
M. SCOTT MURR

Health Sciences Department / Furman University / Greenville, South Carolina

scott.murr@furman.edu / 864.294.3677

EDUCATION

1997	Doctorate of Education, Exercise Science / Measurement and Evaluation University of Georgia
1993	Master of Science, Exercise Science, Slippery Rock University
1984	Bachelor of Arts, Physical Education; concentration in Adult Fitness, Furman University

EMPLOYMENT

2017 - present	LAB DIRECTOR, Molnar Human Performance Laboratory, Health Sciences, Furman University, Greenville, South Carolina
2013 – present	ASSISTANT PROFESSOR, Health Sciences, Furman University, Greenville, South Carolina
1998 – 2013	LECTURER/FITNESS CENTER DIRECTOR, Health and Exercise Science, Furman University, Greenville, South Carolina.
1996 – 1998	ASSISTANT PROFESSOR, Physical Education and Sport Science, Anderson College, Anderson, South Carolina.
1994 – 1996	FITNESS FOR LIFE COORDINATOR, Basic Physical Education program, University of Georgia, Athens, Georgia.
1993 – 1996	TEACHING ASSISTANT, Basic Physical Education program, University of Georgia, Athens, Georgia.
1992 – 1993	GRADUATE ASSISTANT, Russell Wright Fitness Center, Slippery Rock University, Slippery Rock, Pennsylvania.
1988 – 1992	FITNESS DIRECTOR, North Greenville Fitness and Cardiac Rehabilitation Clinic, Travelers Rest, South Carolina.
1986 – 1987	ASSISTANT FITNESS DIRECTOR, Greenville Racquet Club, Greenville, South Carolina.
1985 – 1986	CORPORATE FITNESS SPECIALIST, Daniel International Corporation, Greenville, South Carolina.
1984 – 1985	HEALTH AND FITNESS DIRECTOR, Henderson County YMCA, Hendersonville, North Carolina.
1982 – 1986	FITNESS ASSESSMENT TECHNICIAN, Criminal Justice Academy of Columbia, Columbia, South Carolina.

PUBLICATIONS

- 2021 **Murr, S.,** & Hultstrom, A. (2021). [Effects of Body Hair on College-Age Males on Body Composition Measurements by BOD POD](#). American Journal of Sports Science, 9(2), 43-50.
- Pierce, B., & **Murr, S.,** (2021). Runner's World Run Less, Run Faster, 3rd edition, Rodale Books.
- Sobolewski, E.J., Crow, J.M., **Murr, S.** & Hutchison, R.E. (2021). [Physiological Performance Characteristics of Male and Female Division I Cross-Country Runners](#). International Journal of Sport, Exercise & Training Sciences. 7(2). 75-84.
- 2020 Holt, E. W., Cass, A. L., Park, H., Criss, S., Burges, M., Isley, E., & **Murr, S.** (2020). [Perceived versus Actual Risk of Cardiovascular Disease in College Students](#). American Journal of Health Education, 51(1), 59-68.
- 2019 **Murr, S.,** & Pierce, B. (2019). [How Aging Impacts Runners' Goals of Lifelong Running](#). Physical Activity and Health, 3(1), 71-81.
- 2017 Pierce, B., & **Murr, S.,** (2017). Runner's World Train Smart, Run Forever, Rodale Books.
- 2012 Pierce, B., **Murr, S.,** & Moss, R. (2012). Runner's World Run Less Run Faster, revised edition, Rodale Books.
- 2009 Pierce, B., **Murr, S.,** & Moss, R. (2009). Treine Menos, Corra Mais, (Portuguese translation of Runner's World Run Less, Run Faster), Brazil, Editora Gente.
- 2008 Pierce, B., **Murr, S.** & Moss, R., (2008). Lauftraining Mit System, (German translation of Runner's World Run Less, Run Faster), Aachen, Germany: Meyer & Meyer.
- 2007 Pierce, B. **Murr, S.** & Moss, R. (2007). Runner's World Run Less, Run Faster, Rodale Books.
- Pierce, B., Moss, R., & **Murr, S.** and McCauley, M. "Three Days to Faster Running," *Marathon and Beyond*, January/February, 2007

