



Exploring the bare minimum

Barefoot Running Magazine

The world's first barefoot and minimalist running magazine

IS RUNNING BAD FOR YOUR KNEES? P24



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TRANSITION AREA

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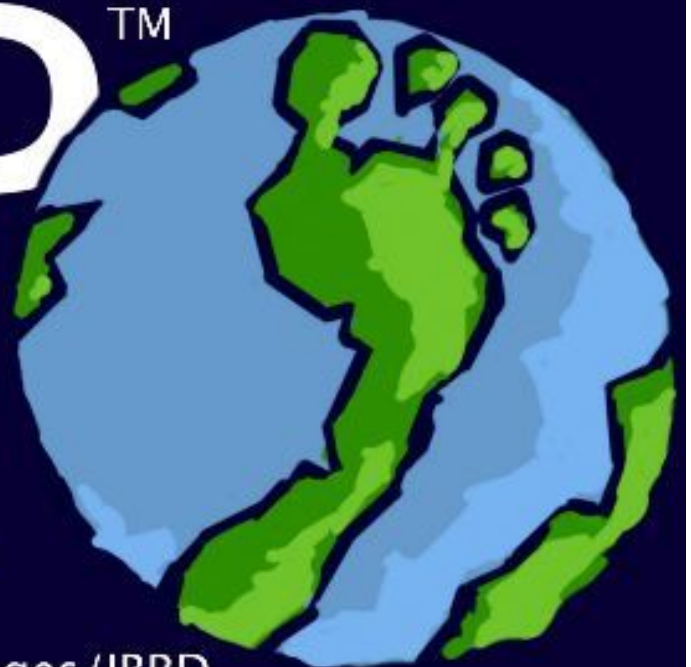


IBRDTM

INTERNATIONAL BAREFOOT RUNNING DAYTM

"Changing the running world
one odd look at a time."

www.TheBarefootRunners.org/pages/IBRD



MAY 5 2013



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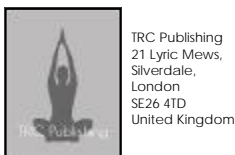
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Welcome to the summer issue of Barefoot Running Magazine. We hope you are all well and have been enjoying the summer, particularly the amazing performances at the Olympics and wonderful efforts of all the staff and volunteers.

As usual, this issue is packed with plenty of new info, tips, treats and stories. Leigh Rogers takes us through the pros and cons of organic food in our 'Nutritional Nugget', Chris Hunt – Pilates expert – explains the benefits and complementary nature of Pilates for runners with some exercises for you to try at home and Dr James Stoxen writes about the 'human spring mechanism' and the importance of allowing the foot to move freely.

We also caught up with the lovely Michael Sandler and Jessica Lee of RunBare, who answered some of our questions as well as taking us through a typical day in their creative, exploratory and nature-focused lives. They are soon to release the RunBare movie which is sure to take barefoot running to yet another level.

David's been back in his lab investigating and enjoying the merits of 'Cryotherapy' whilst I consider the indulgence of alone-time during a run versus the natural inclination to run in a group.

Finally, you can find out what Barefoot Running UK has been up to in the BFRUK supplement, along with workshop/group run dates and venues.

Plus, news items, photos, events and more.....

Hope you enjoy....Run Strong, Run Free!

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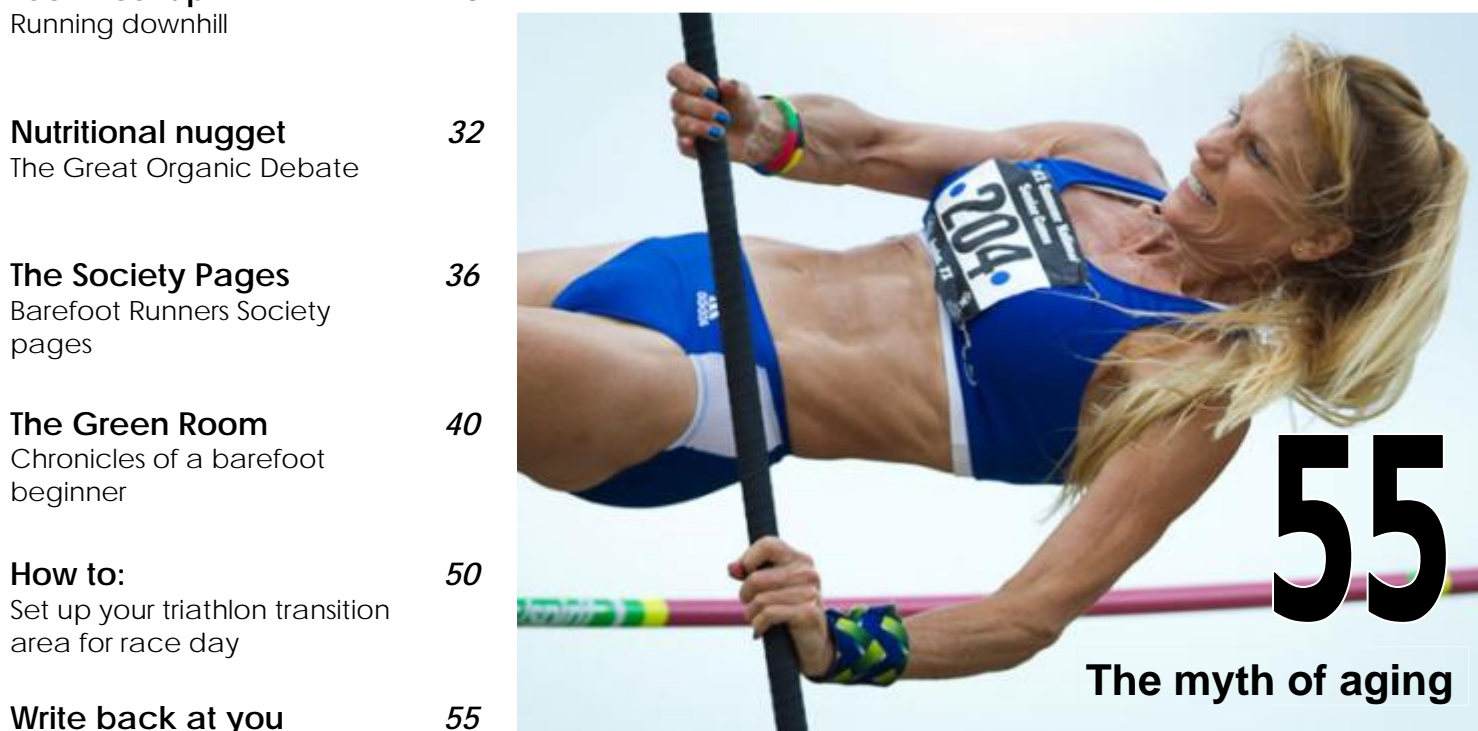
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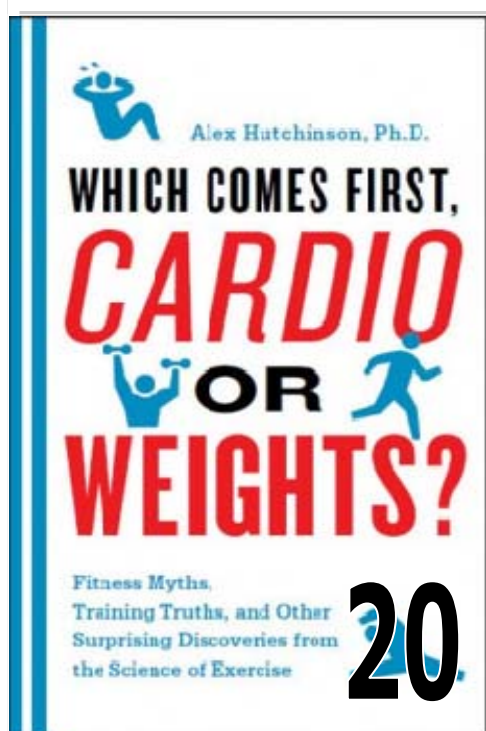
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Main feature

Barefoot Runners Society



Barefoot Runners Society (BRS) was founded in 2009 by a group of barefoot running enthusiasts who wanted to generate more interest in the subject as well as provide a central place where people could go to gather information, meet other barefoot runners and generally feel that they were not alone in their quirkiness!

Plenty of you will have heard of – and indeed be members of – BRS. You may not know, however, that rather surprisingly, it developed from a Runner's World forum which was specifically created by Runner's World at the request of Barefoot TJ (one of the founding members of BRS).

TJ approached Mark Remy at Runner's World on the subject after feeling a little bit like an 'outcast' in the existing forums. She thought that she'd have to be particularly persuasive but in fact Mr Remy was quite open to introducing a barefoot running forum; his only stipulation was that she made sure the forum kept busy – which it did!

As the barefoot running movement continued to grow, the main forum contributors

began to discuss forming their own group with the aim of providing a central resource for those curious to learn more about the concept. TJ proposed the initial idea, suggesting how it might be fun to begin to build a barefoot running community, with scheduled meet-ups, etc. In the end, six individuals got together to begin hashing out the details of how it would all fit together – you may recognize some of the other names: Jason Robillard, Victor Palmer, Preston Curtis, Haley DiCicco and Cameron Guthrie.

Many hours, days and even months were spent deciding how the group would function and evolve. The BRS website was built and tested multiple times. Eventually, everything went 'live' in September 2010, with 680 beta testers, and since then the BRS has grown at a dramatic rate.

For those of you unfamiliar with its ideology and structure, BRS is an organization with the aim of providing information and a sense of community to barefoot and minimalist runners whilst welcoming runners who still choose to run in conventional footwear. It is international, with a series of chapters around the world that are looked after by local barefoot/minimalist runners. The central 'hub' of the BRS is its website. If you pay a visit there (and we highly recommend that you do), do ensure that you have at least a couple of hours to spare because it's a busy place!



New York, USA chapter members



The France chapter enjoying the day!

Going there is how it must feel to love shopping and spend a whole day at the biggest ever shopping mall....except that what you're getting is valuable information rather than clothes AND it's all free! There are currently 21 forums, offering support and advice on everything from technical tips, nutrition and injury to running barefoot ultramarathons!

Of particular note, there is an 'Ask the Docs' forum, with five barefoot-friendly doctors on the staff with varying medical backgrounds who offer sound advice regarding barefoot/minimalist running and barefoot living.

These five 'gurus' are: Dr Michael Nirenberg, DPM (podiatrist), Dr Mark Cucuzzella, MD (Medical Doctor and the man with that beautiful running gait – many of you will have seen the video clips at: www.naturalrunningcenter.com); and Drs James Stoxen (Human Spring Theory), Stephen Gangemi (Sock Doc) and Andrew Klein, all of whom are chiropractors.

There are 88 chapters around the world, with more on the horizon, and the website itself receives around 2 million hits every month!

Not so long ago you may have been a part of the huge migration over to a new BRS home, with brand new logo and design. We discussed the 'new look' with TJ who is pretty much in charge of the whole

operation. There were a number of reasons for the changes; here are her words:

"It became apparent during the February site migration that a rebirth of the Barefoot Runners Society would be necessary in order to maintain the BRS's promise to the members and the community that the BRS would and should always belong to them and not one sole individual. With this rebirth came a new web address, a new website, a new logo, and a new colour scheme. The logo contest allowed the members to submit their designs, and then the logo and colour scheme were voted on by the members," (TJ)

As the BRS continues to expand, we asked TJ what her hopes for it are in the future. Her plan is to focus on developing the BRS internationally, represented by the globe of flags that forms a part of the BRS branding. She and her colleagues are also continuing to improve the functionality of the



Virginia, USA chapter on IBRD 2011



An impressive showing of 120 runners from the Slovenian chapter

website, mainly for ease of communication and email updates.

The other main goal of the BRS is to promote International Barefoot Running Day (IBRD). This year saw the second birthday of this worldwide event, originally the idea of the BRS Vice President, Jamie Lee. It's held on the first Sunday of May and each chapter is encouraged to celebrate, whether it's just an informal

get-together of chapter members or an organized race (such as the one managed by Martyn Candler in Brighton for the UK chapter).

This year, 304 BRS members took part in various events around the world, with a whopping 120 of those in Slovenia!

Jamie's aim is that this annual celebration will help to develop the barefoot running community, providing the more

shy participants with a concrete reason to get out and run in public sans shoes and to demonstrate to other runners that there is not necessarily a need for footwear when seeking enjoyment through running.

Show your support by becoming a member and joining in the fun. It's all free, but if you feel the urge, you may make a donation which will not reach anyone's pockets but merely allow the BRS to continue to function and grow.



San Francisco chapter (left) and the Seattle chapter (right) on IBRD 2011

Visit: www.thebarefootrunners.org and join the fun!



Caught in the web

Internet snippets

90 Year Old Marathon Runner Gets Caught!

A 90 year old man, named Wilf Cooper, who was running in secret, was 'found out' when television cameras caught him in a race and one of his neighbours spilled the beans to his unsuspecting wife.



Apparently, she thought he was just going to watch the races.

He's completed 6 half marathons!

Congratulations Wilf!



The world's youngest barefoot runner?

Found on **facebook**.



CLOSE ENOUGH



"Due to the current economic conditions, the light at the end of the tunnel has been turned off and the switch has been sold..."



For thoughts on barefoot running and general health, visit Anna Toombs's blog:

www.barefootrunninguk.blogspot.co.uk

In focus

Michael Sandler and Jessica Lee of RunBare



Michael Sandler and Jessica Lee are co-authors of *Barefoot Running: How to Run Light and Free by Getting in Touch with the Earth* and co-founders of RunBare Company, a barefoot wellness centre devoted to helping people reconnect with the Earth and heal through natural movement and living practices. They hold rejuvenating clinics at exotic eco-locations worldwide.

Michael Sandler has been a professional athlete and coach for nearly 20 years. In 2004, he did a 5000 mile, 40 day, solo, unsupported bike ride across the US to help people with learning disabilities. In 2005, he was sponsored by RollerBlade to attempt a world record 4000 mile, 40 day skate across the country.

However, his plans were cut short by a near-death training accident. Out on the trails one day, a father teaching his son

how to walk stepped out in front of him on a bike path. He had to throw himself down to avoid the baby, and in that moment his world changed. He now has a titanium femur, titanium hip, has had ten knee operations, has an inch leg-length discrepancy, and a hole where his ACL used to be.

Doctors told him he'd be lucky to walk again, and never be able to run. And they were right, until he took off his shoes. In shoes he went from overuse injury to overuse injury, both in his feet, his legs, his hips, and his back. But by connecting with the earth, getting grounded, and discovering a lighter stride he was able to get balanced, overcome his chronic inflammation and injuries (along with chronic plantar fasciitis), to grow strong, and to heal. He now runs 10 to 20 miles a day barefoot, and in all conditions.

Jessica Lee was a former track sprinter in high school who gave up running due to extreme knee pain, particularly in "distance" events. Her last run was the 2007 Bolder Boulder 10K, where she experienced intense knee pain at the 3K mark. She thought to herself if she wanted to keep her knees healthy for life, she should never run again.

However, all of this changed when she met Michael. She was training for a 240 mile 20,000 vertical foot cycling ride. Michael said he would coach her, but recommended she integrate some barefoot

running into her training. She agreed, and once she slipped off her shoes for the first two hundred yards (which felt so good she wanted to sprint!) she was hooked.

Soon afterwards, Michael was being interviewed by the Denver Post, both about barefoot running, and how it helped him heal. Jessica watched the interview and a light bulb went off. She realized they could help others by getting them out of their shoes.

"...and in that moment his world changed. He now has a titanium femur, titanium hip, has had ten knee operations, has an inch leg-length discrepancy, and a hole where his ACL used to be."

So she soon founded a barefoot running club, letting Michael know one Friday evening that he was coaching a group of 10 the following morning! It was a hit, and immediately, people began to benefit. Word spread as runners grew stronger, healed, and were able to run pain free. From there the club grew, and quickly reached over 100 members. No one would leave the clinics after they were done, each inspired and asking question after question, with more and more people suggesting they write a helpful guidebook.

Jessica saw how much our efforts were helping people and the potential to reach a much bigger audience. So as marketing director for a geo-thermal company, she suggested they quit their jobs, start a new company and begin in earnest on a book on barefoot running.

And so they threw sanity, and safety to the wind, relying on their meager savings, and the support of their families to found RunBare and write Barefoot Running. They subsequently went broke three times, even finding themselves out on book tour, before they had the money to get the books out of the printers and into their hands. But each time they had just enough money to get by, such as literally spending their last dime on the parking meter at the post office, to send the check out to the printers to get their books shipped. And once books were in hand, they began to sell like hotcakes. Over the next six months they took their show on the road with their two dogs and a documentary filmmaker in their little Suzuki crossover, covering 40,000 miles and giving well over a hundred talks to reach and help people everywhere they could.

A year later they had an independent best-seller, and partnered with Random House for the reprint of Barefoot Running and the upcoming Barefoot Walking due out Spring of 2013.

