20	 20
19	 19
18	 18
17	17
16	16
15	 15
14	 14
13	 13
12	 12
11	11
10	 10
9	 9
8	 8
7	 7
6	6
5	5
4	 4

## MEN'S SIZE & WIDTH MEASURING TOOL

WWW.ULYSSESRUNNING.COM/MEASURING



MATCH CREDIT CARD SIZE HERE



- (1) **PRINT** on 8.5" x 11" paper, landscape at 100% scale with "fit to page" turned OFF. Check scale accuracy here using any credit card.
- ALIGN & SECURE page 1 to page 2 using the paper alignment guides. Fold page 2 up at the dotted line.

## **FIT TIPS**

- Measure in the late afternoon when feet are largest due to swelling.
- Choose the larger size if feet are between sizes or one foot is bigger than the other.
- · Re-measure your feet each year. Your size and width can change over time and the correct fit is important for comfort and performance.









FIND YOUR SIZE by placing your heel on the semicircle below and aligning the back of your heel with the paper or a wall. Measure each foot separately and be sure to put your full weight on your foot. For the most accuracy, measure with the back of your heel against a wall.



**PLACE HEEL HERE** 



foot horizontally. Use the larger of the 2 measurements to find FIND YOUR WIDTH by measuring the widest part of each your width size using the

CB



## MEN'S SIZING & CONVERSION GUIDE

US Men	US Women	UK	EU	Length in 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
14	-	13.5	49	32
15	-	14.5	50	33
16	-	15.5	51	34
17	-	16.5	52	35
18	-	17.5	53	36
19	-	18.5	54	37
20	-	19.5	55	38



## B MEN'S WIDTH GUIDE

US Men's Standard Running Size	Narrow (B) in cm	Medium (D) in cm	Wide (2E) in cm	Extra Wide (4E) in cm
6	9.3	9.7	10.1	10.4
6.5	9.5	9.8	10.2	10.5
7	9.6	9.9	10.3	10.6
7.5	9.7	10.0	10.4	10.7
8	9.8	10.1	10.5	10.8
8.5	9.9	10.2	10.6	10.9
9	10.0	10.4	10.7	11.0
9.5	10.1	10.5	10.8	11.1
10	10.2	10.6	10.9	11.3
10.5	10.3	10.7	11.0	11.4
11	10.4	10.8	11.1	11.5
11.5	10.5	10.9	11.3	11.6
12	10.6	11.0	11.4	11.7
12.5	10.7	11.1	11.5	11.8
13	10.8	11.2	11.6	11.9
13.5	10.9	11.3	11.7	12.0
14	11.0	11.4	11.8	12.1
14.5	11.1	11.5	11.9	12.2
15	11.3	11.6	12.0	12.3
15.5	11.4	11.7	12.1	12.4
16	11.5	11.8	12.2	12.5

