



WEAR OF MINIMALIST RUNNING SHOES (MRS)

ALARACT 239/2011: There are a variety of minimalist running shoes available for purchase and wear... **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.



Approved by Army G1 – Uniform Policy



The shoes shown are examples only and are not intended to be recommendations or endorsements of specific shoes.