



Barefoot Ted: The Roots of Barefoot Ted and the "Born to Run" Effect



Barefoot Ted McDonald is an independent athlete committed to rediscovering primal human capacities and encouraging others to do the same. He is also the founder and president of LUNA Sandals. Discover the origins and principles of this barefoot running icon and primal lifestyle pioneer.

TOP EMBODIMENT TIP: Step outside your comfort zone a little bit and see what you might discover by reconnecting to your own two feet.

Roots of Barefoot Ted:

- Grew up going barefoot in the surfer and beach community in 1970s Southern California, so he was returning to a movement pattern that already existed in him.
- Ted's first pair of Luna sandals was cut by Manuel Luna for Barefoot Ted at the 2006 Copper Canyon Ultramarathon.
- This 50-mile race sparked the idea for running footwear that featured minimalism, zero drop and less is more instead of padding, arch support and a design that forces the toes into a point.
- People who read "Born to Run" might think that going barefoot will solve all their problems; unfortunately it's not a miracle cure as much as it is a recognition of the miracle of your own body.

5 Barefoot Principles:

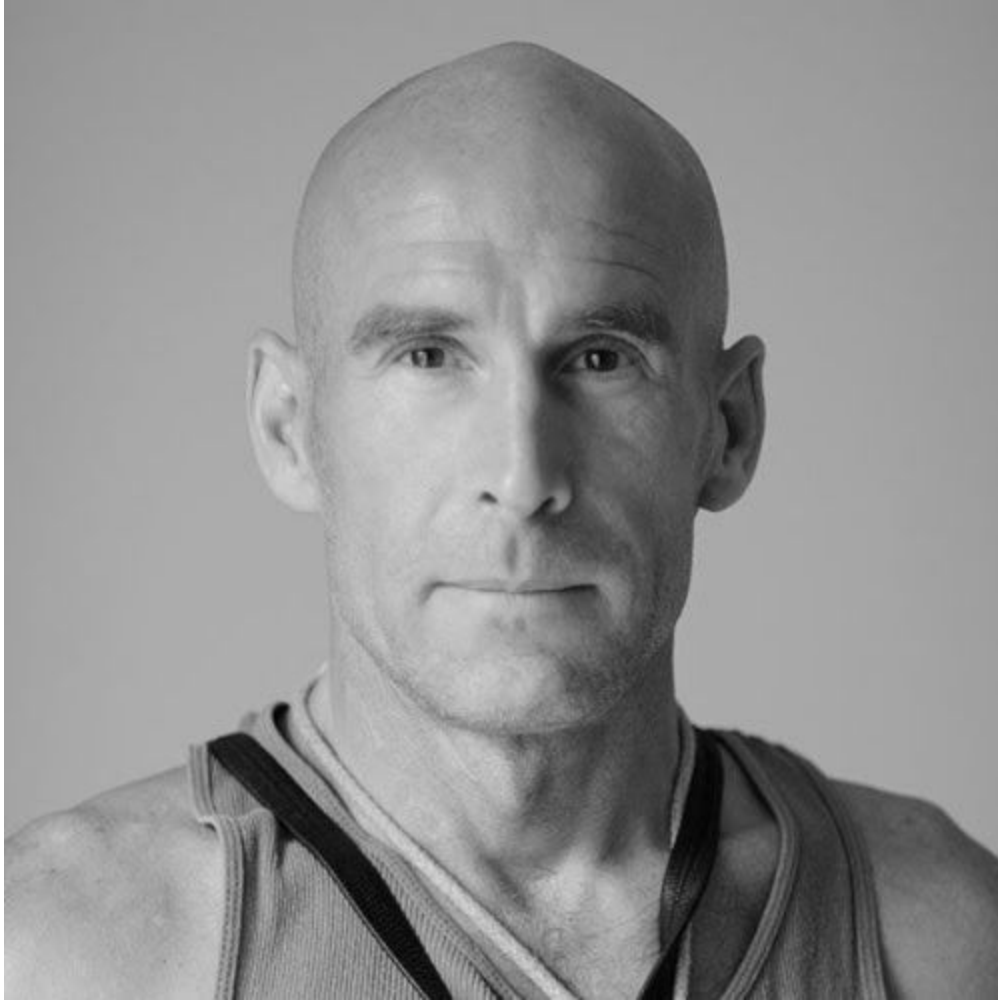
- **Philosophy:** The least amount that does the most is the best. Keep your practice super simple and super light.
- **Attitude:** Be willing to play around with and to begin to explore the world - again - in your bare feet.
- **Action:** Evaluating where you are in your journey of connecting and reconnecting to your feet is a very good first step.
- **Results:** When you become comfortable with, and recognize the vulnerability that comes from barefooting, it becomes a tool to allow you to become more mindful of your surroundings. The feeling in our feet and the feedback we get from them is a helpful tool in mastering a more natural form of moving across the ground.
- **Lifestyle:** Spend time daily in either bare feet or footwear that allows your feet to interact and connect with the world.

Resources

- ❖ **Books:** *Chicken Soup for the Soul: Running for Good* (features a story by Barefoot Ted)
- ❖ **Website:** www.barefootted.com, lunasandals.com
- ❖ **Social:** @barefoot_ted, Facebook: www.facebook.com/barefootted
- ❖ **References:** Born to Run (book by Christopher McDougall)



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Gil Hedley, Ph.D., is an author, educator and somanaut, dedicated to exploring inner space. He has been developing the field of "Integral Anatomy" for the past 25 years, teaching intensive workshops in the dissection lab, and documenting his approach visually with online videos and courses.

Integral Anatomy is an approach to understanding the human form that emphasizes textural layers, continuities and relationships. Gil is on a mission to challenge the cultural problematization of the body, and to share an integral vision of the human form. He believes the body is not a problem to be solved, but a gift to be received, appreciated and explored.

To study further with Gil, go to www.gilhedley.com and join the site. You will automatically receive **3 free full-length video courses** that will deeply impact your embodiment practice.

