

# **Couch To Barefoot**



The 15 minute guide for people wanting to know what barefoot running is all about.  
By David Csonka of Naturally Engineered

"The human foot is a work of art and a masterpiece of engineering."

~ Leonardo Da Vinci

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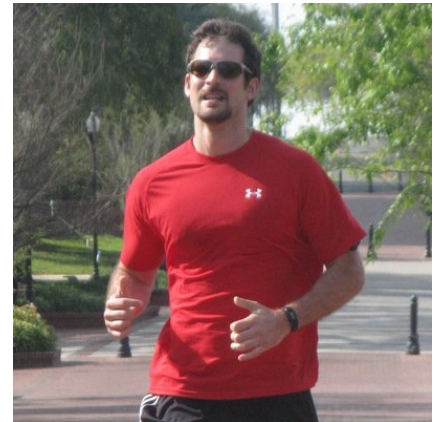
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## About The Author

Thank you for reading my guide and taking the time to see what barefoot running is all about. As the subtitle suggests, this will be a quick guide designed to give you the essential information you need to start running barefoot safely (with just a little bit of background for flavor).

First, perhaps I should introduce myself. My name is David Csonka, a once out of shape cubicle monkey turned natural fitness enthusiast. I have no delusions about winning gold medals one day, but I'm getting stronger, and I look back on my slug-like past feeling pride at how I've transformed my health and fitness.

Part of that transformation started with learning about barefoot running, and how it was the way people were meant to run. Once I started on that path, it was like an epiphany, leaving me wondering how I ever ran in bulky running shoes.



If you are interested in learning more about my journey, and optimizing your health and fitness naturally, you should check out my blog, **Naturally Engineered**.

Learn more: <http://naturallyengineered.com/blog/welcome/>

## **Using This Guide**

**I only have one condition regarding the reading of this guide. It must be read while barefoot.** Other than that it is free and can be given away to anybody you know or hate.

I do have several cautionary and disclaimer type points as well. You should know that I am not a doctor, podiatrist, or professional running coach. I'm just offering advice based on my own personal experiences, research, and observations of others. If you decide to do something insane like walk barefoot through a junkyard full of rusting metal and broken glass, I am not liable for any injury or consequences of your actions.

And lastly, even though you will probably be able to read this whole thing in 15 minutes, that does not mean I'm suggesting you should be able to go out and run a 5k barefoot after finishing this short guide.

**The point of this is to give you actionable information quickly so that you can start taking appropriate steps towards introducing a barefoot lifestyle right away.**

It is not my intention to present this guide as "everything you'll ever need to know about barefoot running". At the end of the guide is a list of other resources you will want to explore to further your education into the world of barefoot running.

## **Who Is This Guide For?**

Simply, this guide is for anyone who is curious about barefoot running and would like to learn more about it. If you are already running around without shoes, this information may seem old to you. Thanks for checking it out anyway!

If you are somebody who has some health issues or recurring injuries, then we need to seriously think about what will be safe for you. Those with foot problems, such as impaired sensation (diabetics), poor circulation, or deformities should not go barefoot or try barefoot-like shoes without first checking with their podiatrist.

For those with chronic knee issues like “runner’s knee”, barefoot running might actually help you. This will depend on the root cause of your pain, but it is worth experimenting with in hope of an improvement. There was for me, and it is the primary reason I only run barefoot or in minimalist shoes.

## **Background Information**

Since I don't know anything about what you the reader already knows or has experienced in regard to barefoot running, I can't make any assumptions. So, I will start with a general foundation of background information and proceed from there. After finishing this guide you should have a more thorough understanding of why going barefoot is important, and will be able to share this information with others.

