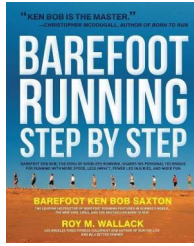


Barefoot Running Step by Step: Barefoot Ken Bob, the Guru of Shoeless Running, Shares His Personal Technique for Running with More Speed, Less Impact, Fewer Injuries and More Fun



Book Review

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(Dr. Bryon Gleichner)

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