

# Cupertino High School Track and Field 2022

## *Home of the Pioneers*

*Coach Paul Armstrong*

### **Equipment**

#### **Required gear:**

Shoes - running not cross trainers  
Shorts  
Socks  
T-shirts (short and long sleeve)  
Appropriate support under garments  
Training pants (long)  
Spikes and/or specialized shoes  
3/16" or 1/4" spikes  
Wipe towels for throwers and /or weight training  
Wrist Watch -with stopwatch function  
Backpack or athletic bag  
Face masks

#### **Optional gear:**

Water \*  
Warm-ups \*  
Gloves  
Tights  
Spandex shorts  
Hats and Caps \*  
Sunglasses \*  
Sun Screen \*  
Raingear \*  
Identification  
Weight Training Gloves  
Weight Training Belt  
Towel \*

\* Strongly recommended

#### **Shoe stores:**

A few words about running/racing shoes: Depending on how much you want to spend; you can get by for as little as \$30 on sale or as much as \$200. Most importantly, get a good pair of training shoes with good impact absorption and arch support if the foot needs it. Get running shoes, not cross trainers or some other type of shoe. I strongly recommend that you buy your shoes at a reputable running store. I suggest that you check Ryan's Sport Shop (Washington & Newhall) near the post office in Santa Clara) or Athletic Performance in Los Gatos, especially if you do not have much experience with running shoes. These stores have knowledgeable staff that will help you find the right shoe for you and let you try it out before you buy. (Also, Sports Basement at Lawrence Expressway and Kern Ave in Sunnyvale is a place to try. Additional stores to try might be Road Runner Sports or Running Revolution in Campbell. However, there may not be a discount.) If you know your fit, good deals can be purchased on the internet. I have had good luck with Eastbay.com or Roadrunnersports.com over the years.

The training shoe may also double as a racing flat but will be heavier than if you were to buy a separate racing shoe. A good training flat will cost up to \$120 but all of the stores will give you a 10-20% discount if you tell them you run for Cupertino High School. Make sure the fit is comfy with a bit of toe room. A racing flat -distance runners only- will be many ounces lighter than trainers and make you feel like you're flying when you put them on, but it's also another \$80 or so. Most distance runners use spikes for racing. Spikes are required for sprinting, jumping and hurdling. There are also specialized shoes for the jumps, but are only recommended if you have sufficient experience and talent. Throwers are encouraged to get throwing shoes. They will provide the proper sole for the throws. The price range you should pay is \$20 (on sale) to about \$150, but you should spend under \$100. Your choice. I personally prefer to compete in shoes that I do not train in. I strongly recommend that you obtain a new pair of training shoes every year or running season, because the shoes will breakdown over time and continued use will lead to injuries. Also, Spenco inner sole inserts are recommended to help with shin splint type problems, especially if you have them now.

I strongly recommend spikes that have a padded heel for all running events sprints, hurdles, jumps, and distance, especially spikes used for training.

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