

BAREFOOT TED'S ADVENTURES

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

News Flash!

**Copper Canyon Ultra
Marathon
March 1, 2009**

START PLANNING!!!

Don't miss the 4th annual Copper Canyon Ultra Marathon run down in the Land of the Tarahumara, the amazing tribe with a tradition of long-distance mountain running.

Learn More
www.CaballoBlanco.com

Where Have I Been



Joshua Tree National Park

Spent the long Thanksgiving weekend scrambling the gorgeous boulders of Indian Cove in Joshua Tree...barefoot naturally.

The beauty and primordial elegance of a landscape of boulders is almost too much to bare. One wants to run and jump and play among such wonders. The eye cannot take in enough. The feet beckon to explore and climb and see. And that is what I did...and I recommend YOU do the same. ([read more here](#))

BFT

TRASH is UGLY - BASURA es FEA



This (see photo above) is what I typically collect each day along the horse trail leading into Hansen Dam. Everyday, beer cans and beer bottles thrown on the ground.



BFT's Challenge: pick a place in the world, a public place, and become its caregiver. Your care will carry over to those who use that space. All will benefit. Encourage others to do the same. Smile.

Please visit www.BarefootTed.com to read more about my services.

Foot Quotes

Empty-handed I entered the world

Barefoot I leave it.

My coming, my going --

Two simple happenings

That got entangled.

Kozan Ichikyo,
Japanese Zen Monk

Friends

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Book Excerpt: Survival Skills of Native California

"To forget the lessons of the past is to not only endlessly repeat its horrors but to lose its most magnificent possibilities....The early inhabitants of California had that folk wisdom, almost a gut intuition built over millennia, of what was good and bad, a sense of value which allowed them to make what must seem to us an astounding choice: they rejected progress, the tilling of the soil in favor of a hunter-gatherer way of life."

—Paul D. Campbell

from **Introduction: Secrets of Indian Survival - Survival Skills of Native California** by **Paul D. Campbell**, p. XIII

This book undertakes the task of restoring what we have methodically destroyed: California Indian survival skills. From the scattered bits and parts it seeks a critical mass of essential detail on each representative skill to recreate a whole technology.

Not an end in itself, California survival lore unlocks a paradise too long maligned as mere unused land marked for development. Beyond the sprawl, the asphalt, the final orchard gate, the very end of the last dirt road, looms the mystery and vitality of California wilderness. The stars there still glitter like ice, the sun burns more brightly.

Valleys, mountains, streams, deserts and sea--not long ago all of California was wilderness.

The first Californians lived in harmony with that untamed place, using skills refined over 10,000 years. For those who believed in the sacredness, it was a garden, carefully tended. Conquest, greed, the mercantile juggernaut of Western civilization, in a few short decades crushed a marvel but [sic] weakly understood. California native skills were lost, buried beneath highway and city without end...

Link to Table of Contents [here](#)