

# Ew! Stinky Skates

**Fight those odors with a mighty checklist!**

*Posted by “Mr. Edge”*



**Ask Mr. Edge**  
*About Stinky Skates*

John Harmata, a.k.a. Mr. Edge, is a skate technician with more than 35 years of experience in servicing figure skaters throughout the United States, Canada and overseas. He is the author of *Anatomy of a Figure Skating Injury*, available at Amazon.com. For more information, visit [askmredge.com](http://askmredge.com).

Let's talk about tips to reduce odor from your skating boots and feet. You can also take these same precautions when wearing everyday shoes.

- ✔ Wash feet daily with soap. Scrub thoroughly.
- ✔ Completely dry feet after washing.
- ✔ Use foot-specific antiperspirants or antibacterial gels.
- ✔ Antifungal powder can be applied to prevent athlete's foot.
- ✔ Put on absorbent cotton socks, and change socks daily.
- ✔ Wear shoes that breathe, such as sandals.
- ✔ Air out inside of boots for 24 to 26 hours.
- ✔ Stuff dryer sheets inside boots to absorb odor.

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To see the full article, turn to page 22 in the [Summer 2014 issue](#).

You can pick and choose from the checklist above. Feel free to make it your own. Tell us what works best for you and your feet in the comments below.