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kigo edge - Minimalist Shoe

During a recent visit to the United States, a somewhat special package waiting for me - my new pair of edge, size 8.5, commissioned the young company [kigo footwear](#) [1]. Désincarcérée, this pair seems to me very discreetly beside the Vibram FiveFingers and [Merrell Trail Glove](#) I tested since late summer. Form intrigues me - very narrow, with a flexible sole, high heel and a small stretch. Protection of the toes reflects their different mission, walking on the trails.

They weigh about the same as Merrell tested last month, 364 grams per pair, with 20 grams for insoles. I hear that the "true" minimalist shoe to remove this approach the ground. Apprentice minimalist, I do not dare, because my metatarsals still remember the damage caused by too thin soles of my FiveFinger Sprints.

The whole gives an impression very organic, organic. Indeed, kigo footwear highlights the ecological merits of their products. CYCLEPET tissue (recycled water bottles), less toxic glues, and a treatment that eliminates the need to wash them with soap. Even their packaging, a simple cardboard recycled shows will kigo footwear to continue responsible development.

In any case, they already enjoy a certain reputation. They are already talking to each other by minimalist riders like Jason Robillard ([Running Barefoot University](#)) and [Fred Brossard](#) , a key figure of the French minimalist scene. The latter considers the edge as one of the best minimalist footwear currently available.



kigo edge - Minimalist Shoe - Sole Removable

Taking off

Difficult to put them first, opening tight, because there is no scratch, no laces to close - a little too just like socks. At least my toes deviated find their way without a fuss. Once tripped, I recognize that maintaining impeccable - the material is slightly stretchy, and expands to accommodate the entire width of my toes wide and flat ... Then, they almost never leave my feet during the ten days of my visit . Outside of my trips, I take the insoles to give me more space, which allow my feet to put their new neighborhoods, and build muscle.

Outputs

Ah, the aftermath "barefoot" - the desire to fall on the outside of the foot, then roll on the front, before putting the heel With Merrell Trail Glove, the sole seems built to automatically initiate the movement. No salvation in kigo edge, because the thickness of the sole (1.5 mm) is equal to the width and the front half of the shoe - translation - for me to set foot well. Following bad weather that has left my trail strewn with debris, I enjoyed the protection of a few millimeters of extra edge, which really did forget for the exits. Back in Paris, I even mastered the stones of the terrifying Avenue Foch 😊 However, these shoes have absolutely no vocation to the trail.

Initially I feel slower when I go out, an impression confirmed by my GPS watch. Yes, I'm careful when I change shoes ... Maybe he should also consider the shape of the forefoot. Toes, together with the front of the shoe, absolutely can not deviate, which could diminish their contribution to the wake? Maybe a red herring, because my average have sustained lowered, which makes me think I got used to after about 100 km Now, I tend to forget things quite positive for a running shoe!



kigo edge - Minimalist shoe sole - Fine

Conceal me what heel, which I can not see ...

For minimalists, we seek at all costs to save the heel up running barefoot to learn how to ask after gently rolling phase on the front foot. Exit the heel on many minimalist shoes - Huarache sandals, the Soft Star Shoes RunAmoc LITEBlack are examples. Great was my surprise when I discovered a little extra thickness under the heel edge. These heels truly obsessed me since I have seen a relatively significant wear after only a dozen miles.



kigo edge - Minimalist Shoe - Sole and Heel

Let me heels, my stride was actually minimalist yet stabilized. Or just the little heel wear normally to the task, especially in raids, or I'm still not over me, and sometimes I drag the back foot. I have no answer at this time. Dear friends at kigo, please, turn off the heel and the edge will be almost perfect!

A "Back to the Future" minimalist

Like other minimalist shoes, some models in kigo are designed for water sports and edge, purposely designed for runners minimalist, do not deny this aspect of his legacy. The shoes are minimalist water like

thirsty sponges, and the edge proved true to this reputation Soiffard! However, their foot is maintained so well that I could run comfortably in the pouring rain to 6 feet in their individual small saunas, well insulated from the cold in this neoprene case. Faced with a puddle too broad to be crossed in one leap, I galloped through, to fall, not on the face, but 40 years ago, when I walked barefoot through puddles in Seattle, to the chagrin my mother. This feeling of freedom, play with the rain, instead of suffering, this was my first major revelation minimalist! I hope you also have the opportunity to jump in puddles with your minimalist shoes!



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kigo edge - Minimalist Shoe

Conclusion - ballerinas for running

After 90 kilometers I am completely seduced by the edge. Design (without laces) greatly reduces handling. When I start my segment barefoot whenever leaving, I slip my feet with one hand, to get them back so easily to the end of the year. Meanwhile, by dint of jumping in puddles, they are slightly relaxed, and feet move easily. No laces, no velcro, no pockets for the toes (no socks either!), I take the term "ballerina for running" by Frederic Brossard found [2] to describe them.

That's a minimalist shoe: discreet, lightweight, safe. Hard to beat!

[1] [kigo footwear](#) is a young company (founded 2009) led by three women in Atlanta, Georgia, USA. kigo footwear is a virtual business - not local, just gray matter, collaboration tools and inventory management. And an excellent grasp of marketing on social network!

[Press kit in English](#) (English)

Kigo the edge are not distributed in France for now. I contacted Rachelle, marketing manager, who advises you to send a message info@kigofootwear.com so it sends you an order form. Then, possible payment by PayPal.

[2] ballerina for running - in English I would say "Running Slipper."

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