

John Sherry  
*Innate Human Reactions to Running Barefoot*

This experiment was designed to determine if the human body will react to the increased stress of running barefoot in a uniform, or relatively equal, manner. The study examined the relationship between foot geometry and whether the runner stepped fore, mid, or heel strike. Both males and females ages 17±1 years participated anonymously in this study. The participants were asked to run a distance of 100 meters to become accustomed to the density of the surface of the floor. During this time they were asked to run at their most comfortable pace, preferably 2.5-3.0 meters per second. During the run a video camera was placed on the floor and the location of the foot placement on the ground, either mid-foot, toe strike, or heel strike, was recorded. I measured the length and width of the foot, as well as the height for the arch, in order to attempt to find any similarities of style verses foot shape. It can be noted that regardless of how a runner may run in shoes, they will always land mid-foot to slightly fore-foot. There was absolutely no Heel-strike recorded, even in participants who displayed an aggressive heel strike shod. I can conclude that regardless of how a human runs in shoes, it is most likely that they will land mid-foot with a slight fore-foot balance.