

TeamJet Hawaii Marathon Clinic 2009

Newsletter

"To boast of a performance which I cannot beat is merely stupid vanity. And if I can beat it that means there is nothing special about it. What has passed is already finished with. What I find more interesting is what is still to come."

Emil Zatopek

This Week's Workouts:

Tuesday: 10km time trial

Thursday: Fartlek

Sunday: ½ marathon race, Kapiolani Park, 5:30am

<http://www.teamjethawaii.com/calendar.php>

On My Mind: HOW TO PREVENT CHAFING AND BLISTERS

Chafing

Chafing often occurs on the inner thigh, groin area, armpits, nipples, etc. as a result of sweating, and friction from body parts rubbing together, or friction from clothing. The best treatment for chafing is prevention.

Stay hydrated - Drink plenty of water to prevent dehydration. Among other things, staying well hydrated will help prevent chafing by allowing you to perspire freely. When you stop perspiring your sweat will form salt crystals on your body increasing friction.

Clothing - Select snug fitting (but not tight) clothing. Shorts or jog bras that are too tight or too loose will create friction and rubbing.

Choose breathable, wicking fabrics Coolmax, Supplex, Polypro, etc are good choices. No cotton! Adidas Climalite is always nice (plug).

Clothing should have few seams, flat seams, and small flat stitching.

Do not wear untested clothing on a long run and never wear unwashed clothing.

Lubricant - When you increase your mileage all other efforts may fail. It is time for real preventative. There are a variety of lubricants on the market. They are readily available at most running stores. Many people use petroleum jelly because it is inexpensive and easy to find. I don't really like the consistency, and find it doesn't stay on as well as many of the sports/running products. The Runners Lube that I use comes in a stick, goes on smoothly, stays on well, and a stick last forever. It is well

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worth the \$\$.

Treatment - The general treatment for chafing is to treat the area by washing with soap and cool to luke warm water. Then apply an antibacterial ointment or antiseptic spray, cover with a bandaid or sterile guaze. This works well, but I prefer A and D ointment. (Yes, the diaper rash ointment!!) It relieves pain and itch, promotes healing, and keeps the area lubricated so you can continue walking without discomfort. After this product was recommended to some fellow walkers it soon became known as "Magic A & D" it works so well.

Blisters -Blisters are also caused by friction, heat and sweating. Most of the same preventative measures apply.

Stay hydrated - Same as above, be sure to stay properly hydrated including sodium replacement if needed.

Shoes - As with many other walking ailments, begin with the shoes. Your shoes must fit properly to avoid blisters. Too snug or too loose is always a problem. Ensure that there is ½ inch space between your longest toe and the end of your shoe. Be sure that you have enough room to wiggle your toes inside the toe box, and your heel does not slip.

Inspect the inside of your shoes for seams or worn areas that might produce extra friction.

Socks - Select socks that fit your foot without being too tight or too loose. Stay away from tube socks as they don't fit close enough to the foot.

Choose soft wicking fabric such as coolmax (NO cotton). Cotton absorbs moisture and is usually a little rough in texture. Ensure that the socks do not have bulky stitching at the toes or heels. Thorlo, WigWam, and Thermolite are a few of the popular brands.

Do not wear socks that are too worn. Thin areas and holes are very likely to produce hot spots and blisters. I change socks very regularly, some people love getting new shoes, I just need new socks.

Do not wear untested socks on a long run and never wear unwashed socks. Also follow manufacturer's laundering instructions for the best results.

Wrapping and Taping - Wrapping toes with moleskin or taping feet with athletic

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tape (or duct tape) is also a common practice. If you wrap your feet it is important that the tape is applied smoothly (no wrinkles) and not too tight. Moleskin can also be used to cover a blister that has already formed. I buy the self adhesive kind in sheets. Cut a piece larger than the blister and cut a hole in the center. (Shaped like a donut.) The outer ring will help cushion the blister, but the blister itself will not be covered.

Treatment - Use the following steps to minimize the chance of infection. Small blisters can usually be taken care of without puncturing. Leave intact and use only steps 1, 3, 7, 8, 9, and 10. (Diabetics should always seek medical attention for blisters).

1. Wash your hands with disinfectant soap and water.
2. Put on latex gloves.
3. Clean the blister and surrounding area using a disinfectant soap or solution.
4. Sterilize the tip of a needle by soaking it for at least three minutes in a disinfectant solution or heating it until it glows red, then cools.
5. Make a small puncture at the base of the blister. Leave the roof of the blister attached so it can continue to protect the skin.
6. Use a gloved finger to gently push the fluid out.
7. Apply antibiotic ointment to a piece of gauze and cover the wound. Avoid drying products such as alcohol.
8. Cut a hole the size of the blister in a piece of moleskin.
9. Cover the blister with the moleskin so that the blister rests in the middle of the hole and the adhesive sticks to the skin around the blister.
10. Replace the bandage daily and check for signs of infection: heat, pain and swelling on or around the blister, pus, red streaks radiating from the blister, or fever.

I have a much better solution to blisters, but it requires a scalpel and a syringe/needle, so I won't publish that...don't want any lawsuits or missing toes, but if you want to know, just ask me!!!

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