

WOMENS SIZES

US/AU	5	5.5	6	6.5	7	7.5	8	8.5	9	9.5	10	10.5	11	11.5	12
EU	35.5	36	37	37.5	38	39	39.5	40	40.5	41.5	42	42.5	43.5	44	44.5

MENS SIZES

US/AU	7	7.5	8	8.5	9	9.5	10	10.5	11	11.5	12	12.5	13	14
EU	40	40.5	41.5	42	42.5	43.5	44	44.5	45	46	46.5	47	48	49

SHOE WIDTH

CODE	2A	B	D	2E	4E
WOMEN'S	Narrow	Standard	Wide	Extra Wide	-
MEN'S/KIDS	-	23	23.5	24	24.5

FIT

For active shoes, we generally recommend sizing up a half size from your casual shoe size.

HOW TO MEASURE

Follow the simple steps below to determine your shoe size. Make sure you do this during or at the end of day to ensure the right size (feet typically swell during the day).

STEP 1: Put a piece of blank paper under your feet. Stand up straight and have your heel lightly touching against the wall.

STEP 2: Have someone mark the end of the longest toe and back of your heel on the sheet with a pen or pencil. Afterwards measure the length of your feet from heel to toe.

STEP 3: Repeat the steps for your other feet and compare it with the Asics size chart.

MENS		EU Unisex	WOMENS	
US/AU	UK		US/AU	UK
3.5	2.5	35.5	5	3
4	3	36	5.5	3.5
4.5	3.5	36.5	6	4
5	4	37.5	6.5	4.5
5.5	4.5	38	7	5
6	5	38.5	7.5	5.5
6.5	5.5	39	8	6
7	6	40	8.5	6.5
7.5	6.5	40.5	9	7
8	7	41	9.5	7.5
8.5	7.5	42	10	8
9	8	42.5	10.5	8.5
9.5	8.5	43	11	9
10	9	44	11.5	9.5
11	10	45	12.5	10.5
11.5	10.5	45.5	13	11
12	11	46		11.5
12.5	11.5	46.5		12
13	12	47.5		13
14	13	48.5		14

MENS		WOMENS	
AU	EU	AU	EU
5/5.5	39	4/4.5	35
6/6.5	40	5/5.5	36
7/7.5	41	6/6.5	37
8/8.5	42	7/7.5	38
9/9.5	43	8/8.5	39
10/10.5	44	9/9.5	40
11/11.5	45	10/10.5	41
12/12.5	46	11/11.5	42
13/13.5	47	12/12.5	43
14/14.5	48		
15/15.5	49		
16/16.5	50		

HOW DO I FIND MY SHOE SIZE?

The best way to make sure that you order the right size is to measure your feet and then compare it with the size chart above to find the appropriate size.

Please follow these 4 simple steps to accurately measure your feet:

1. All you need to measure your feet from heel to toe is a piece of paper, a pencil and a ruler.
2. Place the paper on the floor up against a wall. Place the heel against the wall.
3. Mark the longest part of your foot on the paper. Repeat procedure with the other foot.
4. Measure the length of each mark and match it with the size chart. Let the longest foot decide the shoe size.



SIZE CHART

MENS			
US/AU	UK	EU	CM
8	7	41	26 cm
8.5	7.5	42	26.5 cm
9	8	42.5	27 cm
9.5	8.5	43	27.5 cm
10	9	44	28 cm
10.5	9.5	44.5	28.5 cm
11	10	45	29 cm
11.5	10.5	46	29.5 cm
12	11	46.5	30 cm
12.5	11.5	47	30.5 cm
13	12	48	31 cm
14	13	49	32 cm.
15	14	50	33 cm
16	15	51.5	34 cm

WOMENS			
US/AU	UK	EU	CM
5.5	3.5	36	22 cm
6	4	37	22.5 cm
6.5	4.5	37.5	23 cm
7	5	38	23.5 cm
7.5	5.5	38.5	24 cm
8	6	39	24.5 cm
8.5	6.5	40	25 cm
9	7	40.5	25.5 cm
9.5	7.5	41	26 cm
10	8	42	26.5 cm
10.5	8.5	42.5	27 cm
11	9	43	27.5 cm
11.5	9.5	44	28 cm
12	10	44.5	28.5 cm
13	11	46	29.5 cm

All Altra shoes are designed with FootShape™ comfort to give your toes more room to spread out naturally and address biological differences in men's and women's feet.