### **Ancient History.**

Regardless of how old you believe the Earth to be, the fact is humans first walked about on the land without shoes. In their bare feet, our ancestors trekked across countless miles of terrain in search of food and shelter. At some point, we became clever enough to craft bits of clothing to wrap our feet with for minor protection against rocks or the cold. However, these early moccasin type shoes were nothing like rigid and sturdy footwear that people wear today. They were very pliable and provided much freedom of movement. Despite this technological advantage, we retained the ability and aptitude for running barefoot. Rigid modern shoes eliminated this freedom, and you'll soon see how that has created terrible problems for people's feet.

### **Modern Shoes.**

In general, most modern shoes are very rigid with a great deal of cushioning under the heel. Since much of the terrain that we now traverse is covered by asphalt or concrete, it seemed appropriate to provide a supportive apparatus for our body to move walk around in. Unfortunately, all too often conventional wisdom does not pan out the way we expected. In this case, sturdy supports and thick cushions have not ameliorated the effects of travelling over hard surfaces like we expected. In fact, podiatry is a thriving profession that partly deals with many foot ailments stemming from the wearing of shoes. Bunions, fallen arches, flat feet, ingrown toenails, and weak bones are all conditions that can be caused by excessive shoe wearing.

### **The Problems.**

It would be nice if shoes only caused one problem, but sadly it is a confluence of issues that combine to wreak havoc with the health of your foot, and your body in general.

- crowded toes leading to deformation
- reduced bone strength due to excessive support
- reduced muscular strength due to lack of activation
- reduced tendon strength due to less range of motion

The commonly known idiom, “use it or lose it” applies very appropriately to the act of wearing shoes. The fact is, the muscles and bones in your feet are utilized to a significantly lesser degree when you wear shoes. Over time, this effect compounds leaving your feet to be nothing more than useless sacks of bones and flesh. Ok, that is a bit of an exaggeration, but imagine if you wore a supportive cast around one of your arms your entire life. Get the picture?

If you would like to read more in-depth explanations of some of the problems posed by excessive shoe wearing, I encourage you to check out Dr. Michael Nirenberg’s website: <http://www.americaspodiatrist.com>

### **Don’t we need shoes to cushion against impact though?**

The human body has been engineered to run efficiently and without injury over great distances. When running properly, the feet, knees, leg muscles, and tendons all work in concert to absorb and redirect the impact forces you encounter and transfer much of it back into kinetic energy. Shoes simply allow you to run in a way that the body was not constructed to do.

### **Who Are The Critics?**

Not all podiatrists are created equally. In fact Dr. Nirenberg is probably one of the few well-known podiatrists that views going barefoot as a therapeutic activity. The American Podiatrist Medical Association (APMA) had issued a statement (since taken down) that essentially said "Americans should think twice before going barefoot." It's possible that the need to sell orthotic devices to patients has influenced this view.

As well, shoe making corporations are either resistant to or confused by the grassroots popularity of barefoot running. This could be influenced by the millions of dollars of profits generated by selling shoes, or an inability to shift production quickly to more minimalist type shoes like Vibram Five Fingers. The direct purveyors and marketers of the shoe market, shoe stores and running magazines, have an incentive to dismiss barefoot running as well, since they built reputations on provided supposed expertise on running shoes.

### **Who Are The Supporters?**

Runners who have less injuries now that they incorporate barefoot training, running coaches who understand the importance of foot strength and mobility, shoe companies and stores that want to provide what people need and not what makes easy money, and podiatrists who are more interested in helping people than selling orthotics and shoes. Books like "[Born To Run](#)" and research coming from scientists like Dr. Daniel Lieberman of Harvard University have gone a long way to introducing barefoot running to the masses.

Read more about Dr. Lieberman and Harvard's Barefoot Running Lab: <http://www.barefootrunning.fas.harvard.edu/>

**The Solution.**

This part is pretty simple, stop wearing shoes so much. Whether you eventually decide to go barefoot all the time, or just wear less restricting shoes, it's important to let your feet get a workout. Most of us don't live a life spent walking all day to visit neighbors or running around chasing after food. That means we have to maximize the positive benefits obtained from our daily exercise. Incorporating barefoot walking and running into your day is how you will accomplish that.

