

## Repair

Helped restore a condo to grace following the tenants moving out. The current owner desires to bring out the condo's best features before the first showing to the first buyer. Painting was required. Before there could be painting, there needed to be spackling to cover the many holes left behind. I was placed on spackling duty. There were a lot of holes. The walls are now ready for primer and paint.

My spackle duty is one degree of separation from my rebuilding the outside of the forefoot of my running shoes. I'm a supinator, touching down with each step on the outside edge of the front part of my foot between the bottom of the toes to the end of the ball of the foot. That part of the outer sole, worn down from the repeated focused landing in that one spot disappears somewhere between 100 – 150 miles of accumulated runs.

44 years ago, when I took my first steps as a distance runner, running shoe outsoles lasted well into 500 miles. If the bottom of the shoe was made of industrial-strength carbonized rubber, that number could be that much higher. That length of use was a godsend to a college student with little funds beyond the amount to cover room and board. And if I had no money to cover a replacement shoe, I used Shoe Goo, an ooze that thickened the worn down section of my shoes, evened out the bottom, and kept me running. Happily.

Each decade since, running shoes have developed, evolved, and jumped the shark in the ability to keep my running going. Lighter, swifter running shoes with better performing midsole material and carbon plates, all with outer soles thinly protecting the bottom so as to reduce the weight of the shoe. Guess how long that sole lasts with me running on the side edge of the shoe. Though I can now easily afford to replace my worn down running shoes as rapidly as they wear down, on principle alone I refuse to spend money for a new pair when the 95-percent of the current pair are in great repair.

I once again use Shoe Goo. Once a week, following my last run of the week and before my one nonrunning day of my week, I pull out the (usually) rolled up tube, hold a shoe upside down between my thighs, apply the gel onto the edge of the outer sole, lay the shoe down in a sideways fashion, gel edge up. I'm ready to go 36 hours later. I recommend it by name. \$4.99 for 3.7 ounces, plus tax. An application is advertised to last six months but I'll take a week or two. Those miles add up. (heh)