

LACING PATTERNS

Shoes should fit comfortably off the shelf, without any need for breaking in. However, you can fine-tune the fit by adjusting the lacing pattern.

A. If your feet are narrow, choose shoes with wide-set eyelets, so you can pull the laces tighter.

B. For feet that are wide, select shoes with closely set eyelets.

C. If the front of your foot is wide and your heel is narrow, or if your foot swells significantly during the day, use two sets of laces and adjust them independently.

D. You can handle a bump or high arch by stringing the laces straight up to the next eyelet in the area of the bump or arch.

E. Another way to accommodate a bump or high arch is to weave the laces straight across the tongue of the shoe, rather than diagonally.

F. If you need more room in the toe area, string one end of the lace from the bottom eyelet to the top eyelet on the opposite side, then pull the lace to lift the front of the shoe.

G. For a heel that is narrow or slipping inside the shoe, you can loop the laces through one another at the top before tying them.

