

# BAREFOOT TED'S ADVENTURES

One foot at a time | One sole at a time | One hell of a good time | November 2008

## News Flash!

**HELP WANTED:** Nov. 8 Invasive Weed Control Project at Hansen Dam.

Volunteers will meet at 9:00 AM near the entrance to the Aquatic Center parking lot. Go to website for more info:

[www.sfvaudubon.org](http://www.sfvaudubon.org)

## Where Have I Been



I have been right here in Shadow Hills most of the month enjoying one of the hottest Octobers since 1965.

Was very fortunate to have retired professional baseball catcher **Brent Mayne** drop by to learn about my custom huarache sandals and about minimal footwear running...[read more](#)

Check out Brent's site here: [www.brentmayne.com](http://www.brentmayne.com)

## Foot Quotes

**“The human foot is a masterpiece of engineering and a work of art.”**

Leonardo da Vinci

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## Barefoot Ted - Minimal Footwear

Howdy Folks, I continue to promote daily outdoor exercise right here in one of the finest places to recreate in all of Los Angeles...the Hansen Dam Area in the Northeast San Fernando Valley.

Part of my message is to suggest avoiding over-padded, high-heeled, non-flexible shoes if you can. I go barefoot because barefoot, especially around here, is best. However, there are safety concerns, so that is why I recommend Vibram® FiveFinger ([www.vibramfivefingers.com](http://www.vibramfivefingers.com)) barefoot shoes that fit like a glove and protect your sole, but allow your foot to do all the other things that feet do...naturally.



I am encouraging all my personal trainer clients to go to more minimal footwear. The benefits in strength and overall foot health is amazing...and I have tested this a lot!

If you haven't already done it, you should think about becoming one of my clients. \$100 a month for better health and 4 hours of beautiful, stress-reducing scenery is a good investment...in you.

[www.BarefootTed.com](http://www.BarefootTed.com)

## Goal: No Trash in Hansen Dam

**We abuse land because we view it as a commodity belonging to us. When we see land as a community to which we belong, we may begin to use it with love and respect.**

—Aldo Leopold



While I start my personal training business and am introducing folks to the beautiful Hansen Dam Recreational Area that we in Shadow Hills are so fortunate to live next to, I am also making a commitment to having NO TRASH anywhere on the trails that I use as my outdoor gym.

There is nothing quite like the beauty of pure nature...untouched by man. Nothing destroys that beauty more quickly than trash. Living so close to an urban environment makes it difficult to keep trash from collecting. Many people need to be educated about litter. It does seem to make it harder to litter if the area is kept clean. That is my goal.

I want to be able to make my way through the Hansen Dam without seeing a single piece of trash. If more of us make this commitment, the Dam area will start looking more and

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more like that gem that many of us have already fallen in love with.

You can support my cause by taking advantage of my services as a personal trainer, computer coach and other small businesses that I operate locally.

My location at Weathertop Farms puts me in the perfect location to act as a mini-caretaker for our entrance to Hansen Dam. I have been doing it for years, but now feel like pushing it to the next level and integrate trash clean-up into my regular exercise routine.

### **In the Pipeline...**

- Picking Organic Fruit...Locally
- Help Eradicate Non-Native Plants
- Barefoot Ted's Boot Camp - Fit Yourself<sup>o</sup>
- Running with the Tarahumara Indians

