

# Cheap athletic shoes lead to feet problems

The phrase that once advertised tires- "where the rubber meets the road," could also be applied to athletic shoes. No matter what the activity, it's vital that a quality pair of correctly fitted shoes be on the feet of all who engage in any physical activity from running to calisthenics.

Poorly fitted or cheaply made athletic shoes can literally be a pain. Studies by the American Podiatric Medical Association reveal that three-fourths of the citizenry will suffer foot health problems at some point. One of the things that can either bring on or exacerbate foot problems are bad athletic shoes.

The amount of punishment that the feet have to endure in physical exercise is substantial. During a 10 mile run, the feet make 15,000 strikes at three or four times the body weight. Games such as tennis and basketball are also especially hard on one's feet. These facts should make it all the more apparent that getting professional-

ly fitted athletic shoes is a must for active folks.

"There are many factors to consider in buying a quality athletic shoe," said Bryan Sigmon of Players athletic store in Shelby. "The first thing is to find out if you are a pronator or a supinator."

The words pronator or supinator aren't different grades of athletes, but rather whether you walk on the outside or inside of your feet's soles. Also, the way your heel strikes the ground can have an effect on the type of shoe you need and how it is fitted. Looking at the bottom of a well-worn pair of shoes in your closet can give you the answer to this question.

Sigmon also offers some other tips on athletic shoe selection.

"A good shoe will have different densities and types of materials where the load and impact vary," said Sigmon. "The better quality shoes use gel or air to achieve this effect. A good firm heel core and flexi-

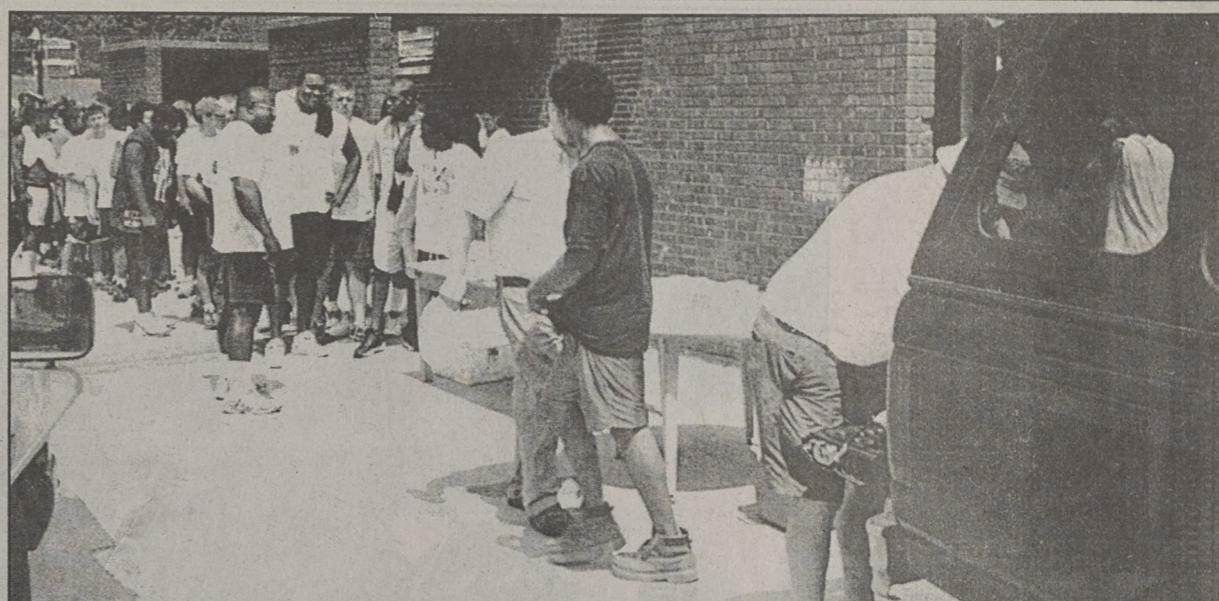
ble vamp are also important."

Other tips for a proper fit include making sure the heels are snug and do not slide. There should also be a thumb's width between the longest toe and the tip of the shoe box.

Socks are part of the shoe equation as well. A well cushioned sock offers added comfort, and acrylic fiber content will wick way the perspiration moisture which can lead to conditions such as athlete's foot.

For the maximum in athletic shoe comfort, custom made orthotics can keep feet, back and knees in alignment during sports activities. Orthotics also correct biomechanical conditions such as excessive rolling in or out of feet. The latest in orthotics manufacturing is an electronic mat that can trace a person's foot and pressure patterns, then transfer them to a computer which produces a mold.

In addition to good shoes that are properly fitted and orthotics, good health practices for you feet include warm up before exercises and strain prevention.



**Kings Mountain High football players line up for a good steak compliments of the American Legion and VFW posts following Saturday morning's football practice.**

## FOOTBALL

From 6A

One of the key players in the plan is A-back Jamal Byers, a 6-2, 195-pound senior who runs a 4.5 forty. As a sophomore, he started as a receiver on the 1998 Western State Championship team, but did not play football last year.

Farquharson said Mountaineer fans may also see some of the returning starters in unusual roles this year.

"We're still going to be a two-platoon football team," he said, "but we have some seniors that can contribute in areas that may be unorthodox from what people have been used to. For example, we may have our quarterback on the kick return team.

We have some true competitors out there, and we're not at our best if they're not on the field."

The Mountaineers are putting a lot of emphasis on special teams.

Prior to their first scrimmage on August 11, Farquharson said the Mountaineers will continue to put in their basic offense and defense and make sure players are in their proper positions.

"We want to make sure our defense is going in the right direction," he said. "That's where our biggest coaching change was.

"Offensively, to be frank, we've pretty much got too much in now. There's a lot of offenses we've been working on and that we're good in. We'll take things that really work and

hone them."

Farquharson figures the Mountaineers' first scrimmage opponent, East Burke, will provide a good measure of how far the program has come.

"East Burke is a well-coached defensive team," he said. "Coach Hopper was an assistant at Freedom when we used to play them, and they were always very good. They'll let us know how well we do certain things."

The Mountaineers scrimmage at Mooresville on August 16 and face Freedom in the Cleveland County Jamboree at Crest on Friday, August 18 at 8 p.m.

The regular season opens on Friday, August 25 at East Gaston.



### CONTRIBUTED PHOTOS

Lauren Rize, freshman golfer at East Tennessee State University, and former golf standout at Asheville High School, presented a free golf clinic for juniors and ladies last week at Kings Mountain Country Club. Eleven juniors and three ladies participated. KM-CC plans another free golf clinic in the next two weeks.

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