



## Alternate Lacing for Wide Forefoot:



For runners with a wider forefoot, or those just looking for more space for their feet to relax, we're sharing our customer preferred and personal favorite lacing system. This unique system allows the forefoot to expand and breathe while securing the heel and preventing "lace creep."

1. Start by running the lace straight across the bottom, over the tongue and downward into the shoe. Make sure both sides of the remaining lace are equal.
2. Without crossing, skip under to the second set of holes, then over to the third set of holes.
3. From the third holes to the fourth holes, cross the laces over the top of each other and insert downward into the holes on the opposite side. Continue this crossing technique until you reach the second-to-last set of holes.
4. String the lace into the last holes upward from underneath. Create a small loop with each end by threading the lace back into the same hole.
5. Slide the remaining lace from the opposite side into the hole.



### Other Recommendations:

We recommend that the laces over the top of the arch/instep are loose enough to comfortably fit your finger after the shoe is tied.

The lacing should fit snugly at the heel, relaxed over the arch and roomy at the forefoot.

It may feel "too loose" at first. That's good! Your foot will learn to spread out and relax.

At first, try lacing only one shoe and going for a run. After a few miles, you may notice that the newly laced shoe keeps your leg more relaxed than the other leg sporting the traditional lacing. If the foot muscles can relax, there is a chain reaction that affects the entire leg.