

Timestamp	Sample Question 2	How many running injuries did you have in total in this phase?	How many years have you been running with normal running shoes?	How many years have you been running in normal running shoes?	How many months of "transition phase" did it take you to become a minimal footwear/barefoot runner?	How many injuries -probably related to running did you have in total in this transition phase?	How many kilometers per week did you run on average?	How many kilometers per week did you run on average in this "transition phase"?	How many running injuries did you have in total in this "transition phase"?	How many years have you now been running as a minimal footwear/barefoot runner?	How many kilometers per week are you now running on average?	How many running injuries did you have in total in your phase of minimal footwear/barefoot running?	What is your personal view about the risks & benefits of minimal footwear/barefoot running?	Gender?	Age?	Why did you change from normal running shoes to minimal footwear/barefoot running?
1/2/2013 21:37:59		1		4	6		20	30	2	3	45	1	Doing too much too fast is the key problem. Barefoot/minimal footwear running is much more fun.			
8/10/2015 5:47:07		plantar fasciitis, stress fracture		1	still transitioning, but about 4		16-32		0	Lingering plantar fasciitis	less than 1	1.6	Nothing new	male	44	I read Born To Run
5/7/2016 13:55:52		Many, many, achilles tendinitis, Shin splints		35	18		8 - 30		5	0	6 3 - 30	1	Easier to get a good form. Lees injuries if you learn it correctly. Easier to get a good form. Lees injuries if you learn it correctly.	male	63	Curiosity, injuries
5/7/2016 16:15:43		Many, many, achilles tendinitis, Shin splints		35	18		8 - 30		5	0	6 3 - 30	1	it correctly.	male	63	Curiosity, injuries
1/3/2013 14:46:00	test		2	2	2		2	2	2	2	2	2	2	2	2	2
1/3/2013 14:50:41	test		3	3	3		3	3	3	3	3	3	3	3	3	3
1/4/2013 2:43:19		many!!		50+	3 or 4 months		8	70	1 - a tendon pinched a nerve	3	100	0	I think bf/minimal running greatly reduces the chance of injury. There are none and it is cheaper.	male	58	
1/5/2013 3:12:29		0		12	12		80	60	0	8	100	0		male	35	
1/9/2013 4:59:32		10		23	1.5		24	1.54	0	0.83	6.4	3	I believe that it's a good transition. I attribute the injuries I've gotten in the past 10 months (Top of Foot Pain x 2; Strained calve) due to doing too much too soon, rather than attributing it to BFR.	male	41	I developed tendonitis in my left Achilles in 2009 and started to develop knee soreness in 2011; decided to try BFR to see if it worked as well as everyone said it would. Initially considered trying VFP's, but the \$100 pricepoint was more than I was willing to risk on something I might not like, so I started with Invisible Shoes then quickly swiched to BFR after about a week.
1/9/2013 5:33:01		10		7	3		20	5	0	4	15	0	Changing your running form is just as important as increasing proprioceptive awareness by wearing minimal footwear and/or barefoot running to reduce running injuries..	female	35	To strengthen my feet and ultimately reducing my running injuries.
1/9/2013 5:34:11		6		27	None. Began afresh barefoot and built up slowly		67.2	67km	1 - a little left CMP more from fau It in form	2	67	1	BF/minimal is much better	male	59	Prevent injury
1/9/2013 6:11:31		2		6 months	9		20	30	2	1 year	40	0 zero	You should run barefoot before using minimalistic shoes	male	35	To run more and longer when i will be older
1/9/2013 6:13:44		5		10	3		20	10	0	3	30	0	I feel they help my running	male	30	Less injuries better running form
1/9/2013 6:20:02		1		41	3		24	24	0	3	24	0	I run barefoot and thoroughly enjoy it. my 1 injury was caused by trying in vibram fivefingers after several months of barefoot running	male	67	Good childhood memories of playing barefoot + reading 4 books about the benefits of barefoot running.
1/9/2013 6:24:24		2		3	3		4	1	0	1	2	1		female	50	Read the book "Born to Run"
1/9/2013 6:30:40		5		5	1		20	10	4	0.5	30	0		female	29	
1/9/2013 6:57:34		Shin Split, Runner Knee, Lower back		2	6		10	5+	0	2	30	0		male	44	To get injurie free

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1/9/2013 7:00:05		1 Had knee problems		2	6		9	5	0	4	48	0	Barefoot running has saved running for me! I went from painful knees and minimal mileage to running full marathons barefoot with no injuries at all!	female		To make my knees stop hurting.
1/9/2013 7:01:04		1	1	34	1		25	15	0	1	26	0	Benefits far outweigh risks for me. Barefoot running has transformed my "game"; I feel lighter on my feet, I am running faster, and for the first time I actually look forward to my runs rather than dread them! If I could mention one "risk" of minimal footwear/barefoot running, it is my increased propensity to scuff my feet on the ground and stumble forward. I have sustained some scraped knees and hands doing this and it is quite embarrassing also.	female		Of course after reading "Born to Run" I was intrigued and decided to try it. I have been hooked ever since.
1/9/2013 7:10:11		1	1	10	1		10 5k	One		2	12	None	Better	female		Read about benefits. Wanted less injuries
1/9/2013 7:18:56		35		17	10		16	12	2	3	26	2	I find it much more beneficial. There are more "short term" injuries (i.e. blisters, muscle soreness), but I do not have the "long term" injuries (shin splints, hip/knee problems, etc.)	male		When I had done distance and high mileage training in the past, my right knee and hip would become very painful after a month and a half. I had to continue buying shoes with more and more support because I pronate. I decided to try barefoot running just to see if it made a difference. I completed a marathon a month ago which is something that I had not been able to do before.
1/9/2013 7:29:13		20		20	24		5	10	1	3	30	0	Go slow and listen to your body, everyone can run pain free if they learn to transition into barefoot style.	male		Numerous injuries
1/9/2013 8:00:13		Shin splints (3)		3	6		20	20	Achilles Tendonitis	3	35	Achilles Tendonitis	risk (dangerous stuff ie glass, metal; calf sore, achilles tendonitis) benefit (foot strengthening, completely no muscles injury when unshod)	male		shoe to expensive, shin splint issue when shod running, didn't like toes to be cramped.
1/9/2013 8:08:50		5		11	5		30	3-5km	0 2+	30-40		3	low risk	male		knees & toes problem
1/9/2013 8:36:23		3		14	4		15	10	0	1	80	0	Best thing I ever did	male		improve my technique and reduce risk of injury to escape injury problem
1/9/2013 9:01:13		1 achilles tendinitis		7	9		30-40km	20-30km	0	3	30-40km	0	no risk, high benefit	male		Near-elimination of injury for barefoot running (100%
1/9/2013 9:05:30		5		5	18		15	30	3	2	50	1	without shoes)	male		46 Injuries

