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› [Brooks](#) /

› [Brooks Men's Trace 2 Neutral Running Shoe Instruction Manual](#)

Brooks 1103881D477

Brooks Men's Trace 2 Neutral Running Shoe

MODEL: 1103881D477

Brand: Brooks

Introduction

The Brooks Men's Trace 2 Neutral Running Shoe is engineered to provide a soft, smooth, and comfortable experience for runners seeking neutral support. This manual provides essential information for the optimal use and care of your running shoes.

- **Soft Cushioning:** BioMoGo DNA cushioning adapts to your speed, stride, and weight to help deflect impact away from your body, ensuring comfort mile after mile.
- **Comfortable, Secure Fit:** The 3D Fit Print and air-mesh provide extra structure to hold your foot in place while also providing optimum airflow.
- **Smooth Transitions:** The segmented crash pad cushions your landing and creates a soft, seamless heel-to-toe transition from take-off to landing.
- **Breathable Upper:** A new, engineered air-mesh upper offers more breathability to keep runners dry and comfortable.

Setup

Proper setup ensures maximum comfort and performance from your Brooks Trace 2 running shoes.

1. **Initial Try-On:** Wear your typical running socks. Ensure there is about a thumb's width of space between your longest toe and the end of the shoe. The shoe should feel snug around the midfoot but allow your toes to wiggle freely.
2. **Lacing:** Lace your shoes securely but not too tightly. Experiment with different lacing techniques if you experience pressure points or heel slippage. A common technique is to use all eyelets and tie a double knot for security.
3. **Break-In Period:** While the Trace 2 is designed for immediate comfort, it is advisable to gradually increase your mileage in new shoes. Start with shorter runs or walks to allow your feet to adapt.

Operating

The Brooks Trace 2 is designed for neutral runners on road surfaces. Understanding its intended use will help you maximize your running experience.

- **Running Surface:** These shoes are optimized for road running. While they can handle light trails, prolonged use on rugged terrain may affect their durability and performance.
- **Foot Strike:** The segmented crash pad is engineered to provide smooth transitions regardless of your foot strike pattern (heel, midfoot, or forefoot). Focus on your natural running form.
- **Neutral Support:** The Trace 2 offers neutral support, meaning it is suitable for runners with neutral pronation or slight supination. It provides cushioning without additional stability features.



Image: A pair of Brooks Trace 2 running shoes, showcasing their design and color scheme, ready for use.

Maintenance

Proper care extends the life and performance of your running shoes.

- **Cleaning:** Gently brush off loose dirt with a soft brush. For tougher stains, use a mild soap and cold water solution with a soft cloth. Avoid harsh chemicals or machine washing, as this can damage materials and adhesives.
- **Drying:** Allow shoes to air dry naturally at room temperature. Do not use direct heat sources like radiators or tumble dryers, as this can cause materials to shrink or warp. You can stuff them with newspaper to absorb moisture and help maintain their shape.
- **Storage:** Store your shoes in a cool, dry place away from direct sunlight. Avoid storing them in damp environments, which can promote odor and material degradation.



Image: Side profile of the Brooks Trace 2 shoe, illustrating the breathable mesh upper and the structure of the midsole.

Troubleshooting

If you encounter any issues with your Brooks Trace 2 shoes, consider the following:

- **Discomfort/Pain:** Ensure you have the correct size and width. Foot pain can also be a sign that your shoes are worn out and need replacement. Consult a running specialist if discomfort persists.
- **Excessive Wear:** Uneven wear patterns on the outsole can indicate pronation issues or a need for different shoe type. Monitor the wear on the sole (see specifications section for sole image).
- **Odor:** Ensure shoes are properly dried after each use. Using odor-absorbing inserts or baking soda can help.
- **Reduced Cushioning:** Over time, cushioning materials compress and lose their responsiveness. Most running shoes need to be replaced every 300-500 miles, depending on individual use and body weight.



Image: The outsole of the Brooks Trace 2, displaying the durable rubber and tread pattern designed for traction and smooth transitions.

Specifications

Feature	Detail
Product Dimensions	10 x 15 x 6 inches; 2 Pounds
Item model number	1103881D477
Department	mens
Date First Available	March 1, 2016
Manufacturer	Brooks
ASIN	B09MGCP4QP
Origin	Imported
Sole material	Rubber
Outer material	Mesh
Inner material	Jersey

Warranty and Support

Brooks offers a limited warranty on its products against defects in materials and workmanship. For specific warranty details, claims, or product support, please refer to the official Brooks website or contact their customer service directly. Keep your proof of purchase for any warranty claims.

For additional assistance, visit the [Brooks Store on Amazon](#).

