

Rotterdam Marathon Study Group - Golazo Sports



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Members of the RMSG

Introduction

- After movie
- Task Golazo-Sports and RMSG
- Our goals
- Research and commitment Load Study

After Movie



- **GOLAZO SPORTS NETHERLANDS**



MEMBERS



Dhr. S. Hofdom (Chairman),
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Dr. A.E. Hoek (Medical Advisor),
Dr. N. Dollee (Medical Advisor),
Dr. J. Alisma (Medical Advisor),
Mw. S.J Hofdom (Coördinator Medical-tent),
Dhr. E. de Ronde (Coördinator Medical-tent),
Dhr. E. Huisman (Coördinator Paramedical)

OUR GOALS

- 1. Executive
- 2. Advising
- 3. Cooperation
- 4. Scientific research and education (stimulating, facilitating, executing, supervising, and evaluating scientific research concerning running events and transfer of knowledge to event care providers) - Rotterdam Marathon Sportmedisch Congres



Research

- Risk factors for lower extremity injuries among male marathon runners - 2008
- Prevalence and incidence of lower extremity injuries in male marathon runners. - 2008
- Preventing running-related injuries using evidence-based online advice - 2017
- Stressfractuur van de femurhals bij een marathonloopster. - 2019
- Online multifactorial prevention programme has no effect on the number of running-related injuries Enhanced injury prevention programme for recreational runners (the INSPIRE study) - 2019
- Enhanced injury prevention programme for recreational runners (the SPRINT study): design of a randomised controlled trial. – 2020
- Educational online prevention programme (the SPRINT study) has no effect on the number of running-related injuries in recreational runners: a randomised-controlled trial. - 2022

Consortium Agreement

- Load Consortium
- AGREEMENT ON THE SHARING OF PSEUDONYMIZED PERSONAL DATA
(for academie research)



Research Load Study

- Work package 1 "The effects of physical activity pattern on disease progression in patients with OA" (van Middelkoop (EMC), van Meurs (EMC))
 - Involved partners Bierma-Zeinstra (EMC), Oei (EMC), Voogt (HR), Soer (Saxion), Move-Metrics, Omnigen, Golazo Sports, KNLTB, NTFU, KWBN, VSG, ReumaNederland,
 - Start date M1 End date M72
 - The objective of this WP is to investigate the impact of different types and intensities of physical activities on the progression of knee OA.
- Work package 5 "Feasibility and impact evaluation of personalised eHealth supported healthcare for osteoarthritis participants" (Koffijberg (UTwente), Kloek (Saxion))
 - Involved partners Oosterveld (Saxion), Tabak (UT), Voogt (HR), Mahy (Saxion), van Middelkoop (EMC), Teeuw (Saxion), Bierma-Zeinstra (EMC), Vollenbroek-Hutten (ZGT), MoveMetrics, ReumaNederland, KNGF, VSG, KWBN, KNLTB, NTFU, Golazo Sports; Omnigen, Ancora Health, XSens
 - Start date M49 End date M96
 - The objective of this WP is to developed and evaluate a care pathway for newly developed personalised feedback and coaching strategies.

Events LOAD Study

Participants recruitment:

- Bruggenloop 2023 (Data collection)
- City Pier City Den Haag
- NN Rotterdam Marathon
- Utrecht Marathon

Platform:

- Rotterdam Sports Medical Congress



Questions?



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SAVE THE DATE

**Rotterdam Marathon
Sportmedisch Congres**

Donderdag 11 april 2024



**ARKO
SPORTS
MEDIA**



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