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'RUNDEEP'

PRODUCT



Prevent rubbing and chafing when running with this natural rub

Runners Rub is a new product from Dorset-based company Leaping Fish Ltd, which specialises in producing environmentally friendly answers to the enduring problems of rubbing and friction when exercising. The company ethos is to keep things as simple and dependable as possible, so Runners Rub is made just from plant waxes, beeswax and essential oils. The waxes form a light layer on the skin to reduce chafing, and the essential oils help the skin to remain clean and to recover.

Barnaby and Anna Quaddy started the company after his years as a rower in Cornish Pilot Gigs. He suffered serious sores after endurance events, such as the Great River Race over almost 22 miles up the River Thames, and rowing in all weathers and sea conditions off the Jurassic Coast. Unable to find a decent solution, he decided to find one himself. Once the blend was perfected and called Rowers Rub, he tried it out on rowing crews with great success, and realised that Leaping Fish could create similar blends for different sports.

The idea was to create solutions that were non-chemical and non-petroleum based that were not



sticky when smeared on the skin; Runners Rub feels light and spreads easily from the body's warmth, and it smells refreshing from the Bergamot, Star Anise and Rosemary oils. These are chosen for their qualities, with Bergamot to help the skin recover, Star Anise to help with muscular aches and Rosemary to help protect the skin and improve circulation. None of the rubs contain parabens, which are sometimes used to preserve oil-based products.

Unlike other oil-based or cream products, Runners Rub allows the skin to breathe yet prevents the salts and other sweat products from staying directly on the skin, exacerbating the irritation. If you have developed any sores from skin-on-skin or fabric-on-skin rubbing, Runners Rub can be

applied without any stinging to help protect the area from further harm. Runners Rub is sold in 100ml tubs – apply sparingly as a little goes a long way, making it very cost-effective.

See also our Rowers Rub for rowers, canoeists and kayakers; Surfers Rash Rub for all wetsuit and drysuit wearers; Rowers Hand Rub, perfect for all sportsmen and women to combat dry hands (gardeners and builders love this too!); and Muscle Rub, formulated especially for after sports massage, helping to remove a build up of waste products and improve muscle recovery.



leapingfish.co.uk

