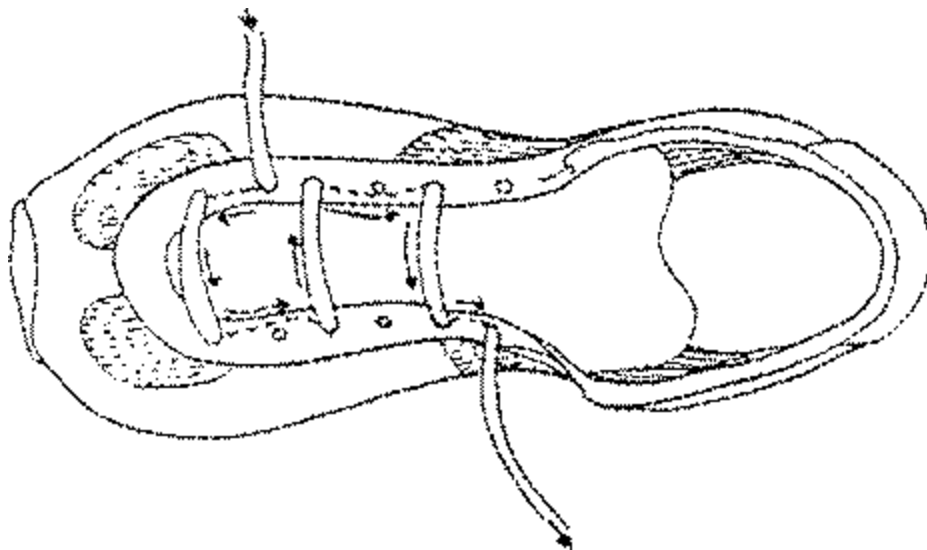


How to Lace Your Shoes

Lacing is more important than most runners realize. Your shoes should be laced so that when they are tightened, they don't pull down on the sinews and metatarsals on the top of your foot, as shown below. Any other lacing tends to create pressure points across the top of the foot, which can become uncomfortable, even painful, when your foot swells. A simple matter like improper lacing can prevent the foot from functioning freely and, because it may be straining against restrictive points, the foot can be damaged.



[Go to the complete article here](#)