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1/9/2013 10:18:11		4		6 ans	in transition phase		64 miles	46 miles	1	1 year	still in transition phase	1	more natural, freedom, less running injuries, easiest running, easiest respiration..... risks are only during a so fast transition !	female	48 years old	for more pleasure ! :-) thank you for being cool with my poor english !
1/9/2013 10:35:05		None		1 year	3 months		10 - 15 kms	21kms	Toes related injury	9 months sandals; 4 months barefoot	35-38k	None	Risky so better learn the correct way of transitioning, learn the correct way of running barefoot.	female		At first Curiosity if the benefits are true. Then I love it from the moment i took my shoes off
1/9/2013 10:37:57		None		30	1		4	2	None	1	4	None	Wonderful feeling;)	female		I love to be barefoot, so it was kind of natural for me to start. Looking forward to Swedish spring.
1/9/2013 10:42:07		2		4	1		20 kilometers/week	1-3 kilometers	0	2	25 kilometers/week	0		0 female		Injuries and natural running for us humans
1/9/2013 10:55:34		5		3	12		50	25	0	12	50	0	too short of 0 adaption phase	male		62 injuries with shoes
1/9/2013 10:57:04		2, Runners knee & Shin splints		10	3		5 km	10 km	0	4	15 km	0	Only benefits! Shoes are unnatural.	male		Logic and reasoning made me change. I read about it and tried it. Felt wonderful.
1/9/2013 11:05:16		1		15	6		15	40	2	1	10	2	dangerous but 2 worth it	female		permanent runner's knee, which disappeared in minimalist shoes
1/9/2013 11:09:57		Too many to count		27	12 mo		40	40	1	1.5	40	0	Solved my lifelong IT Band syndrome, much better for my lower back, MUCH more FUN.	female		Part of an overall life change to become more minimal and natural.
1/9/2013 11:13:39		shin splints when i first started, knee pain just before i started minimalist		20	12		20	50	none	3	30	none	the overall risk is simply down to our sedentary lifestyle. everyone should try it but they need to understand their daily and weekly limits	male		i had knee pain. moving to neutral trail shoes instead of stiff control shoes helped, so i went further
1/9/2013 11:24:28		5		15	12		3	20	0	2	30	0	I love running barefoot	male		wanted to try
1/9/2013 11:33:37		3		4	12		25	15	6	1	35	1	high, but worth it. minimal footwear	male		Knee problems didn't wanna have any more injuries.
1/9/2013 11:43:25		7		6	3		30	15-20	0	1	45	0	runs great!!!	female		
1/9/2013 12:37:18		3		4	12		20	20	0	1	20	0	i think that there is much better foot control barefoot/vibrams. mis-steps that would have given me a sprained ankle in the past are easily corrected for and injuries are avoided, as the foot adapts to the terrain surface much better	male		tom ankle tendon from a running injury made me assess ways it could be avoided in the future
1/9/2013 12:39:46		1		1	1		5	10	0	0.5	50	1	Education is the key. Learn from others experience and start with short distances just like you would if you just started running and had zero 1 experience.	male		I had a few vibram fivefingers and did not want to buy new shoes and barefoot running was new.
1/9/2013 12:39:54		1		1	1		5	10	0	0.5	50	1	Education is the key. Learn from others experience and start with short distances just like you would if you just started running and had zero 1 experience.	male		I had a few vibram fivefingers and did not want to buy new shoes and barefoot running was new.

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1/9/2013 12:40:23		1		1	1		5	10	0	0.5	50	1	Education is the key. Learn from others experience and start with short distances just like you would if you just started running and had zero experience.	male	34	I had a few vibram fivefingers and did not want to buy new shoes and barefoot running was new and exciting. And I read "Born to run" more efficient running and the lure of less aches and pains
1/9/2013 12:47:09		4			22	5	20	10	1	2	15	1	works for me, feels lighter and easier on knees	male	59	wanted to change my running style to run faster
1/9/2013 12:50:36		0		15	1		35	35	0	1	35	0	none	female	44	Pain in the tendons around my knee while using traditional shoes caused me to be sidelined for 6 weeks. A runner friend had been bf for years and suggested that it would be a good time to make the switch. I knew I would have to gradually adjust back to running so I tried bf when my knee allowed me to run again. I knew right away that this style was for me. Never going back
1/9/2013 13:42:41		3			1	1	8	10	0	1	40	0	I believe bf running required me to adjust my form and use a natural stride. Since I made the switch my knee pain is nonexistent when I run!	female	50	Never going back
1/9/2013 13:53:47		0			0	0	60k	Didnt have transition phase	60k	1	60km	None	Stepping on stuff is a risk but other then that its amazing	male	16	I have always ran barefoot read "born to run", also use to run barefoot in martial arts, just never realized I was doing that and it could transfer to "real" running
1/9/2013 13:54:10		5		30 years	6/12/2013		10K-50K	5K-25K	0	2	10K-25K	0	best thing for me The more I run "barefoot", the better my legs and feet feel.	female	46	Constant knee pain.
1/9/2013 13:55:03			Metatarsalgia, Morton's neuroma, Runners knee, two knee surgeries.		25	12	30	20 (4 km runs)	Zero	One	60	Zero	minimalist shoes will not help...must run barefoot to reduce injury	male	53	injury prevention
1/9/2013 14:03:16		10			15	0.5	30	15	0	1.5	35	0	Different for different people. One should have an understanding of anatomy and mechanics to prevent injury in any circumstance.	female	30	Felt more comfortable and natural. Always ran barefoot and practiced martial arts barefoot.
1/9/2013 15:09:31			1-Runners Knee		3	3	12.8	4.8	0-only blisters on occasion	3.5	9.6	0	minimal footwear/barefoot running is the better way	female	43	No more knee pain
1/9/2013 15:12:31		3			10	6	7	6	0	1	17	0	risks are minimal, pleasure of barefoot running is phantastic	male	62	to protect my knees and to more run fun
1/9/2013 15:19:09		0			5	8	40	2 (beginning) 30 after 8 months	0	5	50	1	Injury free so long as you transition slowly & listen to your body, not the race schedule! You will get foot injuries stemming to other issues if you push too fast.	female	49	"Born To Run" book - just made sense & now that I use them, I experience the sense they make! So comfortable & light - I love the feeling!
1/9/2013 16:09:50		at least 3		20 years	2 first year, immediately the following spring		40k	20 minute walks to start & worked into 5K at beginning of running phase	sore feet by end of run but no injuries at all!	3	32K	1	pushed too hard this past season so truly, it was user error!	female	49	

