

BAREFOOT RUNNING

Reading:

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A: Read the text and answer the questions

Running debate: Bare or in shoes?

(CNN) -- Terry Chiplin didn't need a Harvard study to tell him what he's known for years. "**Barefoot** running, for me, is a lot less painful than wearing running shoes," said the 55-year-old Brit, who competed in high school in thin-soled leather shoes and would run shoeless whenever he could.

After taking a break in early adulthood from the sport, Chiplin returned to it by buying a **fancy** pair of running shoes. "I'd come home with **blisters**, my feet killing me," he said. "So one day, I just said to myself, 'Who cares what anybody thinks? I'm putting **sole** to earth.' " Chiplin now teaches running and outdoor fitness in Estes Park, Colorado, and does it shoeless as often as possible. He's among many runners on blogs and list-servs who've been debating new studies about the most efficient running form.

The study stirring the most buzz was led by Harvard evolutionary biologist Dr. Daniel Lieberman. It's the first to compare how much impact the body takes when a runner is wearing shoes or is barefoot. Using high-speed video, the study revealed barefoot runners strike with their forefoot and suffer less **jarring** to their bodies. When you're barefoot, you're going to land with the portion of your foot that is most **springy**. And think of the barefoot run as a game of hot potato -- if you know you have rocks and glass on that **surface**, you're going to move more carefully and pick your feet up quicker. Shoe wearers strike with their heel and deliver a shock to their overall body that is two to three times their body weight. Lieberman's test subjects were Kenyan runners who had spent their lives running barefoot and the Harvard track team, which runs in shoes. "Runners are responding because they are always interested in the latest science of their sport, and they have a personal reaction to being told that their shoes are going to be taken away," said D. Leif Rustvold, a Portland, Oregon, runner with a masters in anthropological biology who works for a health care provider. Though he switched to barefooting a few years ago and saw an improvement in his efficiency, he predicts barefooting will remain a practice of a **minority**. "Runners are concerned first about injuries, and barefoot running can seem, at first, like it's going to lead to injury," he said. "Besides, we've been wearing shoes for years. No one is going to roll that back."

The other study, focusing on walking form, comes from University of Utah biology professor David Carrier. Carrier is well-known among distance runners for trying to run down a herd of antelope a few years ago to prove that humans were built to run great distances, their survival dependent on their ability to persistence hunt. He found that while humans have evolved to run great distances, we've also evolved to become more

efficient walkers than our ape ancestors by doing the very thing Lieberman's study warns against - landing heel first. His test subjects were volunteers who were triathletes, runners and soccer players. Most mammals - dogs, cats, raccoons - walk and run around on the balls of their feet, the study says. Few species land on their heel: bears, humans and great apes - chimps, gorillas, orangutans. "Our study shows that the heel-down posture increases the economy of walking but not the economy of running," says Carrier. "You consume more energy when you walk on the balls of your feet or your toes than when you walk heels first." So, run on your forefeet and walk on your heels? "It can be complicated, but I don't think what Lieberman concluded and what our study found conflicts at all with each other," Carrier told CNN. "If anything it shows how complex our feet are, and how much we're learning about the mechanics of movement." Lieberman said his study is not meant to be an argument for barefoot running. "I'm afraid people have misunderstood me," he said. "I'm not in the business of telling people what to do, what shoes to wear or whether to wear shoes at all. [...]"

Questions:

1. Terry Chiplin is an advocate of barefoot running. T/F
2. According to the Lieberman's study, runners wearing shoes strike the ground with more force than shoeless runners. T/F
3. Name the two groups that were tested by Lieberman:

4. Lieberman's findings speak against barefoot running. T/F
5. Rustvold expects most runners to switch to barefoot running. T/F
6. People are good walkers because they are able to land heel first. T/F
7. To be most effective we should run on our forefeet and walk on our heels. T/F
8. According to Carrier, his and Lieberman's studies contradict each other. T/F

Activity B: Match the words (1-8) with the definitions (A-H).

1.	barefoot	A	to push something firmly and suddenly against something else, usually accidentally
2.	sole	B	a small number of people or things that are part of a larger group but different in some way from most of the group
3.	fancy	C	the top layer or outside part of something
4.	blisters	D	expensive, popular, and fashionable
5.	to jar	E	without any shoes or socks on
6.	springy	F	a swollen area on your skin that is full of a clear liquid and is caused by being burned or rubbed
7.	surface	G	the flat bottom part of your foot
8.	minority	I	something that quickly gets its original shape again after you stop pressing it or walking on it

Definitions: <http://www.macmillandictionary.com>