

Foot Care

Prior Training: Try and get some distant walks in before the event. Build up from 2km, 5km, 10km, 15km and throw in one hairy 20km walk. If you can walk a section of the trail with a friend this will help: Lilydale to Seville is a good walk as it's the only hill for the entire walk! Yarra Junction to Warburton is also a nice walk with refreshments waiting for you at the COGG café Warburton!

Cut Nails: Try and make sure there are no edges of nails sticking into your skin. You can even wrap these when you wrap your hot spots...

Best Tape for Taping Hot Spots!!!!

Common Hot spots : Take around all toes, around ball of foot and across top of foot. Tape around the back of your heel and under the heel. Basically nearly your whole foot!!



Good Runners that have been worn in a long time before the day of event.

Bring blister care pack in your backpack or in your support car for the day just in case.

Aftercare: cold water/ice bath, nice massage calf and feet.... Elevate feet. Bath filled with Epsom salts great to replenish magnesium...