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                                                Writing Assignment Pt3

            Being that there can be data on anything for distance runners like data for oxygen intake, bone structure, what type of shoes you should wear for a race, what is the best running pace, what injuries are at risk while running, and etc. I chose to go with the type of shoes to run in, an article I found that supports this topic is called “Ground reaction force differences between running shoes, racing flats, and distance spikes in runners.” This article is a good example of Brooke’s article “The Philosophy of Data”; it represents how data today can be used to do support most of the things in the world. People will assume that since it’s just running they will ask “does it really matter what type of shoes you wear?” they don’t actually realize that there is data behind the different types of shoes there is. The article also discusses how the results also differ from males and females when both genders do trails in the shoes.

 For example, racing flats has the greatest peak vertical impact with females, but for male’s spikes has the greatest vertical impact. In the experiments the type of shoes that was used was running shoes, running flats, and spikes. The runners that participated in the experiment had to run in the different type of shoes on trails and hard surfaces. Plus, force plates were used to collect data and standard deviation was used to find the results. Running also has a psychology aspect to it; you have to be prepared mentally to run at full potential. That’s when Brooks’ article “What data can’t do?” comes in to explain what kind of data cannot be collected. Basically he says that data can’t collect someone’s emotion or how they feel. The same thing can also relate to someone’s mental stability when they are going to do something, especially for distance runners. Not being mentally ready for training or races can affect runners performance, which can lead to various results. The article “Psychological determinants of specialty of elite middle- and long-distance runners” explains how the psychological aspect of training for a race can affect either the best or poor results. Poor results can lead to mixed results and mixed results can lead to false data, especially in this article where the data matters the most for finding the best training recommendation or best fitted workout intervals for runners and coaches. There has been a lot of studies that goes into this type of topic, some coaches prefer that their runners should do more mileage and workouts at 70-85%, but some scientists recommend that when runners do their workouts they should go 80-95%.  Scientists also have to keep in mind the psychological responses and stress levels that runners may encounter while trying these training methods. The article also goes in depth with others things that may concern runners, but everything else leads to or is connected with training recommendation.

In conclusion, as a distance runner myself that experienced different type of training methods and trying out different shoes for running I feel that these are important for factors you need to understand to become a better runner. Wearing the right type of shoes that suits you the best can lead to more injury prevention, better times in races, and better performance in general. The feeling of doing different training methods and different paces every week can be a toll on you physically and mentally, nervousness and stress is what you are going to feel the most before and after you do a workout, but it doesn’t beat the feeling you would get when your coach tells you good job or you’re improving. I strongly agree with the Brook articles because data is progressing today and it can support most of the things in the world even if someone doesn’t believe so. Finally, if there was data behind a person’s emotion then there can be data behind anything.