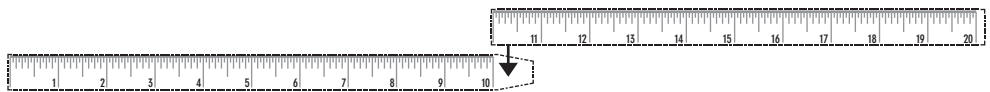


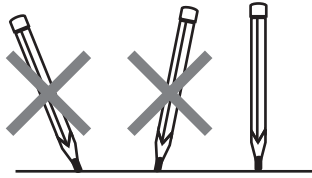


MEASUREMENT TEMPLATE

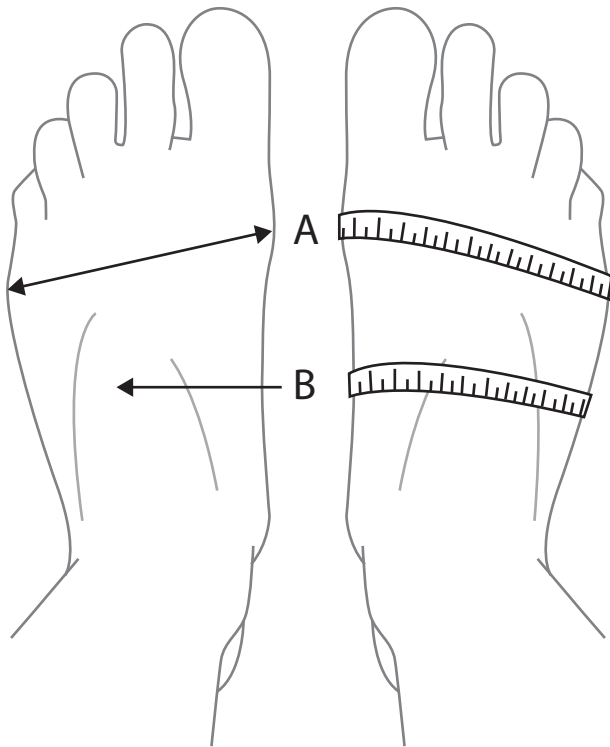
1. Print out this document in 8.5"x11". **DO NOT SCALE TO FIT PAGE.**
2. Measure your feet using a soft measuring tape. If you do not have one, cut this one out along the dotted line. Line up the first hashmark on the second side with the 10 on the first side. Use packing tape or another translucent tape over the paper printout to keep it from ripping.



3. Wear the same thickness of socks that you plan on wearing with your new shoes. Measure barefoot for sandals, or things you plan on wearing without socks.
4. Measure sitting down. keep your knees bent at a right angle. Apply some light pressure on the foot you are measuring. It may be easier to have somebody else measure for you.
5. Scan the last two pages of this document with your foot traced and your measurements entered in the corresponding box. Submit to INFO@STMARC.CA



Using a short pencil, trace all the way around your foot. Make sure to keep the pencil perpendicular to the ground, do not angle the pencil to try to trace under the foot.



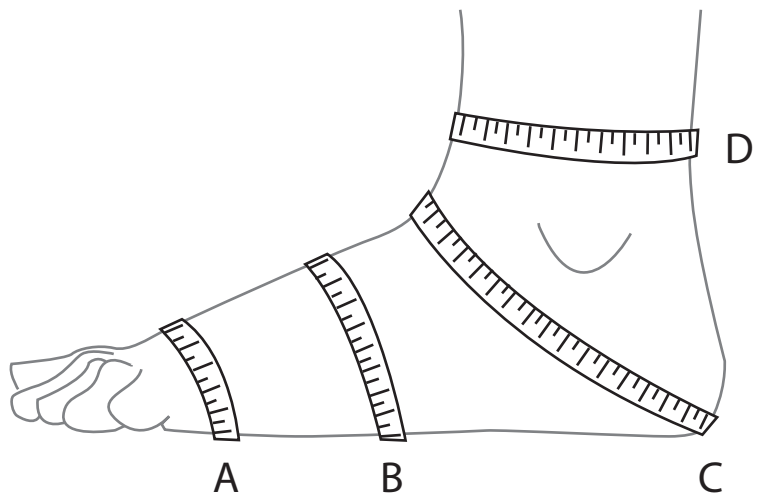
Using a measuring tape, Measure around positions A, B, C, D. Make sure the tape is snug around your foot, but not tight. Take each measurement twice to ensure accuracy, and make sure to measure both feet.

