



Barefoot Running Step by Step: Barefoot Ken Bob, The Guru of Shoeless Running, Shares His Personal Technique For Running With More

By Roy Wallack, Ken Bob Saxton

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“Barefoot Ken Bob is The Master. Long before anyone else was even talking about barefoot running, he was perfecting the art . . . Now, after twenty years of teaching, experimenting, and “merry marathoning” (as he calls it), the first and best source of barefoot-running knowledge is bringing his ideas to print. And it’s about time.” —Christopher McDougall, author of *Born to Run: A Hidden Tribe, Super Athletes, and The Greatest Race the World Has Never Seen*

“Ken Bob Saxton, a pioneer of the modern barefoot running movement, has logged more miles in his birthday shoes than just about anyone I know, and he has helped countless people run barefoot. As one would expect, this delightful book, full of wit and wisdom, is an invaluable guide for anyone who wants to run barefoot, avoid injury, and have fun.” —Daniel E. Lieberman, professor of Human Evolutionary Biology, Harvard University

"This is a wonderful guide from the Godfather of barefoot running!" —Irene Davis, Ph.D., director of Spaulding National Running Center, Harvard Medical School

Learn Barefoot Running From the Master!

Almost overnight, barefoot running has exploded onto the fitness scene. However, it involves more than simply taking off your shoes. In fact, everything you’ve learned about barefoot running is probably wrong—unless you’ve learned it from Barefoot Ken Bob Saxton. The leading instructor and proponent of unshod running, he has completed 76 marathons barefoot, survived an astounding marathon-a-month challenge in 2004, and gone on to top that with 16 marathons in 2006, including four in a 15-day period—all barefoot.

Barefoot Running Step by Step separates the facts from the hype, outlines Ken Bob's personal techniques, and details the latest research on the newest trend in mankind's oldest sport. Whether you barefoot run occasionally, part-time, or full-time, you'll find methods for improving your form, staying injury-free, dramatically improving your speed and performance, and having more fun.

The Bent Knee: Here is the hidden secret to perfect running form. Learn how this crucial adjustment will keep you running stronger and injury-free for life.

Vibrams and Minimalist Shoes: Barefoot running is not a transition from shoes to minimalist shoes to bare feet. It's the other way around. Discover why you need to run barefoot before you use other footwear.

Start From the Head: Proper barefoot form doesn't start at the feet. Discover how to get the correct body biomechanics.

Ease Into It: Here are the steps you need to take to make the transition from running in shoes to barefoot running as painless and easy as possible.

Improve Speed: Barefoot running's injury reduction benefits are well-touted; however a new landmark study proves that barefooting—even part-time—can make you faster.

Barefoot Running Step by Step is filled with series photos and illustrations that show you the "do's" and "don'ts" of barefoot running, the latest research, and Ken Bob Saxton's personal experiences and insights for running barefoot for life.

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Editorial Review

From the Author

Many who try barefoot running (especially in "barefoot" shoes), are ending up with serious calf strains, Achilles problems, and foot injuries, because they were unaware of, or ignored information in **Barefoot Running Step by Step**.

Barefoot Running Step by Step is the book, based on what thousands of us have learned by sharing information on the original **Running Barefoot website** since 1997, that has helped tens of thousands of people learn how to run more gently, efficiently, and safely, by eliminating excess forces incurred when the foot reacts with the ground during running.

It's not just for my own personal profit that I want everyone to buy **Barefoot Running Step by Step**. It's also because I'm sick and tired of hearing from more and more people who thought they understood the concept of barefoot running and are injuring themselves because instead of eliminating the excess forces that cause most running injuries they simply relocated the stresses to different areas.

Despite what you may have heard or read elsewhere, barefoot running is not simply about landing on the fore-foot, nor is it completely automatic (except in infants learning to walk and run barefoot), and apparently, for those who fail to heed my advice, barefoot (or at least "barefoot shoe") running, can be quite injurious. And those of you who go into it without any idea of how you need to change the way you're running are giving real barefoot running a bad reputation. And you haven't even let your bare sole touch the ground!

Please, if you plan to run barefoot (or in "barefoot" shoes), or if even you want to learn how to run with fewer injuries in shoes, **READ Barefoot Running Step by Step NOW!** Do not wait until after you suffer stress fractures in your feet ... well at least then, you'll have plenty of time to read **Barefoot Running Step by Step**.

