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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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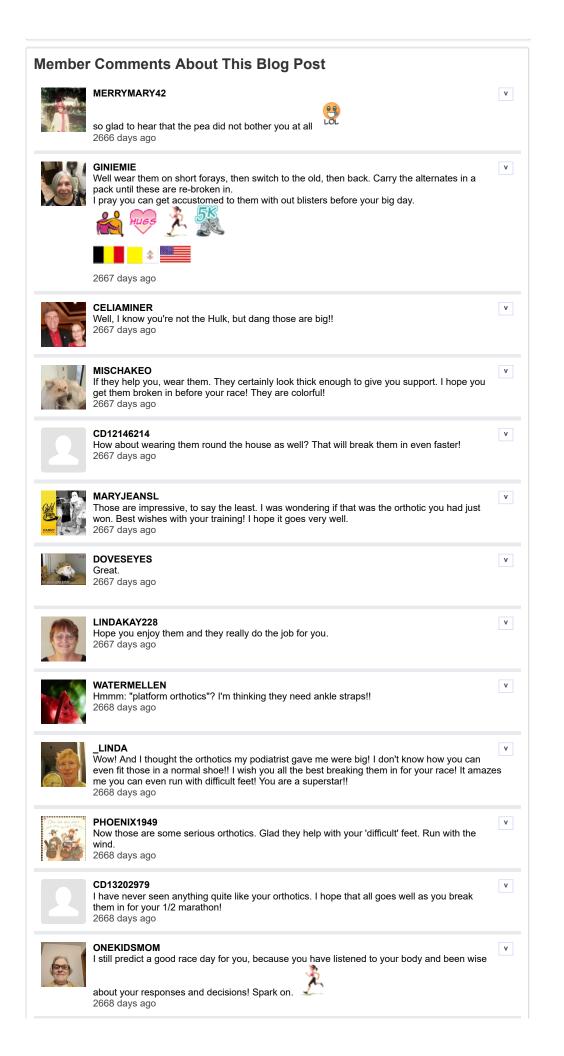
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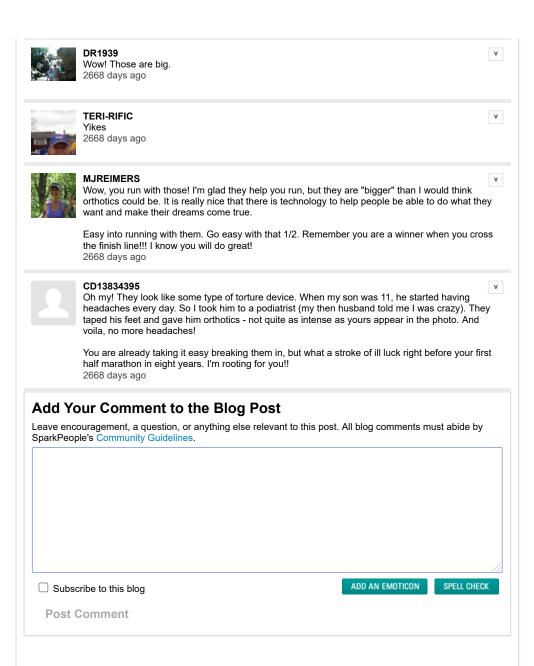
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Disclaimer: Weight loss results will vary from person to person. No individual result should be seen as a typical result of following the SparkPeople program.