Since 2009 they have give over 300 talks worldwide, along with holding full-day clinics and retreats. They've since moved to Maui where they filmed Barefoot Running, and have plans to film Barefoot Walking this Fall (2012) as well.



Michael and Jessica, barefoot on their wedding day

Most importantly, their outlook on life, and on the world around them has changed. To them, barefoot running has gone from simply being a physical activity, to something that's literally, and metaphorically much more. They're now more focused on the connection to the earth, to living in harmony with the planet, and on natural ways of living...or one could say indigenous ways of living in balance with the earth and one's surroundings. This encompasses more of a barefoot lifestyle, a more raw-vegan oriented diet, far greater eco-efforts, and different decisions in almost every aspect of their lives.

It has affected their outlook spiritually as well. In the beginning, the connection to the earth was about healing, then it became about rejuvenation, or rolling back the clock to the health and vigor we once had as kids. And finally, it's ended up with helping people connect to their inner voice, or stillness, or to their spiritual wellbeing. Perhaps it's all of the time they've spent barefoot communing with

nature, but they've found, and help others find a way to connect with something greater than themselves by stripping off their shoes and connecting with the Earth.

Michael and Jessica enjoy their time in nature together, whether walking, hiking, meditating, or running; feeling the ground, connecting to the earth, and always in child-like awe of the world around them. Out on the trails, Michael's the endurance engine, steadily forging ahead, while Jessica's the nimble sprinter, jumping over rocks and logs, climbing up trees, balancing on whatever she can find, and flying ahead with bursts of speed and agility. In essence, they're both like kids again, running, playing, exploring, and having a blast.

To find out more about Michael and Jessica's journey, follow along on Facebook at www.facebook.com/runbare or for more information on rejuvenating clinics, retreats, advice and products, visit to www.RunBare.com.

Anna's pause for thought

Pros and cons of a running partner



*Anna's thoughts
on various health,
exercise and running-
related topics*

could keep up but he wasn't particularly competitive so didn't try and make it a race. I didn't mind him as a running companion and as I'd recently moved to London, I felt a bit safer having him with me - plus, I didn't get lost.

(Side note: I did get lost once when I decided to go running by myself. I ended up having to phone David from a phone box, reversing the charges and then wait for him to come and get me.....oops)

In those days, we were still running in trainers. David didn't really have a passion for distance running but I would drag him out, waiting impatiently for him to tie his shoes several times before they felt comfortable. The running partnership sort of worked though because, as I said, I felt safer and didn't know my way around and David did

quite like it once he got out there (and was quite a natural) but needed me to give him the initial push.

"One thing we've found though is that people do have a default speed at which they're most comfortable. One factor that determines this speed is the height and leg length of the individual. "

When we began barefoot running, the dynamics of the running partnership changed. The main reason for this is that we were embarking on a new and slightly scary journey so that mutual support was extremely helpful. We were also no longer focusing on

Before I met David (around eleven years ago) I was a solitary runner. I didn't like running with other people because they interfered with my time and distance goals. They also interfered with *my time*. Running was a haven for me to escape - to allow my thoughts to run through my head, or indeed, for all thoughts to leave my head so that I could just appreciate pushing my body physically. Running partners either held me up because they were too slow, or made me feel inadequate because they were too fast. With both scenarios, I would just end up frustrated.

This changed slightly when I met David. He was pretty fit so he



David and me running the London City streets



*Michael Sandler and Jessica Lee -
another famous pairing of barefoot runners*

speed and distance but on how we were running and how we were feeling. This provoked discussion during our runs, whereas before, we'd generally run in silence. It felt good to have somebody out there with me so that the bemused glances, giggles and outright abuse from onlookers could be shared equally between the two of us.

We were like two conspirators, slowly unleashing our natural running ability. We had a secret - everyone who saw us thought we were two nutters, but we knew different. We were learning a new approach to running which was not only helping us move better physically but providing us with a healthier attitude to running. By that, I mean that running shouldn't always be about numbers. Humans are historically meant to run in groups, which is often why people like running in clubs and even one of the reasons they enjoy races.

One thing we've found though is that people do have a default speed at which they're most

comfortable. One factor that determines this speed is the height and leg length of the individual. With that in mind, my default speed is different to David's because he's quite a bit taller with much longer legs. This means that when we run, we have to compromise. David has to run a bit slower than he'd like to and I have to run a bit faster. This is challenging for both of us, although for the most part, it works.

When we teach running clients, we tend to work together but we work separately with our movement therapy clients, so it is often tricky finding suitable times when we're both free to run. We're fairly comfortable running quite long distances now but finding gaps in our diaries when we can run together for over an hour is pretty rare.

So, recently, I've begun doing some runs by myself. I've found that my natural speed (at the moment) is around 10 to 15 seconds per mile slower than the pace I run with David. This is both good and bad - feeling

comfortable for the most part is necessary I think, but there's always room for a little 'push' which is what I get when I run with David. I do enjoy being completely in charge when I'm on my own though. I can keep going for as long as I like and go wherever I like (I finally know the area after living here for eleven years) without having to consult anybody.

This is part of my character - I resent being told what to do which is one of the many reasons I began barefoot running. The world told me I must wear shoes when I run and even which type I should wear - so I retaliated and don't wear any!

I think the answer is to mix it up. I love running on my own, being in my own thoughts and just appreciating moving and being in nature. I also love running with David - I enjoy both the support and the discussion and we both have that runner's high at the end, so the post-run atmosphere at home is very peaceful.

Our company, Barefoot Running UK, also organizes group runs - something I've never really done before. But who knew? I love those too! I enjoy hearing other people's running stories and just running and chatting is such a great way to spend time.

I think most runners will benefit from doing a bit of both. For those who always feel they need to run with someone else - try a run on your own, it's very liberating! For people who feel that they must be alone during a run, try joining a few group runs - it'll be more fun than you thought it would be, honestly!

David's lab

Cold water immersion (Cryotherapy)



Welcome to David's lab where we take an in depth look into the science surrounding health and sport.

At some point (if not already) you may wish to increase your running mileage and regularity but, unfortunately, long runs or increased frequency will also increase your risk of injury. However, there is a method that is believed to be one way of offsetting this risk and it's called Cryotherapy.

Cryotherapy a way of cooling over-exercised or injured areas of the body by applying ice packs directly to the affected area or immersing the entire limb into cold water (ice bathing).

So what's the science behind it?

It is commonly thought that Cryotherapy helps to combat the microtrauma (small tears) in muscle fibres and resultant soreness caused by intensive or repetitive exercise, by initiating constriction of the

body's blood vessels which, in turn, decreases metabolic activity. This decrease results in reduced swelling and tissue breakdown as well as helping to flush harmful metabolic waste out of the muscles themselves, due to the faster blood flow within the muscle

cells when warmth is reinstated. In other words, the healing process begins.

This is important as cells starved of nourishment due to micro-trauma will soon die. These dying cells stimulate the release of histamine causing the blood vessels to dilate, increasing blood supply and extra nutrients to help repair the damaged tissues. This increase in blood supply generates more pressure on the capillary walls turning them more permeable. Protein and other inflammatory substances are pushed into the area causing swelling and/or muscle spasms.

It is commonly believed that cold-water immersion therapy produces far greater and longer lasting changes in deep tissue and is much more effective in cooling larger intertwined muscle groups simultaneously than limiting the therapy to a concentrated



Not unbearably cold - honest!

area with localized ice packs.

So even though the discomfort of sitting in a bath full of ice water may scare many athletes, the benefits of injury reduction are far more appealing than a hot shower.

Applying the treatment

Use of Ice

When applying ice never apply it directly to skin as this may result in an ice burn. Instead, wrap in a damp cloth (a dry cloth will not transmit cold effectively) for the first 24-48 hours after injury for 10 minutes every 2 hours, while avoiding any form of heat on the injury site (e.g. heat creams, spa's, Jacuzzi's and sauna's).

NOTE: If the ice is left on for more than 10 minutes, a reflex reaction may occur (The Hunting Effect) where the blood vessels dilate and blood is again pumped into the injured area, causing further bleeding and swelling.

Using Ice Baths

Ice baths are very popular in contact sports like Mixed Martial Arts (MMA), rugby and with endurance athletes such as Tour de France cyclists. I prescribe full body, 240 litre 'wheelie bin' ice baths to many of my MMA students directly after training due to the contact nature of their chosen sport. For endurance sports, such as running, that predominantly stress the legs and feet, immersion of the lower limbs in a household bath is adequate.



The secret to the success of Jessica Ennis?!

In general, water temperatures should be between 50 to 59 degrees Fahrenheit (10 -15 degrees Centigrade) with a maximum immersion time of 10 minutes. If you have ever run with me at Clapham Common then you will know that one of my preferred methods is a post- run soak to the mid thigh in the large pond.

Conclusion

Should ice baths be part of your running routine? It really depends on who you ask. Research to date is still inconclusive even when asking elite and high ranking coaches, whose opinions differ regarding the importance of this method of healing. However, most agree that, while it may not be guaranteed to help, it generally can't hurt if guidelines are followed correctly.

I have personally found that by adding Cryotherapy into my training protocol I suffer less muscle soreness and have far better day-to-day recovery, but

given the possible pitfalls I have compiled my top 10 do's and don'ts of ice bathing.

1. Recognize that each individual will have their own cold threshold. Play within your own comfort zone and consider investing in neoprene water-sport boots to protect your toes (likely the most sensitive body part to be submerged).
2. Always check skin sensitivity before applying ice - if a person cannot feel gentle touch before applying ice it may indicate other problems such as nerve impingement. In such instances ice would only serve to mask and complicate the problem.
3. Do not assume colder is better. Be conservative with the water temperature at the start. Many rehabilitation specialists and coaches recommend a water temperature between 54-60 degrees Fahrenheit (10 – 15 degrees Centigrade). So

consider starting with a temperature slightly higher and decrease it by a degree or two each on exposure. Please note: spending a prolonged period of time in water colder than 54 degrees (10) can be dangerous.

4. Do not assume 54-60 degrees Fahrenheit or bust. Cool water (say, 60-75 degrees Fahrenheit or 15.5 – 23.8 degrees Centigrade) can still be beneficial.
5. Do not over-expose! At the recommended temperature range, 8-10 minutes should be sufficient. Unless supervised or you have history with ice baths, do not exceed 10 minutes.
6. Be aware that moving water is colder water. Much like the wind chill created when you ride a bicycle. So, be careful if you're using jets in your ice bath as the water that is warmed at the skin's surface gets removed, resulting in an irregular temperature reading.
7. Do not rush to take a warm shower immediately after the



Cryotherapy of the future. www.cryotechno.com

ice bath. The residual cooling effect and gradual warming are ideal. Consider warming options like a tracksuit, blankets and/or warm drink. However, if you are unable to warm yourself, take the warm shower.

8. Seek to keep it simple. Building a personal ice bath daily can be a daunting task. Look for a gym that has a cold plunge, or if you live

close to a river, lake or the ocean, keep tabs on the current water temperature. If this is not possible consider freezing bottles of water (I personally use 2 litre plastic water bottles) in your kitchen freezer compartment as they can be refrozen, saving the inconvenience and costs of ice cubes.

9. Do not use ice on injuries in the chest area as in some instances, this may cause reactions in the muscles, bringing about angina from the constriction of coronary arteries.
10. Do not apply cold to someone with high blood pressure as vasoconstriction will increase the pressure within the vessels.



The master MMA fighter, Wanderlei Silva, relaxing and chilling

RUN STRONG RUN FREE

OUT NOW!

Available directly from
www.barefootrunninguk.com

An introduction to the
science and art of
barefoot running



Anna Toombs & David Robinson

Foreword by Professor Daniel Howell, Ph.D.

Outside the lab

Other peoples' labs

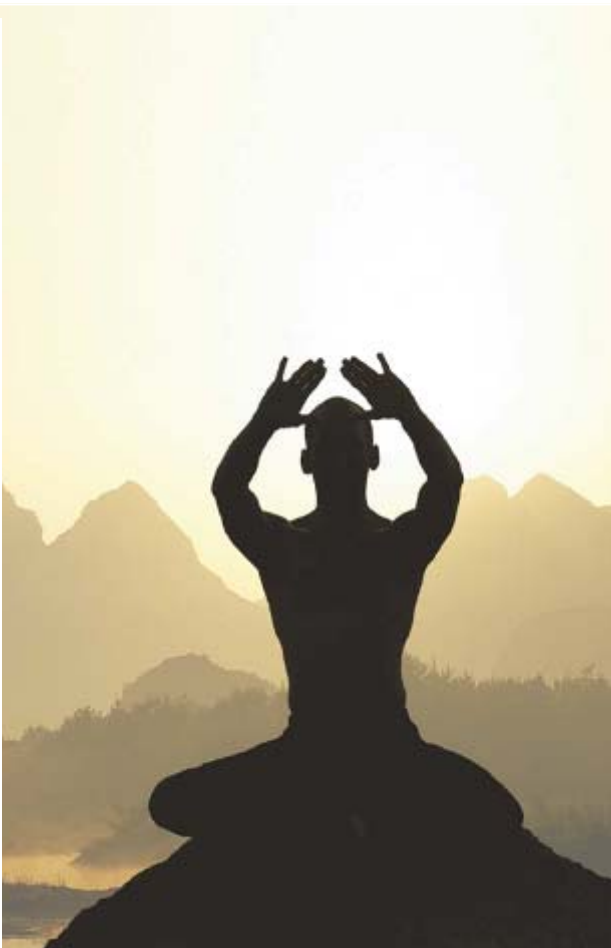
Latest in Alzheimer's Disease research

The development of an eagerly anticipated drug to aid in the treatment of Alzheimer's Disease has been halted due to its failure in the latest trials to produce any positive effects on memory in sufferers. However, medical specialists are still keen to analyze data already collected as there are undoubtedly useful insights to be gleaned from the results so far.



This news comes at a time when Alzheimer's Disease is of particular focus in the press as there are more concerns than ever about the increase in sufferers. One of the latest theories is that it can be linked to insulin resistance which affects appropriate lipid metabolism in the brain. Some people are calling the disease 'type 3 diabetes' and again, it seems that diet plays a huge role in the risk of developing the disease.

For more information, visit: www.alzheimers.org.uk and www.naturalnews.com



Practise mindfulness for stress reduction

An article examining the use of various 'mindfulness' practices to aid in stress reduction was recently published in the Journal of Psychiatric Practice. The piece discussed the various uses and benefits of three methods: Zen meditation, Mindfulness- Based Stress Reduction (based on Zen meditation and Hatha yoga) and Mindfulness- Based Cognitive Therapy (using various positive thought processes to combat negative thoughts and emotions).

This type of 'treatment' is already being used by certain doctors as part of patient's treatment and the article looks at guidelines for these different approaches in terms of appropriate treatment combinations and referrals.

How long will it be before barefoot running is added to the list of mindfulness practices that aid in stress reduction? After all, thousands are benefiting already...

Visit: www.mylwwwjournals.com for more information

The new 'miracle' pill?



There were several articles in the news recently about the new 'polypill'. If you didn't hear about it, it's supposed to be an amalgamation of other existing drugs used to reduce blood pressure and cholesterol but conveniently packaged into just one tablet.

In a six month study at Queen Mary, University of London, 84 over-50s were involved in the study during which participant's blood pressure was reduced by 12% and their LDL ('bad') cholesterol dropped by 39%.

The British Heart Foundation quite sensibly points out that there is no substitute for a healthy lifestyle. There have also not been any safety tests, so although all the ingredients are currently in existence, there may be unexpected implications when taking them altogether in a one-size-fits-all pill.

Our vote is that prevention is better than cure; prevention in the form of a healthy, active lifestyle rather than a sedentary, pill-popping one!

Hug a tree

Researchers at Glasgow University have found that people who exercise in a natural environment experience 50% more positive benefits for mental health than those who exercise in a gym.

It was found that exercising in woodland areas or forests was most beneficial although the study indicated that the majority of outside exercisers tend to remain closer to home in local streets or their own gardens.

This is certainly something that barefoot runners notice. The more connected you can get to nature – in its purest, untouched form – the more you experience a sense of well-being and calm. So go on, get out there and hug a tree!



Use it or lose it



A study of Chinese seniors has suggested that practising Tai Chi can help increase the size of your brain and reduce your risk of/delay the onset of Alzheimer's disease.

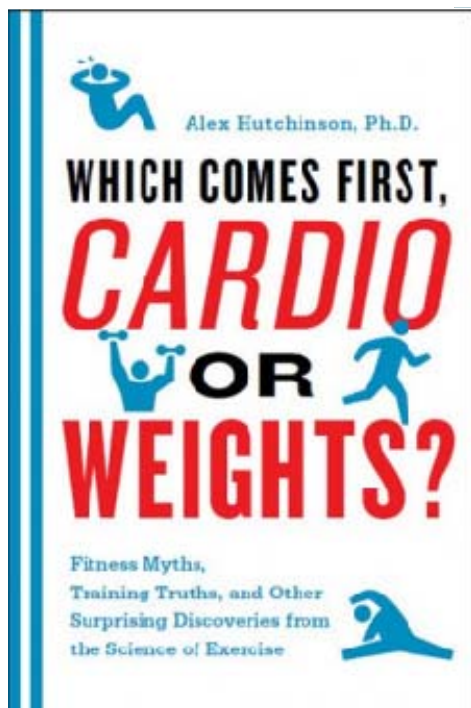
A group of Chinese citizens spent 8 months practising Tai Chi three times a week. Another group also engaged in lively discussions three times a week. One other group did neither. The exercisers and participants in the debates showed an increase in brain size over the eight months whilst the brain size of the non-exercisers decreased.

