

## active feet - PODIATRY TIP

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In order to assist your preparation for the 2009 Gatorade Triathlon Series, I will be providing a series of tips to hopefully assist in your preparation and maximize your enjoyment.

### **BLISTERS!**

Blisters are the result of 'shear' stress, caused by excessive movement within the shoe. They are often caused by a poor shoe fit (length and/or width), poor sock choice, and too much or too little support through the shoes midsole (the foam part that gives you control and cushioning within the shoe). The most common place for blistering is towards the end of the foot's arch, just before the ball of the foot.

**Solution:** Use 'barrier' cream on blister prone areas pre race (eg Bodyglide, Bepanthen or Vaseline), purchase a quality run sock, and check your shoes at active feet. If you blister in the arch, then cut out the folded section of the sockliner, leaving a flat base. This flappy arch part will not make a difference to your shoe, but guarantees blister free running!