

Minimalist Footwear.



Figure 1:

Riding the wind

Minimalist Footwear.[10/24/2007]

Many people seem interested in the shoes I wear, so I thought I'd write a post here so that my stock answer is in one place instead of writing the same thing over and over again. So, here goes: my running footwear history/philosophy. I've been running in something other than conventional trainers for almost four years now. My initial interest in wearing a more basic, simple, lightweight, low-profile shoe occurred when a physical therapist prescribed rock-hard fiberglass custom orthotics and motion control shoes for me to get over some chronic hip problems I was having in my sophomore year of high school (1999). At the time, I was excited because the new inserts seemed to help immensely to keep me injury-free, but in the back of my mind was the previous years of empirical evidence that I had that suggested that a more simple mode of footwear was sufficient.

When I started running in 1995 I wore a pair of circa 1980 Nike Waffle Trainers (something like the Nike Cortez's) that I picked up in a Goodwill store for a dollar or so. I ended up putting about 3000 miles on these shoes before the sole completely separated from the upper and Shoe Goo wouldn't hold it anymore.

Over the year and a half or so that I wore these shoes (including finishing my first marathon in 3:50:11 at age 12 in Okoboji, IA) I was tiny—about 4’10” and 75-80 lbs. Yet, in later years, I could never get out of my mind the thought that I ran all of those miles injury-free in such a simple shoe; nor could I ignore all of the historical photos I saw of runners from the 1960s and 1970s racing and training in completely flat-soled shoes with little to no cushioning. I read about Frank Shorter, Jeff Galloway, and Jack Bachelier logging 170+ mile weeks in Vail, CO in preparation for the 1972 Olympic Trials and then would see pictures of them on training runs wearing basically racing flats.

However, it wasn’t until early 2004 when a good friend of mine on the Colorado College XC team, Kiran Moorthy, started talking about the benefits of running in “minimalist” shoes that I started actively researching the notion and worked up enough interest to pursue the concept myself. (Notice Kiran racing barefoot in that link—he went on to finish about seven seconds out of All-American in that race. Another good friend of mine, Julian Boggs, finished 3rd at NCAA Div. III XC Nationals last year running barefoot. Boggs also paced for me in the 2006 LT100.)

Up until that spring, I’d run exclusively in motion-control or stability shoes with the same fiberglass custom orthotics. But, I was becoming pretty fed up with the clunkiness and general unwieldy nature of my footwear/orthotics and was simultaneously becoming interested in the apparent injury-prevention benefits of running in very minimal, flexible shoes. This led to doing research on the evolution of running, human physiology, primitive running tribes, etc. to the point that I thought—despite the risks—I should give it a shot myself.

Starting in March of 2004 I gradually started doing runs without my orthotics. I began with maybe 30 minutes a few times a week and over the course of 2 weeks or so built up to doing all of my running(100-120mpw at the time) without the orthotics. I was wearing the Asics GT 2070s at the time. At the end of this period I had one 21 mile long run where I started out with the orthotics in, but my lower legs hurt so I took them out after 3 miles and my legs immediately felt better and my pace instantly dropped over 30 seconds per mile. It was one of the most amazing, epiphanal runs of my life. At this same time, I began to consciously pay attention to my form. I was traditionally a full-on heel-striker, but now began trying to run with a shorter, quicker, lighter stride, higher cadence, and more of a mid-foot/fore-foot strike.

From there I went to an alleged racing flat—the Nike TC Triax(now discontinued, but it is on the beefier side...I would compare it to the present-dayNike Marathoners). The move to these was fairly quick—less than a week—and then over the course of the next month I moved down toAsics DS-Racersand then theNew Balance 240s...a very light, flexible flat. The New Balances were the first shoe I cut the heel off of in order to make it equal to the forefoot height so as to increase ankle mobility in my running gait. I was fully transitioned into the New Balances by the middle of June of 2004—a full three months after I’d first started ditching my orthotics; to be sure, it’s a slow process. I also did a

lot of running in the Asics 15-50XC flat during this time.

In May, I started doing some barefoot running to further strengthen my feet and aid in making the minimalist transition. Initially, this was only 10 minutes or so—all on grass—tacked onto the ends of my usual training runs. I also started going barefoot as much as possible in every-day life (walking around campus, going to class, getting kicked out of a lot of stores, etc.). By the end of June I was up to 30 minute runs completely barefoot, and by August I was completely comfortable doing hour runs totally barefoot (still, all on grass/dirt with small amounts of pavement). During that summer I also did a lot of “nearly barefoot” hiking on all sorts of terrain in a pair of water socks that were basically less sophisticated versions of the Vibram FiveFingers. I summited Humphreys Peak in Arizona, hiked the North Bright Angel trail to Phantom Ranch and back, and hiked to Havasu Falls and back (20 miles roundtrip) in my water socks (I was living in Flagstaff, AZ that summer).

