I just checked and apparently you can run Cat7 cables with the stand RJ-45 ends. (These are the standard cable ends everyone's familiar with. Normal ethernet plugins)

They apparently use extra shielding which isn't fun to work with! I'd recommend Cat6e if you want the extra speed and bragging rights. It will cost you more but once you have it its done.

BTW, you can buy a patch cable(normal ethernet cord you would use from modem to computer) thats rated to Cat6 on ebay. They're dirt cheap.

For under $200 you can even buy a starter kit off ebay that gives you everything you need to start making cat6 cables. Its a good thing to learn. Almost all of my cables are custom made. They all fit perfectly. I made them to the exact lengths.

Right now I'm sitting in bed with a cable that reachs perfectly to my laptop and when I put the laptop away I unplug the cord and it reaches to the handle on my dresser. So i just set it ontop of that.

Ethernet Cables Do Break If They Are Moved Too Often!

I had to throw out a lot of the cables we were using before I rewired everything. Once a cable sits to long and gains the shape of how its sitting you can't reuse it. The wires inside break and you will get little to no connection.