

Real Runners Use Duct Tape

by John Farrow

Forget the Shoe Goo, bathroom caulk and roofing cement. Duct tape is all you need! It's probably the most versatile thing that you can carry in your workout bag. When you think about it, small wonder. The stuff can fix anything.

A while back, I snagged a shoe on a stick in the foothills. With a gash in the side of my favorite pair, I was in the tank for a week. But then I remembered a roll of duct tape in the back room, and in no time at all I was back in business.

The same proved true after some recent minor surgery on another pair of running shoes that stuck up too high in the heel. After slicing the offending protrusion down to size, a slab of duct tape to cover the incision and those shoes were good for another couple hundred miles.

Duct tape is the true miracle product of the 20th century, especially for runners. Consider some other uses:

Need an arch support or additional cushioning under the heel of your shoes? A wad of duct tape fills the bill.

The soles of your favorite pair of shoes wearing out? A few layers of duct tape and away you go (we recommend duct tape of the cloth variety for better traction).

A tear in your shorts or singlet? A piece of duct tape and that tear is history.

Race organizers out of pins for your number? Duct tape.

Forget the leash for Fido? Fashion one out of duct tape. Or, if the dog is too much trouble, just tape him to the car until you get back.

A stray mutt yapping at your heels? Duct tape around the muzzle will fix his wagon.

Blisters? Duct tape on your tender tootsies and you won't feel a thing.

Hair in your eyes? Duct tape is just

the thing to fasten it some place else. The same for your hat. (Hasty removal is not advised).

Duct tape is also ideal for replicating many articles of clothing that you may have forgotten. Forget your shorts? With duct tape, you will have not only the most unusual pair of shorts going, but also the most wind-resistant, too. (Warning: This is for the professional. Do not try this at home).

Jog bra? A formidable one can be quickly fashioned with duct tape (a lubricant between you and the duct tape is highly recommended, like 10W-30 motor oil for its viscosity, but don't get too kinky out there).

Twisted ankle out on a trail some where? Duct tape provides the sturdiest wrap you can imagine. It's also excellent for splinting broken bones or rigging up a stretcher. In a pinch, duct tape will probably even mend a torn Achilles tendon. If you need something to take your mind off things while you're working with your Achilles, a wad of duct tape in your mouth will give you something to chew on. However, many ultra runners don't require anything to chew after about 45 miles.

Finally, if your companion won't shut up about their PR and age-group medal when you barely finished, a little duct tape over the mouth will go a long way towards preserving your sanity. Generally, this should be accomplished quickly for maximum effect.

Perhaps you have your own uses for duct tape, so don't be shy. Let's hear from you with your experiences and suggestions.

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