In August, I started running in Puma H-Streets very regularly—basically for all of my running. These are absolutely beautiful minimalist shoes that are, unfortunately, discontinued. They have been updated with the Puma Saloh that I am interested in trying out but I’m not interested in all of the new synthetic overlays. The H Street was such a great shoe (I would put 1000-1500 miles on a pair—long after my foot would start poking out the side of the upper) that I never really endeavored to go for anything lower than this. I once ran to the top of Pikes Peak and back in the H Streets, but couldn’t go as fast as I wanted on the way down because of the lack of protection. However, in the spring/summer of 2005 I logged several 200 mile weeks and a couple 30 and 40 milers in nothing but H Streets. Their main drawback was their lack of traction. The outsole was nothing but little nubbins that I would wear down fairly quickly. These shoes look to me to be a good update to the H Street with greater traction and durability (but, probably a bit heavier).

So, for me, the meat of the transition (down to truly “flat” shoes and substantial barefoot running) took 3-4 months.

When I hear people say that they could never run in more minimal shoes—that it would tear their body up—I agree, because without the proper adaptation period immediately starting to run in flatter, more flexible shoes for all of their running would be a horrible idea. Transitioning to these types of shoes should include a gradual enough increase in workload that the feet/legs are never unduly sore. It’s a matter of astutely listening to one’s body.

So, one might ask, why don’t you do all of your running in the Puma H Streets or a cross-country flat (if I’m so in love with those shoes)? Well, because I’ve found that running on rocky trails does indeed require a bit of protection, too, *if I want to be able to run as fast as I possibly can over that terrain*. Up until July of 2006 I was doing all of my running either barefoot, in

water socks, or in the H Streets or some XC flats. However, in the Leadville Marathon that year I bruised my forefoot while bombing down the exceedingly rocky descent in that race while wearing the Puma La Bamba. These shoes have even thinner forefoots than it looks in the picture.

I decided that if I wanted to continue running and racing the Rocky Mountain trails that I love I needed a little bit more protection. So, I went out and bought a pair of La Sportiva Slingshots—still the beefiest shoes I’ve run in in the past four years. Although they aren’t my absolutely ideal shoe, they are definitely one of the best things out there in the trail running market that I’ve found. I really like their thin midsole through the midfoot and forefoot, but the heel is still too built up for me, so that’s where my major modification comes in.

To lower the heel, I take a serrated kitchen knife and slice off the outsole and a lot of the midsole of the back half of the shoe. I basically start right behind the grey, hard plastic external heel counter and then cut all the way up until about the “Friction” logo in the midfoot portion of the outsole. This way, the sole thickness is pretty much even all the way from the forefoot to the rearfoot.

The other things I do to the Slingshots is cut an inch or so off the top of the tongue and then pull all the foam padding out of the tongue; I like the fit better and it cuts weight and doesn’t soak up as much water. I also remove the insoles to reduce weight and have a better feel for the trail.

With the Slingshots, I would much prefer a more “racing flat” fit and feel to them, more akin with a road shoe, but it seems almost every company is kind of averse to this. I suspect they’re afraid of cramping the toebox so that people don’t lose toenails or that they think the upper materials necessary for such a fit aren’t durable enough. However, I wore the Slingshots in both the 2006 Leadville Trail 100 and the 2007 Rocky Raccoon 100.

The other shoe that I’ve been very happy with is the Inov-8 f-lite 250. This shoe best mimics the racing flat type fit that I’ve been looking for in a trail running shoe. I also shave a bit off the heel of these and remove the insoles. I wore these shoes quite satisfactorily in the 2007 Leadville Trail 100.

I end up wearing the Sportivas and Inov-8s for my typical morning mountain runs of 3hrs or longer and I wear a dilapidated pair of Puma H Streets for my evening runs of 1-2hrs on less gnarly trails. I am looking forward to trying out the Vibram FiveFingers as an alternative to barefoot in colder climates (I now live in Bozeman, afterall) and, hopefully, for my evening runs as a replacement to the H Streets.

What are the reasons for wanting to run in minimalist shoes? Almost all shoes (even many racing flats) have an unnecessary amount of rise from the forefoot to the rearfoot. By training in a shoe with this sort of heel lift, the Achilles tendon is constantly shortened and underworked with each step. The raised heel also limits the range of motion in the ankle upon footstrike and promotes a heelstrike instead of a more midfoot or forefoot initial footplant.

One's footplant while running barefoot is much different than while running with shoes. If one were to run barefoot across a stretch of asphalt, I guarantee that he or she wouldn't run with a heelstrike for very long! Thus, a big motivating factor—for me—in wearing minimalist shoes is to encourage my body to adopt a running gait (shorter, quicker strides that land closer to the body's center of mass) that will allow my feet to take advantage of the most natural cushioning mechanism that was built into our anatomy—the resilience of the Achilles tendon, calf muscles, and ankle joint.

Running with a fore-to-midfoot strike in minimalist shoes almost completely disallows overstriding; increases one's agility on uneven terrain (a definite plus in trail running); strengthens all of the often overlooked supportive muscles, tendons and ligaments of the feet and lower legs; and, in the end, hopefully cultivates a more propulsive, strong, less injury-prone stride. Decent slow-motion shots of the kind of footplant and running style I'm talking about can be seen in [this video clip](#). (For a better look, download the [file here](#).) If one looks closely, he or she can see that the initial contact with the ground is with my outer forefoot; I then roll in, touch down with my heel, and push off (I'm not just running exclusively “on my toes”).

