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Beating Blisters, By Scott Jurek & Runner's World

Tips for preventing blisters:

- Use non-petroleum based jelly and rub all over foot, and in between toes.
- Scrunch up sock when putting on foot. Be careful not to "wipe off" the jelly as you slide sock on foot.
- Find sock with good material and fits you well.
- Make sure your shoes fit properly.

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