

BAREFOOT RUNNING

Read the text and fill the gaps with one word.

Author of the article: Scott Douglas

Source: <http://www.runnersworld.com/barefoot-running-minimalism/what-happens-when-you-first-run-barefoot>

What Happens When You First Run Barefoot Study provides more support for gradual transition to barefoot running.

Barefoot running, also known as minimalism or natural running, is simply running without or running in thin-..... shoes. Running barefoot is considered to be the natural way of running and some entire cultures still foster this idea such as the Tarahumara in Mexico. Minimalists, or runners who run in minimal shoes or barefoot, argue barefoot running can correct a runner's form and foster a forefoot strike, which can result in fewer running than those who run with a heel-strike.

However, scientific research has yet to reach a clear consensus on the benefits of barefoot running. Barefoot running advocates argue minimal running is better for the feet in that it strengthens them and reduces chronic injuries such as IT Band Syndrome, Runner's Knee, shinsplints and other common running injuries. According to these proponents, barefoot running forces runners to forestrike as opposed to-strike, which is the result of the evolution of the running shoe to exhibit a cushioned heel.

Barefoot running remains a topic and many argue it might not be suitable for all *Runner's World* Editor-in-Chief, David Willey, wrote about barefoot running in a 2011 editorial and summed up barefoot running by stating, "There's no single answer or prescription that's right for every runner when it comes to footwear and running form." [...]

Why Run Barefoot?

In terms of racing, studies have proven that less weight on your feet will your running efficiency and decrease your time. Research has also shown that barefoot running forces the foot to impact the ground differently. Running shoes typically make runners strike the ground with their heel first, whereas barefoot running changes the gait to a strike.