Additionally, I am a big proponent of simplifying my life (and thus, my running), and believe that the human body was meant to run, and that simple biological evolution couldn't have been so wrong, so why not let the foot and lower leg do what it was designed to do (I've read many peer-reviewed articles that have concluded that the human body evolved to run) and not inhibit it with some big clunky shoe?

Of course, basically from birth, the majority of the human population is corrupted by being placed in very “supportive” almost cast-like shoes and our feet and lower legs become very weak. I myself used to run in so-called stability shoes with hard plastic, custom orthotics, but over the past three years I've tried—and succeeded in—leaving those albatrosses behind.

Because so many folks have grown up wearing shoes and the medical industry constantly pushes more and more restrictive orthotics and shoes that simply weaken the foot further, most people can't imagine running hundreds and thousands of miles over rocky trails in such flimsy flats as I do. It's something

that needs to be worked up to **gradually**, but I believe that as long as the running surface is natural (no concrete, asphalt, etc.) the human foot is well-designed to handle any running stress we're willing to impart on it (**provided you give it enough adaptive time**).

95 responses to “Minimalist Footwear.”

1. Jasper says:

[10/25/2007 at 3:58

Tony,

Ideally, I agree with you, but do you think this kind of approach can work for those of us not blessed with great biomechanics? Do you think the body can still adapt to running a lot of miles in minimalist footwear?

I ask because I've also been working towards wearing more lightweight flexible shoes over the years (the Inov-8 RocLite 305 is my current 100-mile shoe of choice). But I find that if I spend too much time (especially on roads) in flats or lightweight trainers I always start to get medial knee pain – which I'm guessing is because of my leg-length imbalance and just slightly non-neutral footplant.

I know you said you used to wear orthotics – what was that for? I'm just wondering if there are some biomechanics for which minimalist footwear will never work.

Thoughts?

-J

2. Anton says:

[10/25/2007 at 10:44

Hi Jasper,

I really don't know how barefoot running would work for someone with less than perfect mechanics. Apparently, a number of medical professionals thought that I didn't have perfect, neutral mechanics, or else I don't know why they would've fit me with custom orthotics and told me to wear them the rest of my life.

One thing I do know about “stability” and motion control, though, is that once the foot isn't elevated on the high platform of a typical running shoe, it is inherently a lot more stable. BUT, i'm by no means an expert on any of this and don't know how anyone else's body would respond to the things i've done to mine.

So, i'm not sure what to suggest. It seems like you're experimenting and seeing where your limits are, and that's about all i could suggest to do.

The only other thing I can say is just to reiterate that any transition needs to be a gradual process—it can’t be rushed and you have to listen to your body.

tony

3. tc says:

[10/25/2007 at 10:55

Thanks Tony for such a detailed write up. Hopefully you will enjoy the Vibram FiveFingers as much as I have. You may need to wear the Surge during the coldest days. They are bulky compared to the Sprint or Classic, but they at least have 2mm of neoprene to keep those toes a little warmer.

Enjoy!

4. kfine39 says:

[10/26/2007 at 2:30

Hello,

As you first post suggests — I am one of those people who have interest in what you have to say...

I am curious... footwear is always a point of interest... is eating habits another? What does the typical daily diet look like...

Sorry for the mundane... but inquiring minds want to know!

Thanks

Kevin in Indy.

5. Ben, aka BadBen says:

[10/26/2007 at 3:34

Tony,

I loved this post!

I don’t have the biomechanically-perfect body for running long distances, (supposedly)... I’ve got flat feet, asthma, and a previous history of multiple foot and toe bone breaks from my martial arts days.

My podiatrist(s) in the past put me in hard orthotics and I gravitated to clunky motion-control shoes. I ran on pavement for many years, and had continual-chronic injuries... PF, sciatica, knee issues, etc.

I started running on trails exclusively a few years ago. Almost right away, I needed a lower-heeled, and more flexible shoe; I also got rid of the orthotics, as I found them counter-productive on the trails. It was like a miracle. ALL of my chronic injuries went away. I even started a trailrunning group, because of my newly found “path” in life.

While I can't get away with super-minimalist shoes like you, I do gravitate to the lightest, most flexible trail shoes that I can find (that fit my huge, flat feet).

So, I would add that humans evolved to run long distances (to run-down game); we are the ruling "long-distance running species" on this planet. But we were "biomechanically" never meant to run on ARTIFICIALLY FLAT AND HARD SURFACES like pavement and concrete. Our bodies adapt to trailrunning, because it is the natural thing to do.

Happy trails,
Bad Ben

PS: I really enjoyed seeing you run at RR100, this past Feb. I was having a tough day, but still managed to finish my 5th RR100 in a row.

