



## PROWHAT?

*If you're not sure if you overpronate, use one of these methods to assess your stride.*

■ Perform a few strides at home and have your run bud watch or film you. If one or both knees knock inward upon ground-strike or she notices your foot roll inward, you may be an overpronator. Scott explains, "The biggest toe does a lot of the work for overpronators." If your foot strikes evenly and straightforward, a neutral shoe is for you!

### ■ Another option?

Check the soles of your trainers. Overpronators tend to have more wear and tear on the inner curve of their shoes—where your big toe and ankle align.