

What questions run through a runner's mind? An observational study

No registrations found.

Ethical review	Positive opinion
Status	Recruiting
Health condition type	-
Study type	Observational non invasive

Summary

ID

NL-OMON21782

Source

Nationaal Trial Register

Brief title

MARATHON

Health condition

Not applicable

Sponsors and support

Primary sponsor: Erasmus Medical Centre

Source(s) of monetary or material Support: Not applicable.

Intervention

Outcome measures

Primary outcome

Description of questions of long distance runners about running (a marathon or half marathon). These descriptions will be classified per theme (preparation, the race itself and recovery period) and different domains (nutrition, fluid intake, injury prevention, excersise associated muscle cramps (EAMC), training etc.).

Secondary outcome

Not applicable

Study description

Background summary

Rationale: In the Netherlands there are an estimated 2,4 million recreational runners. Every year, 14.000 runners participate in the Rotterdam Marathon event. We presume that these runners have various medical or other running-related questions regarding their preparation for the race, the race itself and the recovery period. However, we don't know exactly which questions occupy runners.

Objective: The objective of this study is to identifying unanswered (research) questions amongst long distance runners. We intend to use this information to initiate meaningful research on the topics most relevant to long distance runners.

Study design: We will conduct an observational study amongst all participants of the Rotterdam Marathon event in 2019 using an online questionnaire.

Study population: Participants of the Rotterdam Marathon event 2019, aged 18 years or above.

Main study parameters/endpoints: Descriptive information of what questions long distance runners have about running (a marathon or half marathon). Classified on theme (e.g. preparation, the race itself and recovery period) and different domains (e.g. nutrition, fluid intake, injury prevention, training).

Nature and extent of the burden and risks associated with participation, benefit and group relatedness: There is no risk in participating in the study and the burden will be low. It will take 5 minutes to complete the online questionnaire.

Study objective

We expect most questions to be about prevention and emergency care during running events.

Study design

While filling out the questionnaire

Intervention

Not applicable

Contacts

Public

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Scientific

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Eligibility criteria

Inclusion criteria

- ≥ 18 years old
- Informed consent given
- Dutch and English language

Exclusion criteria

- Not willing to participate
- No control of Dutch or English language

Study design

Design

Study type:	Observational non invasive
Intervention model:	Other
Allocation:	N/A: single arm study

Masking:	Open (masking not used)
Control:	N/A , unknown

Recruitment

NL	
Recruitment status:	Recruiting
Start date (anticipated):	26-08-2019
Enrollment:	500
Type:	Anticipated

IPD sharing statement

Plan to share IPD: No

Ethics review

Positive opinion	
Date:	31-03-2020
Application type:	First submission

Study registrations

Followed up by the following (possibly more current) registration

No registrations found.

Other (possibly less up-to-date) registrations in this register

No registrations found.

In other registers

Register	ID
NTR-new	NL8489
Other	METC Erasmus MC : MEC-2018-1647

Study results