

Shoe rubbing problem



[dnavarro82](#) 42 posts since

Apr 24, 2008

OK, so I am planning on running with no socks for the tri I am doing on the 24th, but I have a problem with the back of the shoe (top of lip) rubbing the skin off my ankles. It hurts real bad, and well, lets just say it gets messy. Other than bandaids, what else can I do? Would body glide work? Putting a ton of vasaline on the lip of the shoe work?



[YeahJohn](#) 101 posts since

Jun 14, 2008 **1. Re: Shoe rubbing problem** Aug 14, 2008 3:12 PM

My shoes do the same. I have used body glide in my test runs and it works fine. I have noticed the more you sweat the more you get rubbed up on your feet. Also after looking into it Tri specific shoes are made for sockless racing vs. running shoes which typically are not made for wearing without socks...