

The NURMI Study – the largest study of running in Europe is up and running!

With 1,400 participants, to Berlin for a meeting marathon

Full speed ahead to the start of STEP 2 and STEP 3

After only two months, with 1,400 participants in the bag, the NURMI team is going to Berlin for a meeting marathon:

Thursday	27 November 2014	NURMI press conference, Berlin
Friday	28 November 2014	2nd NURMI meeting (Charité & Immanuel Hospital, Berlin Wannsee)
Saturday	29 November 2014	NURMI team at the 3rd VegMed
Sunday	30 November 2014	NURMI press conference, Berlin

The preparations for the start of STEP 2 and STEP 3 of the NURMI Study are already up to speed. The whole team will meet **in Berlin this weekend for the second time** (Charité & Immanuel Hospital, Berlin Wannsee) to ensure that stages 2 and 3 run smoothly and successfully.

Information on the start of STEP 2 and STEP 3 will be on the NURMI website <http://www.nurmi-study.com/en/> from 1 February 2015.

Important: **All stages (STEP 1 to STEP 3) run until 31 December 2015 so you have until 31. 12. 2015 to catch up,** e.g. if you don't find out about us until Summer 2015 or injury puts you 'out of the running' until Autumn or even Winter 2015.

News: **Since 28 December 2014 the NURMI website is available even in English.** This date marks the start of the NURMI Study even for English speaking runners all over Europe and so that all English-speaking runners can take part.

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/>
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/>
Health and exercise performance of omnivorous runners compared with vegetarian and vegan runners

Calendar: <http://www.nurmi-study.com/en/timescale/>
Duration: 1 October 2014 – 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

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 met for the first time 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.

Only two months after the NURMI Study began on 1 October 2014 1,400 people had already signed up.

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!

As a participant 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.
