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Something old, something new and something extra

Tuesday, February 11, 2014

Every 6 months or 500 miles I buy new running shoes. I don't get rid of the old ones immediately. I use them for other activities. Eventually they end up as a donation to the rescue mission.

The last 3 pair were all the same color. This time, even though they're the same brand and model, I went for something different. Grandma with neon laces!



I broke them in slowly, but after a long run I noticed that I was getting a blister on my arch. Could it be the new shoes?

No. I wear what I call "industrial strength" custom orthotics since I've inherited "difficult" feet. They're flat, severely over-pronate and even have an extra bone and "floppy" ankles.

The orthotics have kept me upright and comfortably running for over 25 years.

But this 2 year old pair has developed a problem. The covering has peeled back and I was running on the tough base. That's the source of the blister.



Fortunately, my ortho guy can "refurbish" them with a replacement cover which will take about 1 week.

I've got an older pair. The date on the bottom says May 2010. With the new shoes they feel just fine, but I think this will be an unintentional "cutback week" regarding distance. My half marathon training has been going well and I don't want to push it.

Now that something extra?

When I bought my new shoes, I got a free gift for trying on a new model, even though I didn't buy them.

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I remember "Astronaut Ice Cream" when visiting the Air & Space Museum. Now I can try it.



It's freeze dried and not very nutritious, but I'll try it anyway.




I'll share it with DH. He's an Aerospace Engineer.

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IFDEEVARUNS2

I'm starting to think the orthotics may be the culprit in my post-marathon sore foot. How long should one pair last?



2678 days ago


- 

WATERMELLEN

Love your space age ice cream AND those jazzy new laces . . . it's great you can recover those orthotics too. (I had blisters on my soles of my feet after much airport trekking!!)

2678 days ago


- 



CD13758606

DH is an Aerospace Engineer and he has never tried freeze dried ice cream?

Every kid should have a taste of it. Melts in your mouth.


Love your new running shoes! Get those orthos fixed fast so you can be flying!

2678 days ago


- 

ONEKIDSMOM

Enjoy your astronaut ice cream. Believe it or not, I have an Army Reserve MRE (meals ready to eat) sitting on my counter, something I cleaned out of my son's car while he was deployed.



And glad you're getting your orthotics refurbished. Happy running when they're all fixed.
2678 days ago



MARYJEANSL

I'm not so very fond of freeze-dried ice cream myself. But as a novelty item - and free, no less - hey, why not? I hope you get your good orthotic back soon and in great condition, so you can get back to the training regime. Hope all goes well!
2678 days ago



MERRYMARY42

interesting, freeze dried ice cream, oh well, let us know how it is



love the shoes and laces
2678 days ago



STRIVERONE

You should try the freeze dried ice cream. It's part of the "American Experience". I had my first and only bite when we took our high school aged son to D.C. about twenty years ago.
2678 days ago



Comment edited on: 2/11/2014 7:29:11 PM



KANSASROSE67

I wear those custom orthotics too. And I also replace my running shoes every 500 miles. The thing I've always wondered is: how do you know when your orthotics need to be replaced? That hard plastic never really wears out.
2679 days ago



GINIEMIE

Love the colour of your new shoes, but I'll pass on the laces. I found sometimes when Erik's feet hurt him it not his shoes but his orthotics / brace. Usually means we have to go back to the brace place. This last time I decided I couldn't figure out what the problem was and made him and appointment with a foot doctor-they called and rescheduled tomorrow's appt. because of the snow and ice we are getting hit with. Now I have to cancel caregivers for another day, which means another day of NO Mom time. God is good, I have Erik so I'll be grateful that I do and that I can care for him.



2679 days ago



WILSONWR

I'm glad you figured out the problem! Great looking shoes, by the way!
2679 days ago



CD13423552

Love the new shoes! I am due for a new pair around now too. It has been about 6 months for me and I can feel the cushioning breaking down, especially around the arch support. I am an over pronator and my favorite running store opened up a new location closer to my house!
2679 days ago



SLENDERELLA61

Your old shoes look like my Brooks Adrenaline model. I liked them, but found one I liked even better, the Saucony Hurricane. However, with my 3rd pair I got my first ever blister from running. Guess I'll be wearing my well broken in pair for the HM.

Hope you get your orthotic back promptly and that it does the trick. Love the looks of your new shoes. Enjoy!! -Marsha
2679 days ago



LEWILL1982

Looks like that ice cream has a nutrient ratio that should give you that extra "boost" during a run. It's probably comparable to chews or the Gu gels. Love new shoes, I always feel like I "float" on those first 2-3 runs in them.
2679 days ago



LINDA

Awesome shoes! Enjoy the ice cream -can't even imagine that lol.
2679 days ago



MISCHAKEO

I love your new shoes. I have neon shoes also! It is fun. Your training is going well. That astronaut ice cream sounds intriguing.
2679 days ago





SLIMMERJESSE

Very cool new shoes.

2679 days ago



BAZOOKABOBCAT

I LOVE getting new shoes! And I'm glad you figured out the source of the blister problem!

2679 days ago



LINDAKAY228

Enjoy the ice cream! The shoes I used to run or hike in, and now walk in, are something I spend more money on than my clothes! They are something really important to me.

2679 days ago



ELRIDDICK

Thanks for sharing

2679 days ago



PHOENIX1949

After reading your description of your 'difficult feet' I am even in more awe of your running feats.

2679 days ago



TERI-RIFIC

Nice shoes!! Take care of your feet. My foot still hurts.I'm currently looking for shoes with zero

toe spring (zero drop) but still lots of cushioning.

2679 days ago



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