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1/9/2013 17:10:10		meniscus surgery on one knee. shredded meniscus in both knees.		4	one year		40 km	32km	only blisters & broken skin (until I read somewhere that I had to pick my feet up to run b/c. with shoes, I scraped my feet across the ground when I ran. Also I heel strike when I run shod, forefoot strike when I run naked footed or in minimalist shoes. Calf soreness is the obvious ailment during transition.	3	32, but I do ultra trail runs in minimalist shoes	PF once. I rested and knock on wood, it hasn't returned. I have developed a numbness in my 2nd toe on the right foot. MRI doesn't say much. POD DR says a nerve may be getting pinched. I have to pad it with mole skin when I run shod or minimalist now.	female	42	I was told by 5 docs/PTs that I was running on borrowed time (impact on my knees). I felt I had nothing to lose. At that time I had run 4 marathons. Since switching to naked footed, vibrans and minimalist trail shoes, I have run a total of 13 marathons, 2 ultra distances and became a marathon maniac. I ran the NOLA marathon while I was transitioning and didn't feel confident to wear vibrans that far, so I wore my stability shoes (brookes adrenaline), at about mile 17, my knee was really hurting. As soon as the course became smooth (back on the pavement), I whipped off my shoes and socks and ran for about 2 miles running on pavement and then forced on grass before I had to put them back on due to the gravel surface. My pain 100% went away during those miles AND the switch refocused me to think of form so that I was cognizant of NOT heel striking. I was sold!	
1/9/2013 19:10:25			4	23	6		20-30	10		1	20	0	It works if you do it right. I have never been so aware of my body before starting running minimalist & barefoot, it really helped me find a balance in my sport life again. The transition was long and I got one directly-related injury (heel bruise), but I wouldn't go back for anything.	male	42	Intending to run for longer.
1/9/2013 20:32:24			2	10	12		20	15		1	20	1	There are more benefits than risks. Plus, I suffered brain damage a few years ago and running barefoot has helped me tremendously because of the amount of additional input traveling to my brain from the sole of my feet.	male	29	I had an injury (feet falling asleep after 5-10 km) and the only treatment I was given by podiatrists was to put insoles. After the third pair I decided to go "wild". It has solved my issue in no time, I now run half marathons regularly.
1/9/2013 21:03:12		10 at least		7	1		40	20		2	60	2	Bare foot is more fun. Use caution. Minimal is probably safer than regular running shoes.	male	45	Never-ending injuries (stress fractures, plantar fasciitis, ITBS, etc).
1/9/2013 21:49:22		more than 36 40?		33	12		36	36		2	42	0		male	69	Just to see if I could do it. I found out I like it.
1/9/2013 22:07:06		20		35	6		40	30		1	70	0	It's the way to go	male	51	runner's knee, tired of injury
1/10/2013 0:11:45		15		45	3		80	50	none	3	10	70	none	male	59	injuries - too many

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1/10/2013 7:11:21		1		12	6		7	5	2	1	15	3		male		Had and old kneeinjury that gave me problems when I was running more than 7 miles. Don't have that problem anymore after i started with minimal footwear
1/10/2013 7:27:36		7		20	6		6	2	0	1	15	0	I strongly believe there is a reduced risk of injury running with a forefoot technique.	male		It made so much sense when I heard about it from a colleague from work. And I really wanted to be able to run without being injured at the time.
1/10/2013 15:29:07		20		25	6		15	8/10/2013	0	2	32	1-Achilles tendonitis/duo to lack of heel drop	LOVE IT! I'm faster and stronger!	female		41 I read Born to Run I started running in minimalist shoes, I never used 'normal' running shoes.
1/10/2013 15:41:42		0		0	0		0	0	0	2	20-30	Metatarsalgia, Shin splints	Benefits greatly outweigh the risks I don't see more risks than in shod running. Stronger feet and improved form are the benefits	male		32 I have walked barefoot since my youth, I thus found it sound to also run barefoot. It just makes sense. want to improve my body health
1/10/2013 15:41:59		2		2.5	1		100	100	0	1	100	0	0 benefits	male		49
1/10/2013 15:48:50		0		20	-		8	0	-	0	8	-	0	male		41
1/10/2013 15:52:24				15	3		80	30	Tendinitis	6	60	0	no big risk	male		36
1/10/2013 16:01:11		2		15	1		10	30	1	3	20	1		male		30
1/10/2013 16:49:40		1		15	1		20	20	0	2	20	0	very good...better than the normal ones	male		35
1/10/2013 17:00:38		8		24	2		15	10	0	11	25	0	now	male		58
1/10/2013 17:05:47		0		10	4		25	15	0	4	25	0	-	male		32
1/10/2013 17:28:47		1		3	3		5	5	1	1	5	0		male		40
1/10/2013 17:41:04		NONE		7	24 months		24	3.2	Runner's Knee, Metatarsal ligament tear	1	4.8	0	Take it very very slow	male		24
1/10/2013 18:09:11		10		12	6		50	25	2	6	20+	2	Benefits outweigh the risks	male		42
1/10/2013 18:10:43		0		20	6		100	100	0	8	75	0	0	male		48
1/10/2013 18:35:48		8		6	3		32	15	0	2	50	1	There are quite a few risks (cuts, blisters, soreness, abrasion, ect), but I think everyone could benefit by learning the proper form/technique that barefoot running essentially demands.	male		32
1/10/2013 19:22:00		2		3	3		30	30	3	3	30	1	It has taught me to be a better runner by practicing better running form.	male		43

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1/10/2013 20:53:53		2		1	2		30	20	0	4	70		You will get hurt if you don't transition and strengthen properly, but if done well, minimalist running will make you a better, faster, injury free runner.	male	18	to improve performance
1/10/2013 23:22:28		0		4	1.5		19.2	19.2	0	1	19.2		my posture seems 0 to have improved	male	33	
1/10/2013 23:25:03		2		0.5	3		5	15	2	2	35		If you have the right gait and posture, you can run without causing 0 injuries	female	35	Because it seemed crazy to keep running in giant shoes, and barefoot running is more fun!
1/11/2013 2:23:55		3		25	24		50-60	15	10	3	20		body must accomodate, but then it is wonderful! I had to adjust my posture, then I was able to transition.. that discovery happened 12 months after I had been trying to run 0 more barefoot.	male	40	Always thought barefoot would be better but didn't have a way to avoid rocks, blisters, etc.
1/11/2013 3:19:15		0		4	6		16	19	0	2	19		I am very happy with my barefoot style shoes. I feel I will be able to continue running into old age with very little injuries	male	28	To alleviate lower back pain an strengthen my legs
1/11/2013 4:26:07	Runner's Knee		2 yrs	3 months			40	15	none	1 yr		Minor calf muscle strain	spnt running regularly barefoot.	male	49	I changed to barefoot to avoid injuries and to correct my running form
1/11/2013 8:21:11	nil			15	18		7	6	nil	2		17	good ground feel	male	38	Keep things simple
1/11/2013 13:16:04		2		8	6		20	4	3	2	8	3		male	38	
1/11/2013 15:12:52		1		10	6		35	30	0	2	35	1	Risks : non, injury is injury, everything to gain by trying something other	male	36	
1/11/2013 17:41:17		2		5	12		48	68	0	4	80	1	I love minimal running- my only injury was from over training, not shoe related. It keeps my form in check and I feel 1 more "connected."	female	20	I was getting too many blisters and foot problems in marathon training in normal shoes. Read some books on minimal footwear and went to a barefoot running lecture, decided that it might be the avenue that would work best for me.
1/11/2013 17:58:59		2		5	4		20	10	1	3	20	1	You must transition slowly and be careful to use proper technique (e.g. don't run on toes, land with flat 1 foot)	male	38	I read Born To Run - the rationale behind barefoot made more sense than using built-up shoes
1/11/2013 21:07:10		0		0	0		0	0	0	1	20	0	No Risks in Barefoot Running,	male	35	I started running last year and I started Barefoot strength in
1/11/2013 23:41:02		0		3	12		40	40	0	2	40	0		male	36	proprioception because of injuries and feelings
1/11/2013 23:47:00		3		5	6		30	1200	1	3000	50	1		female	31	
1/11/2013 23:56:46		none		7	12		20	1 or 2 at the beginning, 20 in the end	3	0, I've just ended the transition	20 or 25	3	Risks : it's very long and difficult to get the good form. Benefits : pleasure	female	32	I don't know... I wanted to try.
1/12/2013 2:59:26		ITBS, shin splints, hip flexor strains, lower back pain, headaches.		3	24		10	2 - 10	calf strain, blisters, a couple of stubbed toes, stone bruises.	4	16+	occasional stone bruises, occasional blisters.	More active in their experience without shoes, more alert to feedback so less injuries. Overall, I enjoy running for its own sake.	male	40	Research into reducing injury, and trial and error.

