CHAFING PREVENTION & FIXES

Runners Essentials Guide

kickonfitness.com

1. **WHAT CAUSES CHAFING**
   Friction + sweat + salt + repetitive movement

2. **COMMON HOTSPOTS**
   Inner thighs | Underarms | Sports bra lines | Waistband | groin area | Toes | Under the back straps

3. **HOW TO PREVENT IT**
   Use anti-chafe balm (available at local running store!)~ Choose moisture-wicking fabrics ~ Avoid cotton ~ Wear seamless gear ~ Keep skin dry ~ Test gear before long runs

4. **RACE DAY PREP**
   Apply anti-chafe balm generously + Protect all hotspots + Wear gear you've tested + Bring a small balm for mid-race touch ups

5. **QUICK FIXES**
   Clean gently ~ Pat dry (don't rub) ~ Apply soothing ointment (especially before showering) ~ Wear breathable clothing

6. **PRODUCTS THAT HELP**
   Body Glide ~ Vaseline ~ Gold Bond Friction Defense - Pro Tip: Try several different brands and find which works best for you. ~ Wear seamless shorts (Bike shorts work best for me) ~ Moisture sicking socks

7. **WHEN TO SEE A DOCTOR**
   If chafing becomes infected, extremely painful or doesn't improve within a few days

8. **PRO TIP**
   Salt crystals from sweat increase friction - wiping with a wet cloth mid run can prevent flare-ups

Chafe happens....but not today!!