

## The NURMI Study – 3,835 runners took part

All the data on the more than 3,800 NURMI-runners who took part in the largest study of running in Europe have now been collected.

Data analysis and publication will start with the March meeting in Tyrol.

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**January 2014: Milestone publication on the 1<sup>st</sup> pilot study, bikeeXtreme**

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

**January 2016: 2 years later analysis of data collected during the 2<sup>nd</sup> pilot study, the NURMI Study, begun**

After the minimum number of participants of 1,500 runners had been reached in only 3 months, data collected over a period of more than a year from the largest study of running in Europe, with 3,835 runners, is now being analysed and published.

**Many thanks** to all participants, partners, prominent supporters and media partners: it was you have made NURMI a success – without you none of it would ever have been possible!

<b>Preliminary NURMI study STEP 1</b>	<b>3,835 runners</b>	<b>omnivoros:</b>	<b>1,374 runners</b>	<b>= c. 35.8 %</b>
		<b>vegetarian:</b>	<b>962 runners</b>	<b>= c. 25.1 %</b>
		<b>vegan:</b>	<b>1,499 runners</b>	<b>= c. 39.1 %</b>

***No liability assumed for the information provided!***

The initial findings were published in Autumn 2015 and are currently being reviewed.

With this welcome news the NURMI team are travelling to Austria for the 3<sup>rd</sup> meeting. Preparations for the **3<sup>rd</sup> NURMI meeting in Tyrol at the beginning of March 2016** are already up to speed. This conference will discuss data analysis and publication and how best to carry them out successfully.

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**Press:** <http://www.nurmi-study.com/en/press/>

Here you will find additional press material (e.g. logos, photographs) for downloading.

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:**

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The latest details are at [www.nurmi-study.com/en](http://www.nurmi-study.com/en) and you can follow us on social media.

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**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. Beat Knechtle, Switzerland – medicine  
Prof. Andreas Hahn, Germany – nutrition  
Dr Markus Keller, Germany – nutrition  
Dr Pantelis Nikolaidis, Greece – sports science  
Dr Katharina Wirnitzer, Austria – sports science

**Partners:** <http://www.nurmi-study.com/en/partners/>  
Without support it would not have been 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.

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### **NURMI – How it all began ...**

Dr Katharina Wirnitzer set up this comparative study of running in order to investigate some of the still unanswered scientific questions on sporting 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.

### **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. 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.

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