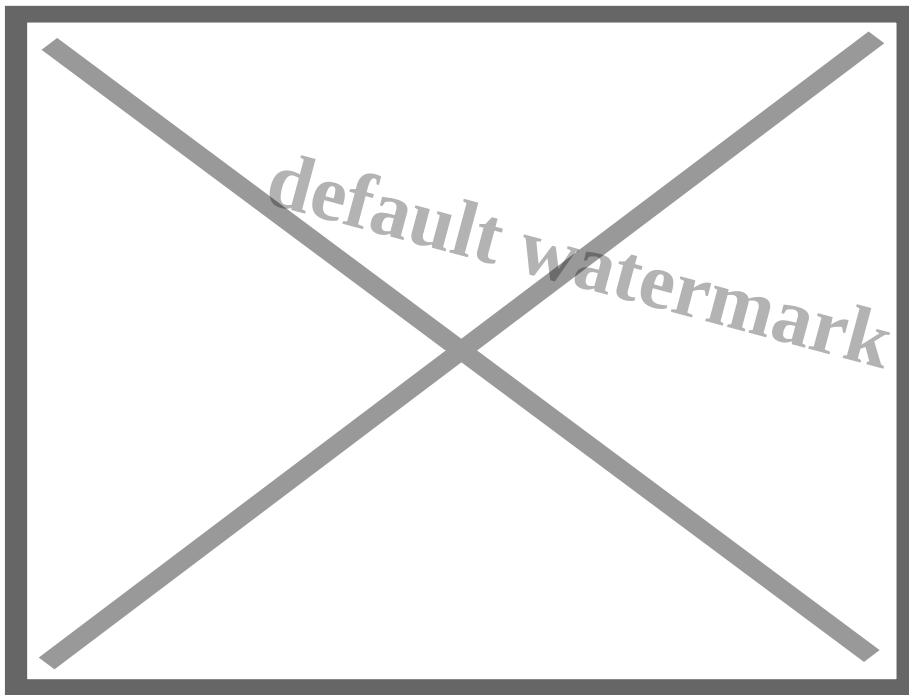


Soft Star DASH RunAmoc Review: Lift, Run, & Fun

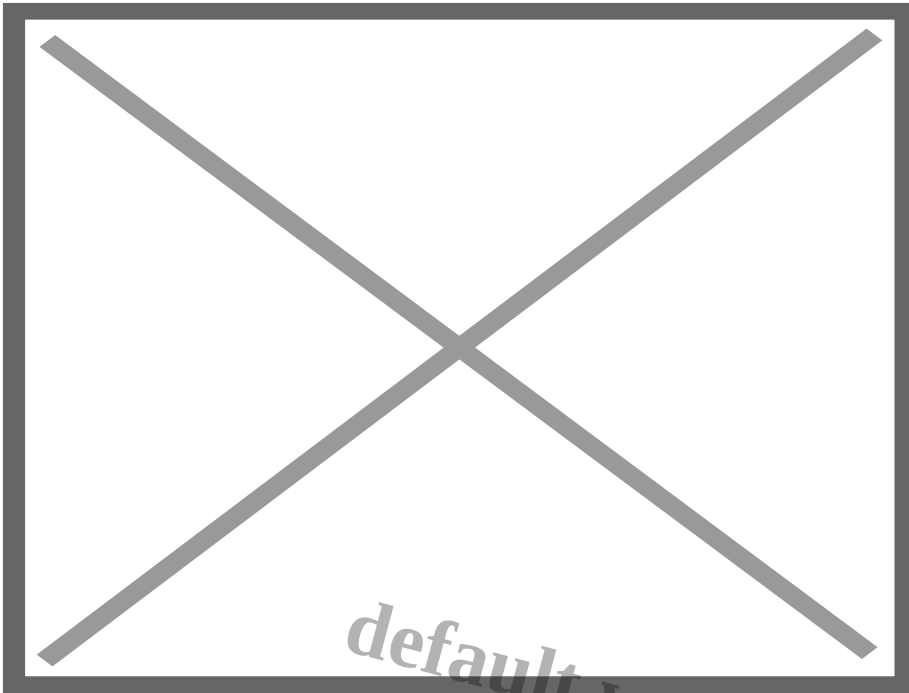
Description

Ever since I graced my feet with the Soft Star [RunAmoc Moc3™s](#) ([read my review here](#)), I™ve been a [Soft Star](#) convert. I can™t think of any other shoe I need besides just more Soft Star Shoes. Thanks to those wonderful, hard-working “Elves” in Oregon, more Soft Star Shoes is exactly what I got!



