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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 pace running, what injuries are at risk while early, and etc. I chose to go with the type of shoes to run with an article I found that supports it and it’s 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 your 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 discuss how the results also differs 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 males spikes has the greatest vertical impact. In the experiments the type of shoes that was used was running shoes, running flats, and spikes. Plus, force plates was used to collect data and standard deviation was used to find results. Running also has a psychology aspect to it, you have be prepared mentally to run at full potential. That’s when Brooks’ article “What data can’t do?” comes in to explain what data do. 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 can affect runners performance which can lead to poor results. The article “Psychological determinants of specialty of elite middle- and long-distance runners” explains how the psychological aspect of training for a race affects results.