## **Stage 1 - Reacquaint Yourself With The Ground**

If you are wearing shoes all the time you probably don't even remember what the ground feels like. That is a shame because there are more than 7,000 nerve endings in the foot. It is your first and most natural way of interfacing with the Earth.

### **Are you somebody who never goes barefoot, except when going to bed?**

Unless your house isn't heated during the winter, there is no real reason to wear heavy slippers or shoes while indoors. Going barefoot around your house should be the first part of reinvigorating your feet and getting used to not wearing shoes. Perhaps now you understand why I asked you to read this guide barefoot?

After a day or two of that, if your feet feel fine take them outdoors. Walk around barefoot inside your yard or at the beach. Feel the grass or sand between your toes. For some people, this might be the first time they've felt that since they were a child. All of those thousands of nerve endings are waking up now, and sending streams of information to your brain about the ground.



### **Are you somebody who sometimes goes barefoot, like in your yard or at the beach?**

So you experience being barefoot on occasion but in relatively safe and sterile environments. The next step is to experience more raw and untamed natural environments. Don't worry, I don't mean barefoot walking around the rim of a volcano. Something safe, yet rugged. Grass and sand is nice, but there is so much more for your feet to experience out there. Find some gravel to walk on, or some fallen branches. Try walking over a large branch, letting your foot bend around it. I love the feeling of doing that, it's certainly something you couldn't do in shoes!

Some people desire to experience a multitude of tastes from food and drink. This is understandable considering the number of taste buds in your mouth. You should try to do something similar with your feet. No, don't taste your feet.

Try to experience the largest variety of textures and terrain possible. The less freaked out you are by different types of ground, the easier it will be for you to relax and run free later on.

### **But what about worms and glass and thorns and other stuff?!**

Of course there are things out there that won't feel good to step on. To suggest that one would never step on something harmful if you went barefoot all the time would be ludicrous. However, it is possible to limit the possibility of stepping on something sharp or painful if you take several precautions:

- Don't go barefoot in unfamiliar places unless you are at an advanced level or are OK with the risks.
- Stay alert while moving about barefoot so you can spot potentially harmful objects on the ground.
- Avoid lingering in wet and muddy areas.

One of the rookie mistakes I made a while back was going for a barefoot run in the middle of a grassy park which I have never run barefoot in before. As it turns out, it was infested with burweed, a nasty little plant that leaves small thorns in the bottom of your feet. They were certainly annoying, and a little painful, but I managed to remove them with no permanent damage done (except perhaps to my ego).

As far as other pathogens out there like fungus and bacteria - yes they exist. It is also possible to come in contact with them if you go barefoot. However, according to Dr. Daniel Howell, these microorganisms only thrive once you put shoes back on your feet. In a dry and breezy place like your bare feet, they won't survive very long. In contrast, the warm and moist environment provided by your socks and shoes create the perfect habitat for these pathogens to make a home.

Read more about Dr. Howell at his website: <http://barefootprof.blogspot.com/>

## **Foot Facts**

**The foot accounts for 25% of the bones in the human body.**

This is significant because it points out how critical the proper functioning and health of the foot is to the human body. Walking and running seem deceptively simple, but are actually complex biomechanical processes that humans are uniquely adapted for. The dozens of bones in your feet are part of that adaptation. Keeping those bones healthy and strong is much more difficult when one wears restrictive shoes all the time.

## **Stage 2 - Learning How To Walk Again**

If you are like me, you probably first learned how to walk when you were a toddler. After having discovered something shiny at the other end of the house, the urge to travel on two feet was overwhelming. Most of those skills are still applicable, we just need to tweak the movement for the barefoot experience.

The most efficient means of walking is performed with a heel landing, and a roll forward into a forefoot push off. This low-energy movement is something that humans developed by standing on two legs and utilized to great effect during their migrations all over the world.

