



Orlando Area Barefoot Run to Benefit Cancer Center

All proceeds from the first annual TravelCountry.com Barefoot Fun Run on November 13 will be donated to the MD Anderson Cancer, Orlando, FL.

Orlando, FL ([PRWEB](#)) October 8, 2010 -- The first annual TravelCountry.com [Barefoot Fun Run](#) will take place on Saturday, November 13, 2010, at Sanlando Park in Altamonte Springs, FL, the proceeds of which will be going to the MD Anderson Cancer Center in Orlando, Florida. Barefoot does not mean "bare foot." The run/walk aims to show people that their feet are stronger and more agile when they are free from traditional footwear. Most participants will don some type of minimal foot covering like [Vibram Fivefingers](#), five-toed shoes which provide minimal support and protection from rough terrain, and allow a more natural range of motion for the foot.

Of course, traditional footwear and running shoes will be welcome too. "Our goal is to communicate the benefits of minimalist footwear while raising money for a good cause," says Michael Plante, general manager of TravelCountry.com.

The 5K run will encompass various terrains including the Seminole-Wekiva trail's paved surface, grass and a sand/shell trail. This provides great teaching opportunities in addition to allowing runners to experience varying terrain during the event. A shorter route will also be available for walkers and kids. Families and runners/walkers of all fitness levels are welcome to participate in the Barefoot Fun Run.

TravelCountry will donate all of the proceeds from the run to the MD Anderson Cancer Center in Orlando, Florida. The center's multidisciplinary approach to cancer care provides patients with extraordinary attention based on their individual diagnosis and medical needs. This approach encompasses a team of medical specialists who work closely together to determine the best possible treatment for each patient.

Mike Plante notes, "We chose MD Anderson because a family member of one of our associates is being treated for brain cancer there. We know, from their accounts, how exceptional MD Anderson is. Central Florida is lucky to have one of the premiere cancer treatment centers right here in our back yard."

Prior to the run, best selling author and barefoot running expert, Michael Sandler will be teaching a barefoot running clinic, a great opportunity for runners and fitness enthusiasts to learn the right way to get on the path to barefoot running. In addition, he will be signing his book after the race.

To register for the run or make a donation online, visit <http://www.barefootfunrun.com>.

For more info or to arrange a media interview with Michael Sandler, contact Roger Watson at 407-831-0777 x 150 or send an email to raceinfo@barefootfunrun.com.

TravelCountry.com

TravelCountry.com is a family owned adventure store and web channel, outfitting outdoor enthusiasts since 1981. Their team of adventure lovers includes climbers, hikers, adventure racers, mountaineers and paddlers. TravelCountry's experienced staff is known for providing an extreme level of customer service. Visit TravelCountry online at www.TravelCountry.com



Michael Sandler

In 2006, while training for a cross-country inline skating trip, Michael Sandler suffered a near-death accident, which left him with a shattered femur, hip, and arm. Michael surprised the medical community when he made a full recovery by running barefoot. Today, Michael is a national fitness and running coach, as well as the cofounder of RunBare Company. Michael has coached world-class athletes to wins in cycling, running, and triathlons for more than 20 years at local, national, and international levels. Learn more about Michael at www.RunBare.com.

###

**Contact Information**

Roger Watson

TravelCountry.com

<http://www.travelcountry.com/>

407-831-0777 ext. 150

Online Web 2.0 Version

You can read the online version of this press release [here](#).