

Welcome to the ARIZONA SCHOOL OF PODIATRIC MEDICINE-MIDWESTERN UNIVERSITY BAREFOOT RUNNING SURVEY. We appreciate your willingness to assist us in our investigation of the practices and attitudes toward BAREFOOT RUNNING.

BACKGROUND

In May of 2011, the article BAREFOOT RUNNING, Claims and Controversies: A Review of the Literature was published in the Journal of the American Podiatric Medical Association. This article written by Dr. David W. Jenkins, Professor of Podiatric Medicine at the Arizona School of Podiatric Medicine and David Cauthon, 4th year Podiatric Medical Student is one of the most extensive reviews of Barefoot Running to date. In the process of reviewing the topic of Barefoot Running, it became apparent that very little is known about the scope of Barefoot Running such as: how many participate?, to what degree?, what has been the outcome regarding injuries? etc. Additionally, many runners are attempting to garner the purported benefits of barefoot running by using minimalist shoe gear.

PURPOSE

The purpose of this survey is to:

- 1) Determine the attitudes and experiences with barefoot and minimalist running such as if runners believe barefoot/minimalist running caused, aggravated or alleviated any injuries;
- 2) Determine demographics regarding barefoot/minimalist running such as whom, how much, where and why runners participate in barefoot running;
- 3) Provide direction and motivation to encourage research to benefit both the runner, coach and the physicians treating the lower extremity.

GET STARTED/DISCLAIMER AND CONSENT

The survey that follows is user friendly and should only take about 5 to 10 minutes to complete. Your feedback will be valuable in designing research that may answer the many questions about the benefits and/or hazards of Barefoot Running. We therefore invite you to participate in this important research tool.

By proceeding with completion of the survey, the participant acknowledges that they are 18 years or older, understands that all responses are anonymous (no data is identified to an individual) and indicates participant CONSENT in this research project.

THANKS FOR YOUR TIME AND FEEDBACK