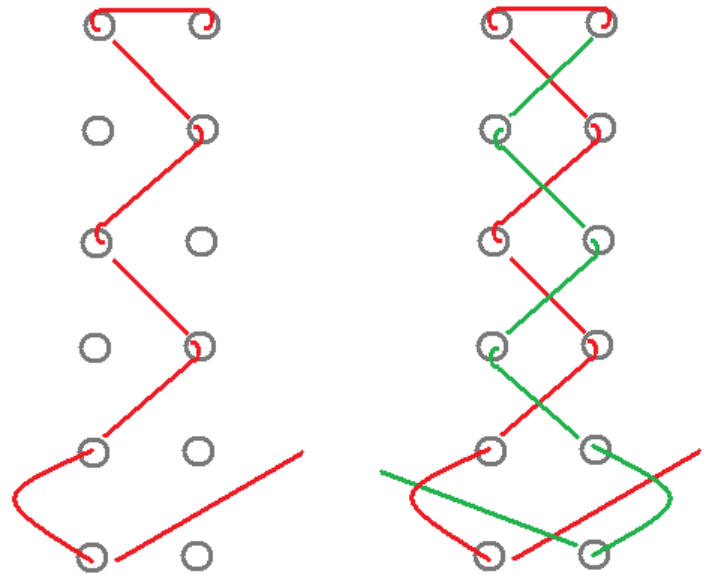


Heel Lock Shoe Lace Pattern

**Figure at right illustrates this lacing pattern for a regular walking shoe or hiking shoe that ties off in front of and beneath the ankle. Top of image is towards your toes and bottom of image is towards your ankle.

Left portion of image shows one side of lacing with red lines. It's a standard lacing pattern (criss-cross) until you get to the last 2 eyelets (bottom left of left image).

Once you're at the next to last eyelet, rather than criss-crossing the laces, run your lace from the next to last eyelet through the last eyelet on the same side, leaving a loop of lace as you cross your lace end over to the opposite side.



Switch to the right side of the image, now (and you can lace criss-cross both sides as usual – I'm just simplifying it so you can see what happens with both ends of the shoe lace). Lace like you did on the left side of the image, just on the right side, now.

When you get to the next-to-last eyelet, feed the shoe lace through the last eyelet on the same side, again.

This time, though, feed the lace end that came from the left under the loop you've made on the right AND feed the lace end that came from the right under the loop you've made on the left.

Snug up your laces, then "toggle" or "pulley" the ends of the laces through the loops until they're as snug as you'd like, then tie off with your favorite knot. On shoes, I use a granny double knot; on my boots, I use a square knot.

**Not everyone wears shoes for hiking – some folks wear ankle high boots (or higher). At the bend in the boot (where it begins to rise up over your ankle; the "natural break" over the tongue of the boot), rather than criss-crossing your laces, do the same thing as above making the two loops. Run your lace ends through the loops, snug as desired, then continue lacing your boot the rest of the way.

This ought to lock your heel into the heel cup of the shoe or boot. If not, check the fit of the boot and the fit of the heel cup around your heel – you may need an insert ... or new boots. Talk to your shoe salesman and/or visit with a podiatrist, after all, this is what they do for a living 😊 Bottom line, though, is that the boot has to work for you and has to have the right feel. Your best bet is to physically go to the store and try on as many boots/shoes as possible until you find what you want. Once you've done that, then (maybe) you can buy online without trying them on – keep careful records so you know what you need/want to purchase.