

The Best Shoelaces

There are many YouTube videos on the different lace patterns you can do to help get different secure fits for your shoes. The Runners knot is a great lace setup that helps with heel slippage. Check out a video on a runner's knot. This type of knot is perfect for sports.

Bubble Laces—You can find these types of laces on Amazon. The small bubbles help the shoelaces stay tight and not loosen, which helps with a secure fit for sports.



Delele Round Wave Shape Non Slip Laces - Great for runners' knots.

You can find both laces on Amazon. How many lace eyelets your shoes have determines how long the laces need to be. There are many tutorials on YouTube about this.



Xpand quick-release reflective laces—Make any shoe a slip-on or make it tight for competition. The shoelaces release tension with a quick pull. The Xpand quick-release laces have high-visibility reflective detailing, keeping you safe in low-light situations. xpandlaces.com or [amazon](https://www.amazon.com).

