

THE FIFTEEN QUESTIONS YOU SHOULD ASK YOURSELF BEFORE YOU PURCHASE CURLING SHOES.

Is there a shoe right for you? Yes there is but choosing the correct shoe is choosing one that meets your needs and budget.

Before you buy think about:

1. Am I right or left handed..
2. How many times a week do I curl. Frequent playing means you need a sturdy shoe - leather not vinyl.
3. Am I gentle with my shoes or do I ride them hard and put them away wet. If you treat your shoes well (dry them out regularly) you can get away with a lower price point shoe.
4. Is my foot wide, narrow or just right. Some brands are wider than others.
5. Other than marriage, do I get cold feet. You will need an insulated shoe and that costs more.
6. If I have a current pair of curling shoes what thickness of slider do I have. Very important! There are many slider thicknesses and you want to ensure your new shoes have the same or a thicker slider than your old shoes.
7. Are my feet still growing (if you're over 20 and still growing the curling shoe purchase is not your biggest problem). If you have kids who are still growing we have a number of suggestions to ease the economic burden of purchasing curling shoes.
8. When I try on shoes will the socks I wear be the same thickness as the ones I wear when I curl. Bring socks with
9. Do I use orthotics. Take this into account and bring them when you try on shoes.
10. Do I have flat feet. Some brands offer more support.
11. Do I need arch support- God knows I get little support from my skip. Some shoes are better than others in this regard.
12. What position do I play. If you throw hits a lot you might want to consider a thicker slider.
13. Is my usual club cold. You might want a more insulated shoe and also one that offer lots of room in the toe box for air circulation.
14. What's my budget. Shoes range from the high \$90s to over \$300. We will do all we can to take into account all of the above questions and your budget.
15. Do I have the time to buy shoes. Take some time to buy your shoes. They don't fit like street shoes. Ensure you lace them properly to give the shoe a good test.

The shoes you ultimately pick will depend on your answers to the questions above. No two curling manufacturers make their shoes alike.

Borrowed from

