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Shoe Woes Continue - I feel like Goldilocks

Monday, February 01, 2016

I've always identified with the fairy tale, "The Princess and the Pea." Her problem was the mattresses. Mine are the shoes. Now I have a new alter ego. This is my living room floor right now.



I already own the 2 on the right, but they are wearing out. As Goldilocks would say, "these are TOO old"

I replace my running shoes every 500 miles or 6 months whichever comes first. So I need a replacement.

The manufacturers have "improved" the new versions.

I bought the ones with the SPAT attached as the best I could do. DH punched an extra eyelet so I could tie them higher and with thick socks, they stay on. I ran a 2 mile charity race yesterday with no ill effects, but for distance, I don't know. Also who wants thick socks as the weather gets warmer.

As Goldilocks would say "these are TOO wide."

I'm also keeping the navy blue pair with white laces. They are the most comfortable I've ever owned and OK up to a 5k, but not enough ankle support for distance.

As Goldilocks would say, "these are TOO low."

Now on the left are the new possibilities

I'm returning the pair on the bottom immediately since they irritate my arthritic big toe joint.

As Goldilocks would say, "these are TOO narrow."

The pair on the upper left is still under consideration. Goldilocks has no opinion yet.

How I envy people who can buy any pair of shoes on clearance and do just fine.

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Edit based on a comment.

It's easier for me to run than to walk. As the ortho guy pointed out, I run flat footed. When I walk, I irritate my arthritic toe joint because I'm flexing it over and over. I even tape it when walking long distances to minimize the problem. For me running is still the best option. My floppy ankles don't do well in aerobic classes like Zumba where we change direction quickly.

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BEESHELL8

Hi, I saw your reference to this post on someone else blog and had to check it out! I can totally relate. I have a horrible time finding shoes, and lately, I feel like I've tried every running shoe on the planet. I thought my problem was solved when I found my first pair of Hoka's (Hoka one one) but they kept changing the way the style I liked fit and now I'm constantly trying to find one that does. I am now in MEN's wifes! I have bunions, a hammer toe, almost flat feet, and in the past, a Morton's neuroma...Yikes. Good luck!

1882 days ago



DS9KIE

AWESOME KEEP PUSHING! YOU CAN DO IT! WAY TO GO! 🏃‍♀️ 👟

1939 days ago



CD13202979

It's very helpful to know these things about yourself when it's time to go shoe shopping once again.

1942 days ago



JOYCRN

If think we have some of the same shoes! My all time favorites are the NB on the upper right.

The first running shoes I have ever had where I don't have all sorts of aches and pains on the top of my feet (? Ligaments) when I am done running. I had a couple of pairs and then the new model (upper middle) came out. Definitely NOT the same shoe. Support did not last. Then I managed to find a pair of the originals for \$60. I should have bought 2. I have been planning to go on a torturous shoe hunt but on the 5 th google page I was able to find the original. The last one in

a warehouse in NJ for \$120. So I am set for a few miles/months.

1946 days ago



BAMAJAM2

Your Goldilocks story makes me smile, but I also empathize with your issues!-- People like me are discriminated against--because the shoe manufacturers think that folks with size 10 1/2 feet--don't exist. Half sizes are very rarely available for us! Size 10 is too small, and size 11 -- too big! I am Goldilocks too... (smiling)

1952 days ago



MARYJEANSL

Gosh, that's hard! I hope you are able to find a comfortable pair that you are able to use for running longer distances. I have messed up feet, thanks to a two-year stint doing demos at a grocery store, which required six hours of standing at a time. Totally destroyed the arch of my left foot. But since I can't run without horrific pain thanks to hip arthritis, I only need something comfortable to wear for walking, which luckily hasn't been hard to find.

1954 days ago



BBEAGAN

I hate shoe shopping too, also have difficult feet. I don't run, but I walk a lot, and if the sole is too 'bendy' my big toe joints get very unhappy! Finding stiff soled running shoes in this day when they seem to pride themselves on light as a feather is challenging!

1955 days ago



WALLAHALLA

The upper left look like Asics. That's what fits my foot the best. The right shoe makes all the

difference in the world.
1955 days ago



ONEKIDSMOM

Sigh... finding a good shoe and having the manufacturer continue to make it are two different, though related issues. I've been lucky for about five years with my Nike models. But you never



know, as my dad used to quip: "That can change." He used this for just about anything!
1955 days ago



LIVINGLOVINLIFE

If you find a comfortable pair keep. It is hardtop find comfortable shoes any more. At least it is for me.



1955 days ago



LIVEDAILY

Have you tried Vionic? You see adds for them on here all the time, but I think you might be able to get them cheaper through Amazon or Zappos. I used to wear Brooks, and liked them until they tweaked the design slightly. Now I'm in New Balance, which are working well for me right now.



1955 days ago



IFDEEVARUNS2

I think all old feet are Princess feet. At least mine have been since I wasnever mind, I wasn't old then. Until I was pregnant with child #3, I loved to shop for shoes. Since then, not. Nothing feels right.



1955 days ago



PHEBESS

Ugh, shoes. I too have princess feet. And if my feet aren't happy, it throws off my entire skeleton since I already have other structural problems.



Have you tried New Balance? They come in different widths, and have a large toe box for toes that need room to move. I've had other running/walking shoes that were comfortable, but they were discontinued. Sigh.

Not much to do about the floppy or wobbly ankles. Unless you want to go with high tops? (Which irritate my tender ankles.....)

It's the price we pay for being so sensitive, LOL!
1955 days ago



PHOENIX1949

When I get a pair of comfortable walking shoes I don't want to wear them out by using them too much. Oxymoron deluxe.



1956 days ago



POLSKARENIA

Good luck; I've also always had problems buying shoes of any kind, but it usually improves for me when I lose weight, as my feet lose weight too!



1956 days ago



CD15892450

You might want to try going to a running specialty store (if you haven't been already). I just went for a custom shoe fitting this weekend as a reward for dropping my first 5% -- and it was well worth the time. AND I learned quite a bit about the different shoe brands out there, and which ones are better for my particular feet and why.



1956 days ago



POINDEXTRA

I feel your pain! I have hard-to-fit feet as well, and shoe shopping (for any type) is always an ordeal. For instance, I recently had to switch to a wide running shoe due to some changes in my toes, but they were also too lose in the foot part. Fortunately, wearing the green Superfeet insoles solved that problem. They're pretty stiff, though, so I don't know if they'd be good for someone who actually runs a lot (I just walk). Good luck!



1956 days ago



NANCY-

Being attentive to your needs is what is paramount. Those fools who will suffer to secure fashion, pay a price in the end. You are wise in going after function. Buying off the rack as you say isn't always a good thing.



1956 days ago



A_NEW_JAN

Yet another reason not to run. You make my case all the time! LOL



1956 days ago

WATERMELLEN

So important: and although I enjoy "fashion shoes" too, the comfortable ones for





exercise/walking are absolutely key!!
1956 days ago



MILLEGE2

Good luck! I am totally empathetic. I have "unique feet" and there is NO joy in shoe shopping for me!



1956 days ago

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