Annotated Works Consulted

"Barefoot Running." *Sportscience*. N.p., n.d. Web. 15 Mar. 2011. <http://www.sportsci.org/jour/0103/mw.htm>. This is a good website because it gives scientific facts about people running barefoot.

"Barefoot Running May Have Health Benefits." *WebMD - Better information. Better health.*. N.p., n.d. Web. 15 Mar. 2011. <http://www.webmd.com/fitness-exercise/news/20100127/barefoot-running-laced-with-health-benefits>. This is a good website because it will be able to answer one of my questions about why running barefoot is good for you. this website is realiable because it is reviewed by Louise Chang, MD

Burfoot , Amby . "Should You Be Running Barefoot?." *Runner's World: Running Shoes, Marathon Training, Racing*. N.p., n.d. Web. 15 Mar. 2011. <http://www.runnersworld.com/article/0,7120,s6-240-319--6728-0,00.html>. This is a good website because it can answer one of my questions about barefoot running competition. I think this source is creditable and reliable because the website is called runner world

Fitzgerald, Matt . " The Barefoot Running Injury Epidemic."  *Competitor Running is the leading source for news, training and information in the world of Running and Marathons*. N.p., n.d. Web. 15 Mar. 2011. <http://running.competitor.com/2010/05/features/the-barefoot-running-injury-epidemic\_10118#>. This is a good website because it can answer a question about injurys barefoot running can cause. This website is crediable accurate and reliable because Matt Fitzgerald is a senior editor at Competitor Group.Matt has written 17 books, and counting, including Brain Training For Runners and Racing Weight.

"The Running Barefoot." *The Running Barefoot*. N.p., n.d. Web. 14 Mar. 2011. <http://therunningbarefoot.com/>. I like this site because of the information it has. some of the information tells you about races that are upcoming all over the country.Also it gives info on techniques for running barefoot. This is very useful for my esstional questions. This is a credible accurate and reliable because its been a website since 1997.

"Vibram FiveFingers Barefoot Running FAQ." *Vibram FiveFingers : Barefoot Sports Shoes : Toe Shoes & Minimalist Shoes*. N.p., n.d. Web. 15 Mar. 2011. <http://www.vibramfivefingers.com/faq/barefoot\_running\_faq.htm>. This is a good website because it sells and gives facts of barefoot running shoes. This is creditable a reliable because it is a company

Weiner, Adam. "Will Running Barefoot Cure What Ails Us? | Popular Science." *Popular Science | New Technology, Science News, The Future Now*. N.p., n.d. Web. 15 Mar. 2011. <http://www.popsci.com/entertainment-amp-gaming/article/2009-05/running-barefoot>. This website is ok because it can maybe give me good info. I dont think this is creditable and reliable because it seems like theres alot of opinions by the author

than, no more. "Running Barefoot: Training Tips." *Running Barefoot: Home*. N.p., n.d. Web. 9 Mar. 2011. <http://www.barefootrunning.fas.harvard.edu/5BarefootRunning&TrainingTips.html>. I like this website because it can answer one of quetions about barefoot running technique.This looks credible and accurate because the website has vidios that show proper form.

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