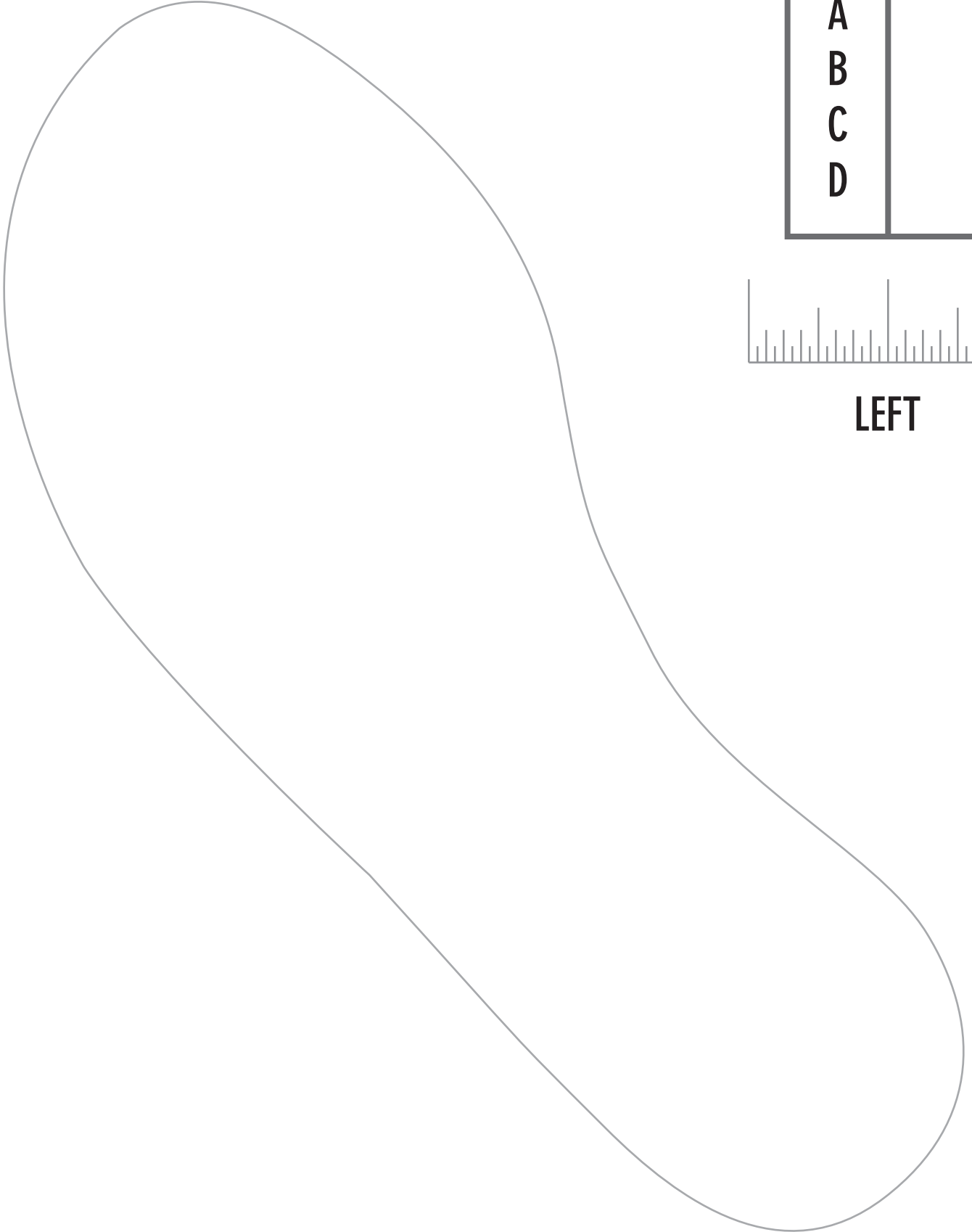
Measurement A: measure across the two widest points of the ball of your foot.

Measurement B: measure your foot at the highest point of your instep.

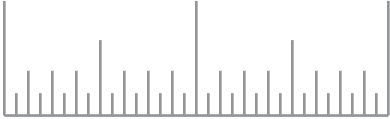
Measurement C: measure from the back of your heel bone to where your ankle meets your foot.

