Want to try Minimalist Running Shoes?

Know the differences!

MRS
Minimalist Running Shoes

What's different about the shoes?

- Lightweight
- Very flexible
- Low to the ground
- Little to no cushioning
- Almost flat from heel to toes

What's different about how you run?

- Land on the ball of your foot, not your heel
- After landing, let your heel down gently
- Land softly-you should not hear your feet land

APPROVED TYPE OF SHOE
All toes in one compartment

UNAPPROVED TYPE OF SHOE
Toes in separate slots

More Information:
http://www.armymedicine.army.mil/mrs/index.cfm

ALARACT 239/2011: Only those shoes that accommodate all five toes in one compartment are authorized for wear. Those shoes that feature five separate, individual compartments for the toes, detract from a professional military image and are prohibited for wear with the IPFU or when conducting Army physical training in military formation.

The appearance of products in this brochure does not constitute endorsement by the U.S. Army.

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CP-110-0312