

JOKE, VITAMINS

COLLISON FORCES DURING DISTANCE RUNNING

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Finally, [a really important paper](#) (at least for me ;-)

Here we show that habitually barefoot endurance runners often land on the fore-foot (fore-foot strike) before bringing down the heel, but they sometimes land with a flat foot (mid-foot strike) or, less often, on the heel (rear-foot strike).

The forefoot has lower collision forces! while the forces are excessive according to an [earlier study](#). These new studies support the recent development of a running shoes (currently [under development in Magdeburg](#)) with no heel – a longer [tradition](#) here ([Eugen Brütting](#) in 60ies and also Hegall Vollert in the 80ies). Some of the Büttings [can still be bought](#) but I haven't tested them so far. And now the video

reminds me what orthopedics here call the [Strunz-Fuss](#) ...

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