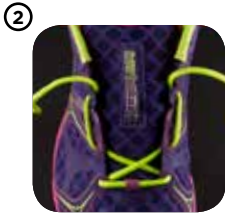


HIGH INSTEP



Start with normal criss-crossing laces



Towards the middle of the shoe, thread laces vertically up the side of the eyerow.



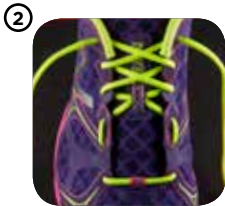
NOTE:
For very high in-steps you can skip an eyelet to open up more of the midfoot area.

Then continue criss-crossing lacing at the top.

WIDE FOREFOOT

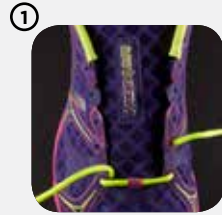


From the bottom of the eyerow, lace vertically up the side of the shoe

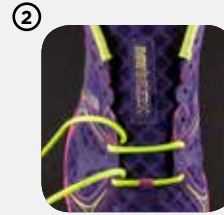


Continue with normal criss-crossing

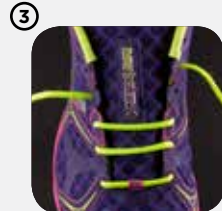
MORE ROOM



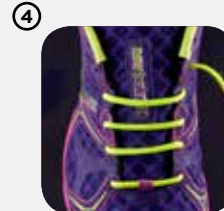
Start on side, lace vertically through bottom 2 eyelets.



Go across to the other side.



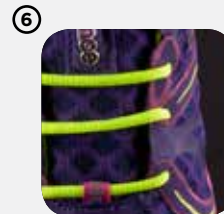
Start pattern of across and up (skipping an eyelet).



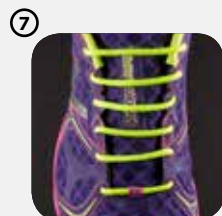
Continue pattern of across and up (skipping an eyelet).



Continue pattern of across and up (skipping an eyelet).



Put laces into top of eyelet (during the repeat of the pattern).



Finish by threading through underside of last eyelet.

NOTE:
Parallel lacing will allow more room throughout the entire shoe.

LACING TECHNIQUES



IMPORTANT NOTE ON LACING TECHNIQUES.

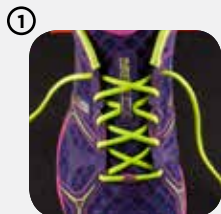
Before attempting these lacing options, be sure to visit an NBRx dealer in your area to be properly fitted for the right kind of shoe and expertly measured for the right size and width.

You should have your foot measured every year as part of proper foot health. NBRx dealers who have expert shoe fit specialists can be found by visiting www.newbalance.com/nbrx

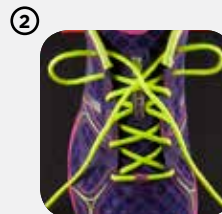
These lacing techniques can help fine tune the fit of a shoe. New Balance has compiled a step by step guide of the five most common lacing techniques.

If you are having foot problems, please first consult a medical professional.

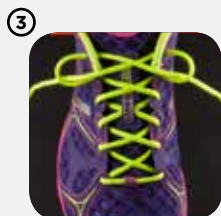
NARROW HEEL



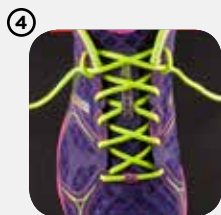
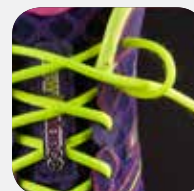
Start with normal criss-crossing laces



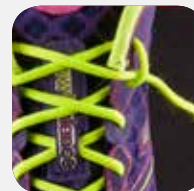
At the top create two loops.



Thread laces through opposite side.

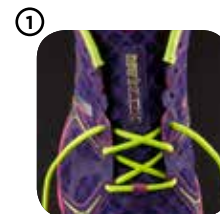


Slowly rock laces back and forth to tighten and make the loops smaller.

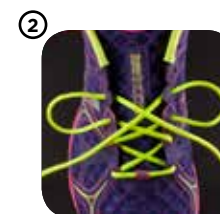


NOTE:
Known as the Runner's Knot or Loop Lacing Lock. Do not over tighten since that could cause numbing to occur.

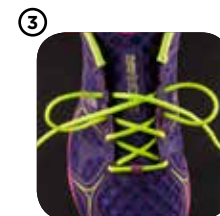
NARROW FOOT



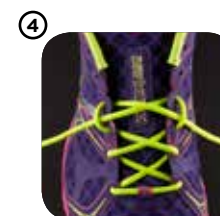
Start with normal criss-crossing laces



Towards the middle of the shoe, create two loops.



Thread laces through **opposite** side.



Tighten.



Continue with normal criss-crossing.

NOTE:
This lacing pattern will create a more secure fit around the midfoot area.