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Faulkner/Muscato

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Some reasons that people switch from shoes to barefoot running is for the challenge. Another reason people run barefoot is to strengthen foot muscles. “I tried barefoot running first out of desperation. I was getting injured a lot as I was trying to increase my running mileage past 50 miles per week. My shins were in severe pain. My knee was making strange noises. My right hip was tight and painful.  I knew I could run longer distances, but certain parts of my body were limiting me”.(Judd)

A good shoe for runners that want to run barefoot in is the vibram five fingers. The shoes should fit like a glove. They have toe pockets so they feel natural on your feet.

I’ve given away my Asics, and now I run exclusively with my Vibram Fivefinger KSOs or completely barefoot. I’m running as fast or faster than ever, lighter than ever, injury-free, and I feel connected to the ground I run on. My feet have become stronger, and I feel better. Running was always fun, but now it feels like play! ("zen habits") I searched online for treating my shin splints and arch pain and found a lot of websites that promoted barefoot running.  I also found that some people were using minimalist shoes to help them transition to barefoot running. I tried some barefoot running on my street and it felt good, but the rough pavement was a bit uncomfortable on my soles.  I went back to Fleet Feet and ordered another pair of expensive shoes. My wife was not very happy with me. I ordered a pair of Vibram five fingers.  They are weird looking minimalist shoes with toes pockets. These are now what I run races in. (Judd)