It was discussed that Tai Chi, with its meditative aspects and flowing, flexible movement, produced results similar to that of aerobic exercise. The general conclusion was that the old adage continues to ring true – use it or lose it.

Keep on moving and keep on thinking!

Book review

Which Comes First, Cardio or Weights? (Review by Alan Thwaits)



Alex Hutchinson is a contributing editor at Popular Mechanics magazine, senior editor at Canadian Running magazine, and columnist for the Toronto Globe and Mail.

He holds a Master's in Journalism from Columbia and a Ph.D. in Physics from Cambridge, and did his post-doctoral research with the U.S. National Security Agency.

Between 1997 and 2008, he represented Canada at world championships and other international competitions as a distance runner.

Part of what I love about

running (a large part, if the truth be known) is experimenting with various training methods, diets, etc. It fascinates me to see what effect these "technologies" have on my performance and my health. The tricky part, of course, is sorting out the signal from the noise. There are a lot of theories out there, and it's difficult to know how to make sense of their claims. I know I'm not the only recreational athlete who feels this way.

Cheer up! Alex Hutchinson has come to our rescue, with his book "Which Comes First, Cardio or Weights?" The book's subtitle, though a bit of a mouthful, explains in a nutshell its essential thrust. It is "Workout Myths, Training Truths, and Other Surprising Discoveries from the Science of Exercise."

Hutchinson, as it happens, is eminently well-qualified to offer

an opinion.

He holds a master's degree in journalism from Columbia and a Ph.D. in physics from Cambridge.

"it's only by looking deeply at real science, as Cardio or Weights? does, that we can become better athletes. Thank you, Alex Hutchinson!"

He represented Canada internationally as a distance runner from 1997 to 2008. He's currently senior editor at Canadian Running, a columnist for the Globe and Mail, and a contributing editor at Popular Mechanics. Hutchinson also posts regularly to Sweat

Science, one of the best exercise-related blogs I know of.

In Cardio or Weights?, Hutchinson shows that a fair chunk of the conventional wisdom on health and fitness simply isn't scientifically sound. Instead, he looks at real, honest-to-goodness scientific research around questions like: Should I exercise when I'm sick? Do I get the same workout from the elliptical machine that I get from running? What role does my brain play in fatigue? Will running ruin my knees? To lose weight, is it better to eat less or exercise more? How should I adapt my workout routine as I get older? Does it matter what I'm thinking about when I train? Will drinking coffee help or hinder my performance?

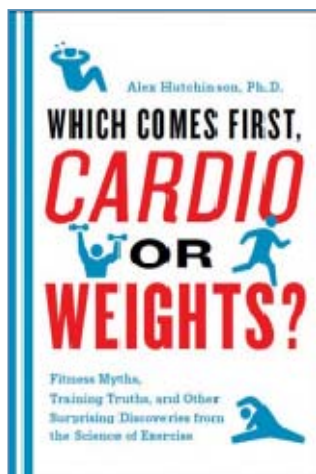
This is a fun book as well as an informative one, whether you dip into it in search of answers to the questions you've always wanted answered, or whether

you read it all in one big gulp (as I did). Your assumptions and beliefs will be challenged, you'll learn a lot, and you'll awaken to the sometimes extraordinary lengths scientists will go to, to uncover the good stuff.

Given the astounding amount of bafflegab athletes have to deal with, coming from our peers, self-proclaimed "experts," various training programs, even respected coaches, this book is a godsend. There's a lot of bad science – and even anti-science – in sport today, and it's only by looking deeply at real science, as *Cardio or Weights?* does, that we can become better athletes. Thank you, Alex Hutchinson!

Five stars and a tip of the barefoot hat to this one. Buy the book. You won't regret it.

Book details...



Which Comes First, Cardio or Weights?: Fitness Myths, Training Truths, and Other Surprising Discoveries from the Science of Exercise.

Paperback: £9.58

Paperback: 317 pages

Publisher: Harper Paperbacks;

1st edition (24 May 2011)

Language English

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Alan Thwait's' Bio

I started running in 1978, at the age of 30, in order to lose weight. I ran for the next couple of years, completing a couple of 10K races and two marathons. Then life happened, and I was away from running for the next 30 years. I got back to it late in 2007, at the end of 14 months of physiotherapy for a broken hip. (I had been run over by a truck while cycling, and now have stainless steel rods and pins in my left hip.) I've survived two bouts of prostate cancer, in 2006 and 2010, and am planning to live for a very long time.

"I started barefoot and minimalist running in the summer of 2008, after reading about it, trying it, and finding it to be a natural way of running style that suits me perfectly. Since then, I've run a number of 10K races, a couple of half-marathons, two 30K races, two marathons, and two 50K ultras."



Send us your letters for a chance to win a copy of *Run Strong • Run Free: An introduction to the science and art of barefoot running.*

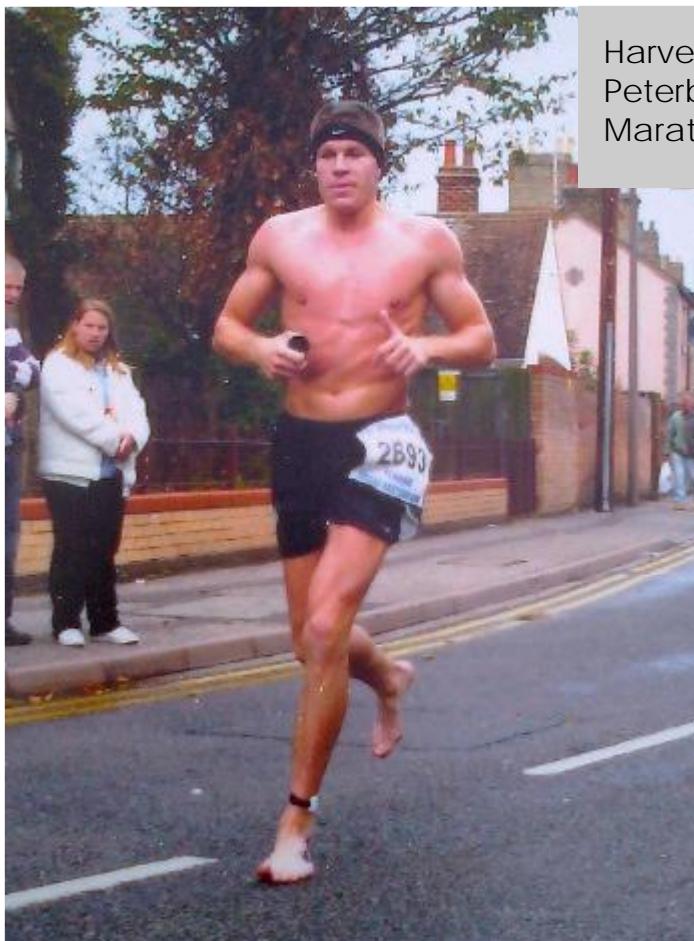
We'll pick our favourite for the winner!

Email: info@bfrm.co.uk



Season in pictures

A showcase of what you have been up to for the past 3 months



Harvey in the Peterborough Marathon



Clapham Common meet up, after a run and a dunking of feet in the Long Pond



Anna and David with legendary barefoot runner, Julian Romero, after a 7.5 miler on the only sunny day in May!



Robin (left) and Ricardo (above) during one of their weekly barefoot runs at Mote Park, Maidstone, UK.

Photograph by Hans R van der Woude

Injury corner

Is running bad for your knees? *by Dr. James Stoxen, D.C.*



How does the body spring back safely from impacts of running and walking?

Running involves impacts.

They say impacts are bad for our joints.

Does that mean that running is bad for us?

They recommend walking instead.

Did you know?

- A 150 pound man has 1.25x bodyweight impact force during walking or about 187.5 pounds of force depending on speed of walking
- A 150 pound man has 3x body - weight impact forces or around 450 pounds of force per impact when running, depending on speed
- The average 150 pound person endures approximately 3,650,000 impacts or collisions with the ground of 187.5 pounds resisting 684,375,000 pounds of impact forces into their body a year walking

- The average runner that runs 15 miles a week has only 351,000,000 pounds of impacts a year running the 15 miles a week

Does walking every day affect our knees more than running?

The numbers say it does.

And walking involves impacts just like running.

Next thing you know, they will tell us walking is bad for our joints too.

Read on...

How does the body absorb or spring back from the impacts of walking, running and the performance of sports such as plyometrics?

The answer: The human body is a marvel of *human spring engineering*.

This spring mechanism has a leaf spring (which absorbs impact without muscle contraction)

and it is suspended by the spring suspension system muscles.

1. The Arch Leaf Spring

There have been studies on the arch with all muscles removed leaving just the bones and ligaments. These were extracted from cadavers. What the study showed was that the arch complex itself has the ability to spring back forces without the aid of the muscles.

2. The Spring Suspension System Muscles

I collectively name these muscles either: the spring suspension system muscles, the landing muscles or the pronation -supination cuff muscles. I've identified this new medical terminology myself in order to better explain the function of this area.

It's interesting that we don't have any exercise machines or exercises to develop this set of muscles in the gym. It's what I call 'the missing training routine'!



Usain Bolt demonstrates the human spring mechanism at its best



Let me introduce them:

Pronator/Supinator Cuff Muscles/ the Spring Suspension System Muscles

The tibialis posterior, tibialis anterior, peroneus longus and brevis form the pronator/ supinator cuff. Like the rotator cuff of the shoulder, these muscles stabilize the foot and ankle in the 'safe range' between the rolling of the impact force from supination to pronation (outside to inside).

So many medical specialists talk about over-pronation and over-supination and argue about what it is and what causes it. This is the core of what instigates the majority of conditions in the foot and ankle and what runners focus on when they buy shoes (braces).

When any bone or bony complex (like the foot and ankle) moves out of the safe range of motion it is ALWAYS because of a weakness in the muscle or muscle group that controls this movement or stabilizes this bony complex.

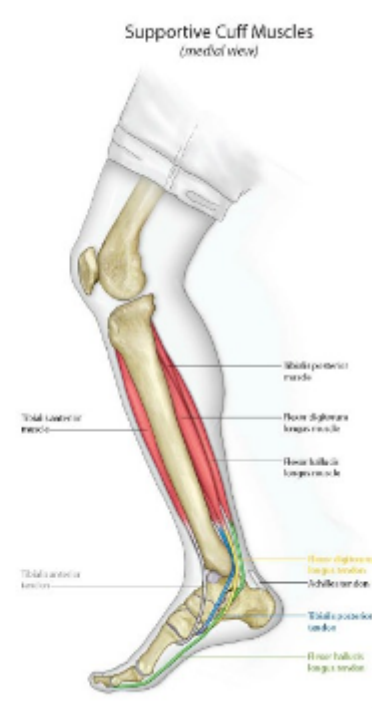
At one time we did not know what caused instability of the shoulder girdle. There was a time when we did not have awareness of the important supportive function of the rotator cuff to stabilize the shoulder so the primary movers could do their work without injuring the shoulder.

So, if you want to know why your foot and ankle rolls out of the safe range just look at the muscles which are responsible for this movement and you've solved the riddle.

The body springs off the ground when it's working the way it's designed. The natural spring mechanism occurs at the arch and transfers its protection and spring energy through the 7 **floors of the human spring.**

These 7 springs are as follows:

1. The arch
2. The subtalar joint
3. The ankle mortise
4. The knee
5. The hip
6. The spine
7. The head-neck



There are two mechanisms that allow spring to happen at floor one:

1. The configuration of the arch with the 26 bones and the ligament attachments.
2. The spring suspension system which is composed of the muscles and tendons that attach on the under surface of the arch.

In the walking or running game, whether you are running for weight loss, running to prepare for a 5K, 10K, half marathon or marathon or running for your life, the key to this game is successfully absorbing each impact.

Regardless of your preferred running method (ChiRunning, Pose running or human spring running), the key to avoiding abnormal movement patterns from a weak or locked human spring that cannot effectively absorb impacts is to have NO spasms or locking of the joint play in the entire spring mechanism and a strong spring suspension system for this three dimensional structure.

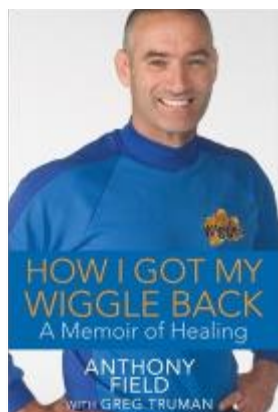
Spasms in the muscles that cross a joint or two joints cause the joints to become compressed and when we apply this understanding to the human spring model, spasms cause a preload internal compressive force on the human spring. This preload internal compressive force reduces the overall force of impact capacity you can load into the spring mechanism.

1. When your spring mechanism gets weak your spring mechanism collapses into a lever mechanism.

2. When it collapses, the brain senses the abnormal movement patterns of walking as a lever and tries to protect you from the stress and strain by tripping spasms.
3. Spasms compress the spring further.

Can you see how a weakness, stiffening and/or locking of the human spring mechanism could cause widespread chronic pain, chronic fatigue, misdiagnosed fibromyalgia and inflammatory diseases of aging?

That is what happened to Anthony Field. You know the Wiggle guy?



How I Got My Wiggle Back
By Anthony Field

Field, the creator and a founding member of the world's most successful musical groups for young children, The Wiggles, was handicapped by chronic pain, chronic fatigue, misdiagnosed fibromyalgia and depression during his 20 years on the road. I am proud to say, I was able to assist him.

Read his story of triumph over chronic illness in his book, *How I Got My Wiggle Back*, which covers our consultation in detail and provides a comprehensive, plain-English explanation of how he was helped with the human spring approach, the results of which changed his life.

Amazon.com.

What about you? If you are having these spasms what should you do?

It is critical for you, your coach and your doctor to:

1. Understand what causes these spasms, such as abnormal movement patterns, for example
2. How to check for them with gait evaluations and hands on deep tissue palpation
3. Learn how to remove spasms that compress the human spring (joints) to insure there is no internal compressive force preloading the mechanism. This is done with muscle spindle work and other hands on treatments.

I developed a 3 step approach to enhancing spring loading capacity:

1. Release the compressive forces on the human spring
2. Strengthen the spring suspension system, as a lever mechanism, with resistance exercises
3. Strengthen the spring suspension system as a spring mechanism with impact exercises

This three step approach will help you expand the force loading capacity of your human spring to better spring off from impacts, to have maximum performance and reduce risk of injury.

You will find details on my website about how to release your feet yourself using your hands. Equally, you can visit a

recommended body worker to release any soft tissues that are restricting the natural movement and 'spring' of your foot.

How to strengthen your spring suspension system muscle group

What I recommend is that you train the foot with drills in directions that stimulate the development of these spring suspension system muscles.

This requires you to carry out:

RESISTANCE TRAINING – Train with resistance exercises, adding cuffs strapped to the foot moving it in a variety of directions such as eversion, inversion, abduction, adduction, pronation and supination (see examples on my website).

IMPACT TRAINING – run barefoot in zigzag patterns, circular patterns, shuffle patterns as well as doing multi direction plyometric drills.

Exercises for the development of the spring suspension system muscles must be done barefoot. It's absolutely ridiculous to think that it's possible to get the full range of motion that is essential to development of the spring suspension system muscles with shoes on.

It's amazing for me to think that some runners follow some other principle of training that allows them to only move their body in one direction to fully develop the human foot, when it is a three dimensional object that must be trained in all ranges of motion for a balance of strength.

A healthy foot has to be developed in all directions just as much as the upper body has

to be trained in all directions such as back, biceps, triceps, chest, shoulders, arms and wrists.

Just take a look at kids. Kids should run *barefoot* and have fun and so should YOU!

It's interesting that kids seldom have chronic injuries, their spring suspension system muscles are fully developed as they're running around in free play in the backyard with no shoes on.

This goes on very successfully until mom screams out, "put your shoes on and stop running around like a crazy kid!"

"As kids we run around in the woods chasing animals - animals that run in multiple directions. As adults we run down the path to try to get to first base then stand around for a few minutes, run to second base on a straight path and so on".

We don't realize what we're doing to our children when we tell them that they should behave and act like us. What we are doing is taking them away from the developmental plyometric exercises of leaps, bounds, hops and skips in multiple directions and making them conform to our boring straight path routine that causes us to have an imbalance in the spring suspension system muscles of our body.

As kids we run around in the woods chasing animals - animals that run in multiple directions. As adults we run down the path to try to get to first base then stand around for a few minutes,

run to second base on a straight path and so on. Then there is this matter of having shoes on to 'protect us' from any impact or sudden change in direction.

