

Living Well

Fat lost by starving could return to haunt your belly, personal trainer Eric Hollis says.

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26.2 MILES

Yeeeeow! Chafing makes run not so fun

This advice column by coaches of the Little Rock Marathon Training Team will culminate March 6 with the third running of the 26.2-mile foatrace.

BY HOBBIT SINGLETON
SPECIAL TO THE DEMOCRAT-GAZETTE

For those of you following the Little Rock Marathon training schedule, today begins our eighth week of training.

Many of you are breaking mileage records every week. People who have never traveled farther than a mile (other than in a gasoline-powered vehicle) are suddenly finding themselves running and/or walking up to nine miles at a stretch.

This week is a milestone (no pun intended) in your training, as it will be the first time for most of you to hit the double digits in a single run. Yep, this week we'll be doing 10 miles on our long day.

Something about that extra digit just freaks people out. (I flash back to my first 10-miler, which included temperatures in the 80s and a misguided combination of Sprite and vanilla GU. My fledgling marathon career almost ended before it began.)

Not only does your mind rebel about making the leap to the double-digit distance, your body decides it wants to join in the fun. (The squeamish among you might want to skip the rest of this article, as I'm about to go places you might not want to follow.)

Chafing — yes, there, I've said it, let's get it out in the open!

This is the nasty little problem people have when they start long-distance training — that no one wants to talk about!

It's something that can affect you whether you're thin, heavy, fast or slow, and you usually don't notice it while you're training. It's when you hit the shower (or the shower hits you) and your family dials 911 because of the blood-curdling screams resonating off the bathroom tile.

It usually only takes one bout of chafing for you to begin looking for a solution. Luckily, there are several options.

First of all, check the seams of your training clothing — sometimes it will be a particular item of clothing that's the culprit. If it is a seam issue, a quick fix (particularly if you discover the problem during a training run) is to turn the clothing inside-out so the seam isn't rubbing

against your skin. (Depending on the article of clothing, you may want to find a secluded spot to make this change.)

If the chafing is an ongoing problem, covering the affected areas with something like Vaseline or Body Glide will probably be a better long-term solution. Vaseline can be purchased anywhere; Body Glide's in running or biking specialty stores or online. Body Glide comes in three sizes, works like a stick deodorant and doesn't stain clothing.

Another thing that helps stop chafing before it starts, particularly in the thigh area, is to wear tights instead of loose pants during the winter and longer, lycra-type shorts under your running shorts in the summer.

A special word to the guys — nipples (honest, that's the word).

In the short time we've been training this year, we've already seen men with what looks like two bullet holes in their shirt when they finish their long runs. Please, if you never listen to anything else I say, find something to protect your nipples during training.

New-skin comes in a bottle, brushes on (and smells) like nail

polish, and can be found in grocery or retail stores. Nip-guards are adhesive covers and can be purchased at specialty running stores or online. Some guys use the plain old Band-Aid.

Another word to the wise from one of our team members: Chafing doesn't just happen during training. She said the only chafing she ever had happened when she ran a few errands after the run and before she headed home to clean up.

Don't shake your head and say you'd never do that. You could be the one in line at the grocery store hearing, "What is that smell?" from

the lady behind you.

Whatever you decide to use to combat the dreaded chafing problem — remember — use it *before* you head out the door to train.

Oh, and as for taking the plunge to double-digit mileage — one of the changes in a marathoner's outlook becomes obvious at week 21, when we'll hear,

"Only 12 miles on the long run this week — sweeeet!"

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New-skin liquid bandage and products like it help some men avoid chafed nipples.

