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Running with “difficult” feet – compensating for genetics

Sunday, May 18, 2014

I'm a combination of both of my parents.
Sports minded and competitive like my Dad.
Prone to worry and anxiety like my Mom.

In one area I got the worst of both. I've got Dad's flat feet with severe over-pronation and Mom's “floppy” ankles with even an extra bone and some weird looking toes.

So when I woke up on Thursday with an aching joint in my right foot I faced a dilemma. Since I never race in the summer here in the south, Saturday would be the last 5K of the season for me and I wanted to run it.

I've had this problem before. Many years ago I had surgery to remove a bone spur on the joint below my big toe. Scar tissue created a “bump.” Aside from the general unattractiveness, occasionally it would become irritated and painful. Thursday was one of those days. Perhaps, I bumped it while walking around the house barefoot.

My solution was to wrap my arch and ankle to take pressure off the joint. No running or walking for 2 days.

So, do I worry like Mom and stay home from the race or run anyway like Dad would advise?

They both won the argument in a way. I wrapped my foot, wore shoes without a seam across the instep, took 2 Advil and showed up at the starting line. I also checked out the other old ladies in the pack and decided that I didn't need to push myself (Mom's voice), but I wanted to stay ahead of them (Dad's voice).

The result: No PR, just another 31 something and a first place trophy for 60 and over.

I think both parents would be happy. The joint feels OK although I'll wrap the foot for a few more days as a precaution and I know Dad would be smiling at the award.

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RUDITUDI2000

Love it!! :)
2563 days ago



MARYJEANSL

I think you handled the situation in the best possible way. And congratulations on first place!
2575 days ago



CD13758606



and



on a



place AG finish. That made it all worthwhile.

I would have made the same decision as you, and you did right by listening to your body, not ignoring it, and taking the run easier.

How does your foot feel today?



and many more next season.
2582 days ago



LEWILL1982

Congrats on the award and the race. Way to take care of your feet, those are important! Isn't that the advice Lt Dan gave out in Forrest Gump?? No matter what, take care of your feet!
2582 days ago



DOVESEYES

What a great blog - glad you got another first!!
2582 days ago



WATERMELLEN

We ARE our parents' kids -- physically, mentally, emotionally for sure. Sounds like a very reasonable compromise absolutely!!
2583 days ago



LINDAKAY228

I think both parents would be happy and am glad they are. But most of all I'm happy if you're the happy one!
2583 days ago



SPINNINGJW



on the successful run. Glad your foot felt okay after it.

2583 days ago



DR1939



2583 days ago



PHEBESS

Way to go and good for you! (And heat? ice? elevation? I don't know, I'm always told to do some combination of those things.)
2583 days ago



MISCHAKEO

Both your mom and dad would be proud of you. You took care of yourself but were able to compete! I am glad your race went well and that you felt fine. That was a creative solution!
2583 days ago



SLENDERELLA61

Congrats on the AG award!! Good balance. I run with lousy feet, too. It's worth it! You compensated well. I have bad bunions, a Morton's neuroma, and psoriasis that splits and bleeds on the bottom of my feet. I can run anyway. I have to be careful with shoe selection and use bandages, as you do.

By the way, I'm running a 4 race 5K series aimed at keep people running during the summer here in central Florida. My next race is June 7th. I think a 31-something will win there, too. We'll see.

Love the way you wrote up this blog. I'm sure both parents would be very proud!!
2583 days ago

v



ONEKIDSMOM



keeping your balance between the "mom" and "dad" in your memory/head! I know the feeling.

2583 days ago



CD12813197

Congratulations! It is funny how we are all both of our parents both mentally and physically. I hope your foot gets better!

2583 days ago



50YEARSAWIFE



2583 days ago



WUMPASTAR

Thanks for sharing. That was awesome to read!

2583 days ago

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