

On your marks, get set, go! ...

## **NURMI – Nutrition and Running high Mileage Start of probably the largest study of running in Europe even for English-speaking runners all over Europe: The NURMI Study**

**28 December 2014: Today marks the start of the NURMI Study even for English-speaking runners all over Europe**

1 October 2014 marked the start of the NURMI Study

---

**Study:** <http://www.nurmi-study.com/en/>  
Comparative study of running  
International (researchers from four countries)  
Interdisciplinary (three disciplines: sports science, nutrition, medicine)

**Team:** <http://www.nurmi-study.com/en/team/>  
*Project Coordinator:*  
Dr Katharina Wirnitzer, Austria – sports science  
*Core team of scientists:*  
Prof. Claus Leitzmann, Germany – nutrition  
Prof. Peter Clarys, Belgium – sports science  
Prof. Beat Knechtle, Switzerland – medicine  
Dr Markus Keller, Germany – nutrition  
Dr Katharina Wirnitzer, Austria – sports science

**Aim:** <http://www.nurmi-study.com/en/mission/>  
Study of the sporting ability of omnivorous, vegetarian and vegan runners

**Calendar:** <http://www.nurmi-study.com/en/timescale/>  
*Duration:* 1 October 2014 to 31 December 2015  
*Participants:* Runners (omnivorous, vegetarian, vegan)  
*3 stages:* STEP 1: Preliminary study – start 1 October 2014  
**STEP 1: Preliminary study in English – start 28 December 2014**  
STEP 2 & 3: Main NURMI study – start 1 February & 1 March 2015

**Partners:** <http://www.nurmi-study.com/en/partners/>  
Without support it would not be possible to carry out such a large scientific project. If *you too* would like to sponsor the NURMI Study, we should be pleased to hear from you.

---

**Press:** <http://www.nurmi-study.com/en/press/>  
Here you will find additional information for download (e.g. logos, pictures).  
If you would like to know how the NURMI Study is progressing we should be pleased to add you to our list of press contacts.  
We shall be very pleased to read what you write about us.

*Queries:*  
Dr Katharina Wirnitzer  
[info@nurmi-study.com](mailto:info@nurmi-study.com)

**NURMI – How it all began ...**

Dr Katharina Wirtz set up this comparative study of running in order to investigate some of the still unanswered scientific questions on exercise performance and diet (omnivorous, vegetarian, vegan).

After two years' development the core team of researchers held a meeting in March 2014 to kick-start the study.

1 October 2014 marked the start of the NURMI Study.

**The NURMI Study got under way today, 28 December 2014, even for English-speaking runners all over Europe.**

---

**What is NURMI?**

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 of omnivorous runners compared with vegetarian and vegan runners and create a broad body of scientific evidence.

In STEP 1 scientists and specialists from various countries are working together to investigate epidemiological aspects (e.g. age, sex, proportions of omnivorous, vegetarian and vegan runners at running events) and in STEPS 2 and 3 the focus will be on the link between nutrition, health and running performance.

---

**Well, we're allowed to dream!**

A large number of participants is needed in order to produce representative results and well-founded evidence. Therefore the NURMI team is hoping for at least 1,500 runners and participants.

However in order to have a particularly meaningful sample the NURMI team has set itself the high target of 10,000 participants, but the figure has not been plucked out of the air.

A study carried out in the US in 1997, the National Runners' Health Study, managed to find the incredible number of 9,242 runners as far back as 17 years ago. It is this sort of impressive figure that we are aiming for.

---

**NURMI – Be part of it!**

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

Please help us to reach the target of 10,000 participants by talking about and recommending NURMI to as many runners as possible, as often as possible, wherever you are and whatever you are doing.

So: Join in!

By taking part you will be making an important contribution to your sport – running!

More details at <http://www.nurmi-study.com/en/> and you can follow us on social media.

---