

Barefoot Running in the Real World (working title)

Information for contributors

The book's subject matter, specifically, will examine how runners adapt to barefoot running: can barefoot running reduce your injury risk? Can running barefoot make you a faster runner? Can lasting damage be done by attempting to run barefoot?

Many runners have read scientific research on the subject and this is all very helpful. However, the results of such research do not give us details of the many and varied responses our running bodies might experience when starting to run without shoes. It is useful to read, for example, that running barefoot creates less torque stresses in knee joints than wearing high-heeled shoes — but how does that relate to actually running barefoot?

What kind of reactions and responses can we, as runners, expect?

Of course this all depends on the individual: their many personal running attributes, habits and history.

It is, understandably amongst runners, a hot topic, for it has been suggested that running in running shoes can be a contributory factor in many running injuries — not just running in the wrong shoes, but running in any shoes.

My view is that, despite all the science, the best way to gain meaningful knowledge about this subject is to examine a varied sample of real runners, running in real conditions. We can then learn what challenges (if any) they faced, how they dealt with them and of course, the benefits (if any), they received.

The contributors' role

Initially, I am looking for regular (once weekly) contributors to detail their barefoot experience during the first 15 weeks of starting to run some (or all) of their miles barefoot (barefoot means with nothing on the feet).

These reports will be written on a blog for anyone to see.

The first post that contributors make will be to provide some information and background about themselves and their running (this will be made with the help of a questionnaire or prompt sheet). Thereafter, a brief summary each week with total miles run and the amount of barefoot running, together with general observations of how the feet and the body are adapting to running without shoes.

Subsequently, the reports will be used as case studies to form the basis of the publication.

The book will also explore the current research on the subject and discuss how that fits with the real world results.

All contributors will receive full acknowledgment and a complimentary copy of the book on publication.

If you think you can commit to regular reporting for 15 weeks then let me know and I will send you your login details and a prompt sheet to get you started.

Many thanks for taking the time to respond.

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