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## A second opinion and a solution from an unexpected source

*Tuesday, March 18, 2014*

I couldn't believe I didn't realize it myself, but sometimes a fresh pair of eyes is what we need.

One reason my last 3 weeks of training were such a bust was the nasty blister on my arch that developed suddenly. The worn covering on my custom orthotic was the obvious problem, but refurbishing them (new covering) didn't solve the problem. The suggestion then was that I hadn't broken them in slowly enough. When that didn't work, I sought suggestions as to how to cover the exposed skin better.

Finally, with 6 days before the half marathon, I stopped in at a running store, the one my DD patronizes. I was 60 miles from MY running store. I walked in as a frustrated woman, babbling about my problem. I have been there before picking up my DD's shoes, so the sales guy did know who I was.

Immediately he said that my shoes were worn out. He could tell when I walked in. Huh? I always replace my running shoes every 6 months, (usually Sept and March) but I planned to wear the old ones for this one more race. I had already bought the new pair and I had them in the car.

When we looked at the 2 pair side by side, even I could see the problem. My severely overpronating right foot had really been putting pressure on my arch. The shoe had no support left which is probably why I wore off the covering.

So, I put the orthotics in the new shoes and used the "Body Glide" on my arch as he suggested and I was just fine. No problems in 13.1 miles as I posted in yesterday's HM blog (at least not from blisters anyway).

When I checked my running log, I realized that in the past 6 months, I had exceeded my average 500 miles by 175 miles. No wonder I got myself in trouble.

So this is a big "Thank You" to the owner of The Aid Station in Lynchburg, VA. I think I'll buy my next pair of shoes from him. He deserves more than just words of thanks.

Note: I bet the people at my regular store would have had the same suggestion. They had no idea when I bought my new shoes that I wouldn't begin wearing them immediately.

I'm so glad our community supports these local businesses. They are such an asset to our towns.

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## Member Comments About This Blog Post



**RUDITUDI2000**

I love Fleet Feet in St Peters MO. They are amazing. I don't think I would still be running if it were not for their help in the beginning, middle and current running journey I'm on! Clothes, shoes, encouragement, almost everything needed in ONE place. Glad you have a few good running



stores to choose from where you live!

2640 days ago

v



**MISCHAKEO**

Local businesses are important. However, so is having clerks who actually care about helping the customers. I am so glad you got help and solved your problem. I am about to get another pair of work out shoes myself.

2643 days ago

v



**DOVESEYES**

It s a great idea to review your year!!!

2643 days ago

v



**BOOKAPHILE**

How great that they were able to pinpoint your problem. I'm glad you had a good run since then. You're a good supporter of good customer service!

2643 days ago

v



**ONEKIDSMOM**

Totally agree about the small running stores... we have one here, too... and I LOVE the level of service. They are pros, look at a person walk, pay attention to the shape of your foot, and just plain EARN every dime I pay them!

Feel the same way about my bike shop, for that matter. Small businesses, locally based. They



deserve our support and patronage...

2643 days ago

v



**WATERMELLEN**

Excellent service, and I'm betting they'll get lots of new business as you spread the word. So glad your problem is solved!

2643 days ago

v



**MARYJEANSL**

I am so glad your problem is solved! And I agree with you about the local businesses. I like to support them whenever I can. Although here, in a big city, there aren't a lot of such businesses near where I live - they are all huge chains.

2644 days ago

v



**CD9543726**

Having a really good running shoe store is fantastic! It's so great to find a business you can trust.

2644 days ago

v



**JOYNEW**

That is funny how sometimes we can overlook the obvious. Hindsight is 20/20!

2644 days ago

v



**SHEL\_V2**

Amazing how much we can track, but miss an important little bit like that. Nice that the problem is solved and hope your race is great!

2644 days ago

v



**PHOENIX1949**

Great EUREKA moment.

2644 days ago

v



**GARDENCHRIS**

Good for you!

2644 days ago

v

**GINIEMIE**

Great service and good people. Glad you got it figured out. I was wearing my worn out shoes to do yard work and my back started hurting real badly after an hour. I wasn't even mowing. Just raking and cleaning up. I've thrown the shoes out. I bought new ones two months ago and can use

v



the ones they replaced for yard work. I'll get another pair soon, so I have clean shoes for volunteering and shoes for walking and the older ones for mowing, only I'm going to be more careful of how long I wear them. I pronate badly too and it kills my back when I wear bad/old shoes. I rather prevent my back issues by being pro-active with new shoes. I guess you'll be more attentive to steps/miles and length of time. You might have to buy three pairs a year.



2644 days ago



**LEWILL1982**

My last pair of shoes gave me a huge blister on my instep in only a 5 mile run, and it happened 2 runs in a row, they had never rubbed a blister before. It's amazing how our shoes can tell us when it's time to retire them. Too bad, we have to often learn the hard way! Glad you are on the mend and here's to no more issues!

PS -I love our local running stores as well, they can also track your buying habits. I don't ever buy running shoes by myself.

2644 days ago



**MISSB8604**

SO glad you figured things out!  
2644 days ago



**IFDEEVARUNS2**

Well Said!

2644 days ago



**SLENDERELLA61**

I feel the same way about our local running store, FitNiche. So glad you've figured out the reason. Bet you'll never make that mistake again. Best wishes for a great HM!! -Marsha  
2644 days ago



**LINDAKAY228**

That is so wonderful that they were able to be that extra pair of eyes and find the problem so easily. Glad you're doing better.  
2644 days ago



**\_LINDA**

AWESOME

Glad the solution was found before your race!!

Run like the wind!  
2644 days ago



**SKIMBRO**

AWESOME

2644 days ago



**LJOYCE55**

Giving them a free advertisement must be worth a few thanks as well.  
2644 days ago



**HAYBURNER1969**

I love the Aid Station!!! I'm going to share your blog post with them. They'll be glad to know they helped and I'm sure they will appreciate your business in the future!

<https://www.facebook.com/theaidstation>  
2644 days ago

Comment edited on: 3/18/2014 10:06:14 AM



**JSTETSER**


WOO!

Amazing!  
2644 days ago



**AUNTRENEE**  
Great work!  
2644 days ago



**LOVELESMILLS**  
  
2644 days ago



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