

A Heel of an Idea

If you are a walker, jogger or a runner, the heels on your shoes eventually get worn down and you have a choice of throwing away an otherwise good pair of shoes and buying an expensive replacement or taking them to the shoe repair shop which is still not cheap.



There is a third way that will cost you initially about \$10 and extend the life of your favorite shoes for several years.

Many years ago when I was a jogger (The War of 1812) I read in a running magazine that you can repair the heels using the glue from a glue gun to build up the heels. It works great. The one problem is that the glue is soft and picks up sand and small pebbles as you run. My solution to that problem was to go to Goodwill and buy a leather belt for a dollar to cover the glue.

The procedure is very simple, just use the glue gun to build up the heel and while it is still hot put a precut piece of leather from the belt on top, turn the shoe over and press on a flat surface. When cool trim the leather and glue to the shoe.



Most of us already have a glue gun that we use for other projects so this just extends its use.

Happy Walking