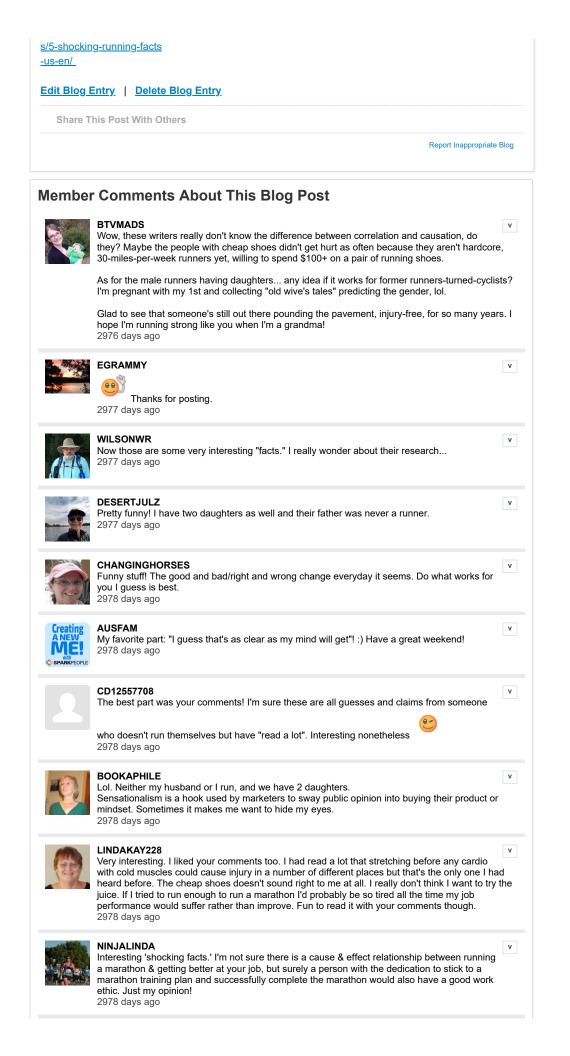
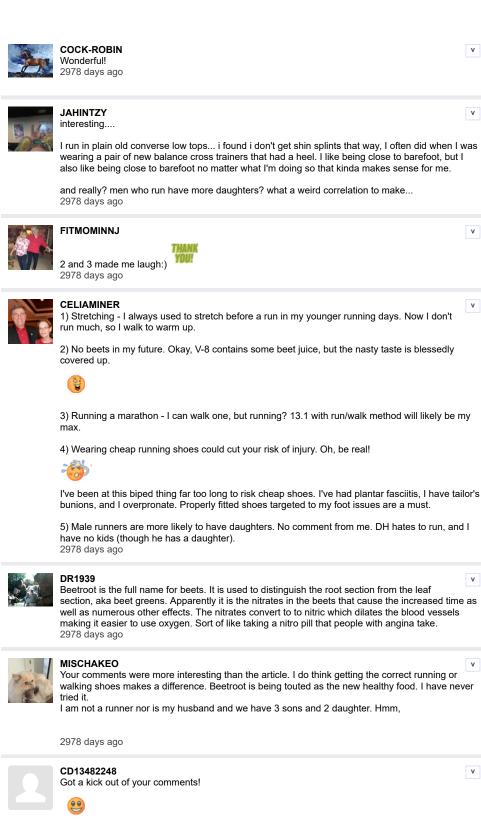


www.realbuzz.com/article





I run and have twin daughters, my son-in-law runs part of the year.....I now have a granddaughter & grandson.

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2978 days ago



## AMARILYNH

These 'new' studies make me laugh!! I'm sure there is some truth in them (I hope??) but really.... Wearing cheap running shoes CUTS your risk of injury? That sure wasn't true in my case!!

I am reminded of what my mother (who reared 9 healthy children) told me when my daughter was a baby and I was questioning some 'new' information. She said doctors keep coming up with new and different recommendations but babies don't change. I followed her advice rather than the 'new, new' thing and my daughter is a healthy, happy 39 year old!! 2978 days ago

	CD10259955	
	I think I enjoyed the commentary even more than the facts!	
	<b>CD13545024</b> odd factsmy trainer has me starch when we at the end of a workout not the beginning 2978 days ago	
	MJREIMERS	
	Thanks for the information. Since I am going to start running, I found this information very valuable. I had read the new data on stretching before a run, but none of the other.	
	I personally worry about shoes. I WILL get plantar fasciitis if I don't have the right shoe. Any suggestions?	
	I have a feeling that 13.1 will be my max, too. I really can't see running farther, but then again,	n,
	maybe I'll surprise myself! (I doubt it, though!)	
	I appreciate this blog!! 2978 days ago	
	LEANJEAN6	
	Some of those facts I knewbut some I didn'tinteresting!	
	<b>CD12146214</b> Like you, I guess my head will only be half clear as my max run is 13.1.	
	I hate beets - another tick against the survey	
	My husband is a cyclist - we have one sone	
	I overpronate and have high arch no minimalist shoes for me.	
	Incorrectly fitting shoes, at any price, will ruin your feet	
	Thanks for the article as it was an interesting read 2978 days ago	
	MAGGIEVAN Very interesting. Thank you for sharing. My husband is a runner and we have 3 sons! 2978 days ago	
	our Comment to the Blog Post	
	se's Community Guidelines.	
Subso	sribe to this blog SPELL CHEC	СК