

Susan LeBlanc converts to Vibrams



Note: Because this website author is jogging with Vibrams, I have received several e-mails from others who have tried or are trying them. So far, I haven't passed judgment on them and am not ready to recommend them. Susan LeBlanc, though, is a believer in ``barefoot" running. She is one of the converts and here are her reasons why she is totally sold on them:

Last year after a several years lay-off from running, I decided to run again, but quickly discovered that my knees still didn't like it. They hurt... a lot. Looking for answers, I read *Born to Run* and decided to try barefoot running. I ran two miles on my club track and couldn't believe my knees didn't hurt.

The next day I purchased a pair of Vibram Five Fingers and have been wearing them ever since.

It's important to know that you must build up your mileage slowly. I didn't, and I paid for it. Running was so much fun that I gave no thought to the differences my legs were experiencing, and I got tendonitis, which lasted for six weeks.

When my injury healed, I started back running a mile a day the first week and increased the run a mile a week until I was up to my 4 -5 miles a day workout. I'm 68 years old and just finished a half marathon wearing my Vibrams.

When asked why I like them, my first answer is always: No knee pain. And that is the main reason I wear them. However, I've found other perks: I seem to be more conscious of my body: more in balance as I can actually feel what my feet are doing. My legs feel lighter and my pace springier. Remember what it felt like to run barefoot as a child?