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1/12/2013 4:12:41		0			22	0	50km		30	0	1.5	50	Has worked wonders for me. Only run 3 - 4 x weekly and complement with yoga. Since changing to Vibrams, my times have dropped significantly. Ran first sub-3 marathon aged 40, weighing 190 lbs.	male		40	After reading "born to run"
1/12/2013 5:46:36		Runner's knee			10	12		32	30	None	2	30	Much better than running with normal shoes. I will never run shod again.	male		56	Injuries
1/12/2013 7:26:00		5 or 6			4	2 months		80	80	0	32	40	I started teaching ball/heel/ball running since 1978. I had used Sanyo Cassette Recorded that did slow motion. Check out my response from 2003: http://www.cyclingforums.com/showthread.php?p=563177 - attempt-to-become-a-forefoot-striker	male		71	I saw that good running form was about landing lightly ball/heel and that it wasn't about the shoes. Ozzie Gontang, Ph.D.
1/12/2013 10:44:25		many. Always a pain somewhere.			6	12		10	5	2	2	32	less risks, smoother runs, faster, longer distances, pain free and most of all: 0 more fun.	male		37	Curious. Could I run 10 km without shoes? I never use shoes for running anymore.
1/12/2013 17:21:34		5			7	12		60	30	0	5	40	Benefits far outweigh risks much better for you!	male		41	To enable me to run injury-free; and to still be running when I'm 70 years old
1/13/2013 2:12:35		1			1.5	6		35	20	1	3.5	40	It's good I run farther with less fatigue and recover 0 quicker.	male		43	
1/13/2013 19:33:02		0			20	6		16	11	0	2	20	Be reasonable and you will find much more benefits than 0 risks.	male		27	for fun
1/13/2013 19:59:33		1			2	5		35	30	0	1	35	Risk injury, benefit - feeling so free	male		26	curiosity
1/13/2013 20:21:05		None			4	5		30	30	lbs	1	30	benefits outweigh the risks	male		29	Couse read Born to run.
1/14/2013 8:07:42		1			10	3		48	24	1	1	24	Barefoot running is excellent	female		29	I wanted a new challenge in running
1/14/2013 23:49:03		None			2	2		20	10	1 - Top of Foot Pain	1	40	risks: during transition period, grip on slippery bumpy ground; benefits: more energy efficiency, less expensive footwear, less maximal impact (forefoot-striking).	male		40	Safety
1/15/2013 8:41:07		around 10			12	so far 2, expected another 4 to 6		20	10	none	0	15	no injuries; bruised 2nd met-head due Morton's Foot, which has since been corrected. I correct many of these now.	male		24	problems with the knee when running long distances (>15km)
1/15/2013 16:04:21		shin splints			25	2		25	8	no injuries, just tight calves	5	65	I coach Efficient Running - it makes life so much easier when people can 'feel' what they're doing.	female		48	Logic
1/15/2013 17:43:35		Niggly calfs all the time			1	2		10	15	None	2	30	There are no risks if footwear is properly fitted, and training is built up gradually following sensible guidelines	female		43	Painful calf muscles while running in traditional footwear

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1/15/2013 18:29:39		6		4	12		28.8	24	1	2	28.8	1	Minimal risks. Excellent benefits!	female	45	Too many injuries made me search for a better way to run, which lead to learning ChiRunning and transitioning to minimal footwear to barefoot (I run in Merrill "barefoot" shoes but use a combination of ChiRunning and "Barefoot" style).
1/15/2013 19:05:25		Ongoing issues with IT Band and occasional knee pain		20+	6 months to transition to forefoot running (in Newton running shoes), then 2-3 months to adapt to running in Vibram Fivefingers (after 2 years of running in Newtons)		40-60	20-40km (low volume initially as my calf muscles adapted to new style)	None.	3 years	40-60	No running injuries as described (IT band now fine), but I have had 2 or 3 foot injuries from landing on large/sharp stones.	male	45	I joined a triathlon club run by a coach who was an advocate of forefoot running and then a couple of years later I read "Born to Run" and tried out Vibram Fivefingers for the first time (in late 2009)	
1/15/2013 22:19:30		4		15	14		25	25	1	2	25	1	It seems to have worked well for me. Largely, I contribute my success to the very slow transition I practiced	male	33	I was having ongoing issues with my knees, so I gave it a try.
1/16/2013 4:11:17		6		25	6		30	10	2	2	40	8	injury.	male	52	personal curiosity/challenge
1/16/2013 10:33:17		12		12years	6 moths		45	Start 0km end 45km	0	6	70	0	you going in comparison to those I run with who run in traditional running shoes, I suffer by far fewer injuries and recover much faster.	male	36	Wanted to do coast to coast NZ barefoot
1/16/2013 10:33:21		0		0	1		0	45	1	1	60	2	faster.	male	42	I knew it was right.
1/16/2013 10:43:20		approx. 6		8	6		30	30	2	6	40	3	I think the risk of injury is pretty high if one is not very careful in the beginning. After the transition period my feet became very strong and can take the beating in practically any running surface.	male	30	I encountered Barefoot Ken Bob's site in the web and decided to try. It felt so good compared to running with normal trail shoes, so I decided to make the switch.
1/16/2013 10:44:35		2		3	1		10	20	0	0,5	20	0	I dont think you have to be to afraid of going barefoot. If your physics are decent then theres no problem.	male	44	Because it felt good/natural. Read the "Born to run" book...
1/16/2013 10:45:04		1 long term knee issue		15	1		15	4	0	1	22	0	I now love running. before it was a chore, it is no enjoyable and i have no longer got a knee problem	male	42	curiosity / back ground research

