

Variable	Marathon runners (n=71)			Non-marathon runners (n=11)		
	Pre-M	Post-M	Comparison Pre and Post: p-value	Pre-M	Post-M	Comparison Pre and Post: p-value
BMI	25.2 ± 3.6	24.9 ± 3.5	0.009	24.2 ± 2.2*	24.1 ± 2.3*	0.800
KOOS_s	87.7 ± 16.6	90.3 ± 9.0	0.981	87.9 ± 14.2	82.8 ± 23.6	0.375
KOOS_p	93.9 ± 9.6	92.5 ± 9.0	0.121	90.6 ± 16.9	83.3 ± 28.5	0.250
KOOS_a	96.2 ± 7.6	96.2 ± 6.3	0.303	95.3 ± 8.3	88.5 ± 23.2	>0.999
KOOS_sp	91.4 ± 12.2	88.5 ± 15.5	0.133	88.0 ± 18.9	87.0 ± 26.4	>0.999
KOOS_q	89.0 ± 15.2	86.2 ± 16.2	0.096	90.0 ± 16.3	80.0 ± 28.4	0.250

Table 1: Comparison between Pre-marathon and Post-marathon BMI and KOOS scores in marathon runners and non-marathon runners who dropped out during training, respectively. *There were 2 outliers for BMI ($\geq 30\text{kg/m}^2$) so we excluded those participants from the BMI analysis. KOOS, knee injury and osteoarthritis outcome score; M, marathon.