The moral of the story is that the spring suspension system muscles must be developed in relation to the amount of impact forces that you are planning on absorbing or springing back from.

Here are four fundamental tips for improving your spring suspension system:

1. The spring suspension system muscles are not completely developed by running straight ahead. You must move the foot in all ranges of motion against resistance.
2. You must develop the foot in these ranges of motion with impact forces that are equal to the amount of impact forces you plan on absorbing. That means if you are planning on running you must run drills in all ranges of motion so that the spring suspension system muscles are able to move and develop.
3. Footwear inhibits the development of these muscles. So training must be done with bare feet. Shoes only inhibit the movement of the bones so the muscles can't fully develop.
4. Start with slower speeds and work your way up adding an increment of speed every two weeks.

There is a lot more information, discussion and exercises on my website.

www.teamdoctorsblog.com

Dr. James Stoxen DC



Dr. James Stoxen, D.C., owns and operates Team Doctors Chiropractic Treatment and Training Centre. Team Doctors combines chiropractic care, therapy, active rehabilitation and strength training to prepare athletes for competitions.

He also provides "on-site" chiropractic care for a variety of different professionals. Dr. Stoxen has an extensive background in sports medicine. In 2008, he was inducted into the prestigious National Fitness Hall of Fame and the Personal Trainers Hall of Fame in 2012. He has been the meet and team chiropractor to numerous national and world championships. He has chaired a number of medical committees and international sports organizations. He has personally trained many athletes to win national or world championships.

Dr. Stoxen is a sought after speaker internationally in the fields of sports medicine, anti-aging medicine and other specialized areas of health. Dr. Stoxen has organized over 1000 live presentations all over the world and has lectured on his treatment and training approaches to over 50,000 doctors and scientists at medical CME / ACME accredited medical conferences around the world.

He is an avid athlete and at 50 years old, competes in races as a barefoot runner.

Technical tip

Running downhill



Barefoot Ted tackles some rough terrain on his descent

After our tips on running uphill

in the last issue, it seems appropriate to tackle downhill running in this one.

The general consensus amongst runners is that running down hill throws up more challenges. Whereas it can feel quite natural to power up a hill, emphasizing the driving of the knees and using the arms to aid momentum, intuition often fails when running down the other side. Where should your knees go? What should be happening with your arms? And what about the dreaded heel strike which seems unavoidable?

Well, it's worth bearing in mind that not all hills are the same. This seems like an obvious point, but if you think about all the hills you've tackled in the past, you'll begin to realize that they all have their own unique

characteristics: different gradients, terrain (smooth/rough? Slippery or grippy?) and distances. So your method of approach with a gentle hill on a smooth surface will be different to your formula for a successful descent on an almost vertical slope on rough concrete.

There is a personal element to downhill running too. Some people naturally like to be more cautious and traverse their way down, whilst others throw caution to the wind and just let everything go. What works for one doesn't necessarily work for another.

However, there are some useful guidelines. With all downhill methods, keep your knees soft and flexible – a rigid set of knees will not be prepared for any breaking or sideways movements.

Gentle Slopes

You'll probably find it a little harder to land midfoot on a slope but it's still achievable if the slope is gentle. Your arms can still remain relatively 'quiet' by your sides and there probably won't be any requirement to use your arms more in your running action.

You might just feel a bit more of a breaking effect on a gentle slope so bear this in mind in terms of keeping your footfalls light. You may also feel that the surface underfoot feels a little more aggressive.

Steep slopes

The steeper the slope, the less your running actually looks like running! It will become more of a 'bounding' or 'dancing'. There are few deviations from 'optimum' running form which will take place, one of which is how your foot contacts the ground. You will be naturally trying to break as you go downhill, resisting gravity, so you'll find it difficult to land midfoot and will probably find that your heel lands first. Don't panic! This isn't necessarily an issue, particularly if the hill is quite short in distance.

However, you can deal with the foot strike issue by not trying to run down the hill in a straight line. If you take small side steps (but keep your body facing forwards), you'll find it easier to land midfoot and easier in general as this will allow you to

control your speed too.

If you're an experienced barefoot/minimalist runner, you might find that you can use this approach but with more of a leaping or bounding action, with bigger strides.

An alternative approach that is popular for very steep hills is to actually traverse the hill, turning at an angle and doing a few diagonal steps before swapping direction and taking a few steps the other way – a bit like a the slalom in skiing. Again, you might do this cautiously with very small, measured steps or, if you're more advanced, you can leap with bigger steps.

Arms

When you read articles about running form, the majority of them explain how you should run when you're on relatively even, flat ground. In other words, they describe optimum running form when there is nothing external to get in your way. You will therefore probably be used to just allowing your arms to move rhythmically with the rest of your body, keeping your elbows well bent and arms fairly close to your sides.

However, it's a little different on hills, particularly steep ones on rough terrain. Don't worry so much about the exact placement of all your body parts! Let your arms move freely to help you balance. In all probability you won't have a regular rhythm with your legs, so don't expect one with your arms. Let them help you.

Leaning

During ascents, the steeper the hill, the more you lean into it. If you tried to stay perpendicular to the hill, you'd fall backwards. It's the same with going downhill – you're pretty much heading for an accident if you're perpendicular to a steep slope. In order to control your speed, you will lean back slightly although it might not necessarily *feel* like you're leaning back. Thinking of keeping your knees in front of you can be helpful and make you more in control of where you're placing your feet. If you're feeling reckless and the hill's not too steep, play around with leaning forward a bit more and you'll notice how the speed kicks in pretty quickly!

Rough Terrain

As mentioned above, the breaking effect of running downhill can make your footfalls heavy if you're not careful. Also, you have to be a little bit quicker mentally when looking at the terrain in front of you and planning your path – it will come at you quicker than you think! Generally, any hill work will be a bit harder on your soles, so bear this in mind when planning routes.

Slippery Terrain

Quick foot turnover is a must. The longer you spend on each foot, the more potential there is for it to slide and cause you to lose balance. Wet concrete isn't necessarily very slippery but muddy slopes are. Traversing the hill to control your speed



A group of runners negotiating a mild decline

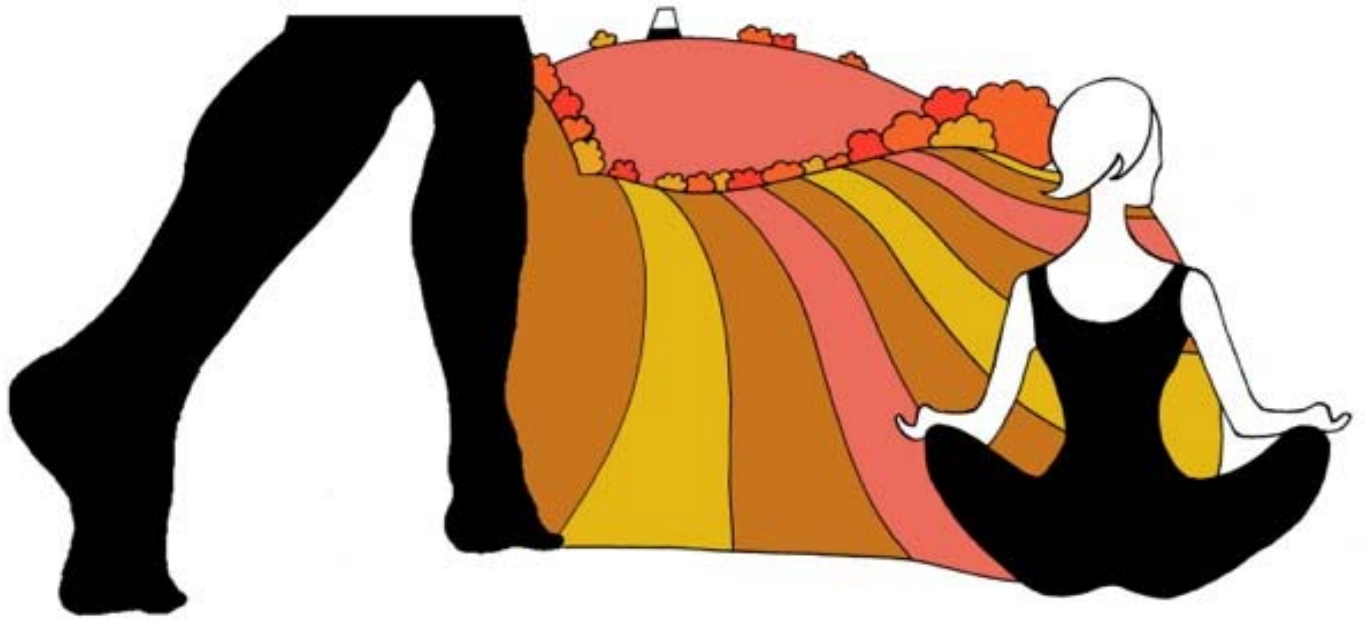
is most advisable in these situations.

Generally, hills are fun, challenging and very useful. Running downhill trains your soft tissues to decelerate your joint movements. This deceleration occurs every time you land when you're running so downhill training is a great way to improve this control. Add steeper downhill work into your barefoot/minimalist running practice after you've had a few months' experience on gentler slopes and experiment with the different techniques to find what works for you.

For most, downhill technique will vary depending on the type of hill so don't feel you have to stick with one method. Try them all!



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The health and fitness information presented in this magazine is intended as an educational resource and is not intended as a substitute for medical advice. Consult your doctor before attempting any of the exercises in this newsletter or any other exercise programme, particularly if you are pregnant, elderly or have chronic or recurring medical conditions. Do not attempt any of the exercises while under the influence of alcohol or drugs. Discontinue any exercise that causes you pain or discomfort and consult a medical expert. Neither the author of the information nor the producer nor the distributors make any warranty of any kind in regard to the content of the information presented in this newsletter.

As some of you know, we published our new book in June and have begun a little tour of the UK to teach a series of one day workshops centred around the contents of the book. We were in the beautiful city of Cambridge in June and have just been down to Brighton where, funnily enough, although Brighton is the home of the weird and wonderful, we received more disapproving glances and warnings of glass on the ground than we did in quaint old Cambridge!

We're hoping to get even more of a feel of barefoot running in different areas of the UK. In Cambridge, it's always packed with tourists and cyclists so you really have to have your wits about you. Unless you're in the centre, some of the pavements/roads can be quite rough! The buildings are amazing though and there are many little

surrounding villages that are pure England with pretty flowers, quiet roads and people just generally taking their time. A lovely venue for a run when you have plenty of time to take in the scenery. If you like hills, though, you'll be disappointed. Cambridge is well and truly flat!

Brighton is also bustling, particularly on a glorious summer's day. The atmosphere is chilled but at the same time there's always the anticipation of a party! The roads are a mixture of smooth concrete along the seafront with more challenging surfaces further into the town. Brighton town is surrounded by hills, so if you like running hills you can take your pick. Running along the seafront to neighbouring towns can be peaceful and refreshing, whilst running in town will give you a buzz and make you want a beer afterwards!



Anna taking a breather during a run, standing outside King's College in Cambridge

When we were teaching drills near the beach, we had the background noise of a stereo and wafts of a barbeque nearby!

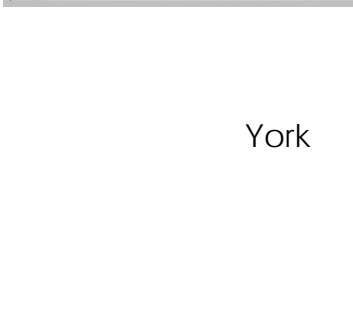
We're looking forward to travelling up to York during August. We've been up there for school trips and family holidays and remember lots of cobblestones which will be interesting! Other venues this year include the Isle of Wight (we've never been!), Liverpool and good old London.

We're open to teaching workshops anywhere where there's an interest. Remember, if you know a few people who'd like to join one in your area, just drop us an email and we can set something up.

We'd also like to thank all the people who've attended the workshops so far and all those who've purchased our book. Your support is very much appreciated!



Liverpool



York



London



BFRUK group run

We organize monthly group runs for anybody interested in barefoot or minimalist running. The runs are usually between 3 and 5 miles, at around a 10 minute mile pace.

They are useful get-togethers for

like-minded individuals to discuss their running issues and there is usually much swapping of ideas and experiences.

We try to cater for everybody, so there is sometimes a faster and slower group with the option for people to peel off at appropriate stages when they've had enough!

Check out the calendar for group run dates and venues. Please note that, due to group numbers and limited time frame, we cannot provide individual technique feedback.

For more information, join us on facebook or drop us an email:

info@barefootrunninguk.com

Our group runs this year:

Sunday 19th August - City of York

Saturday 1st September - St James Park, London

Sunday 14th October - City of Liverpool

Saturday 3rd November - Blackheath Common & Park, London

Saturday 1st December - Clapham Common, London

Barefoot Running UK news

BFRUK's Latest



Our Landy lives

We are pleased to finally have our Land Rover back on the road. Some of you will be aware that there were new rules set out at the beginning of the year regarding diesel engines in London. To cut a long story short, we had to remove a perfectly good diesel engine from our Land Rover and replace it with a petrol V8 because it was "better" for the environment and people's health.

We are now finally able to carry our kit around again and turn heads with the vehicle we missed while it was in the garage, as though it was a much-loved household pet!

Barefoot Beach Bound

We were approached recently by The Stroke Association which is organizing a 'Barefoot Beach Bound' on September 20th in order to raise money for the charity. They asked us if we'd be able to put together a six week training programme for participants walking or running in this 3km event. Although learning to run barefoot is definitely not a six week endeavour for most, we were keen to support the event and came up with a simple set of progressive exercises to give the participants a little bit of help in the run.



Most people have been affected by strokes in some capacity and we hope the Barefoot Beach Bound raises awareness of this affliction and encourages the runners to spread the word about the benefits of exercise - and barefoot running. Hope the sun shines!

To get involved, visit: www.stroke.org.uk

Run Barefoot Girl!

Earlier in July, Anna was interviewed by Caity McPherson McCardell for her podcast, 'Run Barefoot Girl!'

Anna spoke with Caity for almost an hour about her own experiences with – and passion for – barefoot running, the Barefoot Running UK team, the Barefoot Running Magazine and the new book. Caity regularly interviews women and men from the running world and her website encourages everyone to get involved with having a go at running barefoot. She particularly wants to see more women running barefoot and increasingly we are seeing this happen. Keep up the good work Caity!



Visit Caity's website at: www.runbarefootgirl.com

Barefoot Running UK events

Events & workshops

Run Strong • Run Free One Day Workshop



Our new course is spread over an entire day from 9am to 6pm. The material, as we've mentioned, is based around the content of our book, now available from our website.

The course will include:

- Anatomy and biomechanics
- Optimum running technique
- Barefoot running
- The influence of weather and terrain
- Injury
- Useful drills and exercises
- PLUS individual feedback on your technique.

We like to gear the workshops towards the attendees so each one is slightly different. They are also informal and interactive; we enjoy discussion and welcome any fitness/health related questions.

Please see the calendar for workshop dates, venues and details on how to book your place.

Spaces are limited to 12 people

Check out the website for more details or feel free to call or email us.

0845 226 7302

info@barefootrunninguk.com

You say:

"Anna and David make a very good partnership, with David irrepressibly fizzy and buzzy and full of all sorts of diverse and relevant experience. You can take the man out of engineering (one of his early career paths), but you can't take engineering out of the man. Lots of helpful diagrams and analogies, particularly on biomechanics. Anna, by contrast, is incredibly chilled and softly spoken, and though she talks less, she's full of gently-delivered knowledge and wisdom."

Sam, Surrey

"Just wanted to say a big thank you to both of you for doing such a great job yesterday! It was a very comfortable and relaxed atmosphere and I made quite a few notes and picked up a number of new ideas that I think will help me a lot moving forward."

Mathias, Cambridge

Barefoot Running and Yoga Weekend



Don't miss out on our barefoot running and yoga weekend with Emma Spencer-Goodier on the beautiful Isle of Wight on 8th and 9th September.

There are more details on our website and Emma's. Book your place soon to avoid disappointment!

info@barefootrunninguk.com

www.yogawithemma.co.uk

Barefoot Running UK calendar

BFRUK's 2012/13 Year

Here is a layout of our plans for the coming year. For more information, please visit the website or drop us an email or phone call with your questions.

BFR UK Group Run

All club runs are between 2 and 5 miles, around 10 minute per mile pace.

Any footwear is fine!

Please email us prior to a run if you're planning to attend.

info@barefootrunninguk.com

Bespoke talks & workshops

If you would like to organize your own talk/workshop for your running club, please call or email us to set something up.

Bookings

All the workshops are available for booking online so please visit the website. If you'd like to attend a workshop but can't make any of the dates, please email us as we'll be adding more dates and venues according to demand.

July 2012

Saturday 7th

BFR UK Group Run

11.00 am
Brighton, Sussex
(At the east pier entrance)

Saturday 28th

Run Strong•Run Free:

An introduction to the science and art of barefoot running.

