

# FOOTWEAR RECOMMENDATIONS and SHOE STORES

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**Office Hours:**

<i>Monday</i>	<i>7am-6pm</i>
<i>Tuesday</i>	<i>10am-6pm</i>
<i>Wednesday</i>	<i>7am-2pm</i>
<i>Thursday</i>	<i>10am-5pm</i>
<i>Friday</i>	<i>7am-2pm</i>
<i>Saturday</i>	<i>8am-12pm</i>



## SHOE STORES

### WORK BOOTS / SHOES

**Red Wing Shoes**

- 320 – 9737 Macleod Trail S.  
252-5227

### ATHLETIC SHOES

**Running Room**

- *Kensington*  
321A – 10<sup>th</sup> St. N.W.  
270-7317
- *Glenmore Landing*  
118 – 1600 – 90<sup>th</sup> Ave S. W.  
252-3388
- *Crowfoot Village*  
20 Crowfoot Crescent, N.W.  
239-2991
- *Shawnessy*  
59 Shawville Blvd, S.E.  
254-9696

- *Country Hills Town Centre*  
500 Country Hills Blvd, N.E.  
226-8709
- *Eau Clair Market*  
200 Barclay Parade, S.W.  
264-4095
- *Westhills Town Centre*  
Stewart Green, S.W.

**Gord's Running Store**

- 919 centre St. N  
270-7317

**Forzani's Tech Shop**

- 2415 – 4<sup>th</sup> St. S.W.  
228-3782

**Strides Running Store**

- 2030, 34<sup>th</sup> Ave, S.W.  
240-4656

### CASUAL SHOES

**Check-Mate**

- Dalhousie Stn.  
286-8834
- Willow Park Village  
271-1597

**Sole Comfort**

- 1620 Chinook Centre  
252-4533

**Sole Doctor**

- 1113 Kensington Rd. N.W.  
283-6174

**Spence Shoes**

- Market Mall  
247-1120

**R N'R The Walking Store**

- Chinook Centre 253-7441
- Eatons Centre 237-7617
- Eau Claire 266-3606
- Market Mall 286-0797
- Southcentre 271-9255

**FootHealth Centre**

- 750 – 3630 Brentwood Rd. N.W.  
220-1118

## SUGGESTED SHOE FEATURES

**UPPER:**

- Stiff heel counter
- Wide, square toe box
- Removable insoles
- Lace closure
- Velcro closure

**OUTSOLE**

- Rocker sole
- Wide base of Support
- No outsole cut-outs

**MIDSOLE**

- Firm density
- Duo-density (medial post)
- Cushioning

### RUNNING SHOE CLASSIFICATION

- Neutral
- Stable
- Motion Control

**LAST**

- Curved
- Semi-curved
- Straight

COMMENTS: \_\_\_\_\_

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### PRACTITIONER

- DR. GREG UCHACZ DC,  
FCCSS(C), CSCS
- DR. JEFF HOLLIDAY BSC, DC,  
CSCS