

KEYS 100

"DEFEETED"

Running a 100 miler can be quite a feat on one's feet. The Keys 100 is an ultra-marathon running race that spans from mile marker 100 in Key Largo to mile marker 0 in Key West. It is held in May each year and just might be the King Daddy of them all when it comes to putting runners' feet to the test. Speaking from my own experience, finishing the K100 a week ago, my feet - or more specifically my toes - got clobbered. The temperature on Saturday, May 16th rose to nearly 100 degrees, and the humidity was stifling, making for a moisture cocktail within runners' sneakers. This was less than ideal. For me, it equated to a total of 7 painful blisters: 4 on my left foot and 3 on the right. What's the best way to recover from feet Armageddon you ask? I recommend visiting Dr. Jay Alter, DPM. Jay is a board certified podiatrist. Dr. Alter earned his degree from the New York College of Podiatric Medicine. He is an expert when it comes to keeping runners running. Jay relocated to S. Florida from N.Y. where he built his career working at Mt Sinai Hospital. Jay is experienced, friendly, caring, and smart. In 1982, when Cuban born Alberto Salazar won the New York Marathon, Jay was present, volunteering his podiatry assistance to NYM runners. Jay's bio these days includes treating and advising some of Florida's best runners, triathletes, and ultra-marathoners.

Back to the K100 *defeeted*, Dr. Alter took extra care in treating my foot mess. Each day he advised me to soak both feet in warm Epsom salt water for 20 minutes. He also had me apply bacitracin twice a day to prevent infection. The course of treatment was similar to a multi-leg stage race. Every 24 hours, Dr. Alter would re-examine my condition and tweak the treatment. After 4 days of Jay's doctoring and tips, my feet and toes were 90% back to normal. For those of us that are prone to putting our feet and toes into harm's way, I endorse Dr. Jay as one of the best foot specialists in the business for athletes. Jay can be reached at 561-432-9880 or by email at JayAlterDPM@gmail.com. Disclaimer – I *do not* have any financial interest in Dr. Alter's practice whatsoever. I do believe in recommending my friends professional services and promoting within our community.



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