



BROOKLYN_BORN

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A visual reminder of miles traveled

Saturday, January 05, 2013

My local running store collects our old shoes to donate to the city's rescue mission. Yesterday while tripping over stuff in my closet, I realized that I had forgotten about this for quite awhile. I replace my running shoes every 500 miles (about 6 months) after which I use them for another 6 months just for everyday stuff. The walking shoes (top row) are heavier and last somewhat longer.

So, from my logs and estimating my extra steps in daily activities, these shoes have seen about 3000 miles in 2.5 years.



These shoes have taken me on various routes in my area as well as on trips to Germany, Austria, Switzerland, England, Netherlands, Greece, Turkey, Italy, France, Czech Republic and Slovakia and up and down the east coast and the midwest here in the USA.

These shoes have seen most of my 3 years of maintenance. In fact, they are partly responsible for my staying in goal weight range all this time.

So, goodbye old friends, you've been replaced. You've still got a lot of wear left and I hope you serve someone else well on her journey to a new life.

Edit: Just for the record, the insoles are all brand new when I donate the shoes, thanks to my custom orthotics which replace them for my use.

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CD11026554

Lovely idea! Here's to making lots more memories with your new shoes!
3081 days ago



WOLFKITTY

Yay! Cool. :)
3082 days ago



MJZHERE

I'm so glad you did this - what a great idea. We get shoes from a used clothing store that donates those that don't sell to give to the homeless - they are always so appreciated. However there aren't many sneakers which are always in demand. Hmmm, maybe I can get something going here.....
3082 days ago



SUZYSMOBILE

If you'd been doing the virtual walk across America, you'd be nearly finished!
3082 days ago



WATERMELLEN

Terrific. I wonder if the recipient would appreciate knowing where they've been!!
3082 days ago



-AMANDA79-

Great blog!
3082 days ago



LOLATURTLE

Wow! That's such a cool picture and fact! If I just saw the picture, well... it's just some shoes. But knowing they represent 3000 miles, well that's something else!!
3082 days ago



MIRAGE727

Sweet! My running store, of which I'm a part of their run team, does the same thing with old shoe collecting. It makes total sense. Stay strong!



3082 days ago



WILSONWR

Great idea!
3082 days ago



SATCHMO99

What a great idea, I wish more sports shops took it up!

I made the mistake of buying a pair of running shoes in a non-specialist shop last year, and paid dearly with an Achilles tendon tear. Those shoes are in our charity shop bag, which is due to be taken soon with the clothes that are now TOO BIG.

3082 days ago



TORTOISE110

What a great pic of what fitness-and a good life-reveal!
3082 days ago



COCK-ROBIN

It's wonderful. Wear out the shoes, means you're in top shape!
3082 days ago



CD10259955

Goodbye loved shoes! They are going to a great new home and will continue to be loved there!!!





3082 days ago

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