

DIFFERENCES BETWEEN NON-MARKING SQUASH SHOES AND RUNNING SHOES

1. Sole and Grip:

Squash Shoes: Feature a non-marking gum-rubber sole designed for maximum grip and traction on smooth indoor court surfaces. This is crucial for the sharp turns, sudden stops, and quick changes in direction that are constant in squash. The non-marking material ensures the shoes don't leave scuff marks or damage the court floor.

Running Shoes: Have soles designed for forward motion and cushioning on hard, flat surfaces like pavement or treadmills. They often have more aggressive tread patterns (especially trail running shoes) but lack the specific "sticky" grip needed for the lateral movements of court sports. Many running shoe soles are made of a different material that can leave marks on indoor surfaces.

2. Support and Stability:

Squash Shoes: Are built with reinforced sides and a low-to-the-ground profile to provide excellent lateral support and ankle stability. This is vital for preventing ankle sprains and injuries during side-to-side lunges and rapid movements.

Running Shoes: Are designed for forward motion and may lack the necessary lateral support for the explosive side-to-side movements of squash. The cushioning is often higher, which can reduce stability and increase the risk of injury when making quick, multi-directional movements.

3. Cushioning and Shock Absorption:

Squash Shoes: Have cushioning systems tailored for the short, explosive bursts and impacts that occur on indoor floors. The cushioning is focused on providing shock absorption without compromising the low-to-the-ground feel and stability required for the sport.

Running Shoes: Are built with cushioning to absorb the repetitive impact of running, with a focus on heel-to-toe transitions. They often have a thicker sole, which is great for running but can make a player feel less connected to the court and slow down their reaction time.