

How To Tie Your Shoes, By Runner's World

There is a right and a wrong way to tie your shoes.

Reef knot: Does your shoe look like this?



Good. Don't change anything. This knot won't come untied on its own.

Granny knot: Does your shoe look like this?



Not Good. It's time to relearn to tie your shoes to they don't come undone so easily.

Step 1- Tie your knot at usual



Step 2- Form a loop as usual



Step 3- Circle lace around the loop and pull through. Do this in the opposite direction as usual.



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