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Quick guide to choosing a new pair of sneakers

By Eugen Lisov

Sneakers are probably the most important items in a sports wardrobe. As interesting as it may be, you can't jog in the same shoes you go to the office.

It's important to have at least one pair of sneakers handy each time you go out. Whether you plan going to the woods with friend or family, or simply you go to the local shop to buy something for the house, they are the first choice since they are light and very easy to put on.

How to decide which ones are for you?

That's a simple task. Look for models that you really believe would look good on you. Once you have several pairs that you like, take a closer look at each of them. See if they are of quality, what material are they made of, the way the sole is glued.

Will they endure the kind of stress you are planning to make them have? If not, take them off the list. There's no point in buying a pair of sneakers that will break after two weeks of use.

Next, consider if they will fit with the other clothes in your wardrobe. Usually, sneakers go well with most jeans and other casual pants. However, if you think you can wear sneakers with your business meeting suit, stop doing that! Drop it off your mind! There is no way you can wear sneakers with official clothes. Unless you deliberately want to shock people.

Once you've taken care of the above steps, all you need to do now is to know the best size. For that, it's best to go to a local shop and try a couple of sneakers and see what the size in which you feel comfortable is. You can also look at your current shoes, but if you feel a bit discomfort, it's ok to get a bigger size. Also, note that the sneakers you already own have passed through the stretching phase, so their size might be a bit different.

Now that you know what to look for, it's time to get yourself a good pair of sneakers.

Eugen Lisov is the creator of

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<http://www.a1-sneakers.com>

and

<http://www.italian-fashion-designer.com>

. Please feel free to check these websites as they offer lots tips on getting a great outfit and reviews of the best products to help you have a fashioned look.

10 Hot Places To Find Sneakers In NYC This Summer

By Michael Street

It's summer time and the living is easy. So time to go shopping and get a new pair of sneakers. But you don't want an ordinary pair of sneakers. You want something unique, flashy, and eye catching. So whether you're a native New Yorker or you're visiting from out of town here are some of the best spots to find sneakers in NYC.

1. Premium Good's 694 Fulton St (Btw. Ft. Green Pl & S. Elliot), 718.403.9348 Train: A or C to Layffette Hours: 10am-7pm Looking for Bathing Ape? They have em! Plus a whole slew of sneakers many people have never seen in the US.

2. Alife Rivington Club 158 Rivington St Cross Street: Between Clinton Street and Suffolk Street 212.375.8128 Train: F to Second Ave Hours: Tues-Sun. 12pm-7pm This down-low sneaker spot have some SERIOUS kicks that will make you shell out that \$300.

3. Adidas Originals 136 Wooster St 212.777.2001 Train: N or R to Prince St. Hours: 10am-7pm My Adidas! Your Adidas! Who doesn't like Adidas!

4. Training Camp 41 and 6th Ave Train: D Train to 42nd. Hours: 10am-7pm A large selection of sneakers and large sizes for those with big feet.

5. ATMOS 203 West 125th Street Train: A Train to 125th St. Hours: 10am-7pm The best place in Harlem to find affordable and hard to find sneakers.

6. NikeTown 6 East 57th St. NY 212.891.6453

www.niketown.com

Train: N or R to 57th Hours:

10am-7pm The mothership for all that is NIKE!

7. Laces 252 Mott Street 212.334.5457 Train: B, N, R to Broadway-Layffette Hours: Monday by appointment only, Tues-Friday 10am-7pm. The only sneaker store in town that's exclusively for

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women.

8. KCDC 99 North 10th Street 718.387.9006 kcdskateshop.com Break out ya skate board and skate your troubles away. otherwise pick up a nice pairk of sneakers here.

9. Dave's Quality Meats 7 East 3rd off the Bowery 212.505.7551 Train: F to Bowery Hours: 10am–7pm You won't find salamey here but a dope selections of sneakers and t–shirts.

10. Nort 235 235 Eldridge Street 212.777.6102 Train: Locations throughout Manhattan Hours: 10am–7pm if your looking for sneakers that you won't see alot of people wearing then visit this spot.

The

<http://GreasyGuide.com>

is the site written by former

<http://BET.com>

employee Mike Street. Having

left BET in the winter of 2005 Mike Street is on a mission to change the media, bring enlightenment and play as many video games as possible. He is also the Executive Editor for

<http://ResidentGamer.com>



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