Soft Star Shoes RunAmoc Moc3: An Active Dadâ€™s Review

Description

Iâ€™ve been wearing minimalist shoes for over 5 years now and will never go back to cushioned *un* stability shoes again. Vibram Five Fingers or New Balance Minimus have been my shoes of choice, but since the kind ~~folks~~ â€œElvesâ€• at Soft Star Shoes sent me a pair of their RunAmoc Moc3 barefoot running shoes to review, I have a new favorite.

Here a few key details on the running â€œmoccasinsâ€•:

Soft Star RunAmocs

â€“ Superior flexibility and ground-feel.
â€“ They weigh less than 5oz!
â€“ Breathe-O-PreneÂ® liners wicks moisture and keeps dust and dirt away!
â€“ Genuine leather uppers, perforated for breathability.
â€“ Zero drop 2mm VibramÂ® soling.
â€“ Can be worn with or without socks.
â€“ Extremely odor resistant.
â€“ Reflective strips for nighttime safety.
â€“ Handcrafted in Oregon, USA.
â€“ See more by clicking this link.

Although theyâ€™re marketed as barefoot *running* shoes/moccasins, the RunAmoc Moc3â€™s are perfect for so much more. Lifting weights, walking, high intensity interval training (HIIT) exercise, chasing crazy toddlers, tasks around the house, shopping, and, when your kid lets you, relaxing.

I hear that last one is nice, but Avery has yet to allow this thing called â€œrelaxingâ€•. However, the shoes helped me block her path of destruction when they stopped her in her tracks to take a closer look.

The Moc3â€™s instantly appealed to me since they are slip-on and as minimal as you can get without just actually being barefoot. Give me a slip on shoe, Iâ€™m happy, but give me a high quality slip shoe made for performance, Iâ€™m ecstatic! And thatâ€™s exactly what the Soft Star RunAmoc Moc3 offers.

Looks

At first, they looked a little funky to me, but as I studied them longerâ€¦they still looked funky. Itâ€™s true, theyâ€™re basically an upgraded sock, but thatâ€™s what I love about them. Even compared to the Vibram Five Fingers, the Moc3â€™s just tend to grab more attention.

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Maybe because they look as if they are some sort of business casual shoe when you first see them, but then you notice you can see the personâ€™s toes poking through the thin leather uppers. Not to mention how thin the whole shoe looks/is.

The looks have actually grown on me, and Iâ€™m completely happy with their design. Besides, barefoot/minimal shoes arenâ€™t meant to fit in and they shouldnâ€™t, they deserve to stand out from the rest!

Fit and Feel

No half sizes here, but for the Moc3â€™s I recommend you round down from your regular shoe size. I usually wear a 10 1/2 and got the size 10 Moc3 which still had some room inside. Note that these shoes can be worn with or without socks, and wearing socks can make your foot slip around more than if you were barefoot. I tried both ways and prefer going without socks as the shoes hug my feet better and donâ€™t slip.

Whether you have socks or not, the shoes slip on easily and are extremely comfortable. I love being able to feel the ground beneath me, and the RunAmoc Moc3â€™s allow me to do just that. Itâ€™s almost therapeutic to walk or run in the grass when wearing these shoes since you can feel the blades under your feet with every step.

At less than 5oz, it truly is as if youâ€™re just wearing some thick socks. But since theyâ€™re handmade by Elves who are actually passionate about what they do, you donâ€™t have to worry about getting any holes like you would socks! My feet feel free in the shoes, and they basically are with their soft yet sturdy construction.

Performance

These shoes are rock stars! I may not be running high mileage like back in my marathon days, but know that I could in the Moc3â€™s if I wanted. Instead, Iâ€™ve gone on daily long walks and runs with Avery and even incorporated â€œstroller hill sprintsâ€• in the shoes.

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The Moc3â€™s offer the best barefoot running experience Iâ€™ve ever had, hands down. Even the Vibram Five Fingers seem less minimal after wearing the Soft Stars. Donâ€™t get me wrong, I still like and enjoy the â€œVFFâ€™sâ€•, but Soft Star is my new go-to shoe.

