

iRun Hybrid Compression Socks

Injuries to both the skin covering and the internal structures may also be caused by multiple small repetitive traumas. Micro-trauma injuries can be caused by [running](#) on uneven surfaces, surfaces that are too hard or too soft, or shoes that have poor force-absorption qualities or fit incorrectly. Repeated overstraining of the same structure of the foot may cause stress fractures, [tendonitis](#), [plantar fasciitis](#).

The arches of the feet absorb and return force to and from the body to the outside world when we are standing on our feet. Injury to the plantar fascia is a common cause of arch pain. The plantar fascia is a tough fibrous sheath that extends the length of the bottom of the foot and lends support to the arch. When the plantar fascia is damaged, the resulting inflammatory response may become a source of arch pain. H

Many runners, including myself, know only too well the discomfort of various levels of foot pain and only a few know what the cause was or what to do to prevent it.

After wearing the **iRun Hybrid Compression Socks** on training runs and in an actual race, I believe had this product been available to me years ago, I may have avoided many injuries involving my arch and my arch.

The **iRun Hybrid Compression Sock** supports the arch, taking pressure off the Plantar Fascia, therefore reducing the odds of creating micro tears in the tissues between the arch and the heel of the foot.

When running, wearing these socks, you can actually feel the support and as long as you don't over train or train improperly, these socks can extend your future in running by years.

I highly suggest everyone give the **iRun Hybrid Compression Socks** a try.

Ron T Pate – Experience and Competition

- 4 Time USA Masters National Steeplechase Champion (2003, 2004, 2005 & 2008)
- USA Masters National Masters Championships Medalist 15 times 1998 thru 2010
- 4 Time WMA (World Masters Athletics) Finalist (Member of Team USA)
- Ranked Number One in the Nation Three Times in the 3000 meters (M60: 2007 / 2009 & M55: 2006)
- Ranked Number One in the Nation Three Times in the 3000 meter Steeplechase (M55:2003, 2004, 2005)
- Ranked Third in the World in 2004 in the M55 3000 meters Steeplechase
- 46 years Coaching Track & Cross country experience
- 2002 Oahu Interscholastic Association Coach of the Year (Track and Cross Country)