Your first thought might be that landing on your heel barefoot will hurt. In a way, your instincts are correct as will be demonstrated soon when we talk about running. However, landing gently on your heel is far different from stomping with your heel. If you have ever snuck out of your house as a teenager, then you know it is entirely possible to walk around quietly and softly. All you have to do now is try it without shoes.

It is possible to walk with a forefoot landing or a midfoot landing, but these are not as biomechanically efficient as the roll step. (Forefoot means landing on the ball of your foot, midfoot means landing the foot evenly flat between the ball of the foot and the heel.)

### **Tips:**

- Take shorter strides. The farther out your foot is from your center of mass when your heel touches the ground, the more stress you will put on your knees. Focus on taking shorter distance steps, at a faster pace.
- If you find walking faster to be weird, perhaps you are moving at a pace quick enough that you should be running instead. Walking is about efficiency, not speed.
- Obviously, softer ground will be more forgiving than pavement. It is important to begin practicing this completely barefoot so that your body can use all of thousands of nerve endings in your feet to help you walk softly.

## **Foot Facts**

**There are roughly 250,000 sweat glands on a pair of feet.**

This is significant because wearing shoes creates a damp and warm environment, the perfect breeding ground for bacteria and fungus. People get athlete's foot from contacting it barefoot in places like locker rooms. But, they keep it from being destroyed by incubating it inside a nice protective environment like their shoes. They should rename it to shoe foot.

## **Stage 3 - The Real Deal, Running Barefoot**

So, you've been walking around barefoot for a while now and you think you're ready to graduate to barefoot running. Great! There are a few things I want you to keep in mind when you start out:

- Running involves a lot more energy and impact forces than walking, so the body will have to adapt much more (than walking required) to handle the forces involved. Take things slowly. I don't recommend going out and running 3 miles barefoot the first day.
- You need to stay relaxed. I know you will probably think you need to force your muscles to keep your feet from being mashed. You don't. Being tense will cause more problems than you would otherwise have had if you were relaxed.
- You need to stay alert. The moment you stop paying attention to where you're putting your feet or where you're running is when you will stub your toes. This doesn't mean you should stare at the ground in front of your feet. Just stay alert, and continuously scan the ground in front of you.

### **How is barefoot running different from what you are familiar with?**

Barefoot runners will land on their forefoot or midfoot, instead of their heel. When their feet land, they will touch lightly to the ground just under their body, instead of sharply and out in front of them. And, each stride will be of a shorter distance, but repeated at a quicker tempo. All of these components work together to make the barefoot running stride a smooth, quiet, and less impacting step.

**Let your heel kiss the ground.**

A common mistake that a lot of barefoot newcomers make is to avoid letting their heel touch the ground. I did this in the beginning, and I paid the price. My calf muscles were sore for a week. I actually had to go down the steps to my apartment backwards! Now, when I say you need to let your heel touch the ground, that is after you initially land on the ball of your foot. Land on the ball, let your heel come down softly (imagine it is gently kissing the ground) then back up. This process uses your calf muscles and Achilles tendon to control the impact of your step and to recycle some of the energy used during the stride.



The Harvard Barefoot Running lab has some great videos of how this should look: <http://www.barefootrunning.fas.harvard.edu/5BarefootRunning&TrainingTips.html>

If your legs have been accustomed to wearing shoes all the time, it is likely that your calf muscles are actually shorter than they should be. This is what happens when muscles aren't used. When you start barefoot running, all of the muscles and tendons will start being activated again, and you'll likely experience some soreness in your calf muscles during the beginning stages of this process. That is a sign that your body is adapting and building up its muscles.

If you don't stay relaxed, and try to keep your heel from touching the ground at the end of your step, the soreness and discomfort will be much more severe! Your body knows best, relax and let it do its job. The only situation where you will be on the balls of your feet through the entire stride is when you are sprinting.

