

# What's the Scoop on Running Socks?

It's a widely known fact that wearing the right running shoes is important for every runner; however, making sure that you have a good pair of running socks to wear along with your running shoes is just as important.

## Benefits of Wearing the Proper Running Socks

In order to maintain good foot health, it is very important to wear the best running socks for your feet. It is a fact that any sock will give you some type of comfort and protection; however, running socks designed with some of the latest synthetic fibers will offer your feet the best in comfort as well as protection, and they will help to control the flow of moisture off of your foot.

## Cotton is Rotten

You do not want to ever wear cotton socks for running. Cotton socks offer no moisture control whatsoever. In fact, cotton socks actually absorb moisture and keep it retained directly against your feet. If you do choose to run in socks made from cotton, you will very likely end up with sweaty, wet and soggy feet. The combination of the moisture and friction can result in irritating calluses and blisters, all of which can be easily avoided by wearing appropriate socks.

## What to Look For In a Running Sock

As a runner, you want to look for running socks that are made from synthetic fibers. Synthetic fibers are best for "wicking" the moisture off of your feet. They can actually help keep your feet drier when you are running.

Another important factor to consider whenever you are deciding on a good pair of running socks is: fit. There are certain types of running socks that will fit your foot better than others such as more cushion, hyper-thin, crew vs. ankle socks, left/right foot specific, etc. It can be a good idea to try a few different types of running socks on whenever you are out shopping for a pair. Here at Fleet Feet Sacramento we have a variety of sample pairs of running socks and you can try them on with your favorite running shoes. This will help you match up the best type of socks to fit well with your favorite running shoes.

## Drymax Socks

The inside of most shoes are like a greenhouse; hot & wet. Relatively speaking, little evaporation takes place inside most shoes. Since no one can predict how well a shoe will absorb or evaporate sweat, Drymax designed a self-contained Dual Layer Sweat Removal System that they could guarantee would keep feet dry in all conditions. Their Dual Layer Sweat Removal System has two different fibers interwoven together. They knit their moisture hating Drymax fibers on the inside and moisture attracting fibers on the outside. The Double Layer socks are two separate socks knit together at the toe, heel and top of leg.