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1/16/2013 10:48:51		4		2	6		25	3	2	2	45	1	No real risk if the transition is done properly. Benefits are less injuries, stronger feet and legs. More fun to run.	male		Because of all the injuries that prevented me to train as I wanted. After having a major foot injury after getting orthopedic insoles shaped after my foot I decided to try out five fingers. Today I'm injury free.
1/16/2013 11:07:46		10		43	3		130	30	2	3	110	1	Needs to be exercised fully. As long as you allow yourself time to adjust to it, there is very little risk. The benefits for me have been countless, form much fewer injuries to improved balance.	male		55 Injuries
1/16/2013 11:08:16		over 20		5	1		8	2	0	4	8	1	after a marathon	male		Because of a permanent string of injuries, I decided to give it a try and I have never looked back.
1/16/2013 11:10:52		7		6	4		28	12	1	2	45	0	I think the benefits of learning to land correctly/minimize impact can help equip a runner with the proper form to stay healthy throughout their running life.	male		Expense. Brands always changing fit (even of "same" model). Joint soreness, no feedback (overstriding, heel-striking, poor hip angle)
1/16/2013 11:15:02		4		2	3		32	32	0	7	48	0	Barefoot running is highly superior to shod running in that it allows you to immediately sense running form issues and greatly decreases impact forces from running.	male		Knee pain, shin splints, runner's toe, hip pain, running was no fun
1/16/2013 11:15:22		4		2	3		32	32	0	7	48	0	Barefoot running is highly superior to shod running in that it allows you to immediately sense running form issues and greatly decreases impact forces from running.	male		Knee pain, shin splints, runner's toe, hip pain, running was no fun
1/16/2013 11:16:49		0		5	0		10	N/A	N/A	1	10	0	while I did not have any serious injuries running in normal running shoes, I had recurrent knee problems. With minimalist shoes I have no probs whatsoever.	female		Knee problems (see my answer above).
1/16/2013 11:23:06		6		2	6		28	15	0	2	30	1	prefer barefoot as I run more consciously and feel more relaxed as a result. however, it requires more mental concentration to run safely - especially when running greater distances.	female		recurring and increasingly painful injury to upper foot which threatened to stop me being able to run at all.
1/16/2013 11:31:34		2		5	10		60	60	1	1.5	70	0	Would never go back. I feel 100% happier using the barefoot form in minimalist shoes.	male		45 injury
1/16/2013 11:33:30		6		2	3		6	6	0	3	18	1	Much more comfortable, relaxed, and natural.	female		34 Felt right inspiration through others
1/16/2013 11:48:38		10		8	0		10	10	0	1	12	0	the enlightenment of running the reasoning behind it makes sense and it feels better	female		32 injury and found a good physio
1/16/2013 12:04:25		1		1	6		4	9	1	1	10	0		male		

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1/16/2013 12:43:24		5		30	3		20	15	1	3	30	1	better to start at a young age; lower risk of injury barefoot, but only after a good transition	male	49	was a longer process with me. Went from big supportive to 'neutral' shoes, then started incorporating barefoot sessions into my running (as a kind of foot and lower loeg strength exercise), finally decided that I enjoyed the BF running more than shod.
1/16/2013 12:52:24	Shin splints				1 3 months		20k	10k	None	3	50k	None	Best way to run Barefoot running is so much better for you, you land a lot lighter and your feet adjust to the invrioment naturally, you need to allow for a transition period though which I would say depends on how use you are to being barefoot but I wouldn't go back to standard 0 trainers	female	40	It just made sense when I researched it.
1/16/2013 12:53:03		3		4	3		55	20	0	1	55	0	transiton was tough, but worth it.	female	29	I read born to run and wanted to up my mileage but didn't want to get all the injuries which appear to come with running
1/16/2013 12:55:39		6		30	6		25	10	1	3	20	0	Natural running is the best way to run now, I'm now injury 0 free	male	48	Born to Run
1/16/2013 13:06:31		3		30	1month		20	10	0	1	20	0	The risk is minimal, the benefits are endless.	male	42	My injuries, was told to stop running I was searching for a way to get my love for running back after two years of pain and disappointment.
1/16/2013 13:11:43		4		4	6		15	4	0	2	24	0	little risk; high benefit	male	42	just wanted to try barefoot, liked it, and stuck with it
1/16/2013 13:29:54		0		3	3		35	24	0	4	20	0	I will never run in running shoes again. No injuries and more efficient running while 0 barefoot/minimal	female	39	constant pain of running shod
1/16/2013 13:43:06	Always seemed to have shin splints and hip pain.				2	3	15	5 or so	sore muscles (calf, Achilles)	2	12 to 15	0	Adapting to the natural/BF running form can be a long process depending on ones age, but BF is more fun when there are no problems.	male	51	For the promise of running without shins splints and because it appealed to my independent nature.
1/16/2013 13:47:37		3		15	30		10	12	2	2.5	0	2	minimal footwear is crap, it provides me with plantar fasciitis, barefoot running is best whenever it's possible. risk: glass, objects, benefits: smooth running, less injuries, marathon without training, barefoot is easier on the legs and 0 body	male	45	fivefingers were sooo comfortable! later I've read a book about barefoot running, and it convinced me and since then I'm running barefoot, because it's even more comfortable than VFF!
1/16/2013 14:00:56		2		1	0		0.5	0.5	2	2	0.5	1	Much better on my knees, easy to 0 transition to	male	37	read about it helping knee issues
1/16/2013 14:05:44		2		5	6		25	25	0	4	112	0		female	40	Heard about the benefits on knees
1/16/2013 14:09:25		3		5	1		10	10	0	2	10	0		female	40	

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1/16/2013 14:22:03		Shin splints x3		5	18		15	15	1x tendinitis of tendons attached to two smallest toes on right foot (my weaker side)	1.5	25	1, as above in transition phase (tendinitis of tendons attached to two smallest toes on right foot (my weak side))	Main benefits seem to be increased efficiency due to improved technique (running like a human should). Issues during transition seem to be related to the footwear history of the individual (wearing supportive footwear - be it running shoes or none sports related footwear - leads to weaknesses in the feet and lower legs, requiring a longer transition time to redress this). Transitioning too quickly carries a high risk of injury. I've personally found gait analysis to be completely ineffectual in finding suitable running shoes. Even now I'm recommended a supportive shoe yet I've found I can only run injury free in a neutral shoe with as close to zero drop as possible. I have no confidence that many sports shoe manufacturers really know what they are talking about in terms of human biomechanics despite the millions they spend on research. I bear no personal grudge and even run in Nike Free from time to time but if it wasn't for the wisdom of people like Gordon Pirie I doubt I'd be running at all now. Thanks to their expertise I've been able to run an off-road half marathon and a sub 40 min 10k in vibram five fingers with no negative consequences. Most of all I now enjoy running purely for the sake of it.	male	31	Injury when wearing shoes recommended through gait analysis/personal research in to biomechanics and methods of successful athletes who were active before running shoes became heel cushioned.
1/16/2013 14:22:23		0		25	12		15-20km	3-4 km		0	1	12-17km	0	male	43	First curiosity, but after reading articles and books, I realised it is the normal way to run
1/16/2013 14:25:34		1		30	4		25	30	1	3	28	2	Benefits FAR outweigh risks. Both injuries in minimalist footwear were my fault, (downhill marathon 3 months into transition phase and overtraining)	female	42	A friend started making huaraches and loved running in them, so I tried it and will never go back.