A running workshop based on our book with the same title

Brighton, Sussex (Location TBC)

August 2012

Saturday 4th

BFR UK Group Run

10.00 am
Clapham Common , London
The Bandstand

Saturday 18th

Run Strong•Run Free:

An introduction to the science and art of barefoot running.

A running workshop based on our book with the same title

York (The Melbourne Centre)

Sunday 19th

BFR UK Group Run

10.00 am
York
(Location TBC)

September 2012

Saturday 1st

BFR UK Group Run

10.00 am
St James Park, London
The Tea Rooms

8/9th

Barefoot Running
and Yoga Weekend

A complementary mix of mind/
body exercise and tuition.

Isle of Wight - St Helens

October 2012

Saturday 13th

Run Strong•Run Free:

An introduction to the science and art of barefoot running.

A running workshop based on our book with the same title

Liverpool - Croxteth Hall and
Country Park

Sunday 14th

BFR UK Group Run

10.00 am
Liverpool - Croxteth Hall

Saturday 29th

Run Strong•Run Free:

An introduction to the science and art of barefoot running.

A running workshop based on our book with the same title

Bacon's College - London

November 2012	February 2013	April 2013
Saturday 3rd BFR UK Group Run 10.00 am Blackheath, London The Royal Observatory	Saturday 2nd BFR UK Group Run 10.00 am Blackheath, London The Royal Observatory	Saturday 6th BFR UK Group Run 10.00 am Clapham Common , London The Bandstand
	Saturday 16th Run Strong•Run Free: An introduction to the science and art of barefoot running. A running workshop based on our book with the same title Bacon's College - London	
Saturday 17th Run Strong•Run Free: An introduction to the science and art of barefoot running. A running workshop based on our book with the same title Bacon's College - London		Saturday xxth Run Strong•Run Free: An introduction to the science and art of barefoot running. A running workshop based on our book with the same title Bacon's College - London
		May 2013
	March 2013	Sunday 5th International Barefoot Running Day 10.00 am Clapham Common , London The Bandstand
December 2012	Saturday 2nd BFR UK Group Run 10.00 am Hyde Park, London The Italian Gardens	
Saturday 1st BFR UK Group Run 10.00 am Clapham Common , London The Bandstand		
January 2013	Saturday 16th Run Strong•Run Free: An introduction to the science and art of barefoot running. A running workshop based on our book with the same title Location TBC	Saturday xxth Run Strong•Run Free: An introduction to the science and art of barefoot running. A running workshop based on our book with the same title Bacon's College - London



Run Strong • Run Free:

An introduction to the science and art of barefoot running workshop

info@barefootrunninguk.com

tel: 0845 226 7302

www.barefootrunninguk.com

Is your running disrupted by:

Recurring injuries?

Niggling pains?

An awkward/uncomfortable running gait?

Do you feel that something is missing?

Join us on our one day workshop to discover how to improve your running form for a more comfortable ride!



We will be covering:

- Misconceptions of barefoot running
- How to get started
- Human Anatomy & biomechanics
- Types of breathing
- Optimum alignment in relation to running
- Optimum running technique
- Injuries
- Barefoot running and its role in achieving balanced movement and improved performance
- Concepts/myths/opinions surrounding "minimalist" shoes
- Different terrains/weather and the accompanying challenges
- Useful drills and exercises

PLUS individual feedback on your technique

*based on our
book with the
same title*



Limited spaces available

Total Cost: £90.00

For more information or to book your place please visit our website

Various dates and locations - see website for details

Events

Stuff that's going on



If you like running races but fancy even more of a challenge, get yourself to one of the remaining Demon Runs this year. You can opt for the 5 mile or the 10 mile event (not that you'll know where you are on the course until you reach the finish line – there are no mile markers) which will see you wading through water, mud, going up, over and under obstacles and basically challenging your body and mind to their very limits. One of those races that you'll love and hate at the same time!

Dates and venues:

Dare Valley, South Wales: October 21st

Belfast: October 7th

Bracknell: September 16th

Visit: www.thedemonrun.co.uk

17th Annual Yoga Journal Conference: Colorado



This event is spread over seven days, from 30th September to 7th October. There will be 35+ master instructors attending and it is open to anyone interested in yoga, from beginner level participant to advanced instructor. Pick and choose your classes to make the most of this yoga extravaganza.

Visit: www.yjevents.com

Pilates Zest Convention

The legendary Pilates instructor, Michael King, and a team of exercise professionals will be teaching at this 2 day event on 29th and 30th September in London.



It is centred around Pilates based movement, with related sessions on shoulder rehabilitation, breathing and even golf. We've been to Michael's events in the past and can tell you that you won't be disappointed – they're always fun and informative.

Visit: www.michaelkingpilates.com for bookings and info



Nutritional nugget

The Great Organic Debate



By Leigh Rogers
Holistic Sports
Nutritionist, Health
and Wellness
Coach

The food and health business - already a minefield of guidelines around what to eat, how much and when - is complicated even further with the option of whether or not to go organic.

We often worry about ensuring we get enough fruit and vegetables in our diet but now we need to also consider where these come from and are they safe, sustainable and as nutritious as organic options?

With the increasing demand for food supplies around the world and the growing focus on profits, farmers are pushed to increase outputs more than ever before. To meet these demands, they gave up on traditional style farming a long time ago and instead now use synthetic fertilizers, herbicides and pesticides to produce greater volumes. They are rewarded

with more incentives while the consumer suffers from lower quality produce, increased exposure to harmful substances and in some cases inferior tasting food.

So what does organic really mean? In order to be classified as organic, food needs to be produced according to strictly regulated standards and approved by organic certification bodies such as the Soil Association here in the UK and the USDA organic program in the US. It needs to be grown with natural fertilizers such as manure and compost, while weeds are controlled naturally through more traditional methods such as crop rotation, hand weeding, mulching and tilling. GMOs (Genetically Modified Organisms) are strictly prohibited and finally, insecticides are replaced with birds, traps and good animal farming to control pests and diseases. The emphasis instead is on animal welfare and prevention of ill health.

For processed foods, at least 95% of the ingredients have to be organic for them to be classified as such.

Why organic?

While we know organic is more expensive (often because it's more labour intensive, involves smaller farms and so higher fixed costs and receives no government subsidies), are there any real benefits to eating this way?

Despite considerable research

into understanding whether organic foods really are more nutritious, there is still no clear answer. While some foods such as milk and tomatoes were found to have significantly more benefits when eaten organic, the jury is still out on confirming this across the board. In the taste stakes however, organic foods usually come out on top especially with meat and dairy where the animals are reared on a healthier diet and is free from antibiotics and growth hormones. In research carried out in the US, 43 % of consumers choosing organic food say they do so because of "better taste" ¹

However, these are not the only reasons that need to be considered .

Non organic farming has a considerable effect on the environment and puts human health at risk. Pesticides or fertiliser laden run off from farmlands washes into rivers, lakes, and streams, contaminating the water and destroying habitats, affecting birds, insects and other small animals.

Long term affects of pesticides on our bodies are still not known but generally pregnant woman are more at risk and babies, with an undeveloped immune system, are more vulnerable to suffering side effects such as developmental delays and behavioural disorders. Farm workers and people who are exposed to the pesticides on a daily basis are also more susceptible to health issues later on.

Organic farming on the other hand has multiple environmental benefits as it helps conserve water, reduces soil erosion, increases soil fertility, and uses less energy. In the case of livestock, organic farming provides a more humane life for the animals, giving them an area to graze and freely roam. In return, disease is reduced and the necessity for antibiotics, poor quality feed and growth hormones is removed.

So what does this mean for you and I? Like everything we teach our clients, being informed is key. Having the knowledge to make the best decisions for yourself is critical but at the same time remembering: "everything in moderation".

- Regarding fruit and vegetables, we recommend you buy organic options of the things you eat the most often, or at least the items on the Dirty Dozen list which are highly contaminated with pesticides. Items listed on the 'clean 15' are usually ok when conventionally grown due to low pesticide residues.

- With animal products we are a little more specific and only encourage organic meat and dairy consumption which is free from antibiotics and growth hormones. More specifically on an ethical level the animals have been humanely raised and not subjected to crowding, stress-inducing conditions and poor diet.

However, with costs sometimes making this less feasible to follow, we also recommend considering the following:

Sustainability and buying and supporting local farmers. In our opinion the carbon footprint of organic blueberries flown in from Chile is way higher than buying conventional blueberries from a local UK farmer and should definitely be a consideration point. Not only is buying local reducing the negative impact on the environment but it also encourages the local economy and tastes better as it can be picked riper and requires no preservatives or irradiation to keep it fresher for longer.

- A key point to note here too is that often local produce is farmed using organic standards yet the organic certification process is so costly they cannot afford it. Find your closest local farmers market here: www.localfoods.org.uk

- Stay **seasonal**. Products bought in season are not only cheaper, but will be fresher and therefore tastier.

- Finally **shop around**. Often, different stores do bulk offers for organic produce or check the freezer aisle for a good deal.

What it comes down to in the end is awareness; knowing the impact non organic farming is having on the environment and our own health and making the best decisions you can within the budget you can afford. It is important to note that the benefits obtained from eating a diet rich in fresh fruit and vegetables still outweighs the health risks of consuming non organic produce.

1. The Organic Centre, Rhode Island

The Dirty Dozen Plus:	The Clean 15:
<ul style="list-style-type: none"> • apples • celery • sweet bell peppers • peaches • strawberries • imported nectarines • grapes • spinach • lettuce • cucumbers • domestic blueberries • potatoes • green beans • kale, collards, and leafy greens 	<ul style="list-style-type: none"> • onions • sweet corn • pineapples • avocado • cabbage • sweet Peas • asparagus • mangoes • eggplant • kiwi • domestic cantaloupe • sweet potatoes • grapefruit • watermelon • mushrooms



me organic is a holistic health and wellness business based in Richmond. We focus on transforming the health and

fitness of our clients through 1to1 nutrition programmes, personal training, cycling coaching, health workshops and more.

Contact us for your FREE session and receive 15% off all our programmes for all Barefoot Running Magazine readers. Plus 10% off all workshops, using code: barefoot12. Visit www.meorganic.co.uk for more info.

Questions & answers

Your questions answered



Send your running questions to Anna & David and they will endeavour to answer them for you: letters@bfrm.com

Hi. Sorry to trouble you as I know how busy you must be with the release of your book, but I would like to ask some advice.

I have had to reduce my mileage down because of knee pain. At around 3 miles, below my right knee it becomes very tight and I have to walk. Downhill brings it on as well. The sole of my right foot is also noticeably sore compared to my left. Have you ever come across this and is there anything I can do to prevent this happening?

(Ian, Wiltshire- England)

Hello

Sounds like you have some tightness building up for some reason. Your patella tendon/ligament is under some strain. It's pretty common and can happen for a number of reasons, usually relating to mechanics and doing too much, too soon.

Basically, something is causing

your quads to be inhibited so that they're not working efficiently to control the deceleration of your knee joint as you land. Did you read Scott Hadley's injury article in our last magazine (*issue 4*)? I would recommend that you have a read of it as well as do the calf rolling exercise he suggests. Sounds as though you have tightness going through your calves and the sole of your foot, so I would also recommend rolling your foot on a tennis ball or golf ball. Do both feet!

Are you doing any other types of exercise? Do you warm up, cool down, stretch after a run? These are other areas that might need attention.

Didn't you also say you were walking with gravel in your shoes? This may have changed your walking gait and increased tension which may have contributed to the problem too.

Ease off the running and downhills. Icing will probably help too to reduce any inflammation. Try 2 mins on, 2 mins off for 10 mins. A massage would probably help too.

Let me know how it goes. Number one rule: listen to your body!

Hello,

Sorry to trouble you again. I have a quick question for you and hope you wouldn't mind answering. After my first barefoot run yesterday I just had to go out this morning in the rain totally barefoot again.

It was great and I completed 3.5 miles. I have ended up with a couple of blood blisters on two toes (one on each foot). Is this normal when first starting to run barefoot?

*Have a great day.
Regards*

(Ricardo, Kent - England)

Hi Ricardo

Barefoot Ken Bob has come up with something called 'B.R.E.S.' which stands for 'Barefoot Running Exuberance Syndrome'. It basically means that barefoot running feels so fantastic, people often do more than they should at the beginning which is the case with you and many, many others! Ideally, you would have had a rest day in between, or gone out and just done a mile today, rather than 3.5 miles.

However, blood blisters are quite common and shouldn't be a problem if you let them heal before you go out again. I used to get normal blisters on my little toes but now nothing – no hard skin or anything. The most important thing to remember is that your body will take time to adapt to barefoot running – you won't have been building up thicker fat pads on the soles of your feet when running in Vibrams, so take it slowly. Less is more!

Also remember that any new sensation or physical change that you see is your body telling

you something, so pay close attention to it. This is how you'll progress with no adverse effects.

Welcome to the facebook group!

All the best

Anna & David

Hi

I wonder if you can help or offer some advice. Since meeting with you and David in October last year I've been building up my mileage (in Vivo Barefoot Evo II shoes). Up until recently things have been going really well (I've been running 6 miles on average), then about 10 days ago I pulled a muscle in my calf which I've since rested and iced. I thought things were back to normal so went on a run tonight, only to get two miles out and my calf went again. Can you offer any advice on what I should do, I've been following your warm up exercises and drills but obviously something is wrong.

The people in my running club suggested seeing a physiotherapist but just wanted to know if there's anything else you and David would recommend. I'm doing 'RICE' again but any advice you could give would be welcome.

Many thanks in advance,

(Patrick, Birmingham)

Hi Patrick

Sorry to hear you've picked up an injury.

Difficult to say what the cause might be, but it is likely to have something to do with your technique – in other words, your calf has been getting tighter and tighter over a period of time for some reason and has eventually 'gone'.

Did you make sure there was no pain at all before you ran again, or did you have a bit of pain and think, "what the heck, I'll give it a go"? You'll probably need to ice it and not run on it

again for a while and then just try half a mile when you attempt running again, instead of 2 miles.

The general rule at the moment is 'MICE' rather than 'RICE'. In other words, the first word is 'Mobilize' rather than 'Rest'. This means doing things like circling your ankle with your foot up (and you sitting down) and wiggling your toes, etc.

It might also be useful to go to a physio or sports therapist who will be able to do some hands-on work to aid in recovery.

Going back to technique, make sure you're not landing too much on the balls of your feet. Take a look at the DVD footage again and remember the circling movement with your legs, short strides and allowing your heel to touch the floor when you land.

Are you rolling your calves? Take a look at the injury section of our Spring 2012 issue – this is basically self-massage and good for releasing the calf complex.

Other than that, make sure you're eating and hydrating well and also getting plenty of sleep. When it's healed, think about a yoga class or even yoga DVD to help with flexibility. This website: collagevideo.com has hundreds of DVDs. Do a search on 'Rodney Yee' to find some good options for all different levels.

Keep us posted with your progress.

All the best
Anna & David



Yoga expert Rodney Yee demonstrating 'Utthita Trikonasana' or 'Triangle Pose'

Calling all BRS chapter members

Following on from our introduction to Barefoot Runners Society in our main feature, we will in future be dedicating a couple of pages each issue for BRS-related stuff.

All over the world, people are holding group runs and other barefoot/minimalist running events under the BRS banner. Thousands of people are contributing to the BRS website – coaches, doctors, all levels of runner, whether barefoot, minimalist or shod.

We would like to hear from any BRS members who want to share their stories, photos, events, injury info..., etc. These pages are for you!

Contact us at: info@bfrm.co.uk

Chapter meetings from around the world



Run like a human



trekoblog  run with brains
Scott Hadley PhD, DPT

www.trekoblog.com



Barefoot Running, The Movie:

Free Your Feet to Minimize Impact, Maximize Efficiency and Discover the Pleasure of Getting in Touch with the Earth



We had a blast working our tails off this winter, filming the ultimate barefoot running DVD in Maui, Hawaii. You'll find everything you need to know about safely easing into barefoot running, from foot strengthening to proper posture, running form and recovery, all with a greater sense of awareness of your body and the world around you. Be inspired to go out and play like a kid again!

EARLY BIRD SPECIAL!

*Barefoot Running The Movie will hit the shelves **August 31st, 2012**. Pre-order your copy today at **33% to 60% off the cover price!** Plus discounted shipping on 4-pack purchases (automatically calculated at checkout).*

Order early and save!

www.runbare.com

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TR balance



take a running jump

Movement Therapy

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We use variations of this technique with all of our clients – everyone benefits, whether they are sports people, people in pain or those who just generally would like to feel better. Rather than traditional "gym" training where movements are very one dimensional, we teach you more natural, spiralling movements, often put together into sequences to encourage whole body, multi-directional movement patterns, similar to how you move through your daily life.



