

## The NURMI Study – Join us and take part in our comparative running study!

The NURMI Study (NURMI – Nutrition and Running High Mileage) is an international interdisciplinary comparative study of running, the aim of which is to investigate the endurance performance of omnivorous runners compared with vegetarian and vegan runners and create a broad body of scientific evidence.

A large number of participants is needed in order to provide well-founded evidence.

Therefore we are inviting **all runners (any distance and any level of performance)** to take part in what is probably the most important study of running ever so that together we can really achieve something.

Join in!  
Take part in the NURMI Study  
and make an important contribution to *your* sport – running!

[www.nurmi-study.com](http://www.nurmi-study.com)

### Timescale:

	STEP 1	STEP 2	STEP 3
	<b>Preliminary study to the main NURMI study</b>	<b>Main NURMI Study: Questionnaire</b>	<b>Main NURMI Study: Field study</b>
<b>WHO?</b>	Runners over all distances any level	Runners of min. half-marathon distance, any level	
<b>WHAT?</b>	Short online questionnaire STEP 1	Online questionnaire STEP 2 More details available from 1. 2. 2015*	Running event of min. half-marathon distance Short online questionnaire STEP 3*

THE NURMI-Study – Nutrition and Running high Mileage				
	1. October 2014 → 31. December 2015			
	STEP 1	STEP 2	STEP 3	
1. October 2014	Start 1. October 2014			
		Start 1. February 2015	Start 1. March 2015	1. February 2015
↓	↓	↓	↓	↓
31. December 2015	End of data collection: 31. December 2015			31. December 2015