

## Process Paper

1. In order to choose our website topic, we discussed our similar interests. It took us a few weeks to find inspiration and within this time period we came upon a discussion about Roger Bannister, with a close friend. He educated us on who he was and how his mile changed the world. After having this conversation, we decided to further look into Roger Bannister. We found this topic particularly interesting and we had both been a part of the track team at our school. This influenced our decision that, and helped us to make our topic relatable.

2. To conduct our research, we started by looking for newspapers on the *Library of Congress*. We then watched documentaries of Roger Bannister running the sub-four-minute mile or interviews with him to see his impact on others. We were interested at first in educating ourselves on what it did to influence the world then we began looking into the science behind this feat. After learning about the mile and its impact we began looking at about Roger Bannisters future, learning about his run for charity, his family, and his medical career. Upon looking into this, we learned about his job as a neurologist and his family of six. After this we discovered photo's, graphs, interviews, and multimedia to upload on our website to better help readers grasp our topic.

3. When selecting our presentation category, we initially decided upon a documentary as we had done a website in previous years, however, after a few weeks of research we decided to do a website again as we both felt we could use our knowledge from the previous years for the betterment our project. Picking our project category was the most integral part of our project besides our research as it influenced its tone. We also felt it would challenge our alibies more than a documentary being that the layout could help to improve our creative ability.

4. Our project relates to this year theme of *breaking barriers* because it shows how by shattering the four-minute mile time, Roger bannister changed track. He made the interval training method and light weight shoes famous as they are now a common practice in track and field. Roger Bannister is known as an inspiration for runners around the world because of his remarkable mile and perseverance. This fits into the topic because even after he was told that he could not complete the mile, he still accomplished the thought to be impossible and was able to shine a new light on track by breaking through the mental barrier created by doctors.