## Directions:

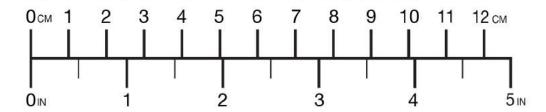
- 1. FIRST! Check the scale below against an actual ruler.
  - 2. Place this on a flat hard surface.
    - **3. Step on the sandal template** with your foot centered on the shape.
      - 4. Determine your size.

        You don't want a lot of room in front of your toes or behind your heel.

For expert help, take a couple photos of your foot on this template at similar angles as the diagram and email us at:

Forth Runners Info @gmail.

Print at 100% scale. If this scale doesn't match your ruler re-print this template and be sure to set your computer printing setup scale to 100% or



'actual size'. Be sure 'scale to fit' is not checked.