The NURMI Study – First Publications released

The largest study of running in Europe, the NURMI Study, presented first results and released first publications by April 2016.

Appearance in chronological order:

1. Study Protocol


DOI: 10.1186/s40064-016-2126-4

2. VegMed Congress, Abstract


Abstract book is available online only: [http://vegmed.de/user/pages/03.program/_intro/FOK_S1_16_VegMed.pdf](http://vegmed.de/user/pages/03.program/_intro/FOK_S1_16_VegMed.pdf)
3. Preview: ECSS (July 2016)


21th annual Congress of the ECSS – European College of Sport Science:  

Preview of the respective Oral Session: PH Nutrition & Diets – cancelling and surveys is available online:  
http://ecss-congress.eu/2016/16/index.php/programme/scientific-programme/oral-sessions

The NURMI team is busy with the data analysis. However, complete analysis as well as publication of all the results from the NURMI Study will be conducted stepwise over the subsequent years.

The list of publications will be kept up to date: www.nurmi-study.com/en/publications

The latest details are at www.nurmi-study.com/en  
and you can follow us on social media: www.facebook.com/nurmiStudy
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:  
Dr Katharina Wirnitzer  
info@nurmi-study.com

Study:  
http://www.nurmi-study.com/en  
Comparative study of running  
International (researchers from four countries)  
Interdisciplinary (three disciplines: sports science, nutrition, medicine)

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 Pantelis Nikolaidis, Greece – sports science  
Dr Katharina Wirnitzer, Austria – sports science

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.

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.