SIZING

We recommend ordering Altra running shoes ½ size larger than a dress shoe. We want you to have the best fit possible. The Lone Peak 6, Torin 5 and Torin Leather are available in Wide, a D width (compared to our traditional B width).

WOMENS			MENS		
US/AU	EU	HEEL-TOE	US/AU	EU	
5	35	8.7"	--	--	
5.5	35	8.8"	--	--	
6	36	9.0"	--	--	
6.5	36	9.2"	--	--	
7	37	9.3"	--	--	
7.5	38	9.5"	--	--	
8	38	9.7"	7	39	
8.5	39	9.8"	7.5	40	
9	40	10.0"	8	41	
9.5	40	10.2"	8.5	42	
10	41	10.4"	9	42	
10.5	41	10.5"	9.5	43	
11	42	10.7"	10	43	
11.5	43	10.8"	10.5	44	
12	43	11.0"	11	45	
--	--	11.2"	11.5	45	
--	--	11.3"	12	46	
--	--	11.5"	12.5	47	
--	--	11.7"	13	47	
--	--	11.9"	13.5	48	
--	--	12.0"	14	48	

Make sure you are standing, wearing the socks or stockings you will wear with your new shoes. Using one of the following charts, convert your U.S. shoe size to EU.

IN BETWEEN SIZES?

Aetrex recommends you size up for both footwear & orthotics.

US/AU Men	US/AU Women	UK	EU	CM
4	5.5	3.5	36	22
4.5	6	4	37	22.5
5	6.5	4.5	37.5	23
5.5	7	5	38	23.5
6	7.5	5.5	38.5	24
6.5	8	6	39.5	24.5
7	8.5	6.5	40	25
7.5	9	7	40.5	25.5
8	9.5	7.5	41.5	26
8.5	10	8	42	26.5
9	10.5	8.5	42.5	27
9.5	11	9	43	27.5
10	11.5	9.5	44	28
10.5	12	10	44.5	28.5
11	12.5	10.5	45	29
11.5	13	11	45.5	29.5
12	13.5	11.5	46.5	30
12.5	14	12	47	30.5
13	15	12.5	47.5	31

TIPS FOR FINDING YOUR PERFECT SIZE

- Try shoes on in the late afternoon when your feet are at their largest due to normal swelling.
- Check that your heel fits snug with no slipping. The midfoot of the shoe under your arch and over the top of your foot should be snug but not tight. You should have enough room in the toe box to wiggle your toes.
- Choose the larger size if your feet are between sizes. You can adjust for a better fit with socks, insoles and lacing patterns.
- Have your feet re-measured every year. Feet typically get bigger with age and women's feet often become a half size or more larger after pregnancy.
- Be sure to try shoes on both feet. Your left and right feet may differ in length or width as much as a full size. Always buy shoes that fit your larger foot.
- Watch out for signs that your shoes are too small or narrow: feet cramping and falling asleep while running or the formation of calluses and blisters in between or on your toes. People are more than twice as likely to buy a shoe that is too small than too big.

MEN'S SHOE WIDTHS

2A

B

D

2E

4E

6E

X-Narrow

Narrow

Standard

Wide

X-Wide

XX-Wide

WOMEN'S SHOE WIDTHS

4A

2A

B

D

2E

4E

X-Narrow

Narrow

Standard

Wide

X-Wide

XX-Wide

CHOOSING THE RIGHT WIDTH

Having the right fit is essential for comfort. That's why New Balance proud to offer one of the largest selection of shoes in extended widths, from X-Narrow to XX-Wide.