

BLISTERS & CHAFING

- CAUSES
 - Irritation, friction & rubbing
 - Tight or loose fitting shoes & clothing
 - Dirt and rocks getting into shoes
 - Areas on shoes or clothing that rub against the skin
 - Toenails that are too long or rough
 - Moisture
 - High humidity
 - Letting water get into shoes
 - Heat
 - Pavement is warmer than dirt

BLISTERS & CHAFING (CONT.)

- PREVENTION

- Trim toenails and file down calluses
- Proper hydration and electrolyte balance esp. magnesium
- Lubricants
 - Zinc Oxide= Desitin= Baby ointment=Butt Paste*****works very well!!!!
 - Body Glide
 - Blister shield
 - Hydropel
 - Bag Balm
 - Petroleum Jelly
 - Aquaphor
 - Udder Balm
 - Sportslick
 - Brave Soldier

BLISTERS & CHAFING (CONT.)

- PREVENTION
 - Powders
 - Blistershield
 - Squeaky Cheeks
 - Talcum
 - Gold Bond
 - Zeasorb

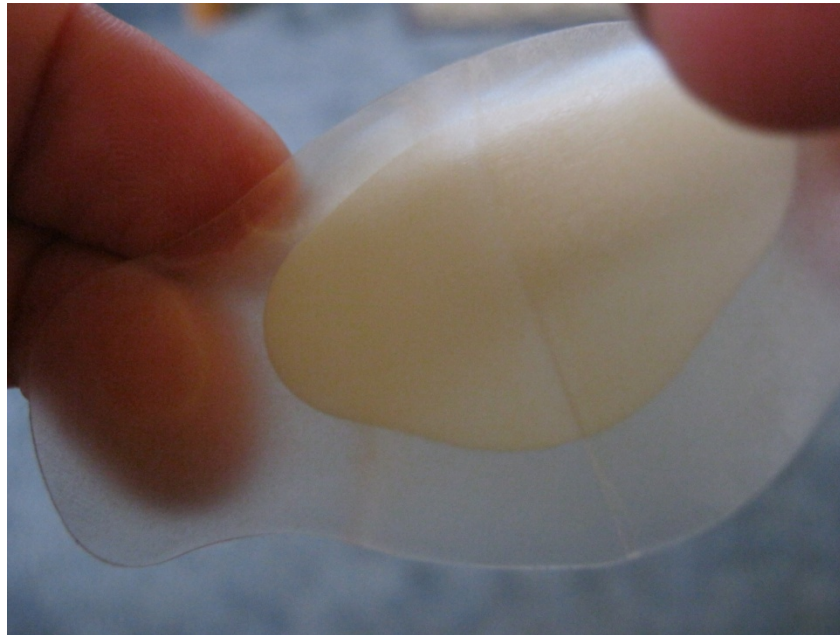
BLISTERS & CHAFING (CONT.)

- PREVENTION

- Taping

- Band Aid Activ-Flex—formerly known as Compeed
 - 2nd Skin Blister Pads
 - Blist-O-Ban
 - Glacier Gel
 - 2nd Skin Burn Pads
 - Kinesio Tex
 - Elastikon
 - Leukotape
 - Micropore
 - Duct Tape
 - Mole Skin
 - Spenco skins

Band Aid Activ Flex works like a new skin layer. Stretch the plastic first.



Place over blister or blister prevention area by stretching and rubbing it.



Stays on until blister is healed. Use Benzoin to adhere better if raining.



BLISTERS & CHAFING (CONT.)

- PREVENTION
 - Adherents
 - Tincture of Benzoin
 - Tuf-Skin
 - Mastisol
 - Miscellaneous
 - New skin liquid bandage
 - Tuf-Foot to toughen feet
 - Antiperspirants
 - Rubbing Alcohol
 - Engo Pads for shoes

BLISTERS & CHAFING (CONT.)

- PREVENTION

- Gaiters

- Prevent rocks and dirt from getting into shoes

- Socks

- Coolmax—especially the double layer ones
 - Drymax
 - Smartwool
 - Injinji—can fill toes with lubricant—taping toes with these socks will likely cause blisters.

BLISTERS & CHAFING (CONT.)