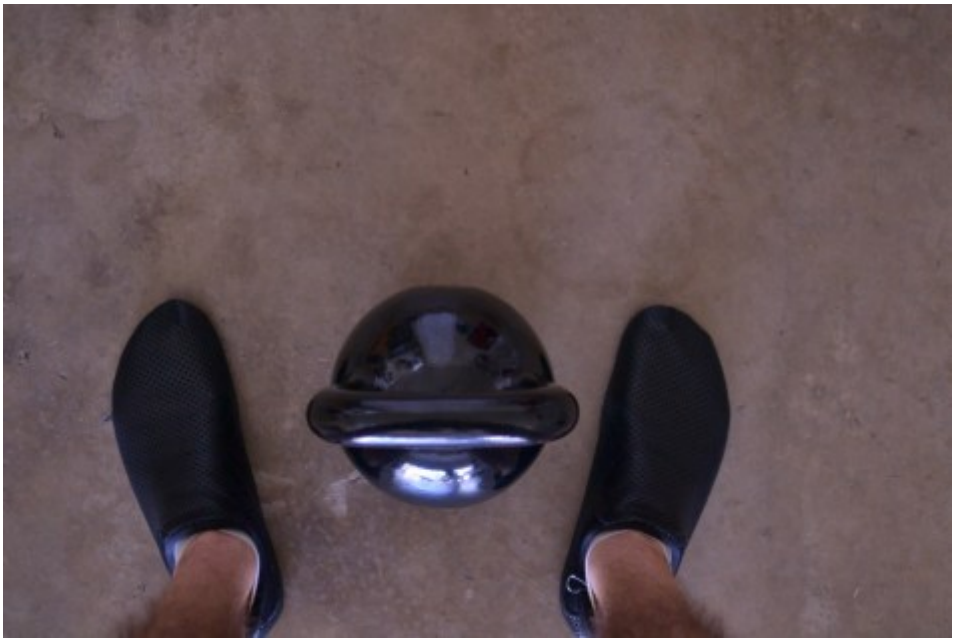
I tried running with and without socks, and prefer no socks the best. When I did wear socks, my feet would slide around and the heel would slip every so often like they were going to come off. Without socks, the shoes hug my feet better and feel more like they are just a part of me, not something loosely attached to the end of my limbs.

Running is a liberating movement, and the Moc3â€™s allow me to take things a step (ha ha) further by making everyday activities liberating too. Like, for instance weightlifting.

When lifting weights, ideally we would be barefoot to connect better with the ground and be more stable. Think of all of the cushioning on standard shoes like standing on pillows when trying to squat heavy weight. The end result would NOT be pretty!

Thankfully, the zero drop, super flexible, and high quality construction of the Moc3â€™s make them perfect for any weightlifting session. I normally wear a minimal shoe with a 4mm drop, and after lifting in the Moc3â€™s, I could feel my leg muscles activating more which surprised me at first. I didnâ€™t think it would be a big difference, but these are now the only shoes Iâ€™ll use on leg day.

The Vibram soles provide plenty of traction which comes in handy when performing any of the Olympic lifts or HIIT exercises. CrossFit type of workouts is another area where the shoes shine as their grip and light weight instill confidence from kettlebell swings to burpees, to box jumps.



Durability

Iâ€™ve worn the Moc3â€™s for several weeks now, and never wore any other shoes in that time besides when it was raining. Side note: the ultra minimal nature of these shoes means they are not water resistant, so they WILL NOT absorb water when stepping in puddles. I found out the hard way, but they do dry out and clean up easily!

In wearing these shoes all day every day where I spend most time on my feet, going for walks/runs with Avery, cooking in the kitchen, playing on the playground, lifting weights, and performing high intensity interval training, the shoes still look great! I managed to scrape my toes going over an obstacle when running, and all I have is a scuff, but besides that, these things hold up well!

Seriously, itâ€™s hardly noticeable. After dealing with stitching coming undone on my Vibram Five Fingers, I am completely happy with how well the Soft Stars are constructed and absolutely love that they are handmade right here in the U.S.A!

Summary

Their light weight, high durability, and zero drop are key factors making the Soft Star RunAmoc Moc3â€™s my new favorite shoe. The fact that theyâ€™re slip-on is what I love, but can see this being a drawback to some wanting a more snug fit. That said, ditch your socks and you should be just fine.

I love how you can feel so much under your feet in these and it makes me feel more connected to the earth. Call me a hippie if you want, but nothing compares besides actually going barefootâ€¦just beware of sharp objects! Being able to quickly slip these shoes on to go workout or just go to the local coffee shop makes them perfect for anyone looking to get a minimal shoe that is multi-functional. Oh, and, absolutely necessary for any parent with little ones running around!

Soft Star Kids Shoes

As a Soft Star Shoes Ambassador, Iâ€™ll be talking more about these shoes for a while. I have confirmed I love them for myself, but they also make childrenâ€™s shoes by hand and Iâ€™m thinking Avery needs to have herself a pair soon! Check out all they have to offer on their site and have fun with the create your own feature.

Hopefully this review will have you ordering your first pair soon and youâ€™ll be opening a package to find this glorious sticker with your new foot huggers carefully wrapped inside.

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