

Barefoot runners refuse to lace-up ever again



By Jim Krajewski, Reno Gazette-Journal

Dr. Mel Magboo lost his shoes more than a year ago. On purpose.

And it was one of the best things he ever did.

For most people, running without shoes seems a little risky. There is debris in the form of rocks, glass and other hazardous material on the ground. And it goes against years of ingrained thinking, which is that more padding is better.

But for runners who have made the leap, there is no alternative to running barefoot. It's not sweeping the running world, yet, but practitioners are passionate about this "new" way of running.

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