

Annotated Bibliography Web-Based Research

Bloom, Marc and Smythe, Steve. "Top 10 Running Surfaces." *Runner's World*. 6 Jan. 2002. <<http://www.runnersworld.co.uk/news/article.asp?sp=&v=1&UAN=152>>

This is a great article because it gives information on what the best running surfaces are. It goes into detail with pros and cons of 10 different surfaces and rates them based on what they have to offer.

This *Runner's World* article is great for the research paper because it says why some surfaces are better than others for running. It gives pros and cons for each of the 10 surfaces and will be useful when writing the final paper.

Cosgrove, Alwyn. "How to Pick a Gym." *Men's Fitness*. Aug. 2005.
<http://www.findarticles.com/p/articles/mi_m1608/is_6_21/ai_n14839701>

The article by Cosgrove gives 10 things that a person should consider before joining a fitness center. These 10 tips will give a prospective member a great sense of what the gym atmosphere will be like so that they may choose the fitness center that best fits them.

This article is somewhat useful because it offers ideas on what is looked for in a fitness center. Hopefully this information will come in useful sometime during the writing of the final research paper.

Gray, Scott. "Treadmills Can Help You Achieve and Maintain a Healthy." *Fitness.com*.
<http://www.fitness.com/articles/13/treadmills_can_help_you_achieve_and_maintain_a_healthy_lifestyle.php>

This article is strictly about how treadmills work the body out and some of the benefits they provide. It also talks about different features that treadmills should have to so that they best fit you.

This article will be helpful because it talks about how useful treadmills can be. It gives details on features like the motor, frame speed, and others that are important to choosing a treadmill that fits best.

Gresham, Gary. *Elliptical Workouts*. 2005. Ezine Articles.
<<http://ezinearticles.com/?Elliptical-Workouts&id=27142>>

In this article, Gresham talks about the types of workouts that one can expect while using an elliptical machine. Gresham starts off explaining how to use the machine, explains what it does for the body, and then gives a rough estimate of the most effective time span when it comes to using an elliptical. He then ends the article saying that the elliptical gives a good amount of workout in the shortest amount of time.

This article is useful when it comes to describing the elliptical machine and its benefits. The explanation of what the machine actually does along with an explanation of how to use it will give the reader a better understanding of what the machine is. The time estimate is also good because it will help calculate good workout times.

Gustafson, C.J. *Cycling Your Way To Fitness*. 2005. Best Home Gyms.
<<http://www.info-guide.org/exercisebikes/>>

Gustafson does a great job in this article of the talking about the benefits of using stationary bikes, the different types of bikes, popular models, and a comparison of the stationary bike with the elliptical machine. Gustafson says that stationary bikes are still the best choice for overall fitness and low impact workout. The different types of bikes available for standard bikes are single or dual action models. The dual action model gives a higher workout because it has levers to work the upper body as well as the lower body.

Like the articles describing the treadmill and the elliptical machine, this one gives great insight into the world of stationary bikes. It provides valuable information on the types of bikes as well as the kind of workout it gives you. At the end of the article, there is a useful comparison between the stationary bike and the elliptical machine.

Holder, Amy. *Urethane*. 2006. About Construction.
<www.aboutconstruction.org/urethane.php>

This article talks about the uses of the material urethane. It has many benefits when it comes to making running tracks, as its elasticity and strength remain the same as it hardens. Urethane is also very durable, as it is resistant to erosion and many types of grease, oils, and other chemicals. The best attribute it has when it comes to running tracks is that it can be stretched into different shapes while still maintaining its original properties.

This article will be very useful when it comes to writing about the running track at CRCE. It provides great information on the material that many tracks are made of today. Urethane works amazing for these tracks and the article will give readers greater detail of the properties of this material.

Leggatt, Jamie. "Selling Fitness." *American Fitness*. May-June. 2004.
<http://www.findarticles.com/p/articles/mi_m0675/is_3_22/ai_n6057272#continue>

The article by Leggatt is about how to market fitness and different techniques in order to attract new customers as members. Leggatt starts out by saying that the sales department of a company is what keeps it in business, and so a person can think of a fitness center as a company. She says that sales reps focus too much on meeting quotas rather than understanding customer needs.

This article may not be as helpful as the other articles gathered for this research paper because it deals with how fitness can be marketed and how to attract customers. Since the research is more about the machines and reasons for using them, something as general as the fitness center may not be helpful

Schlosberg, Suzanne. "Outdoor Running vs. Treadmill – Fitness Q&A." *Shape*. Sep.2003. <http://www.findarticles.com/p/articles/mi_m0846/is_1_23/ai_107488106>

This article is in a question answer format and gives information on why a person should use either a treadmill or run outdoors. It goes into detail about other aspects of running as the article goes on.