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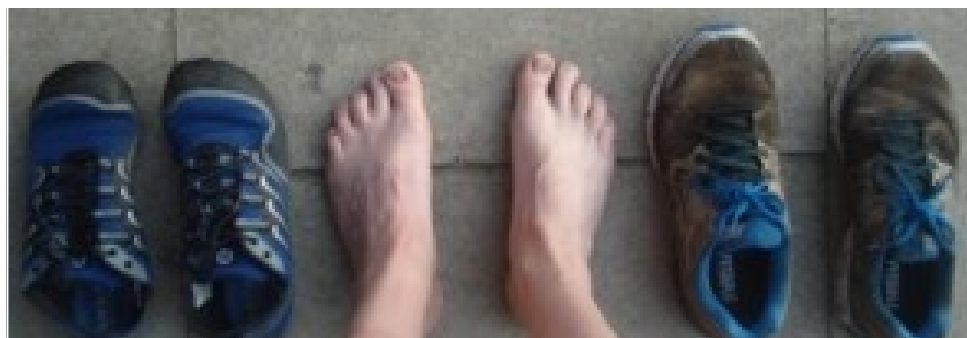
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The Green Room

Chronicles of a barefoot beginner (www.barefootbeginner.com)



My name is Chris and I am a barefoot beginner. As the UK enjoys running as a social activity like never before, as Parkrun sweeps the nation and as young and old put on their trainers and bask in a Summer of sport, I am in danger of becoming one of life's spectators. As it is, to save myself, I am up at the crack of dawn pattering barefoot down the street with only the raised eyebrows of the milkman for company.

I am a 42 year old broken runner, someone who has run all his life but can't run anymore. Running is not just something I want to do, I need to run. I am a runner, it defines me. It's who I am. When I run, the rest of my life falls into place. Running keeps me level by smoothing out the peaks and troughs that life throws at me.

The thought of never running again is not an option. I have searched high and low for an answer but the injuries have become more frequent and the lay-offs longer. I joined a gym. It was like a graveyard of ex-runners despairing because when running ends so does the world that they have spent decades building around

themselves.

Life is not a rehearsal, when I get to the end nobody is going to ask me if I would like another go. If I keep on doing the same old thing, I am going to get the same old result. It was going to take something radical.

Thus, my new life began with a metronome and a 30 second pitter-patter down the street.

I want people to be heartened by a real story of how it can be done. That is why I am blogging my journey complete with setbacks and silly mistakes. I want to create a space and sense of purpose, spread the joy and get some back in return.

As a child, I ran everywhere and our small mongrel dog was my constant companion. I trained him to give me a head start and then we would race at breakneck speed back to our gate. Then we would go and do it again. I swear that dog used to dip like Colin Jackson. I joined the school cross-country team as soon as I could and at university, I would drag myself out of bed and run long fell races at weekends. It has always been a natural part of my life.

Nobody told me how difficult it was.

Then came a debilitating case of shin splints. The advice at the time was to put a wedge under my heel. Pretty soon a bad bout of plantar fasciitis put me out for a while. It was the slippery slope.

I would have a good few months and then be out again. I had good spells, I had many months of happy running with local clubs and my whole life revolved around training and races. A serious hip flexor problem, a calf strain and then another. Twenty years on, I realized that my calves were going to force me out of the game altogether.

"Once I started, my perspective on life began change. It forced me to slow down and reflect. I began to question what I was choosing to do with my life."

Then, I watched a YouTube interview with Micah True. He was truly inspirational, someone who was a real maverick and wasn't just in it for himself. When I heard about Micah True's death, I was more affected than I expected. I didn't know this man but he was a talisman. I had seen a clip of him running in and out of a checkpoint in the Copper Canyons and I blogged about

running with perfect form alongside his imaginary shadow. I think that his death was just another thing pushing me to question my path in life.

Blogging is a revelation. I love to tinker, I love to run and I have a personality that needs to share. I am finding my way in the blogosphere and applying a general rule for life. I believe that the more love, kindness and friendship you give out, the more you receive. I want my blog to be like that. I want it to be generous and be successful because people find it a warm, positive place to hang out. Somewhere we can smile at our failings and celebrate our successes.

Blogging also appeals to the runner in me. There are a number of parallels. I can plan ahead in the same way I can with a training schedule and I can also record PBs. Yesterday, I had 100 unique visitors for the first time and punched the air because I knew how hard I had worked to make it happen.

Visitors to my blog will see that I have been chronicling my progress from an absolute beginner to someone who can just about manage 3 miles barefoot on tarmac. I have made some stupid mistakes along the way and feel honesty is the best policy. I have time to write this because at the moment I have a slight calf strain because I ran too far, too soon when my body told me that I shouldn't.

So what has barefoot blogging taught me so far?

1. For me, barefoot running is a lifestyle choice. Once I started, my perspective on life began change. It forced

me to slow down and reflect. I began to question what I was choosing to do with my life. Patience is everything. Most importantly, I need to listen to my body; it is the best guide to what I can manage. A training schedule has no respect for my legs so I need to stop putting undue pressure on myself by entering events too early. When I do, I end up running when I shouldn't and then not running because I can't.

2. I now have a golden rule. I no longer run further in shoes than I can manage barefoot. There is no shortcut in the transition from cushioned shoes to barefoot and for me the minimalist road is a dangerous road to run. Minimalist shoes are so much fun; I end up running too far and too quick.

I have two reasons for wearing shoes. Shoes allow me to run almost every day by giving my soles a rest and shoes allow me to run on the hardcore stone trails near my home in the West Pennines.

For the moment, I can manage smooth tarmac and dirt trails but the trails around our local reservoirs

are too much. I am looking forward to handling them in the future but for now it is either don't run them or wear something on my feet.

3. I started out wearing my Pegasus on these runs but now it is either barefoot or minimalist shoes. My shoe of choice is the Merrell Trail glove and I have just ordered a pair a Vivo Trail shoes. I am feeling a strong desire to splash out on a pair of Luna sandals, they are so cool.

I have learnt that good technique is everything. I have never been a heel striker. I ran like a modified sprinter, landing on the balls of my feet and pushing off with my calves. When I changed to barefoot technique, my calves immediately felt better as I leant forward and lifted them rather than pushed off. My abs gave up on my first outing and I lasted less than half a mile before I had to walk.

At first, I ran with a metronome and now a high cadence feels so natural I don't need it anymore.



Trans Pennine Trail West

Sashen speaks

See, Barefoot Running is NOT Bad for You!



The media is an interesting thing.

One day, they love you, the next day they hate you. As long as there's controversy, they're interested... ish.

The last time barefoot running made all the news it was when the University of Colorado study (done right up the hill from me) apparently showed that barefoot running was less efficient than running in shoes. In fact, when that study got published, the media went crazy, practically insisting that this was the death knell for those of us who run unshod.

So, I'm not sure what it means that they've basically ignored a new study from Northumbria University that shows the exact opposite!

Why are there no crazed headlines about how running without shoes really IS the greatest thing

since bread, the slicer, and the sliced bread that comes from intelligently combining the two?

Who knows. Who cares.

More importantly, check out the info about the study here at www.sciencedaily.com

In short, if you want the synopsis: Runners used 6% more energy when they wore shoes. Here's the line I like:

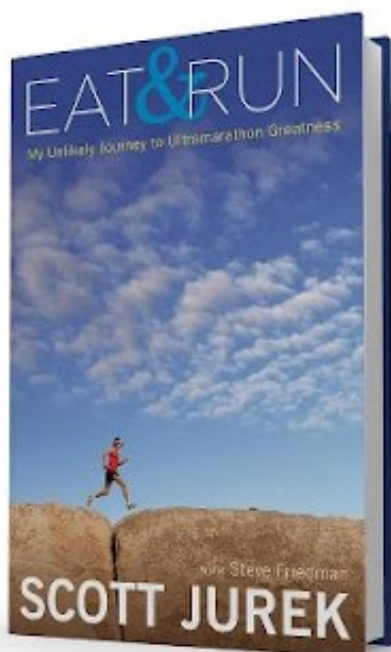
The results suggest that, by ditching their trainers, athletes new to barefoot running adopt a running style similar to experienced barefoot runners and enjoy an immediate and likely beneficial increase in running economy.

Works for me (in fact it DID work for me!)

XEROSHOOESTM
original BarefootwareTM

What's new

Products worth a look



Scott Jurek's new book

If you're interested in distance running and/or have read *Born to Run* (so that's all of you!) you will have heard of ultrarunner, Scott Jurek. He is an elite athlete who regularly runs 100+ mile races and recently set a new record, running 165.7 miles in 24 hours! Much of his success he puts down to his plant-based diet and he now shares his secrets in his new book, *Eat & Run*, which promises to be a bestseller.

Visit his website for more info: www.scottjurek.com

Build your own bike!

Have you ever wanted to buy a new bike but not been able to find one that ticks all the boxes? Well, now you can effectively build your own with Bike By Me. This website allows you to pick and choose all the components of your new bike and although they're based in Sweden, they ship worldwide!

To build your dream bike, visit: www.bikebyme.com



Nike+ Fuel band

This is a bit of a gimmick but a fun and useful bit of kit for those who need some extra inspiration or are very goal-oriented. It's a wristband and watch that allows you to track your activity, calories burned and set goals to achieve each day. It looks pretty funky too.

It costs £129 from: www.nikestore.com



National news

The latest national news

Getting behind the Olympics

We've spoken to lots of people who've driven past the Olympic site many times over the last five years (yes, it's been five years since London was announced as the host city of the 2012 Olympic Games!) with mixed feelings. They've been perplexed at the strange 'helter skelter' sculpture appearing on the site as a decoration, worried at how much work there was still to do and then amazed at how quickly it all managed to come together.

There are rumours of scandals regarding tickets, a security company demanding millions of pounds and only providing one thousand staff members (!) and there's already been plenty of heated discussions about who should own the site once the Olympics is over.

Not to mention the barely contained outrage of Londoners

and London businesses whose worlds will be nothing short of turmoil over the next few weeks. And the let's just not mention the main sponsor.....)

HOWEVER, no one denies the hard work that has gone into this mammoth project – both paid and unpaid. There are thousands of volunteers who have given up hours and hours of their time to play their part in helping this event run as smoothly as possible. Athletes all over the world have given up pretty much everything in order to focus on training for one of the most important competitions of their lives and many of them with little financial help.

Let's forget about the politics and the negatives and celebrate the Olympic Games. Be inspired to take up a new sport, change a stale training programme or just re-discover a



The controversial sculpture by artist Anish Kapoor and structural engineer Cecil Balmond at the London 2012 Olympic park

love of running. This is what the Olympics are all about – recognizing the amazing capacity that human beings have both physically and mentally, as well as witnessing a coming together of all nationalities to compete against each other, but also with each other, regardless of age, race, gender, religion and disability.



"It cheers her up no end, I'm definitely seen an improvement. She really looks forward to seeing him."
-Linda, relative of Good Gym Coach



Runners

Good Gym runners are anyone who wants to get fit. We help them get fit by giving them a good reason to run and keeping them motivated.

Good Gym runners run at least once per week.



Coaches

Though we target the most lonely, anyone over 65 can be a Good Gym coach.

Coaches motivate people to run by providing a destination and share their wisdom with runners.

"I feel I'm really making a difference to her life. I see her face light up when I walk in, which is lovely" - Ben, Runner

Exercise & Community Spirit

A new project is underway in East London which combines getting fit and helping people! It's called 'Good Gym' and involves groups of runners getting together for a run but also with the aim of doing something useful. This might be clearing leaves and rubbish from a particular place or going and sitting with a lonely, less mobile person just to give them a bit of company.

The aim is for the project to develop nationwide. Visit their website for more details: www.thegoodgym.org

Running and sense of community come together again!



Outdoor Fitness

Welcome to Outdoor Fitness, Britain's first magazine dedicated to helping you get fit, stay fit and train for awesome events, all in the great outdoors. We've nothing against gyms but given the choice of a gentle breeze or stale air con, birdsong or MTV we'd much rather be out in nature's gym. We'll show you how to train more efficiently and enjoyably to get fitter, faster and stronger, and we'll inspire you to focus your fitness on tackling the most exciting, adventurous and life-affirming challenges around.

We've assembled a first class team of professional coaches to share their expertise so you can make the most of the training time you have available, whatever your ambitions. And we'll explore in depth the physiological to give you a complete understanding of how to beat your current personal bests.

So whether you're setting out to run your first 10km or you're a veteran ultra-runner, whether you're dipping your toe in open water swimming or you're an experienced triathlete, whether you're looking to lose weight on your ride to work or you're a competitive club cyclist, each issue of Outdoor Fitness will be rammed with cutting-edge tips, advice and authoritative gear tests to take your fitness to the next level.

On this journey together we'll also introduce inspirational athletes and adventurers who dig deep into their souls to push back the boundaries of human experience. And we'll have a whole heap of fun along the way.

So whatever your goals, Outdoor Fitness will help you get out, get fitter and live more.

Best wishes

Jonathan

Jonathan Manning, Outdoor Fitness Editor

GET OUT
GET FITTER
LIVE MORE



Try this at home

How Pilates can improve your running *by Chris Hunt*



It is important for me to say that before trying any Pilates exercises at home, you should seek the advice of your doctor. It is very

beneficial to have some proper instruction as to alignment, core centring and breathing, as without these vital aspects the exercises will at best be less effective, and at worse be less safe.

Over the years I have been asked many times to devise Pilates programs for different sportsmen and women. I have worked with many runners who have seen their performance improve greatly.

As we all know, running is a great aerobic exercise and an ideal weight-bearing exercise as it helps to increase bone density, thus helping to avoid osteoporosis. Pilates can help you to improve your overall physical condition and performance by strengthening your core and stabilising your pelvis, giving more range of motion and flexibility. Pilates can also:

- Stretch your hip flexors and strengthen your buttocks.
- Improve posture and alignment. Develop a balanced body which removes dysfunctional movement patterns and helps prevent injury. Good posture means a stable pelvis, with feet and legs in alignment, which is a very important part of the gait cycle.

- Allow you to continue to keep fit during injuries and help rehabilitate after injury.

I am sure we are all familiar with the scientific evidence that supports the fact barefoot running has many benefits, not least the fact that because we land on the middle of the foot, barefoot runners remove almost all the impact collision that shod runners suffer from as they are far more inclined to land with an initial heel strike. Whilst barefoot running can reduce the risk of ankle sprains, plantar fascitis, and other running related injuries, Pilates can reduce the risk of injury still further by emphasising balance, posture, focused breathing and attention to the correct form. By restoring muscle balance, a Pilates program will protect your joints, and reduce strain on joint capsules and ligaments.

Studies have shown that barefoot running reduces energy use and oxygen consumption, however poor posture caused by weak abdominal muscles may not allow you to support your spine properly and can cause back pain and have a negative effect on breathing. Because Pilates exercises encourage a long spine, the tall upright stance gives your lungs space to function with efficiency. An important factor for runners is the synchronisation of breathing with movement. This is a vital part of Pilates, as when you breathe properly, you gain more stamina.

Muscles that stabilize the back are found in the core and awareness and recruitment of these muscles will allow increased range of motion in extremity joints as well as prevention of trauma around the spine. Pilates includes stretching exercises for the hips, legs and back and will increase the range of motion with fluid movement. But most importantly for runners, Pilates will improve your flexibility without compromising your strength.

Good runners are conscious of their body. Instead of seeing a run as an excuse to zone out with their iPod, they see it as a chance to develop their kinesthetic awareness. This is all the more relevant in barefoot running. For example, you can explore the feel of your feet on the ground, how balanced your head is on the neck and spine, whether your ankles and knees are working in sequence, how your breathing pattern changes as the workload becomes more demanding. This approach makes running as much a mental activity as a physical one - very much like Pilates.

There is no doubt that a structured, progressive Pilates exercise regime will reap many benefits for the barefoot runner. Group sessions are a viable option, but personal training is always the best way to make the quickest and safest progress.

Some exercises to try at home

Side Leg Kick

The benefits of this exercise are hip mobility, ankle mobility, leg strength, pelvic stability during hip movement and shoulder stability to hold body weight.

Whilst the picture shows the move using a Pilates ball, the hand can also be on the floor which makes the move more achievable. The move can also be modified by resting on the elbow.



Begin kneeling in a neutral alignment and engage your core. Extend your left leg out to the side, with your toe on the floor. Drop your right hand to the floor, directly under your shoulder, leaving your arm straight. Keep your shoulder open by dropping your shoulder blades down your back and rotating your arm so that your inner elbow crease rotates outward.

Place your left hand on your hip. Lengthen your left leg away from you as you lift it to hip height. Your supporting thigh should be as close to vertical as you can get it. You should be in a long, straight line from your left ear to your left toe so that your hips and shoulders are stacked vertically and your chest is open.

Flex your foot and swing your top leg to the front. Make your movement is smooth and controlled. The goal is to be able to move the leg in the hip socket without moving the rest of the body. Keeping length in your leg and extension through your whole body, point your toe and sweep your top leg to the back. This is a smooth exhale. Only reach as far back as you can go without losing your alignment.

Repeat the exercise 6 to 8 times on each side



Plank

Plank is a well-known exercise for developing core stability, but it is also an excellent way to get a full body challenge. The problem with plank is that it is easy to do wrong! There must be integration of all the core stabilization muscles. The arms, bum, and legs are active as well.

The picture shows full plank, but you can make it more achievable by bringing the knees to the floor and by resting on the elbows.