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1/16/2013 14:27:28		2		4	3		30	20	2	1	25	0	Benefits: It gets your body stronger and more balanced. Reduces risk of injury if done correctly. The feeling is sensational! Risks: To do it wrong. When going minimal/barefoot, you have to pay better attention to your body and cannot exceed your limits in the same manner as with protective shoes. You have to keep better track of your limits, since exceeding them is unforgiving and may probably lead to injury.	male	31	I want to get true strength, all the way from my toes all the way up to my mind. Also get better prepared for completing an ironman.
1/16/2013 14:42:28		Lots of shin splints		32	6	30 km	30 km	Two blisters, one on each sole		4	30	None	It's the best thing I've ever done. Running is fun now instead of being a necessary evil for exercise.	male	57	To see for myself what would happen.
1/16/2013 14:46:06		2		1.5	3		32	48	0	3	80	1	Clearly beneficial. No identifiable risk, so long as you listen to your body. Primary running on pavement. Totally believe in benefits: stronger feet and total elimination of plantar fasciitis! Risks seem minimal: some minor punctures/cuts along the way, but not significant at all. Transitioned very gradually, adopting bf as lifestyle, not just running.	male	46	I prefer simplicity in everything I do
1/16/2013 14:47:49		35		35	8	8	15.8		2	1	24	0	Very positive	male	50	Interest after reading "Born to Run." Viewed as an experiment to try, but after a full year do not see myself ever going back to shod running. True bf runner, however, wear XeroShoes when not running or if really hot/cold conditions.
1/16/2013 14:52:32		2		4	12	85	85		0	5	75	0	Benefits: It is a challenge, especially barefoot running. It is fun and much more interesting. It sharpens awareness for many subtle details of ones own motions and also the ground one is running on. And it strengthens the feet and trains other muscles. Risks: In the transition phase overuse injuries are very likely to occur. After this phase I think that there is no difference in injury risks compare to running in traditional shoes. Maybe some injuries are less likely, others more likely. The overall risk of injury is mainly a function of mileage and challenge the body with new stresses too fast, without enough time for adaptation.	male	43	Plantar fasciitis
1/16/2013 14:57:51		0		1	6	30	10		2	2,5	50	0		male	36	curiosity

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1/16/2013 15:01:37		2		2	3		40	8	0	3		10	the benefits far outweigh the risks	male		36 So I could continue to run without pain/injury
1/16/2013 15:01:57		6		10	12		30	40	1	2		50	benefits far outweigh the risks with barefoot running being better than minimal running. Best part is barefoot running is fun.	male		41 Improper form and more injuries in normal running shoes. Wanted to increase mileage. Wanted stronger feet and ankles.
1/16/2013 15:04:10		2		10	3		40	20	1	3		40	Would NEVER go back to shod. Ever!	male		47 Seemed to make more sense.
1/16/2013 15:11:19				10 years	12 months		35	25		2 years		55	Other than occasionally stepping on a stone, no injuries.	male		48 At first Curiosity. After I tried it I realized the benefits.
1/16/2013 15:19:25	Plantar Fasciitis, shin splints	2		10	6		32	16	0	4		48	0 None	male		42 Sore knees.
1/16/2013 15:23:49		0		5	6		6	1.5	0	3		3	0 Bf is the best	male		36 My flat foot hurt in shoes
1/16/2013 15:31:18		5		15	6		5	3	1	2		15	0 Very Beneficial to be minimal at least I think it is the best thing I have ever done for myself, I even have carried it into all aspects of my life by wearing minimalist shoes for work, and daily life.	male		31 Running always hurt. I wanted to try something new to enjoy running again and heard about minimal/barefoot running. I thought I would give it a try.
1/16/2013 15:44:04		3		2/3/2013	<1		10/15/2013	10/15/2013	0	3		12/30/2013	0 life.	female		49 Chronic Achilles Tendinitis caused by the use of Stability shoes.
1/16/2013 16:16:36		10		3	6+		40	12ish bf		1	20+	Abrasions only and rarely	male		47 Recurring knee and fib probes	
1/16/2013 16:28:48		2		15	6		75	40	1	1		72	1 Still trying to work it out.. Not 100% either way.	male		29 Injury
1/16/2013 16:36:16		10		10	3		25	15	0	4		50	0 It cleared up multiple chronic issues: runner's knee, back, neck, PF, twisted ankles, and more.	male		40 Seeking help with injuries
1/16/2013 16:38:24	shin splints, ankle sprains				4 (I had not been running for a few years previous)		20	14		1		18	again, just injury to foot sole	female		44 my podiatrist said "it's time for custom orthotics" and I thought NO IT'S NOT! and then I discovered barefoot/minimalist running.d
1/16/2013 16:39:24		0		8	16		10	4		2		4	again, just injury to calf strains	male		42 bored
1/16/2013 16:48:30	SI joint pain, shin splints, Achilles tendinitis			2	8		40	30		3		50	Minimal/barefoot is the way to go. Our bodies are designed to use the foot not put them in foot coffins and never work out the muscles	male		38 Looked into pro vs con and did some reading about it came to the conclusion that people are not born with big heavy shoes on so why run in them
1/16/2013 17:07:29		4		10	3		23	20	0	3		12	Little risk. I was able to run right through a planter 2 fasciitis flare up.	female		40 I had ankle tendomitis issues.

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1/16/2013 17:10:20		3		3	6		25	20	0	3	50	1	If regular shoes work for you, I see no reason to change. But I was miserable and had to stop running. Minimal shoes got me back on the road. I love them.	female	47	While I only list 3 injuries while wearing "normal shoes" I was constantly battling minor injuries and the final injury (a serious stress fracture) caused me to stop running for nearly 20 years.
1/16/2013 17:13:24	1 (sprained ankle)			7	6 to 12 (although, in some ways, I feel that I am still in transition)		38	48	2	3.5	72	3	Despite having more running injuries after making the switch, I think that I am now running in a manner that will help to prevent typical running injuries in the future	male	41	several reasons: injury prevention (specifically of the knees), I liked the idea of not needing to rely on a shoe, I felt that it would allow me to do more running
1/16/2013 17:21:33	shin splints from time to time			4	2		5 km	8 km	none	5	16 km	none		male	26	It was a way to refine the fore-foot strike I already used and I also enjoyed the freedom of it.
1/16/2013 17:43:03		3		2	1		50	50	0	2	50	0	I believe barefoot/ minimalist running is much better for entire body. I have not had any injuries since I switched. I use to get plantar fasciitis and shin splints frequent prior to my switch and have not had them since!	male	35	Reading about it and wanted to change my workouts a bit.
1/16/2013 17:45:53		4		6	12		12	2	2	1	2	2	I think that barefoot running is the perfect tool to enable a runner to find a more natural running form. The transition (as an adult) is very long and slow, and impatience here often causes barefoot running injuries - PF, etc.	male	30	injuries - recurring.
1/16/2013 18:08:47	chronic shin splints, mid leg stress fracture, runner's knee, sore hamstrings			5	6 months		15KM	10km	very mild shin splints	2	20km	minor shin splints	Barefoot running has changed my life. I noticed a drastic change in all of my running injuries, and in my overall comfort while running and after running. My posture has improved and I no longer pronate my feet.	female	24	I changed after taking up martial arts and doing all of my exercising in bare feet. I noticed how much more comfortable running my laps barefoot was, so I decided to try Vibrams. I have now transitioned to running completely barefoot.
1/16/2013 18:21:42		4		33	18		8	5	0	2	18	0	Extremely beneficial but should be supervised by a trained professional through the transition phase	male	45	inspired by the book born to run