ABSTRACTS / POSTER PRESENTATIONS

- 2000 **Murr, S.,** and Hultstrom, A. [Effects Of Compression Apparel On Body Composition Measurements By Air Displacement Plethysmography In College Males](#). American College of Sports Medicine Annual Meeting, San Francisco, CA, May 2020. (cancelled due to pandemic).
- Coppi, M., **Murr, S.,** Sobolewski E., Hutchison, R., Whyte, A., Ogden, J., Lara, F., & Mandato, T. [Normalizing Running Power By Muscle CSA Increases Variance Explained Compared To Metabolic Power](#). American College of Sports Medicine Annual Meeting, San Francisco, CA, May 2020. (cancelled due to pandemic).
-

ABSTRACTS / POSTER PRESENTATIONS

- 2000 Kroeber, R., Sobolewski, E.J., Mills, C., **Murr, S.** & Hutchison, R.E. Running Economy Differences Between Male And Female College Cross-Country Runners. National Strength and Conditioning Association National Conference, Las Vegas, NV, July 2020. (cancelled due to pandemic).
- O’Hearn, E., Sobolewski, E.J., **Murr, S.** & Hutchison, R.E. Running Economy Differences Between College Male Soccer Players And Cross-Country Runners. National Strength and Conditioning Association National Conference, Las Vegas, NV, July 2020. (cancelled due to pandemic).
- Mills, C., Sobolewski, E.J., O’Hearn, E., Whitehead, A., Reilly, C., Dial, C., Kroeber, R., & **Murr, S.** Differences In VO₂ Between Male And Female College Soccer Players. National Strength and Conditioning Association National Conference, Las Vegas, NV, July 2020. (cancelled due to pandemic).
- Reilly, C., Sobolewski, E.J., **Murr, S.** & Hutchison, R.E., Difference In VO₂ Between Male College Soccer Players And Cross-Country Runner. National Strength and Conditioning Association National Conference, Las Vegas, NV, July 2020. (cancelled due to pandemic).
- 2019 Hutchison, R.E., Murr, S., Coppi, M., Ogden, J., Lara, F., & Shearer, L. [Comparison of Running Power to Metabolic Cost at Various Submaximal Running Speeds and Inclinations](#). American College of Sports Medicine Annual Meeting, Orlando, FL. May 2019.
- 2018 Crow, J., Sobolewski, E., Hutchison, R., & **Murr, S.** (2018). [Relationship Between Running Economy and Achilles Tendon Length](#). *Medicine and Science in Sports and Exercise*, 50(5), 772.
- Shearer, L., Hayden, N., Lara, F., Coppi, M., Ogden, J., **Murr, S.**, Sobolewski, E., Hutchison, R.E. [Reliability Between Running Power Meter Footpods During Trials Of Submaximal Running On Three Different Surfaces](#). American College of Sports Medicine Annual Meeting, Minneapolis, MN. May 2018.
- Coppi, M., Shearer, L., Hayden, N., Ogden, J., Lara, F., **Murr, S.**, Sobolewski, E., Hutchison, R.E. [Differences In Wearable Running Power On Three Different Surfaces During Submaximal Running](#). American College of Sports Medicine Annual Meeting, Minneapolis, MN. May 2018.
- Lara, F., Shearer, L., Coppi, M., Hayden, N., Ogden, J., **Murr, S.**, Hutchison, R.E., & Sobolewski, E. [Reliability Of A Running Power Meter Between Trials Of Submaximal Running On Three Different Surfaces](#). American College of Sports Medicine Annual Meeting, Minneapolis, MN. May 2018.
- 2016 Edwards, K., Hutchison, R.E., Klapthor, G., Knowles, K., Mocko, G., Vahidi, A., Humes, K., **Murr, S.** [Comparison of Threshold Determinations between Blood Lactate Samples and Near Infrared Spectroscopy](#). American College of Sports Medicine Annual Meeting, Boston, MA. May 2016.
-

