

Anyone run a marathon on a broken toe?



Rtrav 1 posts since

Jan 3, 2009

Yeah, I broke my second toe on my right foot last weekend carrying a rather heavy box of Christmas decorations down to the basement (Bah Humbug!)

I had just started tapering for the Disney Marathon next weekend. The toe is black and blue, but luckily it doesn't seem to hurt unless I clench my toes, which I won't be doing during the race. I ran seven miles this morning (after getting the ok from the orthopedist) and it felt ok. I've buddy wrapped it to the third toe and it only felt a little weird but not painful.

My question is what should I expect during the marathon itself? I was hoping to beat my PR of 3:52 since I hear Disney is flat, but at this point I'm just focusing on finishing. Any suggestions?

BTW, I'm a Type 1 diabetic so I run with an insulin pump and blood glucose meter. I use the Galloway method during the race so I can check my blood sugars during the walk breaks. I'm guessing the walk breaks will also help with the toe, too.

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[Active Toby](#) 1,540 posts since


Jun 5, 2007 1. **Re: Anyone run a marathon on a broken toe?** Jan 5, 2009 3:17 PM

Oh boy, this doesn't seem like a good idea to me. I've broken my big toe, dislocated my 2nd toe and broken my 5th metatarsal. I could never imagine running on a broken digit!



[ksrnr](#) 1,292 posts since

Aug 14, 2007 2. **Re: Anyone run a marathon on a broken toe?** Jan 6, 2009 7:28 AM

 in response to: [Active Toby](#)

You've done the training, paid your entry, made plans and travel arrangements, ran 7 miles with no problems, you've overcome other health issues (diabetes), and you've your doctor's blessing. Go for it. If you have to stop, what have you lost. Still you have a great attempt and vacation. My wife who just ran a 4:32 marathon ran Disney last year in almost 6 hours with a hairline fractured shin. She cried every step of the way but wasn't going to be denied. Everyone has different pain tolerance. Try and it might be just fine. Good luck.