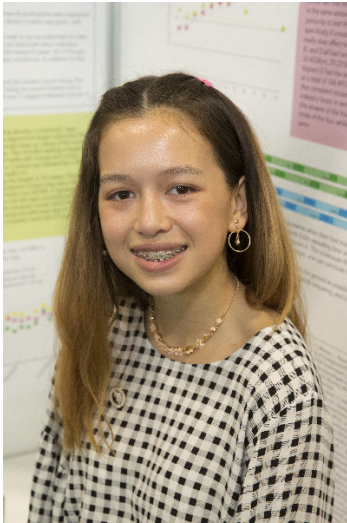


CWSF 2019 - Fredericton, New Brunswick



Hannah Dao

The Biomechanics of Running

Challenge: Health

Category: Intermediate

Region: Manitoba Schools Science Symposium

City: Winnipeg, MB

School: Maples Collegiate Institute

Abstract: Hannah Dao's science fair project, The Biomechanics of Running was inspired by her interest in track and field. She wanted to design a project that could be used in the everyday life of athletes. "Does keeping a consistent stride affect speed?" will be one of Hannah's main focuses as she carries out her experiments and data collection.

Biography

Hannah Dao is a Grade 9 student at Maples Collegiate in Winnipeg, Manitoba. In 2019, Hannah switched her athletic activities from soccer to track and field. These two sports have very different styles of running. Soccer requires longer strides while track requires shorter, faster, strides. She began to question: "What really is the fastest style of running?". This was her inspiration behind her science fair project, The Biomechanics of Running. So far this year Hannah has participated in sports activities such as volleyball, basketball, badminton, track and field, swimming, and soccer. She has competed at the Provincial level for track and field in the medley relay, long jump, and triple jump. She hoped to design a project that would help her and others with everyday life, as they enjoy sports and general well being. If she was given the opportunity to improve her experiment, she would love to have a larger amount of participants, as well as access to a device that measures the force of one's foot pushing off the ground while running, also known as foot strike. Hannah's advice for future participants would be: "Don't do tomorrow what you can do today."