6. Victor says:

[10/27/2007 at 1:58

Tony,

Enjoyed reading your post. Very inspirational. I've been running barefoot exclusively for 8 1/2 years and can't even imagine running with shoes any more. I'm not a long distance runner like you and at 45 years of age, don't have the unlimited energy I had as a 20 year old. Nevertheless, I still love to run (mainly because it's fun and enjoyable, especially barefoot) and I run several times a week. I've completed a half marathon and a 10 miler barefoot and plan on running a marathon someday.

Your comments all line up nicely with what I've been reading over the years on the running barefoot group on Yahoo. I've not had any problems running on asphalt or concrete, although I do prefer a variety of running surfaces – especially a wet sandy beach!

Look forward to your future stories/comments.

Victor

7. Josue says:

[10/29/2007 at 1:20

Anton,

It is very refreshing to read a write-up on minimalist footwear from an incredible and accomplished ultra-runner.

I am a barefoot and minimalist runner and mostly use Barefoot Ted's Huaraches or Five Finger's.

I am not at the point where I can race 100s completely barefoot or in huaraches, so I was very glad to see your Slingshot modifications. I have a pair of FireBlades I bought for racing, but they are still high heels. I will spend my afternoon modifying them.

8. kiskiw says:

[10/30/2007 at 1:39

Tony,

This doesn't really have anything to do with this thread but I was wondering if you could tell us about some of your favorite books, I think that everyone would be interested in seeing some of the books that have shaped your personality as well as your world view and why!

Thanks again for all your posts they are very interesting and motivating!

Keith

9. KendraBo says:

[11/02/2007 at 2:14

Tony, I'm just curious: when you got your stress fracture in your metatarsal, did your minimalist footwear practices come into question at all, either by you or, say, anyone else? I assume something else was to blame, like not giving it enough of the adaptive time you mention? I wish you continued, rapid healing.

10. Lindsay says:

[11/27/2007 at 1:36

Just a quick question or two for clarification. I understand the need for more shoe than the H street but why not wear more of a true flat like your New Balance rather than the sportiva of especially the inov-8(which is as light as a road flat and with about the same traction)? I would assume that you just run shoes into the ground since you are not big on extra cushioning and once your foot is conditioned there is no need to swap shoes every 500 miles, etc?

11. arojust says:

[08/14/2009 at 4:28

Tony,

I know this is an old post, but Irunfar Bryon has linked to it and I found it very interesting. I too was fitted into rigid orthotics and stability shoes. I found the orthotics to make me feet weak and as soon as I tried to do anything barefoot I was screwed with pain from my slight tarsal coalition. This really flared up just before my attempt at Massanutten this year. I wore the orthotics in that race and ended up dropping at 70 miles from foot pain. I have stopped using the orthotics and have had no issue since. I am always bare foot when it is feasible. You have inspired me to break the mold and slowly try to transition into a more minimal / neutral shoe.

Thanks man, Keep running hard!

Justus

12. Alicia says:

[09/12/2009 at 8:45

Fantastic blog! I have recently decided to find a running style and philosophy, if you will, that makes sense in the most natural of ways. I think your head is in the right spot on this one and I plan on looking into it further!

13. worm says:

[09/13/2009 at 4:59

great write-up. i just linked over here from irunfar.

after wearing orthotics for the past two years i spent the summer running and racing without them. prior to the summer i had worked with a physical therapist to improve my gait with a more neutral footstrike and stride like what you talk about.

my feet felt fine and i had no problems until two weeks after my last race (24 mile trail run). at that time my inner ankle starting having pain upon raising my toes.

now, according to an orthopedist, i have pulled an ankle tendon and have been prescribed new orthotics which i am supposed to never be without.

in your opinion, should i wait until the tendon no longer hurts and then start back with minimal footwear running? i'm at a loss b/c i want to be able to run without the klunkiness but also without injury and pain. . .

any advice would be awesome. thanks!

14. Randall Barna says:

[09/14/2009 at 4:03

I'm a Certified Pedorthist and just posted a blog entry about minimalist footwear. As successful as your experience has been with this type of shoe, some athletes have extenuating conditions that don't make this the best running shoe technology for them. Check out my post for more info.

<http://footform.blogspot.com/2009/09/barefoot-running-shoes-save-yourself.html>

15. Michael says:

[09/24/2009 at 4:27

Hi Tony and everyone,

As a barefoot running coach, I've found that people who are NOT blessed with "perfect" biomechanics need to go the minimalist approach the most. That's because the minimal approach helps you to feel the ground and find a softer, better stride. Studies show that cushioned shoes create a

poor stride (heel strike) and are quite damaging to the feet and knees over time... the studies show we're putting 200 to 300% more force down on the ground in a heavily cushioned shoe than a minimalist one or barefoot...

That kind of force doesn't lie... if you're not 'perfect'... it's the SHOES that will beat you up.

Go minimalist... feel the ground and you'll begin to tread lightly and find your own perfect form!

~Michael Sandler

Coach, The Barefoot Running Club

<http://www.meetup.com/Barefoot-Running-Club>

<http://www.twitter.com/runswithspirit>

16. Mike Scammon says:

[10/05/2009 at 9:09

Wow, an aging post revived.

