

# TECHNICAL RUNNING SOCKS

Socks are an important, but often overlooked piece of running equipment. They provide an important barrier between your foot and shoe, and can mean the difference between an enjoyable run or blistered, sweaty and uncomfortable feet.

## What to look for in a good sock:

**Anatomical design.** Your foot is not tube shaped, and your running socks shouldn't be either. Socks should follow the contours of your foot to eliminate any bagginess (especially around your smaller toes) which can cause rubbing. Good running socks will also have a 'left' and 'right' side to provide better fit.

**Cotton free.** Modern materials have replaced cotton in just about all running clothing- and for good reason. Synthetic materials are lighter, stronger and breathe far better than cotton. Cotton also tends to hold sweat which means your socks are more likely to produce friction which can blister the skin (not to mention make your feet smell!!)

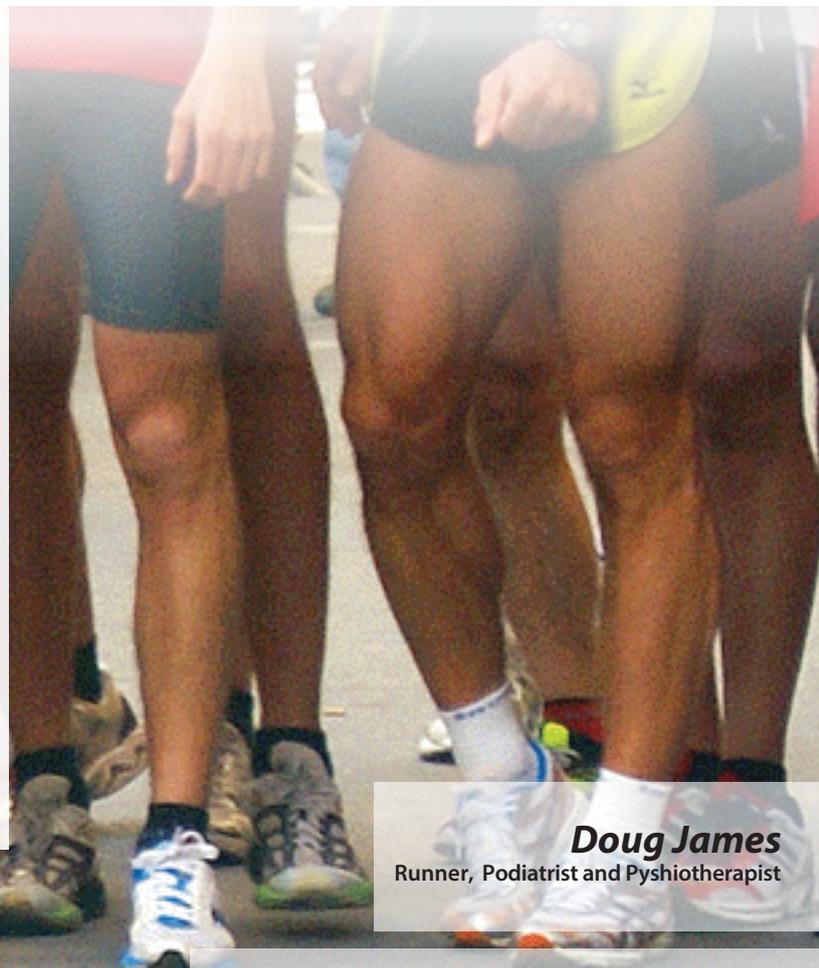
**Cushioning.** When it comes to socks – is thicker better? It is a personal preference, but keep in mind that you will get most of your cushioning from your shoe (which will be 1-2cm thick) compared to your sock (which is only 1-2mm thick). A thicker sock may be useful if you have narrow feet and feel your shoes are too wide, but for most people, a thinner sock will provide a better, more snug fit.

## Highly recommended:

**Wright socks:** some people are particularly prone to blisters, in such cases the Wright Socks are an excellent choice. They are constructed with a double layer of thin material which helps to reduce friction while remaining breathable. RRP: about \$25

**ASICS Kayano sock:** I've been running in Kayano socks for the past ten years (not the same pair) and have been hard pressed to find anything better. They offer an excellent fit and are extremely comfortable over a long distance. RRP: about \$30

Technical running socks are more expensive than ordinary sports socks but are well worth the investment given that they can help reduce annoying irritations such as blisters and callous when running. Additionally they will usually outlast ordinary socks and stay much more comfortable for longer. Well worth trying a pair when you run if you haven't already.



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