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Who do you think wears these? The Incredible Hulk?

Saturday, February 22, 2014



No, just me and I'm more like that easily irritated gal in "The Princess and the Pea"

These are my newly refurbished orthotics. I call them "industrial strength." I have inherited genetically "difficult" feet. I credit technology like this for still being upright and "in the race"

4 months ago when I decided to register for a half marathon, my 1st in 8 years, I figured 12 weeks would be enough time to increase my distance. I was satisfied with my 10K time so I was starting with a reasonable base.

The recent extreme cold and heavy snowfall messed up my long runs, but I still thought I'd be OK.

Then 2 weeks ago after running 10 miles (plus 2 more walking), I noticed a nasty blister forming on my arch. I had worn the covering off my 2 year old orthotics. I dropped them off to be "refurbished" i.e. recovered

I spent the next 12 days cutting back on my distance since I was now wearing a 4 year old pair and didn't want to risk injury. This "princess" could feel the difference. The furthest I ran was 8 miles (plus 2 more walking).

I picked up the refurbished pair yesterday as soon as I got the call they were ready. They only have a new covering (top and bottom) no change to the structure, but just like the princess in the story, I can feel the difference. They are definitely stiffer and I've just spent nearly 2 weeks in a much older pair.

So, I'm breaking them in very slowly even though I'm running out of time. I've only got 2 more weeks to train and then a taper week. My longest run just might be on race day.

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MERRYMARY42



so glad to hear that the pea did not bother you at all
2666 days ago



GINIEMIE



Well wear them on short forays, then switch to the old, then back. Carry the alternates in a pack until these are re-broken in.
I pray you can get accustomed to them with out blisters before your big day.



2667 days ago



CELIAMINER



Well, I know you're not the Hulk, but dang those are big!!
2667 days ago



MISCHAKEO



If they help you, wear them. They certainly look thick enough to give you support. I hope you get them broken in before your race! They are colorful!
2667 days ago



CD12146214



How about wearing them round the house as well? That will break them in even faster!
2667 days ago



MARYJEANSL



Those are impressive, to say the least. I was wondering if that was the orthotic you had just won. Best wishes with your training! I hope it goes very well.
2667 days ago



DOVESEYES



Great.
2667 days ago



LINDAKAY228



Hope you enjoy them and they really do the job for you.
2667 days ago



WATERMELLEN



Hmmm: "platform orthotics"? I'm thinking they need ankle straps!!
2668 days ago



LINDA



Wow! And I thought the orthotics my podiatrist gave me were big! I don't know how you can even fit those in a normal shoe!! I wish you all the best breaking them in for your race! It amazes me you can even run with difficult feet! You are a superstar!!
2668 days ago



PHOENIX1949



Now those are some serious orthotics. Glad they help with your 'difficult' feet. Run with the wind.
2668 days ago



CD13202979



I have never seen anything quite like your orthotics. I hope that all goes well as you break them in for your 1/2 marathon!
2668 days ago



ONEKIDSMOM



I still predict a good race day for you, because you have listened to your body and been wise

about your responses and decisions! Spark on.
2668 days ago





DR1939

Wow! Those are big.
2668 days ago



TERI-RIFIC

Yikes
2668 days ago



MJREIMERS

Wow, you run with those! I'm glad they help you run, but they are "bigger" than I would think orthotics could be. It is really nice that there is technology to help people be able to do what they want and make their dreams come true.

Easy into running with them. Go easy with that 1/2. Remember you are a winner when you cross the finish line!!! I know you will do great!
2668 days ago



CD13834395

Oh my! They look like some type of torture device. When my son was 11, he started having headaches every day. So I took him to a podiatrist (my then husband told me I was crazy). They taped his feet and gave him orthotics - not quite as intense as yours appear in the photo. And voila, no more headaches!

You are already taking it easy breaking them in, but what a stroke of ill luck right before your first half marathon in eight years. I'm rooting for you!!
2668 days ago



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