Have fun,

-Barefoot Ken Bob Saxton

From the Back Cover

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fitness scene. However, it involves more than simply taking off your shoes. In fact, everything you've learned about barefoot running is probably wrong--unless you've learned it from Barefoot Ken Bob Saxton. The leading instructor and proponent of unshod running, he has completed seventy-six marathons barefoot, survived an astounding marathon-a-month challenge in 2004, and gone on to top that with sixteen marathons in 2006, including four in a fifteen-day period--all barefoot. Barefoot Running Step by Step separates the facts from the hype, outlines Ken Bob's personal techniques, and details the latest research on the newest trend in mankind's oldest sport. Whether you run barefoot occasionally, part-time, or full-time, you'll find methods for improving your form, staying injury-free, dramatically improving your speed and performance, and having more fun.

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About the Author

Roy M. Wallack is a Los Angeles Times health and fitness columnist and former editor of Triathlete and Bicycle Guide magazines. A participant some of the world's toughest running, cycling, and multisport events, including the Boston Marathon, Badwater UltraMarathon, Eco-Challenge, La Ruta de los Conquistadores, and TransRockies Run, he finished second in the World Fitness Championship in 2004. Wallack has written for Outside, Men's Journal, Runner's World, Competitor, Bicycling, Mountain Bike, and authored Be a Better Runner (2011); Run for Life: the Breakthrough Plan for Fast Times, Fewer Injuries, and Spectacular Lifetime Fitness (2009); Bike for Life: How to Ride to 100 (2005), and The Traveling Cyclist: 20 Worldwide Tours of Discovery (1991)

Ken Bob Saxton is the leading instructor of barefoot running in the country, featured in *Runner's World*, *The New York Times*, and the bestseller *Born to Run*, by Chris McDougall, who calls Ken Bob "The Master of Barefoot Running." He has completed more than 75 marathons barefoot (and one marathon in shoes), including running the Boston Marathon several times and surviving an astounding marathon-a-month challenge in 2004, which he topped with 16 marathons in 2006, including 4 marathons in a 15-day period--all barefoot. "Barefoot" Ken Bob, as he is popularly known, has trained thousands of people across the country in person at his workshops and educated thousands of new barefoot runners throughout the world, from Mumbai to Oslo, via his popular website TheRunningBarefoot.com.

Users Review

From reader reviews:

Mark Hart:

This Barefoot Running Step by Step: Barefoot Ken Bob, The Guru of Shoeless Running, Shares His Personal Technique For Running With More is great e-book for you because the content that is full of information for you who have always deal with world and still have to make decision every minute. That book reveal it info accurately using great plan word or we can say no rambling sentences within it. So if you are read that hurriedly you can have whole info in it. Doesn't mean it only provides straight forward sentences but tough core information with beautiful delivering sentences. Having Barefoot Running Step by Step: Barefoot Ken Bob, The Guru of Shoeless Running, Shares His Personal Technique For Running With More in your hand like getting the world in your arm, facts in it is not ridiculous 1. We can say that no guide that offer you world with ten or fifteen small right but this guide already do that. So , this really is good reading book. Hey Mr. and Mrs. stressful do you still doubt in which?

Kathryn Mullins:

Is it anyone who having spare time after that spend it whole day through watching television programs or just lying on the bed? Do you need something new? This Barefoot Running Step by Step: Barefoot Ken Bob, The Guru of Shoeless Running, Shares His Personal Technique For Running With More can be the respond to, oh how comes? The new book you know. You are so out of date, spending your extra time by reading in this completely new era is common not a nerd activity. So what these publications have than the others?

Jason Scott:

That publication can make you to feel relax. This particular book Barefoot Running Step by Step: Barefoot Ken Bob, The Guru of Shoeless Running, Shares His Personal Technique For Running With More was bright colored and of course has pictures on there. As we know that book Barefoot Running Step by Step: Barefoot Ken Bob, The Guru of Shoeless Running, Shares His Personal Technique For Running With More has many kinds or genre. Start from kids until adolescents. For example Naruto or Private investigator Conan you can read and think that you are the character on there. So , not at all of book are make you bored, any it offers you feel happy, fun and unwind. Try to choose the best book for you and try to like reading in which.

Stephany Garcia:

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