

Carthage Guide to Cross Country Spikes

Do I need Spikes? Spikes are not mandatory, but they are highly recommended and help athletes perform their best. They are extremely light weight and could give you that extra boost which could mean the difference in a race.

Do Spikes Fit Differently? Typically we want a thumbs length in the toes of our shoes, but spikes need to fit a bit more snug. You may need to buy spikes a half size smaller than your normal shoes. Spikes should be comfortable but almost feel like a slipper.

Running in Spikes Spikes force you to run on your toes more than normal shoes so you might have sore calves after your races, this is normal. This is part of the reason we jog and stretch after workouts and races, this will help relieve some of the soreness in your legs and help prevent injuries.

Spike Maintenance. DO NOT wear your spikes anywhere other than the track or the grass, you can permanently damage your shoes or other surfaces. Treat your shoes well and they will last a long time.

Spike Length Spikes have removable metal spikes that can be changed throughout the year. The spikes that come with the shoes are a good length and work perfectly for Cross Country.

What kind of Spikes do I need?

Track Spikes are different depending on what events you are doing, here is a basic overview:

Short Sprint	Typically Short Sprint Spikes will be entirely plastic on the bottom and have a curved heel. These are designed so athletes can get on their toes and run fast. These also work well for the jumping events.
Long Sprint	Similar to Short Sprint Spike but they have a bit more of a heel. Still a good choice for all sprints and jumps.
Middle Distance	These spikes are a hybrid of sprinting and distance spikes. They will have a bit of a heel but still have quite a bit of plastic on the spike plate. They will force the athlete to run on their toes a bit more but can still have enough support to be used for longer events.
Long Distance	These shoes will have a defined heel, good mid-foot support and might have a little plastic on the spike plate. These are designed for the pure distance runners.
Cross Country	These spikes are designed to be worn on a variety of surfaces, but can still work well for track. The sole is completely rubber and it fits more like a typical light weight shoe.



Short Sprint



Long Sprint



Middle Distance



Long Distance



Cross Country