

# SPRING CLEANING SNEAKERS: WHEN IT'S TIME TO SAY GOODBYE

Spring is approaching, and you may have spring cleaning on your mind. Your closet may be one of the projects on your list. If you are like most people, you are looking at a collection of shoes you have accumulated over the years and think you might be able to get one more year out of them.

It's hard to know when it's time to replace your sneakers. We all use our sneakers for different purposes, with some activities causing more wear and tear than others. We also live in a time when it can be hard to fit new sneakers into the budget.

While it seems convenient to hold on to your sneakers for another season to save money and/or time, new sneakers are the answer to some of your aches and pains. Here are some things to consider when deciding if it's time for new kicks:

- The treads on the bottom of the shoes are worn out and/or uneven.
- Your shoes bend like a taco with little to no resistance. I simply call this "the taco test."
- Holes in the shoe's upper part and/or the fabric inside the shoe show signs of wear and tear.
- You now have some new aches and pains when wearing the shoes, but not while wearing others.
- You get blisters or "hot spots" on your toes or feet.
- Your shoes have 300-500 miles on them. If you're unsure, have the shoes been worn consistently for 6-8 months?
- Your shoes are older than 2 years. The foam in shoes can break down over time, providing less protection.

Think of sneakers like you think of tires on your car: you may not look forward to replacing them, but you will never regret it. Your body will thank you!

So, if you are like me and have a hard time letting go, you can always relegate your running/walking shoes to yardwork or painting shoes before you retire them permanently. When you are ready to let go, you can always take them to your nearest run specialty shop, such as Fleet Feet, to be recycled.

Keep moving!

By Dave Winter, Fleet Feet Springfield



**3D Scanning Technology**  
Find your right fit at  
**FLEET FEET.**  
SPRINGFIELD, PA  
133 S. State Road, Springfield, PA 19064  
(610) 585-1990

**\$20 OFF every \$100 on all full priced items. Expires 4/30/2025**  
Code: SpringfieldMag