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Cross Country Racing Spikes

What’s the deal with racing spikes?

Most cross country coaches encourage runners to wear them. Here’s why:

1. TRACTION. Meets often start early in the morning when the ground is still wet. Spikes literally spike the ground and add much-needed traction.

2. PROTECTION. Since cross country courses usually traverse open fields with uneven ground, wearing a snug-fitting shoe like a spike makes it easier to react to changing surfaces, which may prevent an ankle roll, or worse, a sprain.

3. SPEED. Lightweight shoes reduce overall exertion (less weight to carry). Plus, traction combined with less weight might be the difference between an OK day and a PR (personal record).

Bonus: Since most of the time they’re only worn during races, spikes last longer than training shoes.

Note: Track spikes are not the same as Cross Country Spikes.