- TREATMENT
 - Drain blister if it's large enough to cause discomfort or before any taping
 - Use alcohol wipe first
 - Use needle or scissors if really large
 - Squeeze out all liquid
 - Apply antibiotic ointment over small blister or drained blister and let it heal overnight.
 - 2nd Skin burn gel under Kinesio Tape-apply with Benzoine—use micropore tape on edges
 - Band Aid Activ-Flex bandages—stretch bandage over wound ****See above for information on use****
 - Super Glue

CLOTHING

- To prevent blisters:
 - Non cotton works best.

Race Ready Shorts and others have pockets for carrying energy gels, etc.

INJURY PREVENTION AIDS

- The Stick
- KT Tape or Rock Tape****works very well!!!!
- Bug Spray—essential if running on trails
- Tecnu—to prevent Poison Oak
- Cross training—include weight training or resistance training
- Stretching exercises
- L-Glutamine for recovery

HYDRATION

- WHAT TO DRINK
 - Water is best—cold water is more quickly absorbed
 - Electrolytes—make sure not to deplete electrolytes
- HOW MUCH TO DRINK
 - Depends on temperature, humidity, body size, conditioning, consumption of food items, etc.
 - Drink before you're thirsty
 - Drink often even if it's cold
 - Drink smaller portions more often to avoid digestion issues

HYDRATION (CONT.)

- HOW TO DRINK
 - During races-squeeze cup and sip desired amount—may need to pour out some of liquid
- PRODUCTS
 - Hand held bottles
 - Hydration Packs
 - Shoulder
 - Waist

ELECTORLYTES

S-Caps	Endurolytes	Salt Stick	Thermolytes	Lava Salts
<p>Sodium (Citrate/phosphate/bicarbonate) 341mg</p> <p>Potassium 21 mg</p>	<p>Sodium Chloride 40 mg</p> <p>Chloride 60 mg</p> <p>Calcium 50 mg</p> <p>Magnesium 25 mg</p> <p>Potassium 25 mg</p> <p>Vitamin B-6 6.6mg</p> <p>Manganese 1.6 mg</p> <p>L-Tyrosine 50 mg</p>	<p>Vitamin D3 100IU</p> <p>Calcium 22mg</p> <p>Magnesium 11 mg</p> <p>Chloride 3349 mg</p> <p>Sodium Chloride 215 mg</p> <p>Potassium 63 mg</p>	<p>****Per 2 capsules****</p> <p>Vitamin D3 220 IU</p> <p>Vitamin B-6 2 mg</p> <p>Calcium 25.2 mg</p> <p>Phosphorus 15 mg</p> <p>Magnesium 12 mg</p> <p>Zinc 1 mg</p> <p>Selenium 10 mcg</p> <p>Sodium 330 mg (Chloride/phosphate)</p> <p>Potassium 85.2 mg</p> <p>R-Lipoic Acid 20 mg</p> <p>Black Pepper Extrct 5 mg</p> <p>Licorice Extract 2 mg</p> <p>Ginger Extract 1 mg</p> <p>Peppermint Oil 1 mg</p>	<p>Sodium Chloride 255 mg</p> <p>Sodium Bicarbonate 80 mg</p> <p>Sodium Citrate 75mg</p> <p>Sodium Phosphate 50 mg</p> <p>Potassium Chloride 30mg</p>

ELECTROLYTES (CONT.)

- There is a difference between the capsules. Consider using a combination of S-Caps and Endurolytes.
 - S-Caps have a lot more Sodium than Endurolytes.
 - S-Caps have buffers against the acid formed during carbohydrate metabolism (bicarbonate, citrate, and phosphate) This will keep your stomach from getting too acid. Citrate and phosphate are also used in the biochemistry of energy production.
 - Endurolytes have magnesium which is essential for muscle contraction. They also have more other electrolytes.

ENERGY PRODUCTS

- Gels
 - GU, Cliff Shot, Hammer Gel, Accel Gel, E-Gel, Stinger, etc.
- Bars
 - Infinite number of these. Also, Rice Crispy treats and Stinger Waffles.
- Chews
 - Cliff Shot Blocks, Gu Chomps, Sharkies, Luna, Sports Beans, Agave Gel, Stinger, glucose tablets, etc.
- Powders
 - Perpetuum, Carbo Pro, Sustained Energy,

RESOURCES

- Fixing Your Feet by John Vanhof—up to 5th Ed.
- Internet provides many articles for nutrition and race events.
- www.run100s.com
- www.ultrarunning.com
- www.runnersworld.com
- lamruns@sbcglobal.net
- 605-5120—My cell phone