

Spike Length Guide For Cross Country Running



Length	Style	Use
1/8"	Needle	Track or pavement, <i>rarely</i> used for XC
1/4"	Pyramid	Most XC courses (can use on tracks and pavement)
3/8"	Pyramid	All grass/trail/stone dust XC courses (no track!, no pavement!) (<i>required pre-race use/practice</i>)
1/2"	Pyramid	Really muddy courses! (no track!, no pavement!) (<i>required pre-race use/practice</i>)
5/8"	Pyramid	RIDICULOUSLY MUDDY COURSES (no track!, no pavement!) (<i>required pre-race use/practice</i>)
3"	Velociraptor Claw	LATE CRETACEOUS COURSES ONLY!! Last resort arsenal (<i>requires extensive pre-race training</i>)