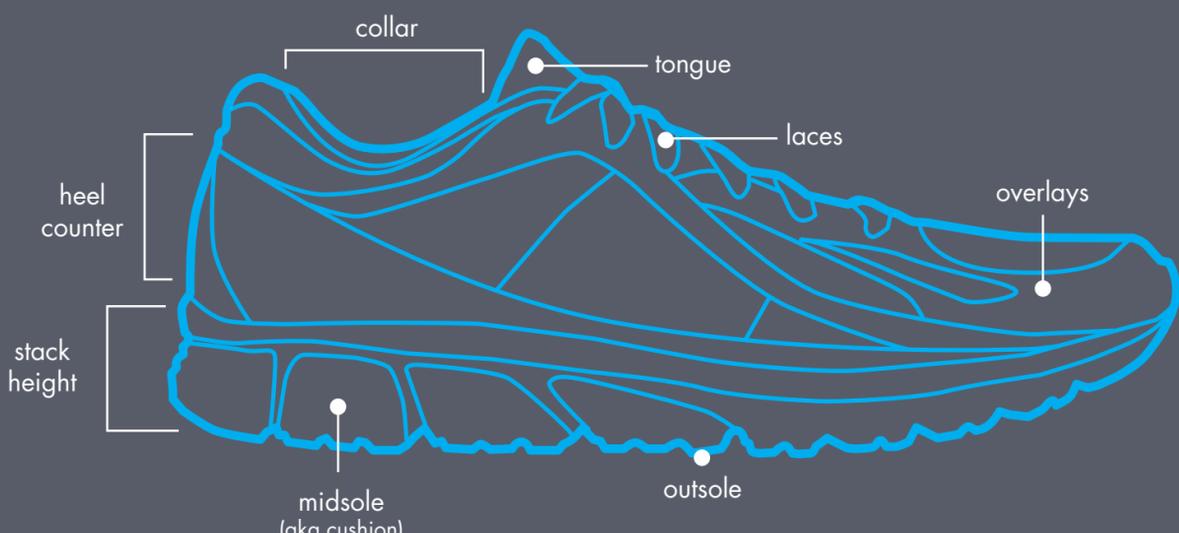
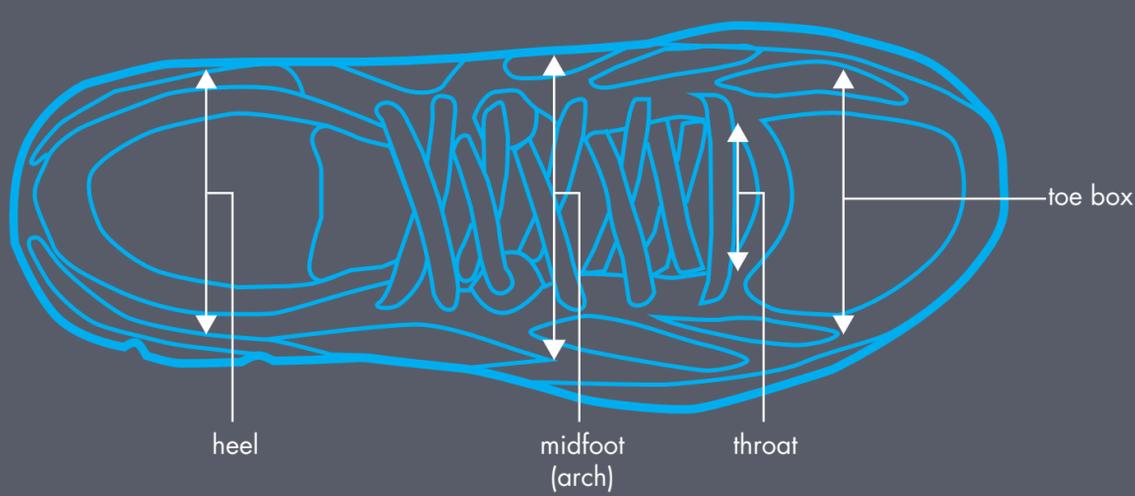


# ANATOMY OF A RUNNING SHOE & SOME FUN FACTS

presented by Believe in the 



medial side of shoes



lateral side of shoes

## DROP

drop refers to the differential between the height of the heel crash pad and the height of the cushion under the ball of the runner's feet and is measured in millimeters.



so what does drop look like?  
it is smaller than you'd think.