Engage your abdominals and lengthen your spine, extending energy through the top of your head and down through your tail bone. Lean forward to put your weight on your hands. Your shoulders should be directly over your wrists. Do not arch or sag.

With your abdominals lifted, extend your legs straight behind you. Keep them together and send energy through your heels. Your toes are curled under so that some weight is on the balls of your feet. Breathe deeply, allowing the breath to expand into your ribs and back.

Hold your position for three to five breaths. Take a break and repeat up to five times.

Single Leg Stretch

Single leg stretch uses the abdominals to initiate movement, and to support and stabilize the trunk as the arms and legs are in motion. It targets the lower abs and improves coordination.

Lie on your back with your knees bent and your shins parallel to the floor. The picture shows an advanced position with the waistline on a Pilates ball, but you can do this exercise on the floor.

Connect your core, and extend your left leg away with an out breath. You can make the move more challenging by taking the leg closer down towards the floor, but be careful that your back does not start to arch up or become strained. The right leg remains in "tabletop" position. For an additional coordination challenge, begin with the hands up towards the ceiling, and move the opposite arm away as the leg extends.

Keep shoulders relaxed and your abdominals connected. Inhale to bring the leg back into the starting position. Exhale to extend the other leg (and arm if you wish) away.

Repeat up to 10 times with each leg.



About chrishuntpilates.com

Chris is a fully qualified Pilates Practitioner, having been involved in Pilates for over 15 years. He is an International Presenter and Trainer as well as the CEO of Pilates Rehab Ltd. He has developed Pilates systems for many sporting disciplines, including [running corestrength.com](http://corestrength.com) that offers Pilates programs all across the world, tailored for runners from casual to professional. He is a keen runner himself, having completed the Sydney Marathon, and he also enjoys rock climbing, mountain biking and snowboarding. Chris works with individual clients as well as running workshops and conventions all over the world.

You can contact Chris at chris@chrishuntpilates.com or by calling 0044 (0)7947 65 08 09.



Chris is organizing a new event, the 'Pilates Carnival' (see the advert on p.59) and would like to offer a free one to one Pilates session to any reader who books onto the event. Email Chris directly for more details.



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tender feet
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rocky trails.**

How to:

Set up your triathlon transition area for race day

A simple guide for triathlete beginners to help them prepare for a smooth race.

Know your transition routine (practice makes perfect)

Think of the transitions as an integral part of the triathlon race, much like a pit-stop in motorsport. Practise them physically, by incorporating them into regular training sessions and run through them mentally to see where it is possible to identify potential issues as well as time saving strategies.

If you are doing a BRICK* training session then make it more realistic by running through routines as you transition from one discipline to the next. This is often the best time to experiment with new ideas.

Once you have finalized your transition routines, make a note of each of the stages. This will allow you to think about any problems and build a great checklist of the kit you will need as well as planning what can be achieved during each of these stages, for example between 'exit water' & 'run to bike' you might plan to remove the top half of your wetsuit and take off your swim cap and goggles.

Example of T1 (Transition 1) might be:

1. Exit water
2. Run to bike
3. Time spent at bike
4. Run to bike mounting line

Note that in T1 you cannot touch your bike unless your helmet is fitted correctly [clasp done up]. In T2 you must rack your bike before removing your helmet etc.

Unless absolutely necessary, try not to attempt something new in your race day transitions.

Prepare for your transitions

Have plenty of time in advance of race day to make sure that all of the essential items on your checklist are packed and all in working order. It is often useful to lay all of your kit out together to make sure everything has been included along with a couple of spares (goggles, inner tube, etc).

Gather everything together and pack it into a single bag before race day, while ticking them off your checklist. Preparing your bag in advance will give you the opportunity to add any missing items and then clear your head to focus on the event itself.

Familiarize yourself with transition areas

On arriving at the race location it is advisable to spend a few moments getting to know the quickest routes you can take to enter and exit the transition area for both T1 and T2. As there is always the likelihood of a large volume of athletes at each event, knowing the route before hand, including possible hazards (barriers, ramps & kerbs), is very beneficial.

If you have any doubts about or entry / exit points then don't feel foolish in asking a marshal or even a friendly competitor – they don't all bite!

Spending a little time familiarizing yourself with the layout and mentally rehearsing your race day routine will allow you to identify and plan all eventualities.

Once you are familiar with the layout, turn your attention to your individual transition area - technically, you are not permitted in triathlon to 'mark' your racking spot (it's down to you to remember exactly where your bike is) but many triathletes infringe this rule with coloured / unique towels. Ultimately there's no substitute for doing walkthroughs before the race.

Then, most importantly, find out where the nearest toilets are just in case you find yourself needing to go at a crucial time on race day!

The transition walkthrough

Now for the walkthrough. Firstly, find the swim exit / T1 entry point to the transition area and stand there to orient yourself. Plot the fastest and simplest course from the T1 entry point to your racking position, noting any 'landmarks' that will help you identify your spot. Walk calmly from T1 entry to your bike at least once so that when you come out of the water you can do it on auto-pilot.

Next, plot the fastest course from your racking position to bike out point, and then do the same in reverse, and finally from the rack to the run out point - all three points (swim in, bike in/out, run out are likely to be in totally different places - so you need to confirm where they are!)

Now you should be set up for the race. Your bike is racked together with helmet and run/cycle shoes - and run kit is laid out logically and should be at hand.

*"BRICK" in triathlon is the bike/run combo (Bike-Run-ICK). This simulates the bike to run transition, thought by many to be the toughest part of the race.

So remember, SMARTS!

Specific - know what you have to do within each transition and practice those specific actions in training.

Measurable - time yourself through both T1 and T2 in training to measure get the best possible results.

Achievable - set yourself transition time goals that are realistic and achievable. Do not aim for a "professional" sub 30 seconds T1 if you know you have no chance of achieving it without making mistakes.

Responsive - on race day be prepared to react to any issues

that arise and be ready to adapt your routine where necessary. People often say "if it is going to happen, then it will happen on race day".

Take transition seriously - transition is often the area where the greatest gains within a race day can be made with the smallest expenditure of time, effort and money. Being efficient within the transition can transform race times and therefore should be part of the training regime,

Simplicity - try to minimize the number of things you need in transition so you remain uncluttered, organised and efficient.

Triathlon Race Checklist

Swim:

- Swim suit or tri suit ☐
- Wetsuit ☐
- Goggles x2 ☐
- Swim cap ☐
- Lubricant or anti-chafe ☐
- Brightly coloured/unique Towel ☐
- Ear plugs ☐

Bike:

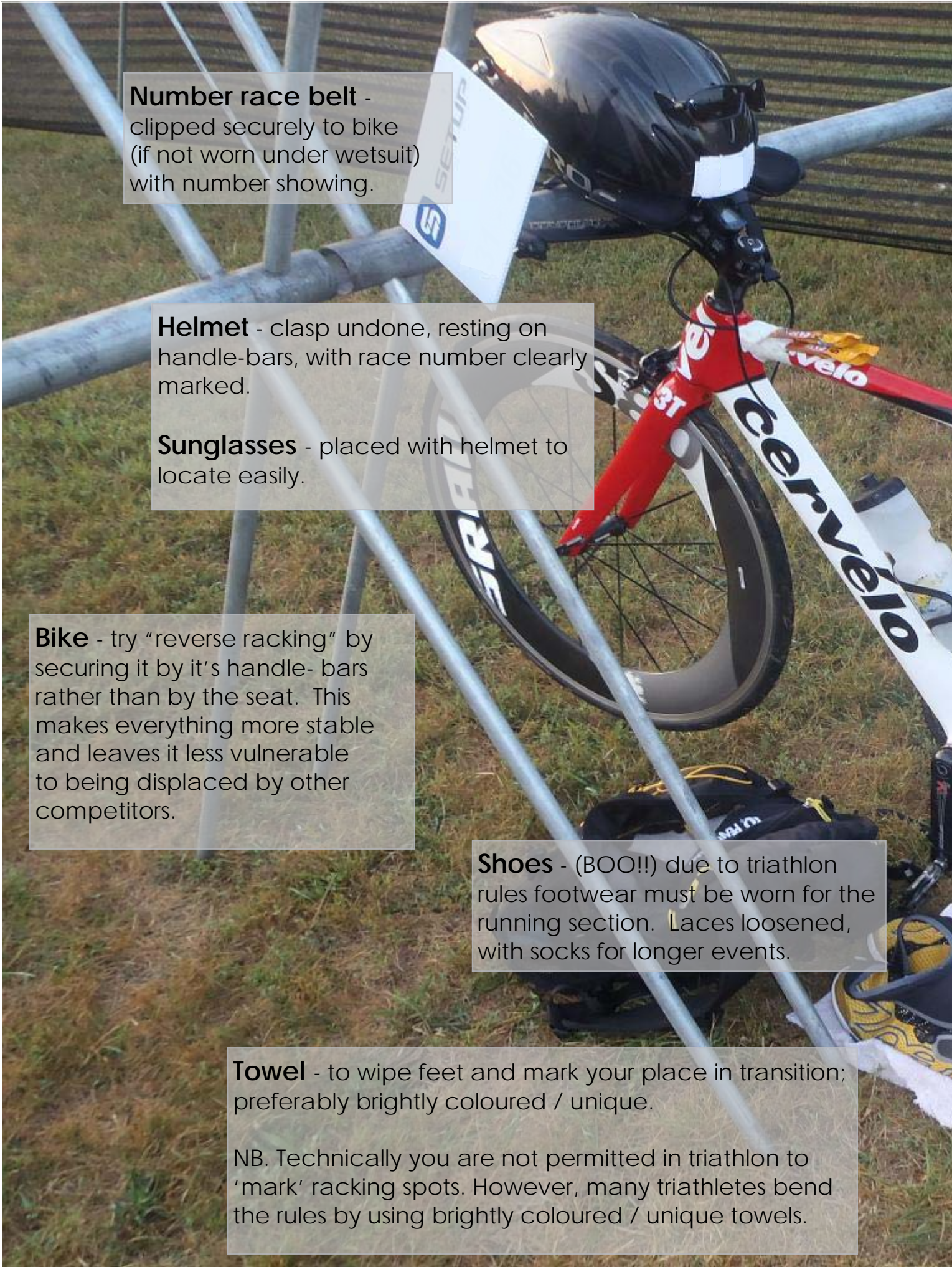
- Bike ☐
- Helmet ☐
- Bike shorts or tri suit ☐
- Bike shoes ☐
- Water bottles w/energy fluids ☐
- Energy gel or snacks ☐

Run:

- Race shoes ☐
- Cap or visor ☐
- Lubricant for feet ☐
- Race number on race belt ☐
- Energy gel or snack ☐

Other:

- Warm or rain clothes ☐
- Sunscreen ☐
- Bag ☐
- Extra energy gels & snacks ☐
- Talc ☐
- Sandals ☐
- Post race clothes ☐
- Sunglasses ☐
- Spare tube, CO2, Tire levers ☐



Number race belt - clipped securely to bike (if not worn under wetsuit) with number showing.

Helmet - clasp undone, resting on handle-bars, with race number clearly marked.

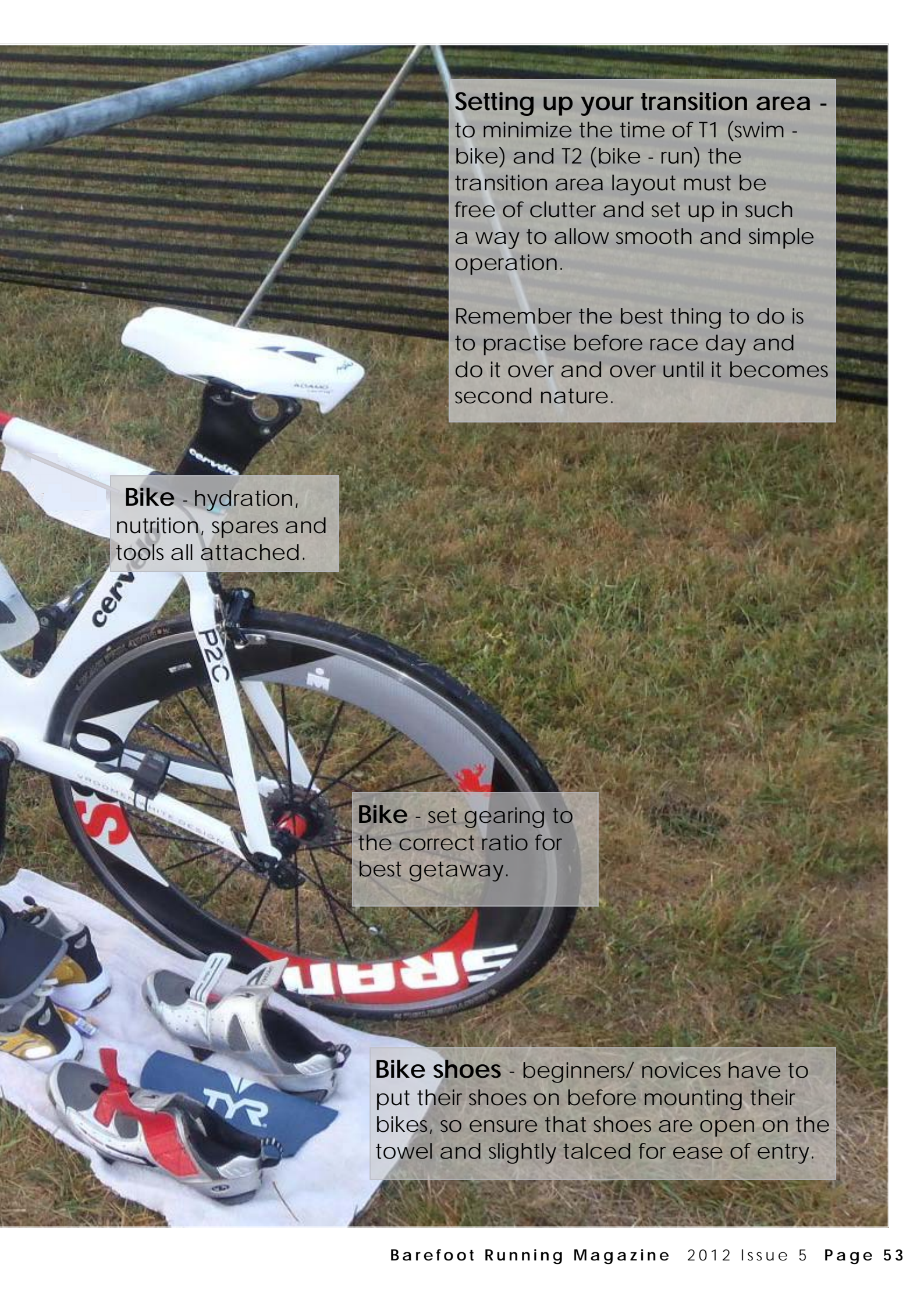
Sunglasses - placed with helmet to locate easily.

Bike - try "reverse racking" by securing it by it's handle- bars rather than by the seat. This makes everything more stable and leaves it less vulnerable to being displaced by other competitors.

Shoes - (BOO!!) due to triathlon rules footwear must be worn for the running section. Laces loosened, with socks for longer events.

Towel - to wipe feet and mark your place in transition; preferably brightly coloured / unique.

NB. Technically you are not permitted in triathlon to 'mark' racking spots. However, many triathletes bend the rules by using brightly coloured / unique towels.



Setting up your transition area - to minimize the time of T1 (swim - bike) and T2 (bike - run) the transition area layout must be free of clutter and set up in such a way to allow smooth and simple operation.

Remember the best thing to do is to practise before race day and do it over and over until it becomes second nature.

Bike - hydration, nutrition, spares and tools all attached.

Bike - set gearing to the correct ratio for best getaway.

Bike shoes - beginners/ novices have to put their shoes on before mounting their bikes, so ensure that shoes are open on the towel and slightly talced for ease of entry.



Our aim is to promote all things natural in running – body movement, core stability, breathing technique as well as a natural and healthy lifestyle, general wellness and enjoyment of life. It's also about sharing experiences with like-minded people and learning from each other.

We'd love you to get involved so if you have any comments, suggestions or want to contribute in any way please get in touch.

Email: hello@runnatural.co.uk
Tel: 020 7697 0088.

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The biggest questions regarding the raw diet and lifestyle
Together in one book for the first time



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RUNBARE is a barefoot wellness school devoted to inspiring runners and non-runners alike to run and walk barefoot for a better, healthier injury free lifestyle.

www.runbare.com

Write back at you

The cannibalizing myth of aging

A cannibalizing myth eats away at both our bodies and minds: that as we age, we slow down so we take longer to recover. This mental virus mutated into popular belief as a result of misunderstanding the nature of recovery.

Recovery is not a "break" from work. It is the positive result of and productive benefits of work. Your exercise is catabolic: it breaks you down. Your recovery is anabolic: it...builds you up. Unfortunately, we have come to view the work as the benefit and result, when it is purely the potential and opportunity for growth and development.

Therefore, as we age, we are told that due to our impending demise, we cannot work as hard, due to the severity of the breakdown it increasingly elicits; and as a result, demands longer and longer from which to recuperate.

