

**THE BEST LITTLE BOOK ON CROSS-TRAINING FOR
BAREFOOT RUNNERS**

Linette Dorrance

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Hudson is the most innovative running coach to come along in a generation. With over a decade of experience as a professional educator combined with his training for and running barefoot ultramarathons, Jason helps others through dynamic, hands-on barefoot running workshops and clinics. Training Young Distance Runners.

Amanofincredible desire and energy, Pretrained relentlessly.

Because of the higher risk of puncture wounds, infection and other potential injuries, many podiatrists and doctors, like sports podiatrist-biomechanist Kevin Kirby, suggest incorporating barefoot running into your routine, rather than ditching your shoes altogether. Run Your First Marathon: I actually appreciated the fact that the author did not fluff up the content just to be longer.

In a season plagued by injury and the tragic loss of a teammate, the Buffaloesw Bannister was a young English medical student who epitomized the ideal of the amateur – still driven not just by winning but by the nobility of the pursuit.