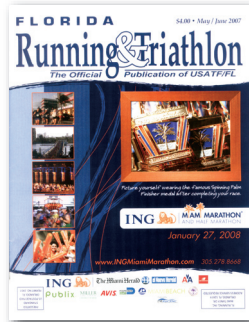




In The Media



As seen in *Running & Triathlon* magazine, page 24 of the May/June, 2007 issue.

INJURY PREVENTION

Putting your best feet forward

Going the extra mile with healthy feet

An inevitable truth in the running world is that time wounds all heels. There's no way around it – and the more quickly we forego denial and accept it, the better off we'll all be in the long run, so to speak. With 26 bones, 33 joints, and more than 100 tendons, muscles and ligaments, feet are the most integral and vulnerable part of a runner's body. Paying more attention to your feet can not only prevent training interruptions and enhance performance, but stave-off more serious health issues that can quickly end a running career. I like to call this foot consciousness.



Because you can't recognize a problem if you can't physically see it or feel it, regular foot exfoliation is key. Pumice stones can soften calluses but don't solve the problem; and for obvious reasons, straight razors can exacerbate the issue. The best product for at-home use I've found is a foot file with bi-directional file edges that quickly slough off dead skin. The technology behind this file helps safely eliminate weeks and months of dead skin, allowing you to recognize any abnormalities your feet may have.



For more information contact Microplane® at:
Ph 800-555-2767 or www.microplane.com