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FOR IMMEDIATE RELEASE

Learn to Run Barefoot... Safely

(Boulder, CO) April 25, 2013 – Barefoot running expert, Steven Sashen, is offering an introduction to barefoot running on Sunday, April 28th from 1-3pm at Sloan’s Lake Park in Denver.

“Barefoot running is actually quite simple,” says Sashen, who has taught almost 1,000 people how to run without shoes, “but there are a few little tips and cues that can help you get started safely, quickly, and most importantly, in a fun way.”

Some people think running barefoot is dangerous, that you could get injured, or step on something, or that you need some form of minimalist footwear to do it. “Nothing could be further from the truth,” assures Sashen. That said, he adds, “I will tell you when some form of protection is best, and which barefoot shoes can help you... and which could be harmful!”

Asked for whom the course is intended, Sashen answers, “Anyone who wants to experience the fun and freedom of running without shoes, whether you have experience and want some pointers to improve, or are brand new to running at all, let alone barefoot running.”

The 2-hour course is only \$20 and people can register at <https://dabble.co/denver/fitness/classes/get-started-with-barefoot-running-with-steven-sashen>

ABOUT:

Sashen is a Master’s All-American sprinter, one of the fastest men over the age of 50 in America. He’s also the CEO of Xero Shoes (www.xeroshoes.com), the makers of barefoot-style sandals that was featured on ABC’s Shark Tank in February.

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