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HEALTH

Q&A with LARRY SCHWARTZ

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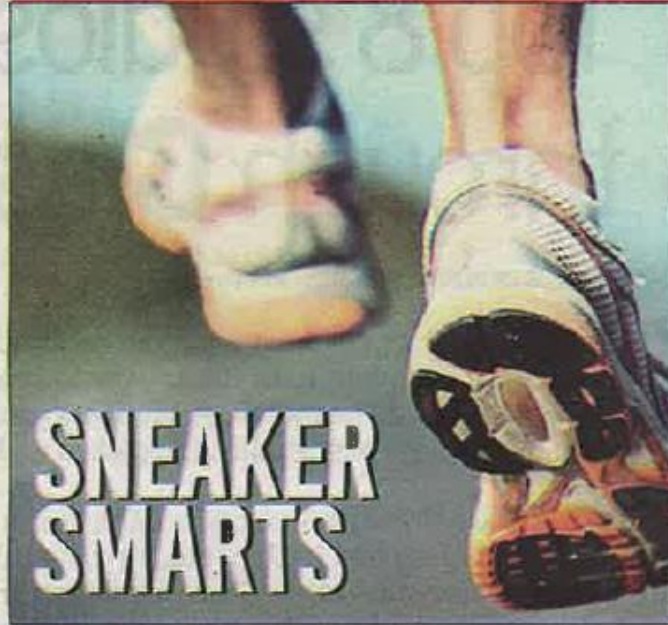
Today is National Running Day. To get you started on the right foot (heh), we checked in with Larry Schwartz, CEO of comfort footwear maker Aetrex, on what goes into finding the perfect running shoe.

Why is it important to wear the right sneaker?

If you're wearing a shoe that runs too small and you're cramming your foot in even as little as a sixth of an inch, that can lead to improper gait and poor biomechanics when walking. If you don't have proper support that could possibly lead to plantar fasciitis.

What should you look for in a running shoe?

Knowing your arch type is really key. Shoes would be different for somebody with a low arch foot than shoes for someone with a more rigid, high arch foot. Someone with a low arch



needs more stability to keep the foot from pronation, while someone with a higher arch needs more cushioning.

What are some features to look for?

For example, our runners have what we call a Fat Pad Gel — a thick piece of gel that fits under

the heel to keep the foot more stable. Our Edge Runner has . . . Velcro in the back so you can customize to fit your heel.

How long should you keep your sneakers?

For someone who's not an avid runner, you should get at least six months out of a pair of sneakers.