

How To Lace Your Shoe

Wide foot, narrow foot, high instep...? Here's a lacing solution for your problem

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Loop-lacing lock

This is a great way to create a secure, tight fit. Just put each lace end back into the same hole it just exited, leaving a small loop on the top side of the shoe; now thread each loose end through the loop on the opposite side; then pull to create a supertight closure.



Loop-lacing lock



For a high instep

Problem: High instep.

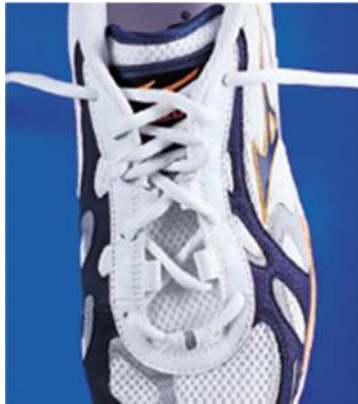
Solution: Start with normal criss-cross lacing, but over the midfoot feed the laces up each side of the shoe. Finish with the criss-cross technique at the top.

Problem: Wide forefoot.

Solution: Over the width of your foot just feed the laces up each side of the shoe, again using the criss-cross technique at the top.



For a wide forefoot



For a narrow foot

Problem: Narrow foot.

Solution: Using the loop-lacing lock halfway up the shoe doubles the laces over your midfoot, ensuring a tight fit.

Problem: Heel slipping in your shoe.

Solution: Lace the shoe using the normal criss-cross technique, then tie a loop-lacing lock on the last eyelet.



To stop heel slippage