

The Barefoot Runners Society was born out of a need to find others who have the same interest in running barefoot. As you know, it's comforting when you find others who share the same passion for running bare-foot 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.

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

Our mission is:

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



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Through the Barefoot Runners Society's services, you will be able to connect with other barefoot and minimalist runners from your area and across the country through:

- Forums
- Ask the Docs Forum
- Chapter Clubs
- Calendar of Events
- Map of Barefoot-Friendly Doctors & Specialists
- Member Map
- Map of Barefoot Running Instructors
- Product Reviews
- Course Reviews
- Home Page News
- Blogging
- Library
- Mileage Clubs & Mileage Reporting
- International Barefoot Running Day
- Stomp of Approval Program

We invite you to take advantage of the resources we have to offer at no charge to you, and we thank you for being a part of our barefoot running community.

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