

the barefoot running debate

"Shoes do no more for the foot than a hat does for the brain."

—Dr. Mercer Rang, the legendary orthopedic surgeon and researcher in pediatric development.

We're lucky, because we're watching one of the most harmful myths in human performance explode before our eyes. I discovered this quite by accident while researching *Born to Run*. When I set off to explore the secrets of the Tarahumara, I assumed this ancient tribe was custodian of a tidy little technical trick, and once I learned it, I'd abracadabra myself from a broken-down ex-runner into an unbreakable, unstoppable, ultrarunning dirt demon.

I was at least partially correct: the secret to injury-free running isn't the proper shoe. It isn't stretching. It isn't even training mileage.

It's skill. Like every other sport, healthy running is all about technique.

But why hadn't I ever heard that before?

All I ever heard, over and over, was about shoes. Every podiatrist, sports physician, and running magazine preached endlessly about the absolute necessity of corrective footwear. I was never told what to do; I was only told what to buy.

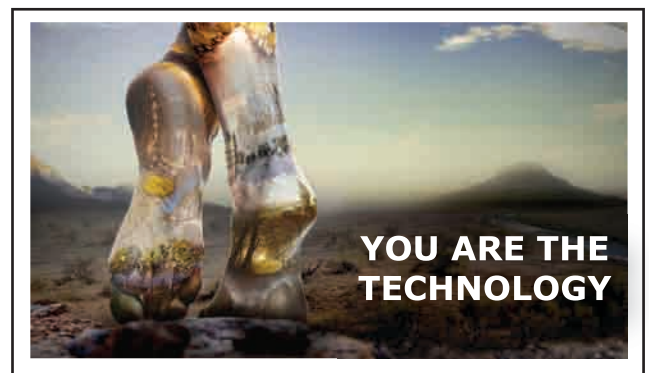
Running isn't bad for you — but running poorly is. Once gimmicks take over and technique is scuttled, you can expect up to 90% of all marathon runners to become injured.

And they are.

But ultimately, the debate isn't about Bare Soles vs. Shoes. It's about learning to run gently.

Master that, and you can wear — or not wear — anything you please.

~Christopher McDougall
Author of *Born to Run*



Vibram Fivefingers KSO Evo



LUNA Mono - Pittards Leather