OTHER PUBLICATIONS and ARTICLE CONTRIBUTIONS

March 2021	How Do You Say (Measure) Training Load?	PACE magazine
January 2021	The 4 minutes you need to include in your workout	PACE magazine
March 2020	Lactic Acid or Lactate: Friend or Foe?	PACE magazine
January 2020	Check Your Engine Size.	PACE magazine
August 2019	Take a S.W.O.T. at Your Running.	PACE magazine
March 2019	Mindful Running is Healthy Running	PACE magazine
January 2019	Introduction to the Determinants of Endurance Exercise	PACE magazine
June 2018	The Considerate Runner	PACE magazine
March 2018	The Ups and Downs of Running	PACE magazine
January 2018	Analysis of Running Dynamics; Planning for 2018	PACE magazine
August 2017	The Forgotten Phase of Marathon Running	PACE magazine
January 2017	10k Training Plan	PACE magazine
March 2016	Ditch Your Watch and Become a Better Runner	PACE magazine
August 2015	Heart Rate Based Training: The Twilight Zone?	PACE magazine
June 2015	Summer Running	PACE magazine
August 2014	Tracking your training	PACE magazine
July 2013	5 Minutes to Looking Better on Your Next Run	PACE magazine
April 2013	Beyond the Swim, Bike, Run. Tips to a Faster Triathlon	GO magazine
January 2013	FIRST Running	PACE magazine
May 2012	Train Hard (and smart) to Race Faster	GO magazine
March 2012	Where is Your Fitness Going?	GO magazine
February 2012	Not for Beginners	GO magazine
December 2011	Tabata for Fitness	GO magazine
June 2011	I Gotta GO	GO magazine
March 2011	Laying Bricks	GO magazine
June 2010	Avoid a Summer Meltdown	GO magazine
March 2010	The Quickie Triathlon Training Tips	GO magazine
June 2009	Eight Glasses of Water a Day? Myth Busted	GO magazine
May 2009	Energy in Your Back Pocket	GO magazine
March 2009	Train Hard, Eat Smart	GO magazine
October 2008	Running Down Anemia	GO magazine
February 2008	The PF Monster; Don't Let Pain Hobble Your Running	GO magazine
October 2007	Cross-training for Fitness	GO magazine
January 2007	Running Reedy River: 6 Weeks to a 6 Miler	GO magazine
October 2006	Heart Rate Based Training	GO magazine
Sept. 2006	Injury Proof Your Running for a Pain-Free Season	GO magazine
August 2006	Murr's Top Marathon Training Tips	GO magazine
May 2006	Fat Burning: Reality or Fallacy	GO magazine
February 2006	Marathon Training Q&A Your Questions Answered	GO magazine
February 2006	FIRST's Top Ten Marathon Race Day Strategies	GO magazine
February 2006	FIRST's Top Five Tips for Marathoners	GO magazine
February 2006	FIRST's Top Five Most Common Mistakes	GO magazine

PROFESSIONAL and COMMUNITY PRESENTATIONS

Jun. 27, 2020 Hyderabad India (Zoom)	A Scientific Approach to MultiSport Training
Nov. 5, 2019 Dedham, MA	The Art and Science of the Perfect Run seminar presentations: <ul style="list-style-type: none">- Running Performance Model- Gait Analysis and Screening- Return to Running- Run Less, Not Train Less- Putting it All Together
Nov. 4, 2019 Woburn, MA	The Art and Science of the Perfect Run seminar presentations: <ul style="list-style-type: none">- Running Performance Model- Gait Analysis and Screening- Return to Running- Run Less, Not Train Less- Putting it All Together
Feb. 23, 2018 Furman Univ.	Train Smart, Run Forever Speed Talk with Dr. Bill Pierce, Furman University Faculty Scholarship Reception
May 2017 Irmo, SC	White Coats and Endurance Training: A Scientific Approach to Training, Columbia Triathlon Club
Apr. 15, 2017 Greenville, SC	Swim, Bike, Run: A Scientific Approach to Training, Community Expert Night
Apr. 4, 2015 Greenville, SC	From the Lab to the Finish Line. Greenville Hospital System Sportmedicine Clinic
Sep.20, 2013 Clemson, SC	White Coats and Rowing: A Scientific Approach to Training, Clemson Rowing Team
May/June 2008 – 2018	Strength Training for Runners, Furman Institute of Running and Scientific Training Adult Running and Learning Retreats
May/June 2008 – 2018	Cross Training for Runners, Furman Institute of Running and Scientific Training Adult Running and Learning Retreats
May/June 2008 – 2012	Nutrition for Runners, Furman Institute of Running and Scientific Training Adult Running and Learning Retreats
Aug. 4, 2012 Greenwood, SC	White Coats and Running: A Scientific Approach to Training, Greenwood Endurance Team
Mar. 17, 2012 Greenville, SC	You Are the Experiment, Upstate Triathlon Club
Apr. 22, 2010 Greenville, SC	White Coats and Running: A Scientific Approach to Training, Upstate Triathlon Club

