



# CHOOSE YOUR RUNNERS WISELY:



## BAD CHOICE 1:

NIKE FREES OR OTHER MINIMAL FOOTWEAR  
RUNNERS

### WHY?

NO SUPPORT/GRIP, MAKES CUTTING MOVEMENTS  
AND SHUFFLES MORE DANGEROUS, DANGEROUS  
ON THE ASTRO TURF.

## BAD CHOICE 2:

FASHION RUNNERS

### WHY?

THEY ARE NOT DESIGNED FOR DYNAMIC MOVE-  
MENTS, THEY ARE DESIGNED PURELY FOR FASHION.



## GOOD CHOICE:

ASICS OR A WELL CONSTRUCTED HARD WEARING  
RUNNER MADE FOR SPORT.

### WHY?

GREAT SUPPORT AND GRIP, HEEL SUPPORTED AND  
FEET CAN'T BURST OUT THE SIDE OF THE RUNNER  
WHEN "CUTTING".