**Keep your feet under your body.**

Runners who heel strike have a tendency to let their feet contact the ground far out in front of their body. This type of alignment does a poor job of dissipating impact forces through the body, and puts an inordinate amount of stress on the knees. The appropriate place for the feet to land is directly under the center of balance. This type of thing isn't something you really want to focus on intently, as it needs to just happen subconsciously. Just visualize your feet landing under you, and having a slight forward lean.

**Take quicker strides.**

A faster turnover rate between steps will provide a reduction in impact forces as your body contacts the ground. The longer you are in the air, the more impact force will be generated when gravity pulls you back into the ground. Quick and light steps will make the ground feel more like a welcoming mat rather than a bed of nails.

According to Jack Daniels, author of the Running Formula:

"I find that very few (sometimes none out of a class of 25 or 30) take as many as 180 steps per minute. In fact, some turn over as slowly as 160 steps per minute. The main disadvantage of this slower turnover is that the slower you take steps, the longer you spend in the air, and the longer you're in the air, the higher you displace your body mass and the harder you hit the ground on landing. When you consider that many running injuries are the result of landing shock, it's not surprising that experienced runners tend to turn over faster than beginning runners do."

The 180 steps per minute range has been well agreed upon by most barefoot runners. If you are not sure how to determine what your stride tempo is, a cheap digital metronome from a music store will do the job.

**Your feet will naturally land on the outside edge and roll in.**

It's called pronation, that dirty word which shoe stores and podiatrists will tell you is the root of all injury problems. Somehow, the shoe companies figured that injuries would go away if they could just stop pronation. Well they couldn't, and it didn't. Shoes just alter the way it works in a manner that probably increases injuries.

As it turns out, pronation is a useful tactic the body employs to run safely over uneven or uncertain terrain. Without knowing that you are doing it, you will land slightly on the edge of your foot, and when the body perceives that the ground is safe enough to support your full weight, it will roll onto the ball of your foot completely. Otherwise, the body will subconsciously do a double step kind of maneuver to keep weight from bearing down on the compromised step. If you ever land on an acorn while running barefoot, you will understand very quickly how this mechanism works.

**Just relax.**

I can't stress enough how important it is to be relaxed while barefoot running. I'm not aware of any benefit to being overly tense while running other than having people think you are incredibly uncomfortable. Sure, technically there will be muscle tension in different parts of your body throughout your stride, but you don't need to facilitate this.

Your body will take care of what it needs to do to propel you forward. Any mechanistic forcefulness will just increase the amount of effort required to get from point A to point B. In a similar way that shoes interrupt your body's ability to operate in the way it was engineered, so can your brain if you try to micromanage each step and force a particular movement to happen.

## **Foot Facts**

**The average foot gets two sizes longer when a person stands up.**

This is significant because most shoes are too constricting, not allowing enough room for feet to expand and shift during movement. I won't even bother to point out the ridiculously restrictive and deforming nature of popular women's shoes. Oops, I just did.

## **What Can Happen If You Over Do It?**

Half the point of all this is to avoid injury, so by trying to do too much too soon you're defeating the potential benefits of barefoot running. Give your body time to adapt and heal between running sessions. Listen to the feedback your body gives you. Pain and soreness are clear signals to slow down, decrease distance or get some rest. Even if you are a well trained runner, don't try to go out and hit your max distances right away. Be patient!

One thing I experience early on was some tendinitis on the upper part of one of my feet. Prior to a Crossfit competition it was only mildly sore, but afterward there was full blown swelling and redness. I was sidelined for several weeks so that my feet could heal. I should have listened to the cues my body was giving me to ease back on my training, by the competition and my ego lead me to ignore the signs. You'll have to decide for yourself if the risks are worth it.

I've read about some barefoot runners who get stress fractures in their feet, and it's definitely something a podiatrist will be quick to warn you about. Personally, I've had a foot bone fracture years ago, but I wasn't barefoot running back then. I got it from training in a mixed system of karate and jujitsu.