I am 6-0 and about 200. This July I ran the Pacifica 50K in my very favorite Nike Katana Rac3r III flats. They were wonderful. Of course some granite sections had me scampering a little more than usual but otherwise there were no issues. The "charts that be" tell me I should be in a stability shoe for over pronators, though they have done nothing but hurt my running. It took me about 6 months (maybe a little less) to taper down to running in flats but it was well worth it. It forced me to correct my form, and as a result, a lingering hip issue (rt leg) and knee issue (lft leg) have disappeared. I run much more efficiently as well. I can't imagine running in the junk I used before. I do have a pair of Brooks Launch's (neutral cushion) that I will be using for the Dick Collins this weekend but only because I am nursing a "blister-gone-bad" I gave myself while playing doctor. Other than that, it's the Katana's, Adios and soon to be out mt100s if they fit well. Anyway, great post and thread.

Mike S.

17. Erin says:

[10/12/2009 at 2:34

Thank you for this post! Any thoughts on trying barefoot running on a treadmill for those of us that live in cold, urban environments? I sustained a bad hip injury last season which I believe is from weak feet and years of heel striking in overly cushioned shoes, so I'm going to make the transition. Thank you for sharing your experience.

18. AndrewRad says:

[10/13/2009 at 9:36

Tony,

It's particularly interesting how you alter your shoes. I agree that the number one issue with running and trail running shoes is the raised heel. You deal with that problem by simply slicing off the soles under the heels of your shoes. We need more flat soled running shoes in the market. My solution is wearing a minimalist shoe that isn't even meant for running, SANUK shoes. You can check out other minimalist shoes at barefoot footwear.

19. High Mesa Fitness® says:

[12/07/2009 at 1:30]

Your experience is similar to mine. I remember those ol nike trainers and elites..ran 100 mile weeks injury free forever. The more bells and whistles and 'control' added to shoes the more injuries to follow.

At any rate I've enjoyed the Nike Frees since they came out, in particular the 3.0's but alas those are hard to find now and honestly I like adidas. I've had several pair of the adizero xt trail shoes but still wish they get rid of that darn rigid internal heel cup and make the shoe more flexible. If you know of any adidas shoe that is proximate to the free let me know.

20. wadaye says:

[12/10/2009 at 8:40]

You really must try huaraches. I make one slightly bigger than my foot, have no knots under the toe becuase I use climbers tape and two holes at the front and sides to pull the climbers tape through to lock it.I run on trails, did 70km of Australias's toughest 175km GNW run in them but had to pull out when I got lost (and tired).

Anyway you'll find after about 6 months of fiddling with huaraches you'll get them absolutely perfect.

21. Eric says:

[02/28/2010 at 6:32]

what counts as minimalist shoes anyway these days.. I do agree that the vibrams are very minimalist but what about other shoes that have light properties like the vivo barefoot shoes or the newton running shoes listed here as well.

22. 29929blacktuesday says:

[06/02/2010 at 10:09]

Hi – internet just lost my original post so I'll type it all over again! I'm a Traditional Runner (I use this as it describes the style better than Minimalist) and use 1940's style plimsolls (see link) to run on the Malvern Hills in the UK. They're unbelievably cheap and simple – flat rubber sole with a single layer canvas upper. Our Fell Running hero Bob Graham

(<http://www.bobgrahamclub.co.uk/bobgrahamround.co.uk/> and http://en.wikipedia.org/wiki/Bob_Graham_Round) did his epic Bob Graham Round in 1932 in a pair of these after recceing each hill barefoot to save on wear of his precious shoes! Fabulous, original, authentic and injury-free. The ultimate... All the very best everyone and thanks for all you do Anton. Dave. http://www.schoolpumps.co.uk/plimsolls/black-lace-up-toe-/prod_7.html link:

23. costa rica hotels says:

[06/08/2010 at 12:30

hi guys ... I was very pleased to read the information in this article ... was of great interest and would love to get a lot more information about "Minimalist Footwear."

24. Send flowers says:

[07/23/2010 at 8:07

I suggest this site to my friends so it could be useful & informative... I really like flowers and also interested to send flowers all over the world.....

25. trainers shoes says:

[07/27/2010 at 10:37

thanks for sharing a post about footwear I am fashion lover I love shoe because fashion is incomplete without shoes in shoes I like trainers shoes they are best footwear

26. Jenna Jones says:

[09/01/2010 at 4:05

Can't say that the vibram shoe feels like barefoot running and barefoot walking. Not really minimalist from my point of view. Read more on research by this doctor Steven Robbins: <http://www.stevenrobbinsmd.com> . Enjoyed the conversation !

27. Vrishti says:

[01/17/2011 at 1:22

Sehr informativ und interessant zu lesenden Artikel ... Baby Taufanzug

28. Skechers says:

[01/28/2011 at 6:51

please share a post about where from we can get that footwear any special Shoe Shop to buy that shoes ?

