



**IMMDA ADVISORY STATEMENT:  
Running and Walking for Endurance is Safe and Healthy**

This paper and statement were prepared for IMMDA by:

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*This statement was unanimously approved at the IMMDA General Assembly, May 2006.*

**ADVISORY STATEMENT:**

*Participating in endurance running and walking events is safe and should be encouraged for health reasons.*

**Discussion**

*The International Marathon Medical Directors Association (IMMDA) was formed as the Consulting Medical Committee of the Association of International Marathons (AIMS). AIMS is a global organization of marathons and other road races, formed in May, 1982. The purpose of AIMS is to i) foster and promote marathon running throughout the world, ii) recognize and work with the International Association of Athletics Federations (IAAF) as the sport's world governing body on all matters relating to international marathons, and iii) exchange information, knowledge, and expertise among its member events. AIMS' current roster numbers approximately 150 events which are conducted on all 7 continents and which includes the world's largest and most prestigious marathons.*

*The purpose of IMMDA is to i) promote and study the health of long distance runners, ii) promote research into the cause and treatment of running injuries, iii) prevent the occurrence of injuries during mass participation runs, iv) offer guidelines for the provision of uniform marathon medical services throughout the world, and v) promote a close working relationship between race and medical directors in achieving the above four goals.*

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