Measurement D: Measure above your ankle bone.





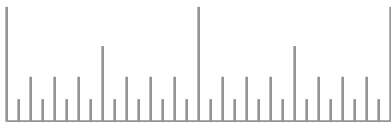
A	
B	
C	
D	



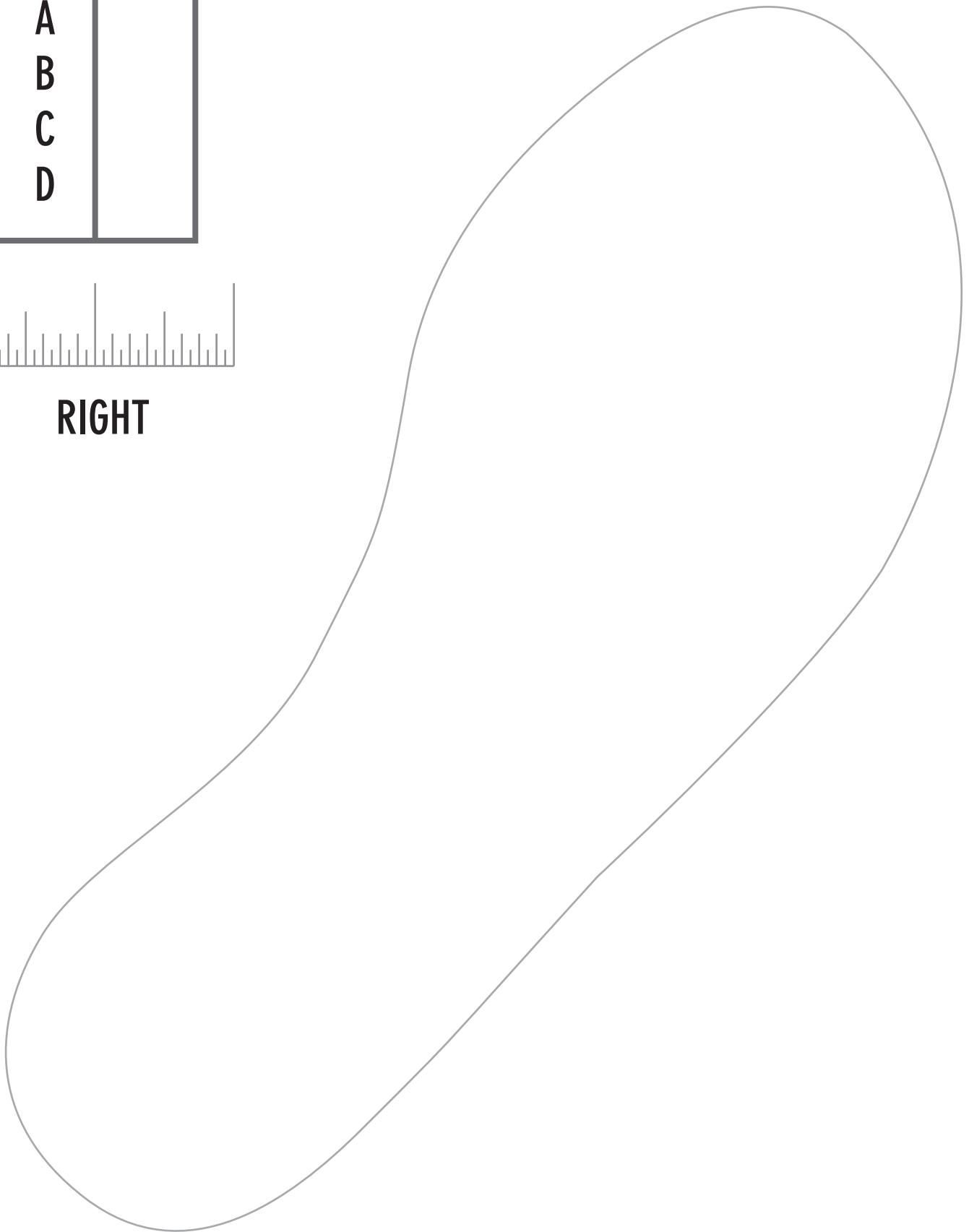
LEFT

ST. MARC MONTREAL

A	
B	
C	
D	



RIGHT



ST. MARC MONTREAL