Anatomy of a Running Shoe Quiz Questions

1. Which of the following refers to a shoe that would have a lot of stability for a heavier runner?
   a. Board lasted construction with a straight last shape
   b. Combination lasted construction with a semi-curve shape
   c. Slip lasted construction with a curve last shape

2. Which of the following refers to a shoe that would be considered a “runner’s shoe”, not a lot of support and very flexible?
   a. Board lasted construction with a straight last shape
   b. Combination lasted construction with a semi-curve shape
   c. Slip lasted construction with a curve last shape

3. Which of the following is a middle of the road design for the average runner with no foot issues?
   a. Board lasted construction with a straight last shape
   b. Combination lasted construction with a semi-curve shape
   c. Slip lasted construction with a curve last shape

4. When choosing a running shoe, the following main items should be considered, except?
   a. Exercise intensity
   b. Mileage per week
   c. Body type
   d. General health of the runner

5. Which portion of the shoe contains the most money input and technology?
   a. Outsole
   b. Upper
   c. Midsole
   d. Insole

6. Tri-planar motion of the foot takes place in which joint?
   a. Sub-talar
   b. Talo-crural

7. Over-pronation is referred to as pronation beyond the mid stance phase of gait?
   a. True
   b. False
8. A runner that supinates excessively will need to have a shoe with a good stable heel counter and a good amount of medial posting to eliminate potential foot problems.
   a. True
   b. False

9. Which is the best shoe for the following scenario: a runner who comes to you with mild over-pronation, no foot issues to note, runs 20-30 miles a week.
   a. Motion control shoe
   b. Shoe with very flexible forefoot
   c. Medium stability and good cushioning
   d. Entry-level running shoe

10. It is best to try shoes on early in the morning before you go through a day on your feet.
   a. True
   b. False