

BAREFOOT RUNNING



Activity 4: Watch Brian Fidelman’s interview with Christopher McDougall, author of the bestselling book “Born to Run”, and answer the questions. If the sentence is incorrect, correct it.

1. Christopher McDougall stumbled on the idea of barefoot running because he got numerous injuries and looked for something new. T/F
2. Christopher finds rocks, roots and glass dangerous for barefoot runners. T/F
3. According to Christopher, human foot is designed for hard surfaces. T/F
4. Christopher’s longest barefoot run was about 20 miles. T/F
5. People have been running barefoot for 2 million years. T/F
6. Running shoes appeared 40 years ago. T/F
7. The study from 1989 proved that the greater the cushioning in the shoe, the smaller the impact shock on the legs. T/F
8. If you run shoeless and your feet start to hurt, you should stop running. T/F
9. Brian and Chris met for a run in Central Park. T/F
10. They covered 8 miles. T/F
11. Brian had blisters after running barefoot. T/F

Speaking:

What do you think of running barefoot?

Have you ever run barefoot? Yes/No?

If yes – how did you come across this idea? How does it feel to run barefoot?

If no – would you like to try it?

In your opinion, what speaks for and against barefoot running?