The fact is, if your nutrition and health is not supportive of strong bones, or your exertion level exceeds your physical capabilities, you will run the risk of a stress fracture. Barefoot running may exacerbate any of those situations because the bones in your foot (which have been asleep all these years) are now being stressed at much higher degrees. However, that stress is what causes bones to get stronger! The trick is to only increase the stress on the bones a small degree incrementally so that they can adapt and grow.

## **Should Your Kids Go Barefoot?**



I don't have any children, so I can't speak from experience. However, I have seen the difference in the foot shape between habitually unshod children and those who are put in shoes early and often. Research indicates that a lack of barefoot activity in children can lead to problems like flat feet when they are older.

Since they are your children, I won't try to tell you what to do. You should decide for yourself. Parents For Barefoot Children is a great resource to find out more information on this issue.

Read more about their mission at their website: <http://www.unshod.org/pfbc/pfbc.htm>

## **Changes To Your Feet**

With all of this talk about adaptations and growing bones, you're probably wondering what kind of changes your feet will actually be going through. Will you be sporting huge, hairy Hobbit feet like Elijah Woods? I'm sorry to have to disappoint you, but no they won't become monstrous and hairy.

### **Foot Reshaping.**

You might experience some slight reshaping of your feet, however the extent of it will mainly depend on how bad of shape they were in to begin with. Some people have reported the restoration of the natural arch, while others have noted that their shoe size changed. What you will most likely experience is an increase in the flesh on the bottom of the forefoot and the muscularity of the foot as a whole.

### **Calluses aren't required.**

Commonly, people will say that they need to develop calluses on the bottom of their feet before they do much barefoot running. To some extent, the skin will toughen on the bottom of your foot, but not anywhere near the level you might get on your hands from doing pull-ups all day. If you do develop calluses, they might be an indication that you are using a lot of push off force in your stride, something which isn't necessarily useful.

## **Should You Transition To Barefoot?**

Vibram Five Fingers are a popular type of minimalist shoe out on the market right now. If the name doesn't sound familiar to you, they are the "toe shoes" that you might have seen people running in around town. Some people have asked if they should start out running in minimalist shoes first, so their feet get a chance to adapt before trying full barefoot running. **I would advise against this.**

Even though Vibram Five Fingers have very thin soles, the small amount of padding they have slightly reduces your ability to feel the ground. That sensory ability, called proprioception, is incredibly important for your body to be able to properly develop a natural barefoot running stride. After you have mastered this, only then consider using minimalist shoes to augment your training.

## **Where To Train Barefoot**

### **Best places to train barefoot:**

- Local high school running track
- Clean concrete sidewalk along a quiet road
- Safe neighborhood road

You want to aim for places that are clean, and likely to be clear of glass and debris.

### **Worst places to train barefoot:**

- Wal-mart parking lot
- Sidewalk along busy road covered in trash or debris
- An unfamiliar grass field

Why grass fields? If you don't know what kinds of plants or animals inhabit the area, you could get in trouble.

### **Advanced places to train barefoot:**

- Rough wooded trails
- The beach
- Rocky or mountainous areas

Rough and rocky trails require a great deal of focus to keep from injuring yourself. No zoning out with your iPod! The beach can be tough for beginners because the loose sand wears you out faster.

## **When To Train Barefoot**

For beginning runners, you'll want to spend the majority of your training time during that sweet spot of the day when the temperatures are moderate and there is still a good bit of light left in the sky. Life might not always grant you the ability to schedule your runs during the nicest parts of the day, but you should avoid letting ego trump your sense of safety when it comes to running barefoot.

### **Visibility is important.**

Not just the visibility of yourself to other people and drivers, but also the visibility of the ground you are running over. If you can't see what is in front of you, you won't be able to avoid it if it is something dangerous or injurious to your feet. If you absolutely have to run at night or during low light situations, considering getting some kind of head-lamp to illuminate your path. This will also help you to spot glass or metal which reflects back the light from your lamp.

