

Dr. Dena Grant Ubillos gets fitted for running shoes by Hit the Trails owner Steve Dunn.

### The Shoe Doctor Is In...

Many residents may not be aware that Steve Dunn, owner of Hit the Trails in Park Square, doesn't just sell shoes; he sells knowledge. Dunn has over 25 years of running experience and he is the Newsome High School assistant track coach. So, when he recommends a shoe, customers listen.

Customers who come to Dunn with recurring problems such as runner's knee, shin splints, Plantar Fasciitis, or hip problems, often leave with the first pair of shoes that fit correctly and relieve these problems. His experience in running and knowledge of shoes makes the selection process very simple. Similar to a Doctor, Dunn has a list of items he analyzes with each customer. He begins by taking into account the customer's physical size, running schedule, stance, and any problems they are experiencing. Dunn then selects the shoe that will correct the problem.

Local pediatrician, Dena Ubillos who recently visited the store to purchase shoes came with orthotic inserts and left with the first pair of shoes she can wear without them, "I can wear these shoes all day and never have a problem. It's the first pair of shoes that fit comfortably." Joanne Boerner, who in the past has had persistent knee problems, agrees, "After strengthening my knees with physical therapy, my Doctor said I might not be able to run. I went to Steve for new shoes and have been able to run with no problems at all." When it comes to proper shoe fitting, Dunn is pleased when customers have a good result, "I had one lady who was so happy with the results. She came back to tell me I had a magic shoe store."

In addition to adult running shoes, Hit the Trails offers children's shoes, Roller Blades and running apparel. For more information about Hit the Trails located in Park Square, visit [www.hitthetrails.com](http://www.hitthetrails.com) or call 681-6141.