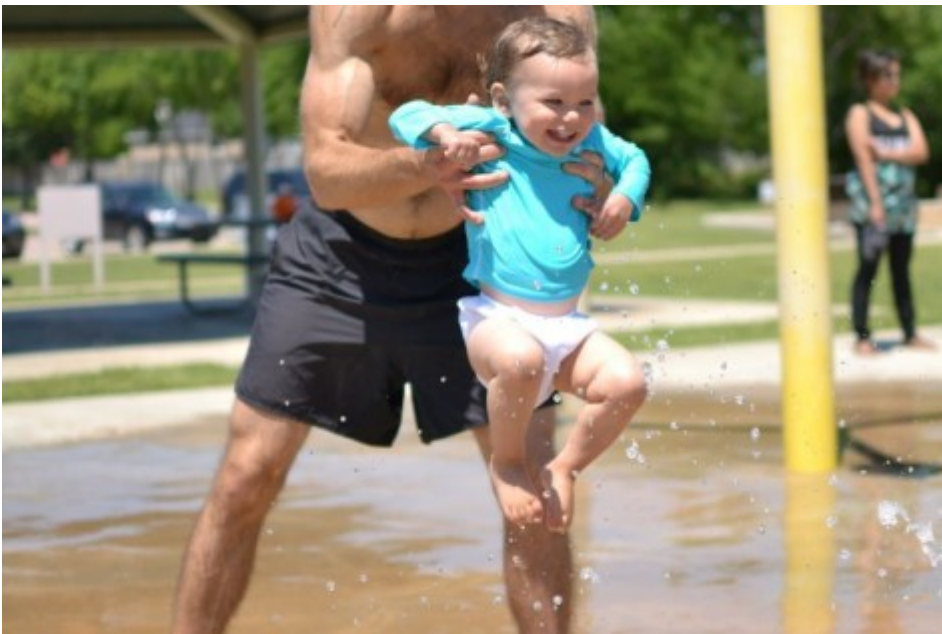
Begging to be worn to work and to workout!

They actually sent two different pairs of their Dash RunAmoc model. One with their 5mm Vibram®, rubber trail sole and another with their [bullhide leather sole](#) to review.



Similar to the Moc3â€™s, the Dash RunAmoc is perfect for everything from lifting to chasing your kids to just lounging around. Actually, Iâ€™d say theyâ€™re even better with the front lacing system providing a more secure fit. Donâ€™t get me wrong, I still wear my Moc3â€™s for walking and casual use, but the Dashâ€™s are my go to shoes for running, lifting, hiking, or anything that requires a snug fit and good traction.

A caveat to the good traction is the bullhide leather sole. They are extremely comfortable and a minimal shoe loverâ€™s dream when running in *dry* conditions, but when the ground is wet, things get very slippery. So, Iâ€™d advise against wearing them at places like a [splash pad](#) like someone I knowâ€™.



Yeah, I'm smart. But, running in them to the splash pad was nothing short of liberating, especially when I was in the grass. Nothing beats feeling the ground as you run, and with the bullhide, you can reap the [meditative effects of earthing/grounding](#).

Here's a quick description of the Dash RunAmoc's [as listed on the Soft Star site](#):

- Made with Premium, formaldehyde-free leathers. Choose from suede, full grain, or perforated. [Here's a good comparison of the three](#).
- You can choose between a Vibram® rubber sole (5mm Trail sole or 2mm Street sole) or a tough bullhide leather sole. Both are zero drop between toe and heel. [And their comparison](#).
- Spacious toe box allows feet to stretch comfortably.
- Regular, narrow, or wide width options are available.
- Can be worn with or without socks.
- Highly resistant to odors.
- 5.0-9.5 oz, depending on size, leather type and sole.
- Made in USA: designed and handcrafted in Oregon using US-sourced materials.

One key point Soft Star left out on their site is how doubling up on their shoes means double the performance and fun. Like, for instance, the [kids Ramblers](#) combined with RunAmoc's.



Looks

The first thing I noticed about these shoes is how they would fit in at the office along with khakis and a button up shirt. Perfect for those who want/need to get out of their work clothes and into workout clothes to exercise during lunch or right after work. No extra pair of shoes needed, they'll work for both!



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While Iâ€™m not going to the office any time soon as an at-home dad, theyâ€™re accepted by my wife when we go out to some place a little nice. And getting her to accept my chosen apparel when going places is a big âœœfeetâœ•!

I ran a [4th of July 5k](#) in the bullhide RunAmocâ€™s (which I placed in my age group, thank you), and received many questions about my âœœdressyâœ• shoes from fellow runners. Not sure why they stuck out so much though. I thought black and brown go together, no?



I proudly filled the runnersâ€™ ears about the greatness of American made Soft Star Shoes and they were eager to check out their site.