29. Joshua says:

[02/25/2011 at 6:04

You should try Mizuno Wave Universe 3's. 3.6 oz. I just wore them on a rugged Bandit 50k in Simi Valley, CA and pounded the downhill with rocks and all at 5:00 m/m. My feet never felt better. Open toe box, my toes actually do "work." I run 100+ during the week and they provide traction, minimal protection from rocks and stones but still allow you to feel the run. . . josh

30. Rick says:

[03/22/2011 at 2:14

I recently started wearing a very cheap pair of sneakers (\$5) for short runs. They have almost no arch support and very thin flexible sole. I like them a lot better than my VFF's. The question is this: One can easily spend up to \$200 for some of these minimalist shoes. Why? Are a \$200 pair of Newtons really better than my \$5 sneakers?

31. Rick says:

[03/22/2011 at 2:17

Recently I have been getting in a lot of short runs in a \$5 pair of sneakers that have almost no arch support and thin flexible soles. I actually prefer them to my VFF's. With all these \$100-200 "minimalist" shoes on the market, I ask, how are they better than my \$5 shoes? There's no doubt they are more attractive, but for \$5, I'm not complaining.

32. Farrah Khan says:

[12/01/2011 at 7:03

Nice site! Me gusta un par de de los artículos que se han escrito, publicado y, en particular los comentarios! Definitivamente voy a visitar de nuevo!

nutricionista Barcelona | dietista Barcelona | dietas Barcelona

33. Abby says:

[12/13/2011 at 4:22

m so waod by your presentation good buy xanax online

34. Farrah says:

[12/19/2011 at 8:51

Good ideas I will definitely check second brain and let you know my review.

organic supplements | natural allergy relief | Natural Colon Cleanser | Natural Weight Loss

35. anita grace says:
[12/27/2011 at 7:48
organic vitamins
Cool post. Very interesting and fascinatingly. Excellent. Thank You for your good job.
36. iori says:
[12/28/2011 at 5:44
Natural supplements
Nice to be visiting your blog again, it has been months for me.
Well this article that I've been waited for so long.
Nice to be visiting your blog again, it has been months for me.
Well this article that I've been waited for so long.
Natural supplements
37. jenni d12 says:
[01/23/2012 at 6:27
i really enjoyed reading this post..thanks for sharing dear..
send gifts to Pakistan
38. Elysian says:
[01/25/2012 at 11:24
That is very good comment you shared.Thank you so much that for you shared those things with us.Im wishing you to carry on with ur achivments.**buy Dubai property**
39. johnmillerm says:
[04/11/2012 at 11:14
Nice information, many thanks to the author. It is incomprehensible to me now, but in general, the usefulness and significance is overwhelming. Thanks again and good luck!
wireless security systems | wireless home alarms | wireless security cameras
| security cameras
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wireless security systems | wireless home alarms | wireless security cameras
| security cameras

41. johnmillerm says:

[04/11/2012 at 11:17

Thanks for writing this. I really feel as though I know so much more about this than I did before. Your blog really brought some things to light that I never would have thought about before reading it. You should continue this, Im sure most people would agree youve got a gift.

Atlanta General Contractor | Atlanta Bathroom Remodeling | Atlanta Remodeling Contractors

42. johnmillerm says:

[04/11/2012 at 11:19

This is a very intriguing post, I was looking for this knowledge. Just so you know I found your web site when I was searching for blogs like mine, so please check out my site sometime and leave me a comment to let me know what you think

Stereotactic Surgery in Kentucky | Neurosurgeon in Kentucky | Kentucky Neurosurgeon

43. johnmillerm says:

[04/11/2012 at 11:21

This site is excellent and so is how the subject matter was explained. I also like some of the comments too.Waiting for next post.

Atlanta Wedding Reception Hall | Atlanta Garden Weddings | Atlanta Garden Wedding Locations

44. johnmillerm says:

[04/11/2012 at 11:23

I like this blog. It is a rich content topic. It helps me solve a lot of problems. It updates at a very fast rate, and provides for me many opportunities. I think it can help me to solve many problems, thank you

Tux Rental | Groom Tuxedo | Wedding Tux | Wedding Tuxedos

45. johnmillerm says:

[04/11/2012 at 11:24

A very nice post it is. I have been seeking this type of knowledge for a long time and by posting this article you have made my work so much easier. This site always gives me outstanding knowledge

Atlanta Tuxedo | Tuxedo Rentals Atlanta | Atlanta Tux Rentals

46. johnmillerm says:

[04/11/2012 at 11:26

I admit, I have not been on this web page in a long time. . . however it was another joy to see It is such an important topic and ignored by so many, even professionals. professionals. I thank you to help making people more aware of possible issues.

Dunlop Q2 Tires | Dunlop 401 Tires | Dunlop 404 Tires | Metzeler 880 Tires

47. owais says:

[04/26/2012 at 3:41

Wonderful post.Thanx for sharing.

Download Free PC GamesDownload free Max Payne 3 Game,Download EA Sports 2011 DLF IPL 4 Game,Download free Full version Games, Download Best Wallpapers.

