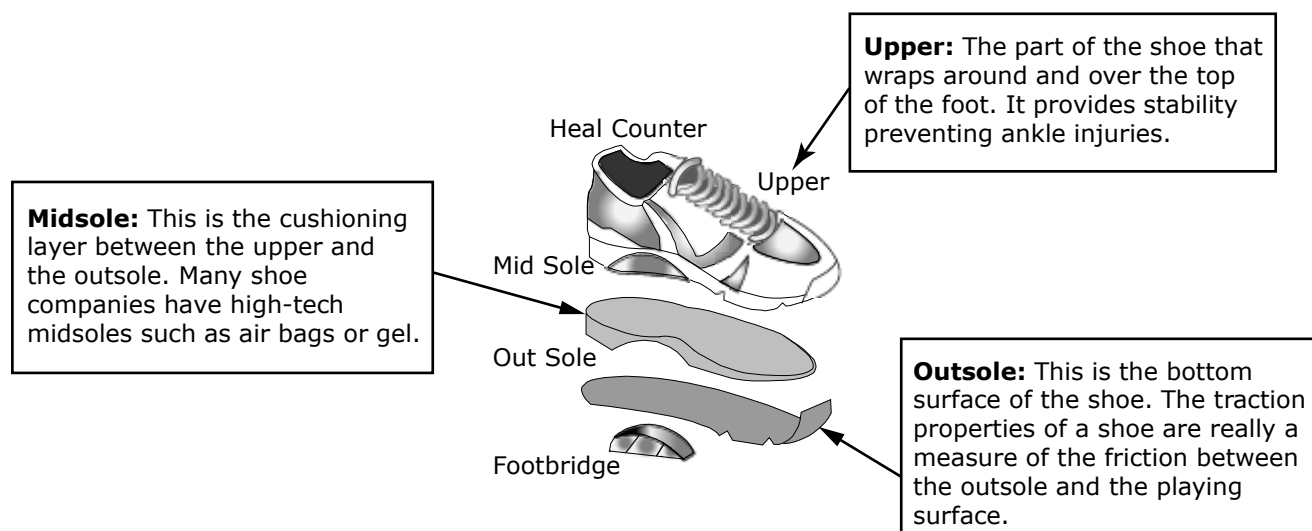


Anatomy of a Running Shoe

Basketball, volleyball, track and field, and tennis all depend on the force of friction. The shoes worn by participants in these sports must grip the playing surface.

Each shoe is designed for specific surfaces. For example, the shoe worn by a basketball player is different than the shoe worn by a marathon runner. Take a closer look at running shoes.



1. What are the three main parts of a running shoe?

a) _____

b) _____

c) _____

2. What part of the shoe is responsible for gripping the playing surface?
