



Tread Lightly: Form, Footwear, and the Quest for Injury-Free Running

By Bill Katovsky, Peter Larson

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Praise for the work of Peter Larson

"Larson presents a wealth of balanced info on the raging debate over proper running form and minimalist running shoes." —Erin Beresini, Outside Online

"Peter Larson is both a scientist and a realist when it comes to running shoes, and that's a good combination." —Amby Burfoot, *Peak Performance Blog, Runner's World*

Humans evolved over the millennia to become one of the most exceptional distance-running species on Earth. So why are injuries so common? Are our shoes to blame, or is it a question of running form, training, or poor diet? In this groundbreaking book, Peter Larson and Bill Katovsky explore the reasons why runners experience injuries and offer potential solutions to the current epidemic of running-related injuries. Their findings, gleaned from research studies and conversations with leading footwear scientists, biomechanical experts, coaches, podiatrists, physical therapists, and competitive runners, are informative and enlightening. Topics include:

- How modern runners differ from their ancestors
- Why repetitive stress causes most injuries, and how runners can safely reduce their occurrence
- The pros and cons of barefoot running
- Why it's time to move beyond the pronation-control paradigm with running shoes
- How certain running-form flaws might increase injury risk
- How footwear has evolved over the past 10,000 years
- The recreational runner
- Why running shoes are not inherently evil

Tread Lightly is a highly readable, multifaceted investigation of running—past and present, with a hopeful look to the future.

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- Sales Rank: #861542 in Books
- Published on: 2012-06-01
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x 6.10" w x 6.00" l, 1.00 pounds
- Binding: Paperback
- 288 pages

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Editorial Review

Review

“The must-have desktop book--like *Born To Run* on steroids--for runners interested in the subject matter. . . .
Tread Lightly will definitely go on my most important bookshelf.” (**Amby Burfoot, editor-at-large, Runner’s World magazine, and winner of the 1968 Boston Marathon**)

About the Author

Bill Katovsky, founder of *Tri-Athlete Magazine*, has completed the Hawaii Ironman twice and is coauthor of *Embedded: The Media at War in Iraq*, which won Harvard’s Goldsmith Book Prize; and editor of *1,001 Pearls of Runners’ Wisdom: Advice and Inspiration for the Open Road*, as well as co-founder of the Natural Running Center.

Dr. Peter Larson is an associate professor of biology at Saint Anselm College in Manchester, New Hampshire. He is a Boston-qualifying marathon runner. His website, *Runblogger*, is recognized as a leading source for information on running shoe innovation and the science of running.

Users Review

From reader reviews:

Joseph Woodruff:

The book *Tread Lightly: Form, Footwear, and the Quest for Injury-Free Running* has a lot info on it. So when you check out this book you can get a lot of advantage. The book was written by the very famous author. McDougal makes some research prior to write this book. This specific book very easy to read you will get the point easily after scanning this book.

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