



**GET ACTIVE  
FOR BREAST  
CANCER  
RESEARCH**

## MOTHER'S DAY CLASSIC TRAINING PROGRAM

### How to look after your running shoes



The most important piece of equipment for a runner is their shoes, so it makes sense to look after them.

#### Undo your laces

I know it's tempting to kick off your shoes after a run without doing the laces but when you do, you're actually stretching your shoes. Which means, they won't fit you like a glove anymore.

#### Nobody likes stinky running shoes

Invest in some Eucalyptus spray or Bosistos tea tree spray which will get rid of bacteria and will keep your shoes smelling good.

#### Dry out your shoes if they get wet

Don't be tempted to leave your wet runners in the house without drying them out. You can stuff them with newspaper to draw out the moisture and let them dry in the sun.

#### Washing machines are for clothes – not shoes

When you put your shoes in the washing machine they will get clean, but you'll wreck your shoes in the process. The machine wash breaks down the structure in your shoe and there goes all your support for your feet.

#### Bring your shoes inside

Apart from the risk... (gasp horror) of a spider crawling into your shoes overnight, please don't leave your shoes outside to cope with the elements. They prefer warm, cosy, inside spaces!

#### Running shoes are for running

It's a good idea to keep your running shoes separate to your every-day sneakers.

Movement resources at [mothersdayclassic.com.au/mdc-move](https://mothersdayclassic.com.au/mdc-move)



AIA Vitality

| HESTA |



9NEWS