This is an article that gives great information for the research paper. It shows the argument of running outdoors vs. running on a treadmill and that is similar to the actual observation of running indoor track vs.. a treadmill. This will be essential when writing the final research paper.

Unknown. *Treadmills Buyer's Guide*. 2006. Nordictrack.
<http://www.nordictrack.com/nt/v5/buyers_guide.html?bid=11182&GCID=S14083x001&KEYWORD=treadmill%20reviews>

This article is about benefits of using a treadmill and how a treadmill is the most effective fitness machine in terms of burning calories. The article is more of a guide to buying treadmills and provides the reader with features to keep in mind when purchasing a treadmill. These include the motor, speed, control panel, frame, heart-rate monitors, and other important features to keep in mind.

An article like this will be useful when talking about the benefits of using a treadmill. Since CRCE is full of treadmills, the article fits well into the paper and its information and advice can be used in helping to explain why it is that people choose to use the treadmill instead of the running track.

“Treadmill vs. Elliptical Trainer.” *Elliptical Trainers*. 2006.
<http://www.ellipticaltrainers.com/articles/elliptical_treadmill.htm>

This is a great article for the research experiment because it talks about the differences between the elliptical machine and the treadmill. These are the two most popular cardiovascular fitness machines used in today’s world of fitness. The treadmill has been around for a number of years and provides users with the regular exercise of walking or running on a stationary platform. The elliptical machine is a newer device that can be beneficial to the whole body and is quickly gaining popularity among today’s fitness machine users.

The article starts out describing the treadmill first, defining it through Webster as “a device worked by treading an endless belt.” Treadmills have changed over time and can now be considered more than just “an endless belt.” These updated machines of course have the standard exercise options of walking, jogging, and running, but now they perform new functions, such as simulating a hill and having an incline while walking or running.

The treadmill is a great machine for burning calories, building bone density, and maintaining good cardiovascular health. The intensity of the workout though is proportional to the time spent, meaning that in order to achieve the same goal, with less intensity, more time would have to be spent at the machine. Most of these new treadmills have preset workouts or intensities built into the system and can be easily used by anyone on the machine.

As with beginning any new exercise program, a person should always start out with a lower intensity and work their way up. As a person’s fitness level increases, they will begin to notice that lower intensities are easier and will have to increase their workout intensities in order to achieve the same workout.

Running on a treadmill can be much less punishing on the runner also. If the treadmill running surface is cushioned, there will be less impact on the runner’s knees, shins, ankles, and back. Therefore, that runner is less likely to sustain any type of running injury than if he/she were to run on a concrete or pavement surface. Regardless of surface type though, there will always be a surface impact of about 2 _ times a persons body weight whenever that person steps.

Of course the greatest benefit of a treadmill is that it can be used indoors. Regardless of the weather, a person will always have the facilities to use a treadmill and get a great workout whenever they want.

Elliptical machines on the other hand are much newer than the treadmill. They have really increased in popularity over the last couple of years though, as more and more people realize the benefits it offers.

Elliptical machines are great in the fact that they allow the user to burn the same amount of calories as jogging but with no risk of injury due to constant impact. By having their feet never leave the pedals, an elliptical user has low impact on his body, therefore causing almost no risk of injury to the knees, shins, ankles, and back. An elliptical can be compared to running in midair, where a person's body isn't required to absorb the impact of every step. These machines imitate the motions of a normal elliptical step so they still give the leg a complete workout.

Another great feature of the elliptical is that it also works out the upper body, something the treadmill does not do. The dual handlebars give the upper body a sense of cross-country skiing, therefore making this machine much more effective. Because of the upper and lower body workouts, a person's heart rate climbs at a much faster rate, burning more calories in the amount of time than a treadmill would.

An interesting option on the elliptical is the direction of the foot pedal. The elliptical pedals can go forward and backward, adding another dimension to the workout. This is because going forward and going backward provide exercise two different groups of muscles. It just goes to show the versatility of the elliptical.

There are also studies that have shown that the elliptical can trick you into believing you are working easier than you actually are. This is called "The Rate of Perceived Exertion" and is great because it makes people feel as though they aren't working out as hard as they are. The elliptical is also a good machine for building bone density and can actually improve bone thickness.

Overall, the article says that the elliptical is a safe and efficient machine that is really getting popular nowadays. As people become more fitness conscious, they will learn the benefits of what the elliptical can do and maybe one day the elliptical usage will actually pass that of the treadmill.

This is an incredibly useful article that will fit the theme of the final research paper perfectly. It provides a great comparison to two of the fitness machines that the subculture at CRCE uses on a daily basis. The treadmill and elliptical machine are two of the most popular machines and it is really beneficial to the paper to find an article like this one which gives great insight into what each machine does, how it affects the body, and all of the other benefits they provide.