

# 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. Any sock will give you some cushion and protection; however running socks designed with the latest synthetic fibers will offer your feet the best in comfort, blister protection, as well as help to control the flow of moisture off of your foot.



## Cotton is Rotten

Cotton socks are not made for exercising in. Cotton offers 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 soggy feet. The combination of the moisture from sweat, rain, creek crossing and friction from running can result in irritating calluses and blisters, all of which can be easily avoided by wearing appropriate socks.

## What to Look For

As a runner, you want to look for 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 dry when you are running. Another important factor to consider whenever you are deciding on a good pair of running socks is fit. Every foot is different and has different needs. There are a wide variety of options that can meet any of those needs; from high-cushion or 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. This provides the ultimate in moisture control; built for the trail.



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