



zero drop means

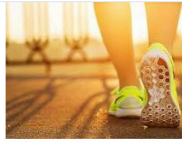


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Zero-drop running shoes start with aligning the ball of the foot evenly with the heel. The heel and the ball end up the same height from the ground, whether that is directly on the ground or sitting above a cushy midsole. The term "**zero-drop**" literally means that there is no **drop** from the heel to the toes.



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