

Running Shoes

You don't need a pair of shoes to perform the art of running. But in long distance running most of us prefer to wear shoes.

I have a tried a lot of shoes and barefoot running too.

I bought Adidas Supernova shoes one year ago when I started training for my first Ironman. I still get blisters because I don't run so often as I used to. I train more – on the bike and in the swimming pool – and I'm a more effective runner now at 49 years than I ever was.

Sometimes I think that when I was a child I might have been better – more natural in the process of running – but worse when it came to measureable results.

In these running shoes I mostly walked and ran my first Ironman-marathon in Coeur d'Alene after swimming 3,8 km and doing 180 km on the bike. It took me around 6 hours to do the 42,195 km. I decided to wear the same running shoes six weeks after at the Challenge Copenhagen Ironman.

My marathon was reduced to 3:49:22 of the total time of 10:49:41. I was three hours faster than in CDA Idaho, but the process was pretty much the same.

I enjoyed the race and the world around me and felt inside that I was running like a child making some kind of optimal new experience.

Shoes are not perfect. I found out the hard way by using them. I improved this model for triathlons with elastic laces so the changing from bike to run was made easier.

There is a wabi-sabi quality attached to these running shoes.

You don't need to know their story.

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