

Barefoot Running in the Real World (working title)

Contributors' guidelines.

Here are some general guidelines, not rules, just some pointers to maintain some sort of consistency and allow readers to access information quickly and easily.

Posts should be brief and factual — essentially, we are looking at your own adaptations to running barefoot, not the reasons why we should or shouldn't be running barefoot.

The value of your reports will be increased if readers can relate to you as a runner.

Below are some points that could be covered in your introduction.

Feel free to add any further relevant information and omit any details you'd rather not disclose.

Name

Age

Years running

Typical weekly mileage

Usual running terrain: e.g. road, trail mountain, track, etc

Experience going barefoot (whilst not running).

Any pre-existing injuries, niggles.

Usual running footwear.

Usual foot-strike style: eg, midfoot, heel.

Reasons for running barefoot.

Any relevant expertise, e.g. physiotherapist, dermatologist, etc.

Each weekly summary should include some or all of the following details:

Total weekly miles

Number of running sessions

Total weekly barefoot miles

Number of barefoot running sessions

Running terrain

Ground surface of barefoot runs

Runs in minimalist shoes, e.g. Five Fingers.

Weather for barefoot runs (rain on road?)

Condition of skin on feet — hotspots, blisters

Interesting/amusing comments received during the week: e.g. 'You've got no shoes on!'

Treading on nasty things: e.g. glass, thorns, poo — how you dealt with any.

Changes in your running style that you've noticed.

Injuries incurred, or reduction of existing symptoms.

Useful tips and nuggets of info you've picked up along the way.

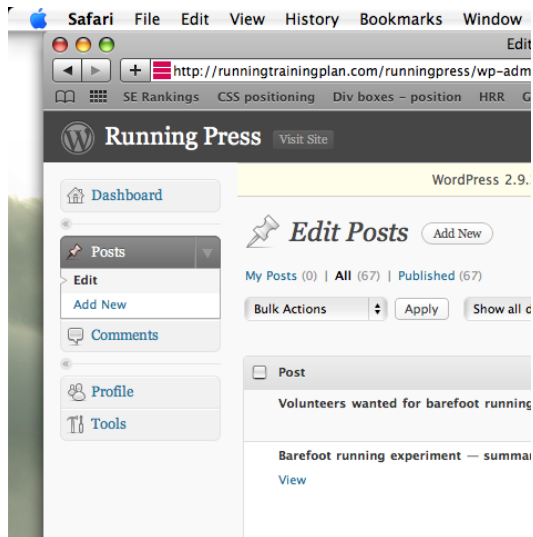
Instructions for using the blog site.

Login with your name and password by going to:

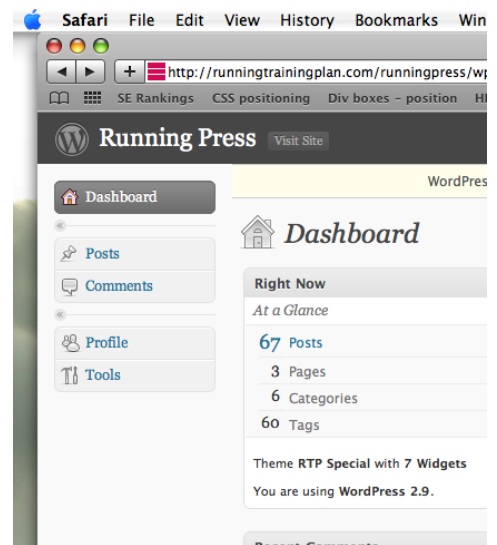
<http://www.runningtrainingplan.com/runningpress/wp-login.php>

You can also follow the 'admin' link at the foot of any [Running Press](#) blog page.

After login, you will see the Wordpress Dashboard, click on the 'posts' button at the top left of the page (shown here).



After the screen refreshes, click on either of the 'add new' buttons. You will see the new post page.

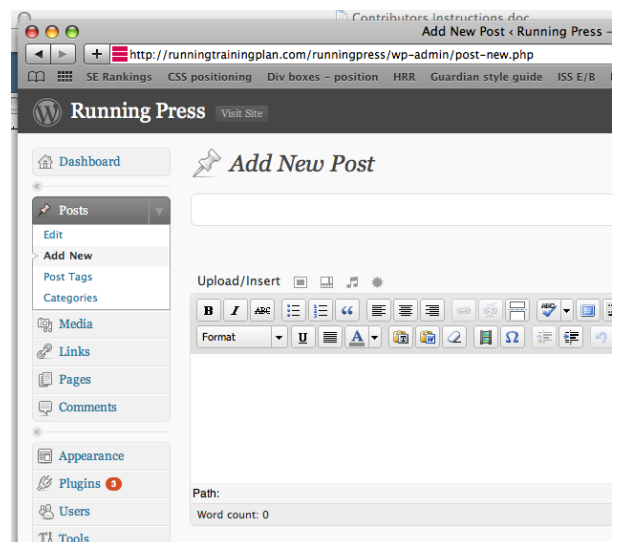


Posts are arranged into relevant 'categories', you should only have one option here and that will be 'barefoot running diaries'; check the box. Your post will need a title, so write that in the space below 'Add New Post' (shown right). Your title should be descriptive and relevant to the post you are writing, e.g. 'my first barefoot run on the road'.

From there you can write your post in the section below, adding pictures if you like.

You can also alter the publication date and time from this page (you may need to do this to maintain continuity if you missed a week, or if your post relates to a different date).

You can also add 'tags'. These are key words that relate to your post and enable readers to find relevant articles quickly and easily. For instance, if you have written about blisters you got on a recent run, then just write 'blisters' in the 'post tags' section and then click 'add'.



When you have written your post, you can preview it and then, when satisfied it's ok, submit it. Once we've reviewed your post, it will be published (we use this 2-stage policy to keep spammers away). Once you become a regular poster you'll be able to publish immediately.

I'll keep an eye on things anyway so don't worry too much.

If you have a problem, let me know. gc@grahamchapman.co.uk