Yes glass is out there, I've seen it at parks and on sidewalks. If you use your eyes and are alert while you are running (which you will be if you aren't a zombie runner with iPod firmly attached to your body) then chances are you will spot the glass and run around it.

### **Be mindful of the heat and cold.**

Extreme heat or cold can make running barefoot quite difficult during certain times of the year. It is important to weigh the importance of getting in that daily run versus permanently damaging the one set of feet you have for life. While barefoot running can be incredibly beneficial to the health of your feet, asphalt melting heat and frostbite inducing cold are not. Use common sense and you won't have to explain to the emergency room doctor where you left your shoes at.

## **In Closing**

I hope this guide has been informative and will help you on your way to becoming a barefoot runner. Since you should already be barefoot as a condition for reading this guide, why not head outside right now and give it a try?

On the following page I've included a list of books and websites that go into much more detail than I could with this short guide. Use this as a starting point to learn more about barefoot running and running in general. Above the door to my old college's main hall is a sign that reads, "The half of knowledge is to know where to find knowledge." Consider yourself half way there!

**If you found this guide beneficial, please share it with your friends or anybody you know that is thinking about trying barefoot running!**

If you'd like to receive the latest announcements and weekly blog updates from Naturally Engineered, I encourage you to sign up for my free email [newsletter](#). Your contact information will remain confidential and will not be sold to third parties.

Connect with me online! You can find me on Twitter at [ThriveNaturally](#) and on Facebook at <http://www.facebook.com/naturallyengineered>. As well, feel free to contact me directly through my website (<http://naturallyengineered.com/blog/contact>) with any questions you might have.

Sincerely,  
David Csonka

## Resources

### Books (in alphabetical order)

Barefoot Runner, by Paul Rambali  
Barefoot Running, by Michael Sandler and Jessica Lee  
Born To Run, by Christopher McDougall  
Natural Running, by Danny Abshire  
The Barefoot Book, by Dr. Daniel Howell  
The Barefoot Running Book, by Jason Robilliard

### Websites (in no particular order)

Christopher McDougall (<http://chrismcdougall.com/blog/>)  
Dr. Daniel Lieberman (<http://www.barefootrunning.fas.harvard.edu/>)  
Barefoot Runners Society (<http://www.barefootrunners.org/>)  
Barefoot Ted (<http://www.barefootted.com/>)  
Primal Foot Alliance (<http://www.primalfootalliance.org/>)  
Barefoot Ken Bob (<http://runningbarefoot.org/>)  
Barefoot Michael (<http://www.barefootandgrounded.com/>)  
Dr. Michael Nirenberg (<http://www.americaspodiatrist.com/>)  
Dr. Daniel Howell (<http://barefootprof.blogspot.com/>)  
Rob Raux (<http://shodless.com/>)  
John Durant (<http://hunter-gatherer.com/>)  
Justin Owings (<http://birthdayshoes.com/>)  
Al Gauthier (<http://www.livingbarefoot.info/>)  
Michael Sandler and Jessica Lee (<http://runbare.com/>)  
David Sypniewski (<http://www.barefootrunner.com/>)  
Clynton Taylor (<http://www.runningquest.net/>)  
Harry Hollines (<http://hhollines.blogspot.com/>)  
Zero Drop (<http://zero-drop.com/>)  
Pete Larson (<http://www.runblogger.com/>)  
Jason Fitzgerald (<http://strengthrunning.com/>)  
- and many more which I may have neglected to include.

### Minimalist Footware (stuff I wear when I need shoes)

Vibram Five Fingers (<http://www.vibramfivefingers.com/>)  
InvisibleShoe Sandals (<http://www.invisibleshoe.com/>)  
Luna Sandals (<http://www.lunasandals.com/>)  
Terra Plana Vivo Barefoot (<http://www.terraplana.com/vivobarefoot.php>)

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