

# The largest study of running in Europe is hotting up

1 February 2015: the main NURMI Study starts today.

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**With 2,120 participants the NURMI Study, the largest study of running in Europe, is hotting up as STEP 2 gets off the starting blocks today.**

Only four months after the NURMI Study began on 1 October 2014 2,120 people are already lined up to take part in STEP 2 of the main NURMI Study.

Preparations for the start of the main NURMI Study have been going flat out since November 2014 (the NURMI meeting in Berlin). This is where we're up to now: the main NURMI Study starts today, 1 February 2015, with STEP 2. STEP 3 follows on 1 March 2015.

All the details about STEP 2 and STEP 3 of the main NURMI Study are on the NURMI website at

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

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- Study:** [www.nurmi-study.com/en](http://www.nurmi-study.com/en)  
Comparative study of running  
International (researchers from four countries)  
Interdisciplinary (three disciplines: sports science, nutrition, medicine)
- Team:** [www.nurmi-study.com/en/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  
Dr Markus Keller, Germany – nutrition  
Dr Katharina Wirnitzer, Austria – sports science
- Aim:** [www.nurmi-study.com/en/mission/](http://www.nurmi-study.com/en/mission/)  
Health and sporting performance of omnivorous, vegetarian and vegan runners
- Calendar:** [www.nurmi-study.com/en/timescale/](http://www.nurmi-study.com/en/timescale/)  
*Total period of Study:*  
1 October 2014 to 31 December 2015  
*Important:*  
**All stages (STEP 1 to STEP 3) run until 31 December 2015  
so you have until 31.12.2015 to catch up**  
for instance 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.
- Participants:** Runners from half-marathon distance (omnivorous, vegetarian, vegan)  
Currently 2,120 runners have signed up.
- Prominent supporters:** [www.nurmi-study.com/en/supporters](http://www.nurmi-study.com/en/supporters)  
Prominent supporters of the NURMI Study (in alphabetical order)

**Partners:** [www.nurmi-study.com/en/partners](http://www.nurmi-study.com/en/partners)

Without support such a large scientific project would simply not be feasible. If *you too* would like to sponsor the NURMI Study, we should be pleased to hear from you.

**NURMI goes** [www.nurmi-study.com/en/](http://www.nurmi-study.com/en/)

**English:** Since December 2014 the NURMI website has also been available on the website in English and therefore accessible to all English-speaking runners in Europe. Soon it will also be available on the website in Spanish.

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**Press:** [www.nurmi-study.com/en/press](http://www.nurmi-study.com/en/press)

Here you will find additional information for download (e.g. logos, press releases).

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)

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### **NURMI – How it all began ...**

This comparative study of running was set up by the project coordinator, Dr Katharina Wirnitzer. The NURMI Study got under way on 1 October 2014 with STEP 1. Today, 1 February 2015, after only four months, STEP 2 is already starting with 2,120 runners taking part in the main NURMI Study.

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### **What is NURMI?**

The NURMI Study (NURMI – Nutrition and Running High Mileage) is an international interdisciplinary comparative study of running.

In STEP 1 scientists and specialists from various countries are working together to investigate epidemiological aspects and the prevalence of omnivorous, vegetarian and vegan runners at running events and in STEPS 2 and 3 they will also study the link between nutrition, health and running performance.

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

A large number of participants is needed in order to produce representative results and well-founded evidence. With currently 2,120 people signed up, the NURMI Study is on track to reach the target of 10,000 participants. There are still 11 months to go.

The NURMI team has set itself a high target but the figure of 10,000 participants 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.

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### **NURMI – Be part of it!**

Therefore we are inviting **all runners of more than half-marathon distance (any level of achievement)** 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 in STEP 2 of the main NURMI Study you will be making an important contribution to your sport – running!

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

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