

The NURMI-Study – Join in and take part in the comparative study of running!

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 probably the most important study of running 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/en

Overview timescale:

| | Main NURMI-Study: STEP 2 questionnaire | Main NURMI-Study: STEP 3 field study |
|--------------|---|---|
| WHEN? | Start: 1. February 2015 (DE) Start: 1. September 2015 (EN) | Start: 1. March 2015 (DE) Start: 1. September 2015 (EN) |
| WHO? | Runners from half-marathon distance, all levels | |
| WHAT? | Online questionnaire STEP 2 Recommendations to prepare for your NURMI running event | Recommended laboratory testing Finish half-marathon or marathon Short online questionnaire STEP 3 |

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.

This means that your participation is even possible on the very last day of data collection, for example a running event on New Years Eve coping half-marathon or marathon distance.

www.nurmi-study.com/en/timescale
