



National Multiple Sclerosis Society
Wisconsin Chapter



Finding the Perfect Sneaker!

- Try on shoes at the end of the day. Allow for feet swelling. Opt for more room in a fit rather than a tighter fit.
- If in doubt about your fit and function due to problems such as bunions or excessive flattening of feet and hypermobility, seek advice from your podiatrist or foot care professional.
- Purchase a shoe with a removable insole-not one glued in. You can customize your shoe by adding your orthotic supports or maybe an insole to give you more support & comfort.
- **Never! Never!** Wear a new pair of shoes for an event. Break them in over a few weeks during training walks. You will get to know the problem spots of your shoes such as seams, tight spots or areas of rubbing.
- Don't be afraid to make adjustments to your shoes. Professional racers frequently nick and cut and slit areas of pressure over toes and around heels etc. They also modify the shoe by adding extra padding here and there to create a better fit.

- Once you find the optimal shoe and have tried it out in training, go **buy another exact pair** and also break them in. You always need a dry pair of shoes especially during foul weather. There's nothing more demoralizing than starting out the next day's 20 miles in wet shoes.



GOT FOOT QUESTIONS?

Email Dr. P (Doctor Howard Palamarchuk) from the Temple School of Podiatric Medicine.
hpalamarchuk@comcast.net
Dr. P and his team provide us with foot care information and will be your foot care team the weekend of the Challenge Walk. Please feel free to contact him, he is more than willing to help you and answer your foot questions!

Quick Fun Fact How many steps do you walk each day?

Maybe you have heard recent guidelines about walking 10,000 steps per day. I bet you're wondering, "How far is that?" If you have an average stride (approximately 2.5 feet) it takes a little over 2,000 steps to walk one mile.

Many sedentary people only average about 1,000 to 2,000 steps per day. Adding steps has many health benefits and it will get you ready for the MS Challenge Walk. *You will be walking over 100,000 steps the weekend of the event!*