Wearing the right shoe for your foot is key to training for an endurance event like a half marathon!

Donate your gently used running or walking shoes at Track Shack and receive a free foot and gait analysis as well as great shoe options by our expert fitters. Track Shack has donated over 10,000 shoes here and abroad to people of all ages who are impoverished or devastated by natural disasters.

Tips from Susan Paul, MS, Training Program Director, Track Shack Fitness. Before beginning any exercise program, visit your doctor for a complete physical. All training runs should be done at a conversational pace. Cross Training - Optional but highly recommended. Cross training includes swimming, cycling, spinning, rowing, strength training or walking. Sessions are 45-60 minutes at easy to moderate intensity level.

Run to TrackShack.com for more great information on reaching your goals.