

BOOT CAMP

By STEVE BAKER
The Salt Lake Tribune

Spring is in the air and a new pair of hiking boots will make you eager to get on trail.

Retail specialists give advice about choosing a hiking boot

Type of hiking boots	DAY HIKERS		BACKPACKING		MOUNTAINEERING		
	WOMEN'S	MEN'S	WOMEN'S	MEN'S	WOMEN'S	MEN'S	
WASATCH FRONT OUTDOOR SPECIALISTS	Boots are lightweight and perfect for a day hike. They come in a mid- and below-the-ankle collar. The mid-collar gives more ankle support as you move side to side over uneven surfaces. Made of leather & fabric, the boot is able to breathe and ventilate. The sole grips well over slickrock and boots dry quickly, if wet. Good all-around boot.		Boots have a stiffer shank and are water resistant, due to the Gore-Tex liner. You want a stiffer shank when carrying a heavier load so your feet don't take the full force of the weight. Instead, this weight is distributed through the sole and insole of the boot. Good motion control by snugging your heel in place, and the big lugs on the sole give great traction.		The most important element beside fit is a boot you can hike in before you reach your objective. Half steel shank gives you some support and allows you to add a semi-rigid crampon. When rock climbing, the full toe rand protects the toes. Boots are designed for moderate to heavy load and are tough, supportive, durable, waterproof and easy to care for.		
	STORE PICKS*		STORE PICKS*		STORE PICKS*		
	Cabela's 2502 W. Grand Terrace Parkway Lehi www.cabelas.com	Merrell Women's Gore-Tex Reflex Mid Hiker  \$119.95	Merrell Reflex Mid Gore-Tex Hiker  \$119.95	Cabela's Gore-Tex Mountain Hiker Elite  \$99.95	Cabela's Gore-Tex "Perfekt" Hiker  \$189.95	Meindl Women's Teton II Hiker  \$189.95	Cabela's Alaska Hiker  \$249.95
	Kirkham's 3125 S. State St. Salt Lake City www.kirkhams.com	Vasque Breeze GTX XCR (choice for both women and men)  \$136.95	Montrail Torre GTX (choice for both women and men)  \$159.95	La Sportiva Makaul (Mountaineering boots for women are not available at Kirkham's)  \$255			
	REI - (two locations) 3285 E. 3300 South East Millcreek 230 W. 10600 South Sandy www.rei.com	Vasque Breeze  \$120	Merrell Moab Ventilator  \$80	Asolo Power Matic 200 Gore-Tex  \$230	REI Spirit III GTX  \$189	La Sportiva Trango S EVO GTX  \$285	The only difference between men's and women's boots is the last. The women's boot is cut with a more narrow last.
Sportsman's Warehouse 165 W. 7200 South Midvale www.sportsmanswarehouse.com	Merrell Chameleon Wrap XCR  \$119.99	Vasque Breeze Low  \$94.99	Danner Expedition  \$159.99	Columbia Altasaurus Pass II  \$129.99	Sportsman's Warehouse doesn't carry mountaineering boots.		

* Retail stores made their picks on quality, durability, fit and price.

WASATCH FRONT HIKES

The Tribune's Web site lists more than 60 downloadable hikes along the Wasatch Front. All hikes have a trail description, photo, map and all the information you need to get you going.
www.sltrib.com/outdoors

Z-COIL PAIN RELIEF HIKER

The special coil on these hiking shoes is designed to minimize foot, leg and back pain.

- U.S. Department of Energy tests show Z-Coil® shoes reduce skeletal shock by 50 percent
- Helps eliminate plantar fasciitis and heel spurs
- Built-in orthotic
- Extremely stable
- Four times more cushioning than regular shoes



High Desert Hiker
(Boot style for men and women)

\$209.95

Z-BEST Footwear
6273 S. Highland Drive
Salt Lake City
801-278-1085

Sources: Cabela's, Kirkham's, Sportsman's Warehouse, REI

WHAT TO TAKE ON A DAY HIKE

- Day pack
- Water
- Hat & sunglasses
- First-aid kit
- Food
- Sun block
- Insect repellent
- Trail map

UTAH HIKING BOOKS

- "Best Easy Day Hikes: Utah's High Uintas" by Jeffrey Probst \$7.95
- "Best Easy Day Hikes: Salt Lake City" by Jeffrey Probst \$6.95
- "Hiking Utah" by Bill Schneider \$15.95
- "Hiking the Wasatch: A Hiking and Natural History Guide to the Central Wasatch" by John Veranth \$16.95
- "Utah's Incredible Backcountry Trails" by David Day \$24.95

Source: Barnes & Noble

HIKING CLUBS TO CONSIDER

- Wasatch Mountain Club www.wasatchmountain.org
- Mountain Trails Foundation www.mountaintrails.org
- Weber Pathways www.weberpathways.org
- Lambda Hiking Club www.gayhike.org
- Utah Chapter Sierra Club www.utah.sierraclub.org

COMFORT INSOLE

Sole Softec Series insoles are a heat moldable sole. Place the sole in a regular oven at 200° for two minutes, remove and stand to form to your foot. Great support, extra top cushion and a deep cup to hold your foot in place. Not intended to replace orthotics.

\$45
Sole Softec Series



PICKING A SOCK

Decide on a sock thickness before you buy your new hiking boot. Wear that sock to try on boots. Wool or synthetic socks provide wicking and will keep your feet dry and comfortable. Avoid cotton.

GRAPHIC BY STEVE BAKER/The Salt Lake Tribune