Allow me to offer a reframe based upon our modern understanding of the (myofascial) body: as we age, and increase in our consistent discipline with proper technique, and tight focus upon effective mechanics, we yield deeper benefits from the same amount of work. If we reap greater benefits (break down potential) from the same amount of work, then we need longer to fully adapt to receive all of its bountiful results.

Think of it like the difference between the sinewy innervation

of well-used muscle, compared to the soft puffiness of new or unused muscle. The more you use a movement, the more it grooves neuromuscularly. More use = more benefit from work = more recovery time to 100% adapt to the work = more efficient use. In grappling, we call this "drifting" - you work as hard as you can, and then you recover as long as you can.

Imagine that you're downloading your fitness from the Internet. Think of establishing the "bars" of the signal strength: the stronger you make the signal, the more bandwidth you have to download your new fitness software. If your signal is weak, you can only download very small programs, for little increases in user efficiency. (Of course when we are younger we can also hold a weaker signal longer and eventually become as strong as our elders, too. But we are discussing a different myth right now.)

We don't have to recover longer as we age because we are in the process of aging's decline.

We GET to recover longer because we are yielding more benefits from the same amount of work we did when we were younger, less disciplined and less focused. Drift all of your benefits up to 100%. Revel in the recovery. You earned it because you're becoming better for it!

V/R,
Scott Sonnon



About Scott Sonnon

Despite doctors and teachers claiming that he would "never amount to anything academically or athletically," Scott Sonnon overcame childhood obesity, learning disabilities and joint disease, to be named "one of the top trainers in the world" by Men's Fitness Magazine and as "one of the most influential martial artists of the century" by Black Belt Magazine.

Scott is also the founder of several different exercise systems, including intu-flow and TACFIT.

For more information, visit his websites:

www.RMAXInternational.com
www.TACFIT.tv
www.Clubbell.tv
www.PrasaraYoga.com
www.intu-flow.com
www.KettlebellTactical.com
www.TACFITCommando.com
www.TacticalGymnastics.com

On track

News from the sporting arena



Bradley got a wiggle on

Bradley Wiggins and his Sky teammate Michael Rogers celebrate his success at being the first English rider to win the coveted yellow jersey of the Tour de France.

Bradley Wiggins, British cycling talent, has won this year's Tour de France in an outstanding show of seemingly never-ending endurance. The Sky team supporting showed tremendous strength, consistency and team spirit which was a joy to watch.

We enjoyed Bradley's acceptance speech in which he began with, "now we're going to draw the raffle"! A down to earth and dedicated athlete and a well-deserved win.

Best of luck to all the team in the Olympics!

Chambers gets another chance

Dwain Chambers, formerly branded a 'drugs cheat', has been selected to represent Great Britain in the Olympic 100 metres this year. There is controversy surrounding the decision, with some people believing he's worked hard and deserves another chance, whilst others are of the opinion that he should be banned for life.

Nobody knows the true story (possibly not even Chambers himself knows the full details) so it's difficult to make any judgements.

It's obvious that all the GB athletes, including Dwain Chambers, have worked very hard so we'll be getting behind the whole team with our full support.



Chambers demonstrates his commitment and determination

Wimbledon Report

Roger Federer beat Andy Murray in the Wimbledon final to secure his 7th Wimbledon title at what is considered the most prestigious tennis tournament of the year.

Andy Murray was gracious in defeat and had the nation close to (if not in) tears as he spoke to Sue Barker and the centre court crowd. Well done Roger – maybe next year is your year Andy?

Serena Williams demonstrated amazing form throughout the tournament and won the final – her fifth title - in an exciting 3 set match. Serena and her sister, Venus, also scooped the doubles trophy for the fifth time. They are unstoppable!



Federer comforts Murray after the moving speech that brought him and the nation to tears

Mo is the Master



Mo ran to yet another victory at the Aviva London Grand Prix on 13th July.

Mo ran in the 3,000 metres against some top quality athletes, sitting comfortably in 5th or 6th position for most of the race and then demonstrating his sprinting abilities during the last few laps. He's positive about the upcoming 2012 Games and is in great form.

Well done Mo and all the best for a shiny medal at the Olympics!

Paratriathlon National Championships

The beginning of July saw the first ever paratriathlon National Championships taking place in Ireland. The field of competitors was small but it was still a very significant event in the general effort to enable everybody to enjoy and compete in the sport. Triathlon Ireland is also working towards triathlon events being more accessible to juniors and to beginners.



Visit: www.triathlon.org for more triathlon news and information

International news

The latest international news

Copper Canyon to continue

Every one of our subscribers has no doubt read Chris McDougall's *Born to Run* and will therefore be familiar with the Copper Canyon Ultra Marathon which was central to the book.

With the sad death of Micah True (aka Caballo Blanco) earlier this year, there were discussions that needed to take place and decisions to be made about the future of the race.

Happily, it was announced in the last few days that the race will go ahead next year in memory of Micah True and with the aim of continuing his legacy to support the Raramuri. Micah True's girlfriend, Maria Walton and Josue Stephens, race director and ultrarunner, are the dedicated 'core' team behind the race logistics and the new organization Caballo Blanco Inc. Foundation will establish further support: www.caballoblanco.org

You can sign up for the race here:
<http://ultrasignup.com/register.aspx?did=17277>

For more info, email: info@caballoblanco.org



The off!

Hermosa 24

Patrick Sweeney has beaten his own Guinness World



Record for the amount of miles run in sand over a 24 hour period.

Last year, Patrick ran an incredible 87.36 miles but this year topped that by achieving an outstanding 94.08 miles AND he also managed to take a nap in the middle!

You can read more about Patrick's achievements in his entertaining blog:

bourbonfeet.blogspot.co.uk

New York City Barefoot Run

This is something that any barefoot or minimalist runner will probably want to attend at least once. There is no official date yet for the third annual event but John Durant, the

event organizer, has announced that it will take place in the spring rather than autumn (fall).

We look forward to hearing more details. Keep updated via the facebook page 'New York City Barefoot Run'.

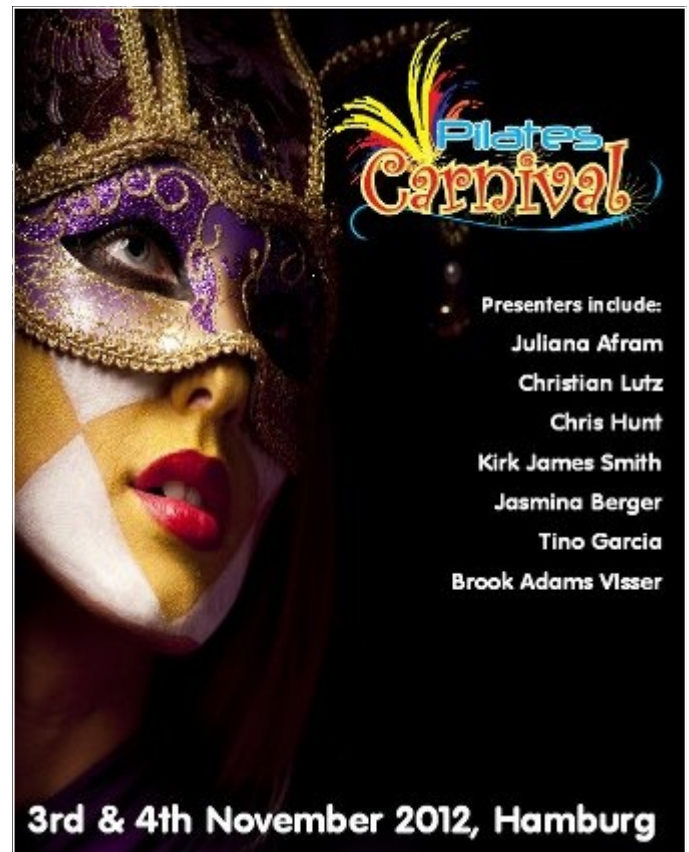


It's a Carnival!

This is from fellow Pilates teacher and founder of the forthcoming Pilates Carnival series, Chris Hunt:

'Pilates Carnival Hamburg November 2012 is taking shape. I'm currently negotiating with some hotels to get us the best possible rates. More details to follow. And I have already started to organise Carnivals for 2013 in Europe and the USA. As you all know, Carnival is a free convention. It's not for financial gain, it is simply a way that we can all share our ideas and experiences with each other and make some great friends. Can I please ask all my friends and Pilates colleagues to spread the word, post details on your walls and forums, tell studio owners and fellow teachers, so we can really make Carnival a global event. Thank you for believing in this. Together we can achieve anything. :)'

For more information, visit the facebook page:
Pilates Carnival



Presenters include:
Juliana Afram
Christian Lutz
Chris Hunt
Kirk James Smith
Jasmina Berger
Tino Garcia
Brook Adams Visser

3rd & 4th November 2012, Hamburg

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- Los Angeles Times

It's your letters

Let us know your stories and thoughts



Letter of the Season



Phil during the South Downs Marathon

[About the South Downs Marathon]

I was ill - a cold, fever and diarrhoea - prior to race day so wasn't even sure I was going to do it at all until race day. But I did and I ran the first half barefoot then the stony paths got the better of me so I put the VFFs on - mind you my feet were pretty tender by then so I felt every stone after that! It was really hard work and I had some gremlins in my right knee and hip - they are both fine today - but I coped. Walked most of the hills like a lot of runners because they were long and steep and did the whole thing in 5:16 which I'm pleased with given the circumstances. The greatest thing is that this is my second marathon and by far

the hardest but I feel great today - I felt absolutely lousy after the London marathon in 2008 and it put me off running for a while. I think this is all testament to working with Phil Maffetone, learning about training paces and race nutrition, and embracing barefoot running which is big thanks to Anna and David [Barefoot Running UK]. There was one other barefoot runner - Anthony Band - and we ran together from around mile 22-24 when I pulled away (yes I had the energy for a fastish finish!). Anthony had also run the first half barefoot and then put on shoes around the same spot.

Phil (Surrey)

In search of fellow barefoot runners

Please can you send me a list of groups that exist in the UK (including Wales) as I would love to run with some other barefooters....It's a bit freaky always being the odd one out who everyone laughs at!!!...I'm up to an hour & a half now on mixed terrain & would love to run a half marathon barefoot with another barefooter....1.40 - 2.20 were my shod times. I live in Derbyshire.....thanks a lot. x

Heather (Derbyshire)

Ed-

Hi Heather

Thanks for your email.

I've added you to our subscriber list for the magazine (it's free of charge) and attach our latest issue.

Regarding running groups, although we have some contacts in your area we're not allowed to pass out the details (data protection). However, if you join our facebook group (search 'Barefoot Running U.K.') then you can ask if anyone wants to meet up in your area. A few people have started using the group to arrange group runs, so I'm sure you'll find someone nearby you who's willing!

Barefoot mad and proud of it

Hi

A brilliant magazine with excellent and varied articles.

I love my barefoot running and am building up slowly. I wish I could convince people that running around without shoes is not a sign of insanity. They shake their heads slowly and look at me (sympathetically) as if I have marbles loose in the attic - perhaps I have.....

Thanks for the magazine.

Neil (via email)

Finding fellow barefoot runners!

At last, barefoot in the UK. I have run barefoot for a year now and have only met a few others but it's good to see Barefoot Running UK!

I recently did the 1st Milton Keynes marathon barefoot and have done various 10ks and a half marathons barefoot and now look forward to getting back into it again after a month out!

I look forward to visiting this site more!

Brian (via email)

Adjusting to British weather and terrain!

Thanks for the magazine.

I'm working up to doing a park run barefoot just for the fun of it! I'm not feeling so confident running around the streets barefoot just because of broken glass etc. So maybe I'll Vibram it to a park and go barefoot from there. Anyway thanks for the inspiration.

P.S. I am an Australian and have spent much of my life barefoot (my tootsies are still adjusting to the chilly ground here) and that seems to have made the transition to barefoot style much easier. A lot of people I speak to really just don't want to make the change, and deal with the necessary transition time! But it wasn't too bad for me. Anyway I know it makes for a long term running life so I think it's totally worth the time!

Cheers.

Benjamin (via email)



Read about our stateside friends and their amazing adventures at: www.robillardadventures.com



Minimal review

Out-of-the-box review: The Kigo Drive

The Kigo Drive is part of a range of flexible, light-weight shoes for everyday wear and designed with healthy feet in mind. The Kigo Drive is aimed at the more active wearer looking for a 'barefoot' feel.

Styling I really loved the styling. Unlike some minimalist options, they actually look like shoes so you might even get away with wearing them for work. Their appearance is somewhere between a regular shoe and trainer and very subtle.

Fit People often find that their feet get wider when they begin to go barefoot, so for some the fit will be a little narrow. The sizing itself is accurate, but it would be good to see wider versions.

Build quality Build quality is good. The shoes have been very durable, having been worn nearly every day as a casual shoe and for running. The only issue was the lacing, which kept undoing. The idea itself is great - just pull the toggle tight and off you go!

Performance The sole of these was not quite flexible enough for me. I found that my foot couldn't quite bend naturally so it was hard to stop the slapping sound of the shoe when running. For general wear though, it felt fine.

Barefoot simulation The thickness and flexibility of the sole was an issue. I couldn't feel the ground which is a sensation I enjoy. Due to the narrow fit, I was very aware of having the shoes on my feet.

Price The pricing is competitive for a minimalist shoe, with this model retailing at \$91 (approx £58). Considering what a versatile shoe this is (can be worn for different occasions), I found the price very reasonable.



Overall I was initially disappointed that I wouldn't be enjoying running in this shoe. However, it has been extremely useful on a day to day basis and I would recommend it for everyday wear. I think it would attract more people if there were wider options available too.

Quick Road Test Results

Styling

Fit

Build quality

Performance

Barefoot simulation











































Price

Overall rating



Minimal review results

Out-of-the-box trail test results

Make and Model	Styling	Fit	Build Quality	Performance	Barefoot Simulation	Price	Overall Rating
Human Foot							
My Foot (01/2009)							
Xero Shoe							
4mm Invisible Shoe (12/2011)							
Kigo							
Drive (06/2012)							
Merrell							
Trail Glove (06/2011)							
Vibram FiveFingers							
Classic Sprint (01/2012)							
KSO (02/2010)							

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Backchat

Mixed Messages

Having grown up in the

seventies I've never really been caught up in brands and labels. Good quality and reasonable pricing outweighs any empty promise a marketing company can conjure up.

I'm the sort of person who buys cars that have been out for 4 years or mobile phones on version 3, just so I make sure I get a 'tried and tested' purchase. The thought of queuing up all night to be one of the first to buy the latest iPad or Playstation has no appeal to me at all.

However, when I look at my friend's children that are now at the age where they are becoming aware of their looks and their social position within their peer group (a sporty, a princess or a geek), branding is everything.

And this is where my criticism towards the Olympic Games lies. Don't for a moment think I have an issue with the 'on the ground' organization, the athletes or the spectators. On the contrary, I have been glued to every moment of the sporting soap opera. Will the Mighty Mo Farah do the double? Who will win the 100m and 200m? The sprint master Usain Bolt with his lightning speed or the new kid on the block (or should I say 'beast' on the block) Yohan Blake?

No, my issue is with the multi-million dollar food companies

and their involvement. I'm aware that their 10% investment in the games aids in its success, but I'm sure that funding can be sourced from more sports based companies other than McDonalds, Coca Cola and Cadbury's which in my opinion are on the same level of peddling poison as cigarette companies. What kind of message are we sending to the young and society as a whole if we connect sport with these sorts of companies?

Cadburys have actually created what they call "The Cadbury Choculator" (chocolate + calculator), which is an Olympics themed site that generates the Games statistics in terms of chocolate. For example: "The London 2012 Olympic Swimming pool is 1429 delicious Cadbury Crème Egg's long." Please - what has chocolate got to do with sporting excellence?

Sporting excellence comes from years of dedication and sacrifice, not over-indulgence and gluttony. We have a society that is spiralling out of control in terms of obesity and ironically, 1 in 5 individuals in the UK can't swim! Maybe Cadbury's should think of investing their marketing money into projects to build swimming pools instead. Within the entire United Kingdom there are less 50 metre pools than in the city of Paris!

As already stated, I can see the

benefits from the investment these companies bring, but reducing the negative effects to long term exposure within our society to these well marketed brands that contribute to obesity and addiction is more important than money. It would have been more in keeping with the spirit of the Games to have larger number of health-orientated companies contributing smaller amounts of money each. If that meant a slightly simpler, less expensive spectacle in terms of ceremonies, etc., that wouldn't be such a bad thing in my opinion.

All I can hope for is that these Olympics will bring about a change in people's approach to looking after their own health, and find the general public enjoying eating more healthily and exercising regularly. However, when I hear awful stories, such as that of a 30 year old New Zealand mother dying of a heart attack due to insufficient potassium and (possibly) excessive levels of caffeine from their 8 to 10 litre per day Cola addiction, sadly I think we have a long way to go!



David Robinson
(co-founder of Barefoot Running UK)