## SUB CATEGORIES OF RUNNING SHOES

- trainer**  
everyday traditional running shoe
- maximal**  
super cushioned trainers, large stack height
- natural**  
closer to zero drop, light weight, minimal amount of materials used
- minimal**  
similar to natural, lower stack height, sock like upper
- racing flat**  
lightweight trainer designed for speed
- spikes**  
slipper like racing shoes with metal spikes to aid traction

## RUN STATS

**FASTEST WOMEN'S MARATHON**  
paula radcliffe 2:15:25  
source iaaf.org

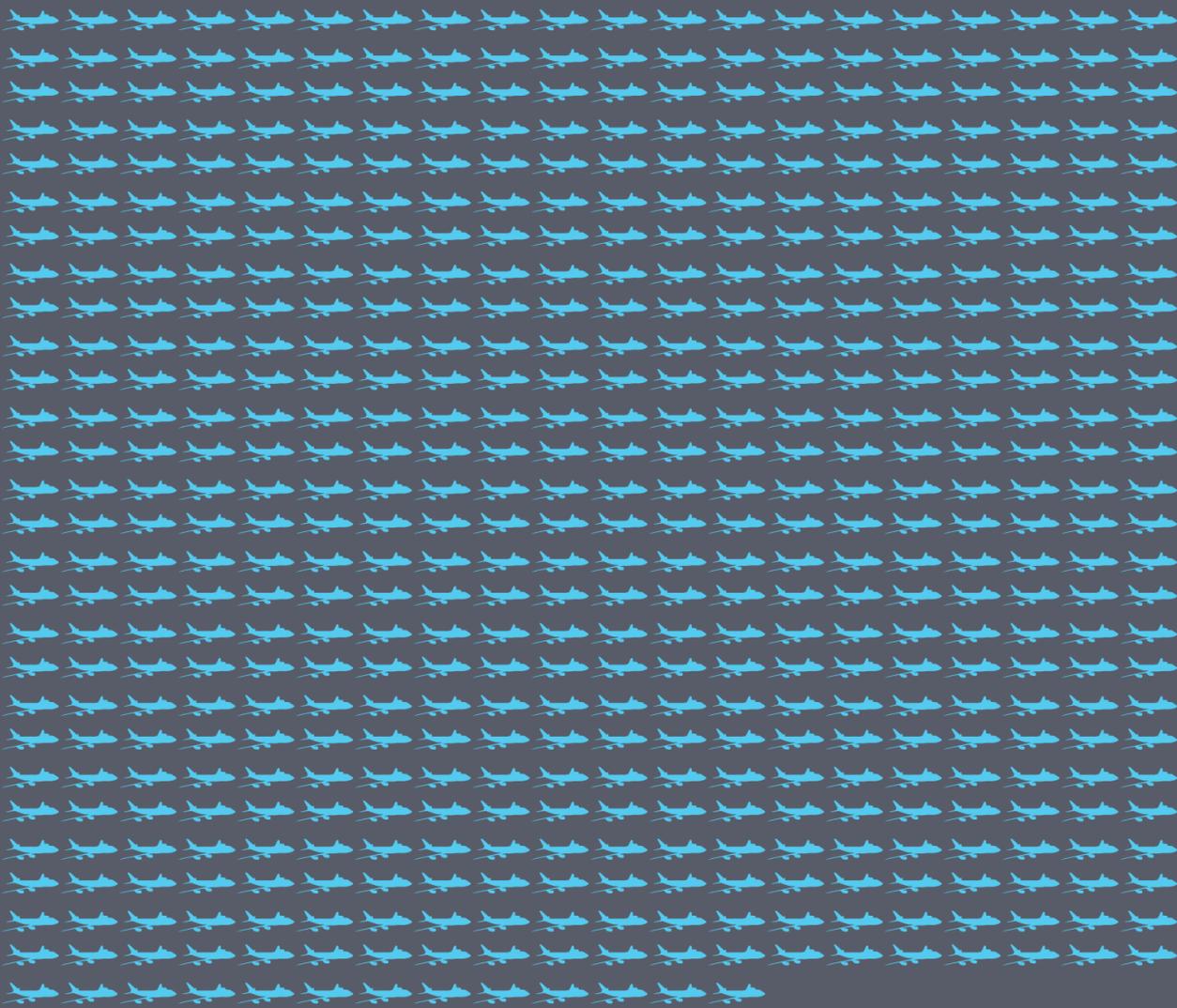
**FASTEST MEN'S MARATHON**  
wilson kipsang 2:03:23  
source iaaf.org

**AVERAGE MARATHON FINISH**  
all finishers 4:37:11  
source marathonguide.com



the 747-8 is able to travel the length of a standard 26.2 mile marathon in 2.5 minutes.

the 747-8 is the longest commercial aircraft 250 ft 2 in. if you lined 747s up nose to tail, it would take 553 of them to reach a full marathon.



## THE FINISH LINE



there are about 141 16 oz. cups of beer in a standard keg. the average marathoner will burn 2,700 calories during a marathon. they could drink >10% of a keg to replenish those calories. that is nearly 2 gallons. mmm beer.