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1/16/2013 18:31:05		shin splints, ankle splints, runners knee, back problems multiple times over the 26 yearsshin splints at least 2x/year, back problems 4x/year, runners knee if I went over 15 miles/week. It was rare that these injuries caused me not to run for more than a week.		26	6 months		16 km		occasional tightness in the bottom of my foot	3	16 km		Much less problems. Even when I was wearing shoes, I still had injuries. Now I don't. I love 2 running barefoot. my view is i wish i would of tried this a long time ago. my knees and lower back don't hurt anymore. I feel like I'm falling in love with running again.	male	45	I've always had problems with running injuries. Only one shoe worked for me (brooks beast) and I was due to buy another pair. After reading born to run, I decided to do a "grand experiment" with barefoot running figuring if it didn't work, I'd buy the shoes. It worked. I'm injury free, splint free, feel more connected to the earth when I run, and enjoy it more. I couldn't be happier.
1/16/2013 18:40:05			5		8	2	25.6	14.4	0	3 months	30	0		male	34	i changed because of the aches and pains i was experiencing heel striking in normal running shoes
1/16/2013 19:43:17			2		15	one day	30	30	0	3.5	150	2	only benefits! I have resolved some recurring issues by transitioning to minimalist running. It has helped me immensely.	male	43	plantar fasciitis, couldn't run for a year and a half. Once I started running barefoot, I could run again.
1/16/2013 19:44:23			5		4	3	20	30	0	3	35	1		male	36	Because I found it to be more fun and more comfortable.
1/16/2013 19:59:52		10 to 15 over the 20 years		20	6		20	6	3	1	40	2	Once established, BF running has a lot less risks to the body. For me personally the benefits are immense, I can now recover from runs a lot more quickly, and also from injuries	male	51	I could not find a pair of running that would suit me, and seen Vibram in a shop, and decided to buy a pair. After a failed attempt (TMTS), I started reading more about BF and decided to try it out. Not looking back now!
1/16/2013 20:38:55			8		17	4	24	16	1	2	32	0	worth the time to make a transition the correct way It has bettered my running form, and 0 eliminated injuries	male	33	intrigued by the idea, and I was hooked after one barefoot run
1/16/2013 21:21:39			2		4	6	15	15	0	1	25	0		male	27	Read about it in articles
1/16/2013 21:26:59		Shin splints		1	2		20 miles	50 miles	0	1	60 miles	0	Awesome!	male	16	I hate shoes
1/16/2013 21:50:38		None		1	1		15	50k	None	3	65	None	It is amazing. I switched to barefoot running because of plantar fasciitis and runner's knee. I haven't had any of those types of injuries since the	male	15	I read the book born to run and i wanted to try barefoot running. I ended up getting a pair of five fingers and i have been wearing them for 3 years with no injuries
1/16/2013 21:55:31			4	2	3		30	30	0	3	10	0	switch.	male	31	Injuries

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1/16/2013 22:21:23		0			3	12		30	30	0	1	80	I'm huge fan of 0 minimalist running	male	36	I was already a mid foot striker but was keen to fully benefit from the elastic energy available from zero drop minimalist shoes. More simply I wanted to go fast for less energy expenditure.
1/16/2013 22:29:55		Plantar Fasciitis			8	12 months		5	3	none	2	15	1 Stress Fracture	male	56	It got rid of my PF issues.
1/16/2013 22:39:28		Plantar Fasciities, shin splints		25 years	2 months			12	5	0	4	20	0 my only relief With a correct progression we have not risk and a lot of benefits	female		41 To strengthen feet
1/16/2013 22:39:44		Nothing		20		1		25	15	0	1	20	0	male	32	because I found information from Ken Bob
1/16/2013 22:52:30		shin splints, IT band syndrome, hip pain		8+	8mos			12.8 - 64	1.6 - 22.4	none, besides the occasional blister and sore calves	1.5yrs (since August 2011)	8 - 10 (running is secondary to Crossfit in terms of forms of exercise)	IT band syndrome (from too quick an increase in mileage when I decided to run a half marathon on a whim)	female	37	started using minimalist shoes in Crossfit workouts. Was still running in normal running shoes, but my feet and calves were cramping horribly, probably because they weren't getting the flex they were getting accustomed to in minimal shoes. So I switched to running in minimal shoes and all discomfort went away. Also, read Born to Run and that helped reinforce what I was already finding to be true.
1/16/2013 23:14:53		0			15	2		40	20	0	2	50	0	male	40	I was told I over-pronated and wanted to understand why this was so significant. This led me to various research regarding over-pronation being a runner's myth. Form not footwear was a message that sat well with me. Since stopping wearing high support shoes I have experienced none of the injuries I was assured would be inflicted if I didn't wear high support.
1/16/2013 23:51:54		0			3	3		20	16	0	4	40	0	male	39	For the better ground feel and so people would look at me.
1/17/2013 1:16:41		1			5	15		5	10	0	2.5	6	0	female	50	PF, and read the book, Born to Run, unable to run at all for years without injuries in shoes, tried bare and back to running
1/17/2013 1:38:07		25			5	3		40-50	10/20/2013	0	3	30-40	0	female	40	is a LOT better.
1/17/2013 1:48:03		0			1	3		12	4km	None	2	3km	0	male	32	free style
1/17/2013 2:31:35		1			5	0		15	0	0	4.5	25	0	male	49	Barefoot = no injury

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1/17/2013 2:46:17		5		36	5		20	2	1	0.5	20	1	lower risk, more fun, less stress on body, can run for many more years	male		58 running was boring and lumpy feeling. it's much more fun now, you have to be much more present while running. I enjoy and look forward to running again
1/17/2013 3:09:05		4		6	3		15	10	0	2	15	0	I think that running bare foot or in minimalist shoes is a better way to run and better for you. I had 3 meniscus surgeries and it was hard to run until I experimented with minimalist running. Now I enjoy it again.	male		42 Injuries
1/17/2013 3:24:14		2		18	12		25	13	1	3	32	1	More muscle involvement means each muscle has less work to do overall. I also believe that walking Barefoot is equally important as running Barefoot.	male		39 tried it, loved it
1/17/2013 3:47:20		3		15	5		6	3	1	3	8	1	I can adjust more readily when I feel pain, and pain goes away after less than 1/4 mile! I couldn't feel pain until it was too late with shoes.	female		35 I like to be free, love to be barefoot all other times, why not when I run!
1/17/2013 5:38:16		0		1	3		8	8	0	1	14.5	1	minimal/barefoot is better	male		38 liked the idea
1/17/2013 6:41:01			IT Band Syndrome, Runners Knee, Tendonitis	5	3		10	1.5		Achilles Tendinitis	0.5	20	Metatarsel bruising owing to the absence of fat pads.	male		36 To avoid ongoing injuries
1/17/2013 7:16:21		4		6	6		40	20	0	3	20	1	The transition phase carries some risk if done too quickly, otherwise there are no drawbacks to barefoot.	male		28 The initial reason I changed was because I couldn't find shoes that didn't injure me. I tried about 5 different pairs over a period of 2 years and each of them caused something to go wrong.
1/17/2013 7:25:56		0		2	1		3-4 mile	4-8 mile	0	0.5	20-25mile	0	No risk, Only right way to run	male		37 It's a normal way of running and not to have injuries in the future. And a run easier and faster with less power.
1/17/2013 12:10:38		9		8	6		20	3	1	6	30	0	Barefoot running is certainly less injury-prone than running in traditional shoes.	male		38 Running in minimalist shoes is also perhaps less injury-prone than running in traditional shoes, but certainly not the same as barefoot.
1/17/2013 16:16:45		-2		2	-10		50 km	50 km	0	2	70 km	-0	Running in minimalist shoes is also perhaps less injury-prone than running in traditional shoes, but certainly not the same as barefoot.	male		30 Because of patellar tendonitis
1/17/2013 16:16:52		10+		19+	18		100+	20	none	3	150	none	worth the risk of switching	male		28 injuries
1/17/2013 20:10:00		2		15	1		15	20	0	1	25	0	No risks, totally safe, just benefits! Barefoot running is much more enjoyable!	female		31 I heard it from a friend, I tried it, and I felt in love with it for the first time.

