



## Footwear Insight

### Training Shoes

1. Comfort Is King
2. Biomechanics and Footwear
3. Proper Fit

### Spikes

1. Spikes are event specific. Play it safe!
2. Comfort Matters
3. Break Spikes in before first race



**10% off everything for athletes and parents at Mile 26 Sports + 10% of your purchases will be donated back to the **VENTURA TIGRES** Track & Field program during the month of February.**

Mile 26 Sports

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Monday – Wednesday: 11am – 6pm. Thursday – Friday: 11am – 7pm.

Saturday: 10am – 5pm. Sunday 12pm – 4pm

[www.Mile26Sports.com](http://www.Mile26Sports.com)