

**20.09.
2026**

let's IDUS

adh.Hochschullauf



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On September 20th, we'll be celebrating the International Day of University Sports (IDUS). Join us and represent your university in the digital and free adh University Run.

How is it going?

Whether you're a student, staff member, or alumna or alumnus of an adh member university — lace up your running shoes!

On September 20th, you'll have exactly 60 minutes to cover as many kilometers and meters of altitude as possible. Track your results using a smartwatch or running app, take a photo of them, and submit them online. Every step counts — both for your personal fitness and for the glory of your university.

Are there any prizes?

Attractive prizes await the runners who cover the greatest distance or the most elevation gain within an hour. In addition, the top universities will be honored.

Registration and more information **adh-hochschullauf.de**

Organizer



Healthcare partner



Supplier

