

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



Detailed timescale:

The main NURMI-Study is created to investigate health and exercise performance of runners.

Please take good care of your personal login details (see Registration) throughout the main NURMI Study and do not divulge them to anyone else.

You can use your login details to log in again at any time and complete the main NURMI Study with the short online questionnaire in STEP 3. In this way the details in STEP 3 will be added to your data from STEP 2.

STEP 2 - EN: Start 1. September 2015

- Choose your running event in Europe as NURMI event: half-marathon or marathon
- Detailed online questionnaire STEP 2 (kindly supported by WHO and RKI)
- Recommendations to prepare for your NURMI running event (see Infosheet for download)

STEP 3 - EN: Start 1. September 2015

- Recommended laboratory testing to prepare for the NURMI running event (no more than 2 weeks before the NURMI running event, see Infosheet for download)
- Finish half-marathon or marathon as NURMI running event
- Short online questionnaire STEP 3 (immediately after running event)

Full information on the NURMI-Study:

- ✓ Short online questionnaire STEP 1
- ✓ Detailed online questionnaire STEP 2
- ✓ Recommended laboratory testing to prepare for the NURMI running event
- ✓ Finish NURMI running event
- ✓ Short online questionnaire STEP 3