Fit and Feel

Wonderful and great. There, thatâ€™s all you need to know. The fit is about a half size down from what your normal shoe size is, at least thatâ€™s how it is for me. I normally wear 10 1/2, but the 10â€™s fit perfect with no foot slippage inside. I have the regular width shoes which work great for me, but if needed, you can choose narrow or wide as well.

Iâ€™ve worn them with and without socks, but prefer to wear socks most of the time. No real reason why, just habit I guess, and itâ€™s obviously the stylish thing to do. But, Avery begs to differ.



Unless your feet are covered in baby powder, theyâ€™ll sweat, especially with the full grain leather. Once wet from sweat or any other water, the shoeâ€™s color will bleed and stain socks if you wear them. Iâ€™m fine with this because, well, theyâ€™re socks. Plus, Soft Star gives fair warning on their site.

Die-hard barefoot shoe advocates would probably want to stray from the 5mm trail sole as it does reduce ground-feel. That said, I have no problem with the extra rubber and find thereâ€™s still a good amount of feedback between the ground and my feet.

The bullhide leather obviously offers more connectivity, and yes, it simply feels wonderful walking on any surface and connecting with the earth. Now excuse me as I look for my peace sign necklace and tie-dye shirtâ€™.

Performance and Durability

As long as youâ€™re on a dry surface, the Dash RunAmocâ€™s offer the minimal athlete an outstanding shoe to run, jump, lift, and wonder trails with confidence. While in [Colorado, I hiked and ran on trails](#) in my 5mm trail sole almost without issue.



I say “almost” because the wide toe box, while awesome for giving toes freedom to spread out, seemed to catch on a lot of rocks when I was walking. Oddly, when running, I didn’t have this problem, but when hiking, I stumbled several times with my wife there to point and laugh.

Stumbling aside, they provide plenty of feedback when running and lifting. Also, the wide toe box does enable my toes the freedom to spread out as they naturally would if running sans shoes. Something that the New Balance or Merrell minimalist shoes don’t offer with their narrower design.

I love having a shoe that performs well in the gym and on the road, and these fit the bill. Since the bullhide leather is extremely limited in traction, I stick to the rubber soles which work great in my garage gym. And since good form is vital when doing lifts like squats and dead lifts, the zero drop is a welcome feature.

I’ve kicked enough objects and scraped the shoes on many things with minimal wear and tear. From the abuse I’ve put them through, it’s easy to see how well Soft Star’s “Elves” constructed the Dash RunAmoc. My only concern is that the upper is glued to the sole instead of stitched, but they’ve been holding together with no sign of separation for the five months I’ve owned them.

Despite their high strength construction, the Dash RunAmoc’s are very lightweight starting at 5.0 oz which makes for another wonderful aspect when running/walking. They are also highly flexible which lends to natural foot movement and offers that “barefoot experience” without worrying about sharp debris on the road. I’ve run across many surfaces, all with plenty of protection from potential hazards on the ground.



Summary

I could go on about all of the Soft Star Shoes and how I want more, but I suggest you go check them out for yourself. They have shoes for the whole family to enjoy, and the Design-Your-Own option allows you to own a high quality and comfortable shoe thatâ€™s truly your own. They [make a great gift too!](#) Weâ€™ve obviously become huge fans since thatâ€™s all we packed for our vacation.



No other shoe, that Iâ€™m aware of, is at home in the office just as much (if not more-so) on the trail, pavement, or under a barbell. Their superior quality in form and function is what has me lacing up my Soft Star Dash RunAmoc shoes every day. I know I can count on them to get me through whateverâ€™s in store for the day while keeping my feet happy. That is, unless Avery hides them from

me.



From true barefoot feel allowing for natural foot movement, to high quality materials for construction, I know these shoes will last me several years under most conditions.

Pros

- Water resistant and great for cold weather running as they keep your feet warm. Unless you get the perforated version.
- High quality materials used for durable shoe build
- Highly flexible with excellent ground feel and comfort
- Looks like a dress shoe, but built to perform under all conditions
- Zero drop between toe and heel

Cons

- Wide toe box can cause you to trip if youâ€™re not careful like me.
- Leather will bleed onto your socks when your feet sweat.
- The bullhide sole is very slippery on wet surfaces.
- Looks like a dress shoe. I donâ€™t mind this, but many seem to think itâ€™s weird

Thank you, Soft Star Shoes, for making such an excellent line of shoes and providing earth-friendly footwear for the entire family!

Disclosure: Soft Star Shoes provided their Dash RunAmocâ€™s to me free of charge in exchange for review. I was not compensated for this post in any other way and all opinions are my own.

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