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THE BAREFOOT TREND & DEBATE

My, how things have changed. Seemingly a short while ago the mere suggestion of going or running barefoot would have caused faces to cringe. Nowadays it’s among the hottest topics and not just in the running community.

Numerous athletic publications, popular leading newspapers and various online entities have written a tremendous amount on this subject. It’s been mentioned, talked about and discussed by various TV programs, major news channels and web media. Interestingly, the subject even crepted up into the financial sections of some publications. All that hype is just amazing.

The tipping point that triggered the avalanche of interest was a recently published book titled "Born to Run: A Hidden Tribe, Superathletes, and the Greatest Race the World Has Never Seen" by Christopher McDougall.

Hmm...Is this a beginning of a new or return of an old trend? Is the ‘barefoot trend’ here to stay?

If you actually look at the history and the bigger picture – you will easily recognize that it’s not a trend and it never left or came back, so to say. But due to our pop-culture’s love of everything sensational and trendy- things are often presented in a warped view and their true place and significance are either exaggerated tenfold or deprecated just as much.

Balance is key. Everything in moderation. Life thrives in balance. There is a time and place for everything. It is not smart or advantageous to chaotically jump from one extreme to another.

So, what is barefoot running? It is running barefoot, sans shoes, not even socks on. That’s it!

Think about when first shoes came about and when shoes went into mass production – we are talking thousands of years. Now, when were running shoes introduced? Definitely not at the first Olympic Games. When did the running shoes start evolving into monsters we see today? Now we are talking about only 3-4 decades! Considering the age of human race it is pathetically obvious how "new" the barefoot "trend" is. Some might think we’re stating the obvious but you would be surprised by how many people are just realizing it now.

The debate aspect of this topic comes mainly from the shoe makers and medical professionals, and primarily the ones unwilling to accept the reality of the situation for one reason of another. They have shoes to sell and ice-packs to recommend, how can they possibly easily agree that their time and money investment was a huge mistake? But we as humanity have made many steps up the developmental ladder and we now know more.

We now know and have evidence that going barefoot is healthy and is good for us. It is a good way to develop better perception of the body weight, support, muscle efforts related to the body weight location on the support and consequently muscle strength of the lower extremities. Once the shoes are off, most of us will naturally run on forefoot or will land flat somewhere directly underneath our body.

But the puzzling 0.1% will attempt to heal-strike (wow, talk about sensors off...) and that shows that while barefoot running is good for you it doesn’t guarantee anything, it doesn’t guarantee a proper body position on support, proper interaction with support, and proper muscle efforts in space and time. I.E. going barefoot means taking off shoes and nothing else.

**While going barefoot is a step on the path to better health, it is not the panacea that most everyone now seems to want it to be. It will not solve your problems that stem from incorrect movement that comes from the incorrect idea of how running should be done.**

And that’s where the Pose Method of Running comes in. It helps to make sense out of chaos of visible movement that we refer to as running. It help to streamline and simplify the task and the process of teaching and learning how to run.

**Facts are:**

- Barefoot running is just that - running without the shoes. It is not a particular way to run.
- Being or running barefoot is among the most natural things to do.
- Barefooters do have stronger and more developed feet and legs. They walk and, in general, move better.
- Barefoot runners can still get typical running related overuse injuries.
- Running barefoot could potentially and most likely will improve your running experience, but it will not necessarily improve your running technique.

It is a great idea to start walking around barefoot, you will start noticing positive things and changes almost immediately. Running barefoot all over sudden, however, might not be such a good idea. Being unprepared you will suffer the consequences.

To make a better and easier transition to barefoot running - **read these articles** and then contact the **best running technique coaches around**. From that point on, it is virtually a guarantee that you will run better and faster than ever before. If ‘faster’ is not your concern, then simply focus on ‘better’. The Pose Method of running will give you the necessary knowledge to optimize your running technique. The **Pose Coaches** will help you get better results faster.

Before wrapping up, let's re-iterate several points.

4-3-2010
Walking or running barefoot is nothing new, if anything it's a return to normalcy.

If you have not gone barefoot before - do not attempt to log in miles, you will most likely get hurt one way or the other. Take your time getting used to first walking barefoot and then gradually transition to running.

Barefoot walking, running and exercising offers very real and tremendous health benefits which you will feel almost rightaway.

Running barefoot is not the goal, it is the means to achieving a goal of a healthier and stronger you.

Even if you run without shoes - you still have to know how to run or you will get injured.

Keep the above in mind and enjoy!