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| LEVEL: | B1+ |
| TIME: | 90 MINS |

BAREFOOT RUNNING

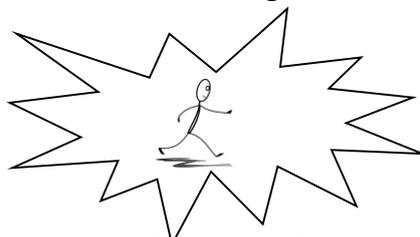
Activity 1: Warm-up



① Look at the pictures. How do these people feel during and after running?
(S – synonyms)

| ☺ | ☹ |
|--------------|------------------------------|
| alive | annoyed |
| enthusiastic | awful |
| excited | discouraged |
| exuberant | <u>exhausted (S)</u> |
| happy | <u>fatigued (S)</u> |
| motivated | frustrated |
| pleased | <u>on your last legs (S)</u> |
| relieved | overwhelmed |
| satisfied | sick |
| thrilled | <u>tired (S)</u> |
| | <u>weary (S)</u> |

② How do you feel during and after running?



Activity 2: Reading

Author of the article: Ashley Fantz

Source: <http://edition.cnn.com/2010/HEALTH/02/12/barefoot.running/>

2A: 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:

| |
|------------------------|
| Kenyan runners |
| the Harvard track team |

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 2B: Match the words (1-8) with the definitions (A-H).

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

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

Activity 3: 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 **shoes** or running in thin-**soled** 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 **injuries** 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 **heel**-strike, which is the result of the evolution of the running shoe to exhibit a cushioned heel.

Barefoot running remains a **controversial** topic and many argue it might not be suitable for all **runners**. *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 **boost/enhance/improve/increase** 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 **forefoot** strike.



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.

To watch the video scan the QR code or go to http://bit.ly/AT_BarefootRunning

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 (**he has eyeballs to avoid them**)
3. According to Christopher, human foot is designed for hard surfaces. T/F
4. Christopher’s longest barefoot run was about 50 miles. T/F (**15-18 miles**)
5. People have been running barefoot for 2 million years. T/F
6. Running shoes appeared 40 years ago. T/F (**30 years ago**)
7. The study from 1989 proved that the greater the cushioning in the shoe, the smaller the impact shock on the legs. T/F (**the greater the impact shock**)
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 (**6 miles**)
11. Brian had blisters after running barefoot. T/F (**no blisters, his skin on the bottom of his feet was ok**)

Activity 5: 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?