48. johnmillerm says:

[04/30/2012 at 9:47

It is really nice to hear your discussion on specific topic here. I too agree with your points here. keep posting good blogs. Thanks

Birthday Gifts
Unique Gifts
Anniversary Gifts

49. Faiza malik says:

[05/09/2012 at 10:01

I haven't been following your blog for a long time, but I'm absolutely in love with it. You are one of the most blogger I've ever seen, seriously.

Flowers and Gifts Delivery in Pakistan

50. abby brock says:

[07/12/2012 at 10:36

Thanks for all for provide these guidelines it's really helpful for everyone.

Buy Codeine Online

51. pioneer says:

[07/13/2012 at 3:17

I agree with you. This post is truly inspiring. I like your post and everything you share with us is current and very informative, I want to

bookmark the page so I can return here from you that you have done a fantastic job ...

Buy Valium Online

52. kenge says:

[07/13/2012 at 9:46

Really i appreciate the effort you made to share the knowledge.The topic here i found was really effective to the topic which i was researching for a long time

buy medicine

53. Roger Fed says:

[08/04/2012 at 7:17

Waoooo this post is just awesome. In-fact i m going to tell all of my friends also. Very well post thanks for sharing...

Flowers delivery services Pakistan

send gifts to pakistan

54. abby brock says:

[08/09/2012 at 8:47

Really i appreciate the effort you made to share the knowledge.The topic here i found was really effective to the topic which i was researching for a long time

Pakistani Restaurant in Melbourne

55. John kim says:

[08/16/2012 at 11:05

This is like my fourth time stopping over your Blog. Normally, I do not make comments on website, but I have to mention that this post really pushed me to do so. Really great post .

56. John kim says:

[08/16/2012 at 11:06

Nice to share my love is wonderful to tell you that a healthy green gives you the best Organic vitamins, herbal remedies and organic supplements.They use all natural ingredients to create organic products.

towing company addison

57. John kim says:

[08/17/2012 at 7:44

I really enjoy simply reading all of your weblogs. Simply wanted to inform you that you have people like me who appreciate your work. Definitely a great post. Hats off to you! The information that you have provided is very helpful.

moving companies fairfax va

58. kashif says:

[08/31/2012 at 9:06

Simply wanted to inform you that you have people like me who appreciate your work. Definitely a great post. Hats off to you! The information that you have provided is very helpful. <http://chotabheemgame.in>

59. abby brock says:

[09/29/2012 at 6:52

Hats off to you! The information that you have provided is very helpful.

Towing in dallas

60. arif.sristy26@gmail.com. says:

[09/30/2012 at 9:57

taufanzüge : Lion lion costume animal costume costume animal costume
carnival costume carnival costume kids

61. Umair Ahmed says:

[10/03/2012 at 6:36

Home Made Pizza

Your blog article is very interesting and fantastic, at the same time the blog theme is unique and perfect, great job.

62. abby brock says:

[10/05/2012 at 8:13

I am happy when reading your blog with updated information! thanks alot and hope that you will post more site that are related to this site.

dfw town Car Service

63. steve harman says:

[10/18/2012 at 7:36

Thanks! for sharing such a great information.Am looking forward for your net post.

64. John Clark says:

[11/21/2012 at 7:57

I can't believe I just found your blog- love your style!
Brown Leather Jackets

65. Aliasgar Babat says:

[12/05/2012 at 10:00

This is my first time i visit here.
I found so many interesting stuff in your blog especially its discussion.
From the tons of comments on your articles, I guess I am not the only one
having all the enjoyment here!
keep up the good work.

66. Muhammad Amjad says:

[12/27/2012 at 10:15

I am really enjoying to read your post its very informative and helpful....how you ride in wind?its a very difficult task.
Flower delivery Pakistan
Flower delivery Pakistan

67. Hannah bolton says:

[01/28/2013 at 4:28

I read and walked for miles at night along the beach, writing bad blank
verse and searching endlessly for someone wonderful who would step out
of the darkness and change my life. It never crossed my mind that that
person could be me.
voip companies

68. Ramiro Bowdon NBA BLOG says:

[01/30/2013 at 3:16

.how you ride in wind?its a very difficult task.

69. Hunza Batool says:

[02/15/2013 at 2:46

Dolls and toys. In some cultures dolls that had been used in rituals were
given to children.
Company Search

70. Sohbet Odalari says:

[04/11/2013 at 5:41

I really love coming here to have a very good blog. sohbet chat

71. ali mezdegi says:

[05/07/2013 at 12:08

You may need to wear the Surge during the coldest days. They are bulky compared to the Sprint or Classic, but they at least have 2mm of neoprene to keep those toes a little warmer. gogusestetigi

72. Sam Lucas says:

[05/16/2013 at 6:42

Flower care helps them retain their fresh looks for a long time. If you really like to have your cut flowers fresh, you should bear in mind the following tips about taking proper care of them.

quince flowers toronto

73. WAQAR says:

[05/27/2013 at 6:31

I am really enjoying to read your post its very informative and helpful...how you ride in wind?its a very difficult task.
fast payday loans

74. Allen Hill says:

[05/30/2013 at 1:56

Footwear is versatile array of carefully tanned leathers have been selected to give a soft touch to the foot, whilst standing up to the rigours of the workplace.

