

The competition is organized by the Student Union of Häme University of Applied Sciences (HAMKO).

The event starts on March 21, 2022, and ends on April 3, 2022. Registration takes place between March 7 and March 21, 2022. Registration ends on March 21 at noon (12:00).

You can participate in the event by yourself or with a team of up to six (6) people. Participants must register for the competition. The team must have a captain who takes care of the communication and returns the performances to HAMKO.

There is no fee for registration or participation.

All sports where the participant's muscles act as the engine and the result can be measured are permitted. These include walking, skating, skiing and cycling. Sports, where the movement is assisted do not accumulate miles. Such sports are e.g. riding, riding or e-biking by motor vehicle.

We need to get proof of every performance. You can proof performances by using a sports tracker etc. and take a screenshot of it. The screenshot needs to show the number of kilometres and the date.

The team with the highest average mileage wins. The kilometres collected jointly by the entire team are divided by the number of participants in the team, so the size of the team does not have an advantage.

Example with 4-person team:

Person 1 collects 10 km, person 2 collects 20 km, person 3 collects 15 km, person 4 collects 5 km.

$10+20+15+5 = 50 \text{ km} / 4 \text{ (number of team members)} = 12.5 \text{ km}$ . The team's mileage will be 12.5 km.

The winning team will get a nice evening in Fifth Avenue with an hour of bowling and each member of the group will get a meal in Fifth Avenue. The award of the competition is sponsored by Fifth Avenue\*.

The organizers (HAMKO's Board, employees and The Presidium of the Representative Council) are allowed to participate but are not entitled for a winning place.

For more information about the event, please contact HAMKO's Event Team leaders:

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Have fun Kilometrihamstraus!

*\*[Fifth Avenue](#) is an American style restaurant in Hämeenlinna. In Fifth Avenue delicious burgers and steaks meet fun bowling.*