



How to Restore Grip on Athletic Shoes

This guide will demonstrate step by step how to restore the grip on the bottom of athletic shoes.

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INTRODUCTION

In this guide you will learn how to effectively restore the grip to the bottoms of athletic shoes. The seven step process will require the use of five household items.

TOOLS:

- [Park Tool GSC-1 GearClean Brush](#) (1)
 - [Soft Cloth](#) (1)
 - [Dish Soap](#) (1)
 - [Bowl](#) (1)
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Step 1 — How to Restore Grip on Athletic Shoes



- Rinse shoe bottom under neutral temperature water to avoid cracks.

Step 2



- Make a mixture of dish soap and water in a small bowl.

Step 3



- Use a soft bristle brush with the soap and water mixture to scrub dirt from bottom of shoe.

Step 4



- Rinse soap from bottom of shoe and dry thoroughly with clean cloth.

Step 5



- Once the shoe is completely dry apply a thin coating of Vaseline.

Step 6



- Allow time for the Vaseline to completely dry.

Step 7



- Enjoy your athletic shoes with refurbished grip!

To reassemble your device, follow these instructions in reverse order.