Jul. 13 2009 Irmo, SC	Why Run Today, Irmo Running Club
Oct. 22-23, 2006 Greenville, SC	Choosing Your Marathon Strategy and Race Pace, Furman Institute of Running and Scientific Training Lecture Series, SpinxRunFest Lecture Series
Aug. 27-28, 2006 Greenville, SC	On Track for a Fall Marathon, Furman Institute of Running and Scientific Training Lecture Series, Marathon Lecture Series
Jun. 18-19, 2006 Greenville, SC	Preparing to Run the Marathon, Furman Institute of Running and Scientific Training Lecture Series, SpinxRunFest Lecture Series
Oct. 29, 2005 Greenville, SC	Strategies for Running a Successful Marathon, Furman Institute of Running and Scientific Training Lecture Series, , SpinxRunFest Lecture Series
Oct. 9-10, 2005 Greenville, SC	Strategies for Running a Successful Marathon, Furman Institute of Running and Scientific Training Lecture Series
Jun. 12-13, 2005 Greenville, SC	Preparing to Run the Marathon, Furman Institute of Running and Scientific Training Lecture Series,
Mar. 20-21, 2005 Greenville, SC	Running, Aging, and Performance, Furman Institute of Running and Scientific Training Lecture Series
Feb. 20-21, 2005 Greenville, SC	Run 3 Days and Finish a Marathon, Furman Institute of Running and Scientific Training Lecture Series
Dec. 5-6, 2004 Greenville, SC	Setting Goals for 2005, Furman Institute of Running and Scientific Training Lecture Series
Jul. 11-12, 2004 Greenville, SC	"Training for a Marathon," Furman Institute of Running and Scientific Training Lecture Series
Jun. 20-21, 2004 Greenville SC	"Running Performance and Aging," Furman Institute of Running and Scientific Training Lecture Series
Feb. 8-9, 2004 Greenville, SC	"3-Days a Week to Faster Running," Furman Institute of Running and Scientific Training Lecture Series
Jan. 25-26, 2004 Greenville, SC	"12-Week Training Program for a 5K," Furman Institute of Running and Scientific Training Lecture Series
Jan. 11-12, 2004 Greenville, SC	"Beginning a Running Program," Furman Institute of Running and Scientific Training Lecture Series
Dec. 7-8, 2003 Greenville, SC	"Running Injuries: Prevention and Rehabilitation," Furman Institute of Running and Scientific Training Lecture Series
Sep. 14-15, 2003 Greenville, SC	"Goal Setting: How to Choose Realistic Goals," Furman Institute of Running and Scientific Training Lecture Series
Jul. 27-28, 2003 Greenville, SC	"Training for the Marathon," Furman Institute of Running and Scientific Training Lecture Series
Jun. 22-23, 2003 Greenville, SC	"The Effects of Aging on Running Performance," Furman Institute of Running and Scientific Training Lecture Series

May 18-19, 2003 Greenville, SC	“Running injuries: Prevention and Rehabilitation,” Furman Institute of Running and Scientific Training Lecture Series
May 11-12, 2003 Greenville, SC	“Racing Preparation and Strategies,” Furman Institute of Running and Scientific Training Lecture Series
Apr. 27-28, 2003 Greenville, SC	“Environmental Factors: Heat, Humidity, Cold, Altitude, Pollution,” Furman Institute of Running and Scientific Training Lecture Series
Mar. 23-24, 2003 Greenville, SC	“Goal Setting: How to Choose Realistic Goals,” Furman Institute of Running and Scientific Training Lecture Series

UNIVERSITY and COMMUNITY SERVICE

2021 – present	Research and Professional Growth
2021 – present	Physical Activity Center Renovation Working Group
2018 - present	Traffic Committee
2017 - present	Employee Wellness Committee (sub-committee of the Fringe Benefits & Welfare Committee)
2003 – present	Co-founder of the Furman Institute of Running and Scientific Training (FIRST)
2003 – present	Training Performance Director of FIRST
2013 – present	Contributing writer for PACE magazine
2017	Chair, Faculty Fringe Benefits and Welfare Committee
2015 – 2018	Faculty Fringe Benefits and Welfare Committee
1997 – 2016	Co-Director of Greenville Track Club Furman 5K Corporate Shield Road Race
2006 – 2014	Contributing writer for GO magazine
2010 – 2011	Co-Facilitator, Red, White and Blue Shoes 5K, Furman University
2009 – present	Member of USA Track & Field
1986 – present	Member of USA Triathlon
1986 – present	Member of the Greenville Track Club

AWARDS

2013	Outstanding Faculty Award, Undergraduate Evening Studies, Furman University
1995	Outstanding Teaching Assistant, University of Georgia
1993	Outstanding Graduate Student Physical Education, Slippery Rock University
1984	Outstanding Physical Education Major, Furman University