Buy Footwear Online in India

75. wiky says:

[07/12/2013 at 6:58

I will be really glad my spouse and I witnessed an excellent web site. I have to thanks a lot a lot of information! I enjoy we have saved your website for brand new things to examine send on the roads.

Pakistani Newspaper in Urdu |
Pakistani E Paper

76. abelee says:

[07/18/2013 at 4:45

I have no words to appreciate this post I'm really impressed with this post the person who created this post was a big thank you man .. for sharing with us.

Streamline Refinance in ca

77. abelee says:

[07/19/2013 at 6:49

Hi! This is my first visit to your blog! We are a team of volunteers and new initiatives in the same niche. Blog gave us useful information to work. You have done an amazing job!
refinance no appraisal in california

78. abelee says:

[07/19/2013 at 7:31

I think you might need to do more work on Blogs and it's a great information.
home loans in california

79. abelee says:

[07/19/2013 at 7:40

Great blog. All posts have something to learn. Your work is very good and i appreciate you and hopping for some more informative posts. Thank you.....
fha mortgage in ca

80. abelee says:

[07/19/2013 at 8:26

certainly a fantastic piece of work ... It has relevant information. Thanks for posting this. Your blog is so interesting and very informative.Thanks sharing. Definitely a great piece of work Thanks for your work.
current fha mortgage rates

81. abelee says:

[07/19/2013 at 9:03

I really enjoy simply reading all of your weblogs. Simply wanted to inform you that you have people like me who appreciate your work. Definitely a great post. Hats off to you! The information that you have provided is very helpful.
online furniture store

82. abelee says:

[07/19/2013 at 9:11

Thanks for your marvelous posting! I actually enjoyed reading it, you will be a great author.I will ensure that I bookmark your blog and will come back in the foreseeable future. I want to encourage that you continue your great job, have a nice weekend!think you've made some truly interesting

points
home decor accessories

83. abelee says:

[07/19/2013 at 9:53

I am very happy to be here because this is a very good site that provides lots of information about the topics covered in depth. Im glad to see that people are actually writing about this issue in such a smart way, showing us all different sides to it. Please keep it up. I cant wait to read whats next.

taxi service dallas

84. Huettee Legault says:

[08/10/2013 at 5:23

A good articles always attracts many tourists, I think you can do it! I admire your talent, hope to see you again next time of the works, I wish you good luck!. Best Movers NYC

85. Ali Gillani says:

[08/20/2013 at 10:16

This is a really good read for me, is to admit that you are one of the best blogger I ever saw.Thanks publication of this informative article.

What is digital media marketing
Advertising agencies in Pakistan
Advertising agencies in Pakistan
Advertising agencies in Pakistan
Advertising agencies in Lahore

86. Ali Gillani says:

[08/20/2013 at 11:17

Great article and right to the point! I have experienced everything you have described in your article. Having your own website is a lot of work and it needs to be done right. I have been blogging for 2 years and am still learning new things every day. Blogging is not a business to get rich quick – that’s for sure. Thanks for posting these useful tips!

SEO Pakistan

87. Jess Hanover says:

[08/25/2013 at 4:12

Prefer something solid on my feet, my little toes seem to be prone to breaks.

try here for a great facial massage

88. Calvin Brock says:

[09/04/2013 at 5:30

Should there be another persuasive post you can share next time, I'll be surely waiting for it. amazing footwear designer

89. ali khan says:

[10/10/2013 at 1:26

Thanks for taking the time to discuss this, I feel strongly about it and love learning more on this topic. If possible, as you gain expertise, would you mind updating your blog with more information? It is extremely helpful for me.

advertising agencies in pakistan | advertising agencies in Lahore | advertising agencies in Karachi

90. Dr Amit Bhargava says:

[11/06/2013 at 9:38

Find health & well-being Club foot treatment and surgery services in india. Treatment may be less successful if the clubfoot is linked to other birth disorders.

91. Best Article Websites says:

[11/18/2013 at 9:42

No matter how many blogs, which are able to stand out, attract the line of sight of people, the article content is very wonderful, continue to come on to write this article.

Advertising agencies in UK | Mobile apps for university

92. Jeff Smith says:

[03/18/2014 at 4:27

Nice post love reading it

Leather Jackets

leather blazers

Leather Coats

93. Camping Equipment says:

[03/14/2016 at 11:03

Hello! This post could not be written any better!

Reading this post reminds me of my previous room mate!

He always kept chatting about this. I will forward this post to him. Pretty sure he will have a good read.

Thanks for sharing!

94. Nighties 2017 says:

[02/27/2017 at 4:25

Decent and interesting content <http://www.nighties.pk/> thanks.

95. .pk domain register says:

[05/12/2018 at 7:15

Web Hosting in Pakistan at affordable price, PK Domain provide cheap web Hosting and best hosting company in Lahore Pakistan. PK Domain is one of top web hosting service providers in Pakistan. We provide Web Hosting for small businesses and individuals. You can get complete information about different packages of domain and hosting at PK Domain. Whether you need web hosting in Pakistan or a complete solution with development, we have it!