

## Training Tip #2

### Foot Care — Shoes and Socks

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Proper shoe and sock selection before the event is key to keeping your feet healthy and preventing blisters and other problems with your feet. Buy shoes at the end of the day when your feet are a little swollen and ensure that your shoes are the correct size and fit the architecture of your foot. Have your foot measured for length and width for proper fit.

As you train for the Susan G. Komen 3-Day®, you'll want shoes designed specifically for walking. These shoes have:

1. Thinner midsoles, because walkers apply less force than runners.
2. A different center of pressure to allow for walkers' straighter strike path.
3. A smaller heel cleft angle since heel cleft changes relative to speed.

Plan on getting two pairs of properly fitting walking shoes for training and two pairs that have been broken-in four to six weeks in advance for the Komen 3-Day itself.

Choose a sock that pulls moisture away from your feet. Synthetic socks such as "Coolmax," "Dryfit" or wool socks are better than pure cotton for keeping your feet dry. Try wearing two socks or double-layered socks. Make sure that the socks fit well and don't bunch up in any areas. Plan on changing to clean, dry socks halfway through the day. Plan on two pairs of clean, dry socks for each day of the event. If your socks are still wet, try foot powder or spraying your feet with antiperspirant.

Use powders that are especially designed for feet. Cornstarch has a sugar base and may not be a good choice if you are prone to fungal infections or athlete's foot. You also may try Glide or Vaseline® to help prevent friction.