

CWSF 2012 - Charlottetown, Prince Edward Island



Erin Hansel

Run Like Barefoot - Which Shoes Should I Choose?

Challenge: Health

Category: Junior

Region: East Parry Sound

City: Powassan, ON

School: South Shore Education Centre

Abstract: This experiment compares stride length, cadence, and foot strike position while running barefoot and in four different running shoes, to determine which shoe allowed the runner to run most naturally, like barefoot. The Inov-8 195, a minimalist type shoe, produced results most similar to running barefoot for both runners tested.

Biography

Erin was born in Fort St. John, British Columbia, but moved to the small town of Powassan, Ontario before the age of two. She is 13 years old and in grade 8. Erin participates in all sports at school, excels in long distance track and cross country running, and has competed at the Ontario Provincial cross country championships for the last five years. She also enjoys playing piano, collecting Nancy Drew books, and outdoor activities such as camping, swimming, hiking and biking. This is Erin's first time at the Canada Wide Science Fair. Her science fair project was designed to help her choose her next pair of running shoes, those that allow her to run most naturally.