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1/17/2013 21:45:13		0		0	6		0	10	Shin splints	2	30	runner's knee, shin splints	It is definitely better in a long term view than wearing footwear "normal" running shoes	male	43	I had an achilles tendon rupture while playing football (soccer) and took an advice... to start to move more natural. So I started walking and running barefoot. I have never enjoyed running before. But I soon discovered that with no shoes (or at least with minimal footwear) it is a joy.
1/18/2013 5:01:19		5		6	1		40	50	0	4	50	0	BF running is fun!	male	53	To run as much as I want
1/18/2013 5:04:39		3		7	4		30	8	2	2	10	3	The benefits outweigh the risks. Barefoot and minimalist running allow me to run, and enjoy it far more than when I wore shoes.	male	32	I could no longer run in normal running shoes because of persistent knee pain. When I started to transition I had to drastically change my running form to shift away from being a "strong" heel-striker.
1/18/2013 6:49:04		4		20	4		25	25	0	6	50	1	So long as you take it easy through the transition phase and continue to listen and respond to your body, you should be fine. My only injury in the minimalist/barefoot phase has come from overdoing it and not listening to advice.	male	39	I read a 2006 article in Men's Health magazine by Chris McDougall on the Tarahmara. Hearing about the barefoot aversion to injuries, and being tired of the injuries I kept getting, I decided to give it a shot. Never went back...
1/18/2013 17:52:09		5		5	6		32	15	3	3	20	1	Going barefoot overcame injuries that would have ended my shod running career. Barefoot was the answer for me.	male	60	benefits outweigh risks
1/19/2013 0:19:47		0		37	3		160 km	30 km	1	4	160km	2	there is risk in life. there is less risk going bf if you take it easy. don't be the idiot who walks into the gym for the first time in their life and try to bench press all the weights in there.	male	58	injury prone
1/19/2013 0:47:18		1		1	2		7	6	0	3	10.6	0	I never enjoyed running in shoes. when i went bare it was the difference of night and day. it's fun and a good drug that i like to have as much as i can, without overdoing it.	male	40	Knee pain in regular shoes, inserts made it worse, wanted to strengthen my flat arches.
1/20/2013 7:12:48		2		6	8		3.2	7	1	1	15	2	Go slowly! My injuries were from overuse, and upping mileage before I was ready.	female	26	I'm a toe walker and it's very difficult and uncomfortable to run in shoes. While barefoot I have the maximum amount of flexibility in my feet and it's so much less strenuous.
1/20/2013 10:15:02		5		2	3		11.2	5.6	0	2	33.6	1	Healthiest way to run.	female	19	
1/21/2013 18:20:20		5		43	3		between 50 and 100	10 up to 40	0	2	50 up to 100	0	BF Running - done carefully- is the best way to stay free from running injuries. For example I never again had back pain...	male	56	an Achilles Tendinitis didn't heal. So I gave BFRunning a chance and for me it worked perfectly

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1/21/2013 21:11:43		shin splints x 4, broken bone in foot x1		2.5	6		15-25	10/15/2013	strained calf musculcx1	1	20-30	1	i personally love minimal / barefoot running. I fell light and free when I'm running. Have not had any issues with shin splints and my feet are stronger than they used to be. I think there are a lot more risks with running shoes because i was injured more often and had less ground contact.	male		22 due to my number of injuries while wearing shoes and the idea of not wearing shoes appealed to me Started out with barefoot walking and tried running and it felt great
1/29/2013 18:31:21		0		0	1		0	5	0	1		10	1	male		19 and it felt great
2/6/2013 21:03:57		6		8	6		15	2/5/2008	0	1		15	0	female		25 injury
2/11/2013 23:49:49		8		4	10		30	15	0	1		30	0	male		35 injuries
2/26/2013 21:25:36		1		22	4		30	10	0	3		40	1	male		37 To move more naturally
2/26/2013 21:36:17		20		25	12		30	25	1	1.5		0	same injury as during transition	male		42 chronic plantar fasciitis, which did get better with minimalist shoes.
2/26/2013 21:39:26		5		5	1		55	80	2	2/1/2002		100	2	female		48 Felt like it was the healthy thing to do. I had rolled an ankle during a group run and watched another runner put VFF's on after the run. I thought, "what the heck. I have never rolled an ankle barefoot". I would never go back.
2/26/2013 23:41:49		bad foot pain, knee pain, hip pain		8	1		8	19.2	achilles tendinitis	1		24	none	female		41 upon recommendation from a friend
2/27/2013 0:14:00		2		10	12		32	8	0	2		16	0	male		47 I had had to give up running. I tried barefoot; it healed my plantar fasciitis. My running shoes were giving me horrible blisters. I heard you could run barefoot, so I went for a barefoot run out of spite. I was surprised at how comfortable it was. So I then figured I'd give barefoot a try.
3/1/2013 20:50:44		none		9	2		25	15	0	4		60	0	female		37 To run more free and I don't believe shoes are good for our feet, I was a swimmer..
3/5/2013 8:04:47		Plantar fasciitis		10	6		15	10	0	2.5		15	I now have a tom plantar fascia	male		42
3/9/2013 0:37:13		Runners knee, Strained adductor magnus		5	6		40	15	Peroneal tendonitis	1		25	Peroneal tendonitis	female		22 To minimise injury, run more efficiently, see what all the fuss was about!!!

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4/7/2013 14:52:54		0		1	3		2.6	6	0	2	15	0	When making the transition from conventional running shoes to minimalist or barefoot running you have to not only change your running technique but your whole approach to running. Barefoot or minimalist running for me is being more connected to what's going on around you. It's finding joy in it. Remembering how it is being a kid. Enjoying running for what it is. Play. Not only something you do, because you have to.	male	23	I was inspired to try it out and become a good runner. Before it was a hassle for me.
8/13/2013 12:02:13		medial tibial (stress) syndrome, knee pain, pain in the foot arch.		15	2		40 k	20k	0	1	50	0	All benefits with minimum risk. Provided one do the transition with care.	male	48	The philosophy behind it combined with that the pain I felt before went away when switching makes it fun to run for the first time in my life.
1/19/2014 18:01:36		2		7	6		40	25	0	11	60	0	Benefits hugely outweigh risks, but you need to build up gradually	male	44	Shin splints