

BRS Resources Cont'd.

Member Map:

Put yourself on the map, and locate friends and mentors in your area to run with.

Map of Barefoot Running

Instructors:

For those who need an extra bit of help and some face-to-face instruction.

Product Reviews:

Share your experiences and rate a product you may have tested--gear & footwear--and read what others are saying about products you may be interested in buying.

Course Reviews:

Rate a course, trail, or race on barefoot-friendliness you have experienced, so others will know what to expect should they want to run it too.

Home Page News:

Stay informed on the latest in barefoot and minimalist running and the news that impacts our sport.

Blogging:

Share your experiences with others or learn more about your friends' personal triumphs and trials in an all-inclusive place.



BRS Resources Cont'd.

Library:

Review our Library, fast becoming THE go-to source for academic research and info on the benefits of barefoot and minimalist running, review how-to instructionals, and learn safe transitioning through Barefoot Running 101.

Mileage Clubs & Mileage Reporting:

Be inspired and motivated by logging your barefoot and/or minimalist running miles and inspire and motivate others along the way. Earn a merit award at the end of the year to keep as a memento of your hard work and efforts.

International Barefoot Running Day:

On the first Sunday in May each year, barefoot runners from all over the world get together to share camaraderie, express unity, and share with the world an alternative, viable way to run.

Stomp of Approval Program:

The BRS's Stomp of Approval is given to those individuals, organizations, and running events that show support for barefoot and minimalist running to display on their sites.

Communication:

Communicate with other members through private messaging.

For further information, visit:
www.TheBarefootRunners.org
Or contact us at:
info@TheBarefootRunners.org



Changing the running world
one odd look at a time.



**BAREFOOT
RUNNERS
SOCIETY**

The BRS Mission:

- *To offer resources that unite barefoot and minimalist runners from around the world;*
- *To promote barefoot running and minimalist running around the world and at race events as a competitive sport;*
- *To educate the running public on the health benefits of barefoot and minimalist running;*
- *To dispel the myths associated with barefoot running that negatively impact the sport.*

About BRS

The Barefoot Runners Society was born out of a need to find others who have the same interest in running barefoot/natural. As you know, it's comforting when you find others who share the same passion for running barefoot or minimal that you do. It is what binds us to one another and helps us to feel that we are not alone in this otherwise solitary experience.

The BRS Vision

Our vision is that there will be BRS chapters throughout the world which will offer support and resources to the barefoot and minimalist running community.

The BRS Invitation

We invite you to take advantage of the many resources we have to offer, and we thank you for being a part of our barefoot running community.

BRS Resources

Forums:

The most active forums going on barefoot and minimalist talk. Learn and grow with other members, new and veteran alike, as you transition to healthy running. We have forums for Barefoot & Minimalist Running; Ultra Running; Ask the Docs; Gear & Footwear; Health, Nutrition, Injuries & Medical Conditions; Mileage Reporting, New Member Introductions, Races & Events, the Barefoot Pub, and more.

Chapter Clubs:

Join in on group runs and races with other members in your area or head up a chapter in your area and arrange meetups.

Calendar of Events:

Stay informed on the barefoot and minimalist running, racing, and meetup events taking place around the country, in your area, and where you may be traveling to.

Ask the Docs Forum:

Get answers from medical professionals about your barefoot or minimalist living and running health. Each of our five doctors (MD, Podiatrist, and three Chiropractors) is a barefoot runner!

Map of Barefoot-Friendly Doctors & Specialists:

Find a doctor or specialist near you who won't treat you like an outcast for your running-style, or you can share those barefoot-friendly docs you learn of with the rest of us.