

The NURMI-Study – start of publication

With 3,835 runners at the 3rd NURMI meeting (4 – 6 March 2016) in Obernberg, Tyrol, Austria.

Publication of the results of the largest study of running in Europe gets off to a flying start.

Only two months after all the data had been collected the NURMI team travelled to Tyrol with 3,835 runners 'in the bag'. Thus the largest study of running in Europe returned to Obernberg for the 3rd NURMI meeting, two years – almost to the day – after it kicked off in March 2014.

The NURMI team accepted the invitation of project coordinator Dr Katharina Wirnitzer to Tyrol and was able to make great progress at the 3rd meeting in Obernberg.

Now that the data has been collected successfully the next steps are to analyse the data and disseminate it (teaching, international peer-reviewed publications, participating in international conferences, lectures etc.).

The NURMI team of researchers is paying special attention to encouraging and supporting its promising young scientists with their dissertations in Medicine and Nutrition Science.

The international and interdisciplinary NURMI research group receives no industry nor public funding and hence has a duty only to science and ethics.

The lives of all those working on the NURMI Study centre around the key aspects of their investigations into diet (omnivorous, vegetarian, vegan) and running performance (any level, distances up to ultramarathon) and around a healthy lifestyle (regular sports & exercise, healthy eating), which is in line with the fundamental idea of neutral scientific working.

Press: 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

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More details at www.nurmi-study.com/en and on social media.

Study: www.nurmi-study.com/en
Comparative study of running
International (researchers from 4 countries: Germany, Austria, Switzerland, Greece)
Interdisciplinary (three disciplines: sport science, nutrition, medicine)

Team: www.nurmi-study.com/en/team
Project Coordinator:
Dr Katharina Wirnitzer, Austria – sport science
Core team of scientists:
Prof. Claus Leitzmann, Germany – nutrition
Prof. Beat Knechtle, Switzerland – medicine
Prof. Andreas Hahn, Germany – nutrition
Dr Pantelis Nikolaidis, Greece – sport science
Dr Katharina Wirnitzer, Austria – sport science

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). More Details at: www.nurmi-study.com/en/mission

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.

Brief chronology of the most important milestones:

2014

<i>January</i>	Milestone publication on the 1 st pilot study <i>bikeeXtreme</i>
<i>March</i>	NURMI kick-off meeting Obernberg (1 st session)
<i>October</i>	Data collection for the NURMI study begun
<i>November</i>	NURMI Berlin meeting (2 nd session)
<i>December</i>	Minimum number of participants (1,500 NURMI runners) reached after only two months

2015

<i>September</i>	1 st NURMI publication presented (currently being reviewed)
<i>December</i>	Data collection for the NURMI study completed

2016

<i>January</i>	Data analysis for the NURMI Study – the 2 nd pilot study – begun
<i>March</i>	NURMI publication meeting in Obernberg (3 rd session) ⇒ 4 doctoral students (Medicine, Nutrition Science) ⇒ Participation in two international scientific conferences (VegMed/April, ECSS/July)
