



Sign Up



CHALLENGE INFO

SIGN UP

GROUP/TEAMS

FIND A PARTICIPANT

RESULTS



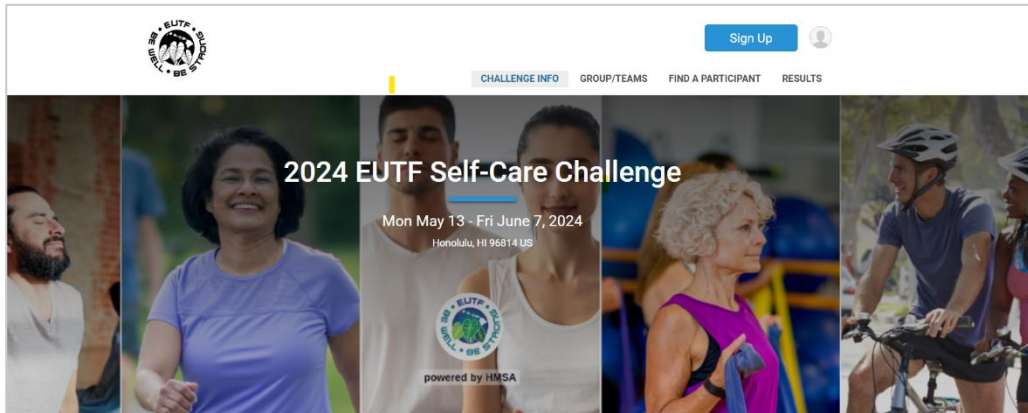
2024 EUTF SELF-CARE CHALLENGE

HOW TO GUIDE

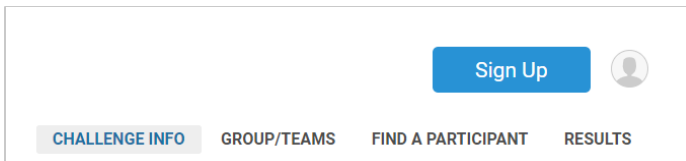
- **How To Sign Uppages 2-5**
- **How to Create or Join a Team...page 6-10**
- **How to Log Your Results.....pages 11-15**
- **How to Get Support.....page 16**

HOW TO SIGN UP:

1. Go to the 2024 EUTF Self-Care Challenge Page (click link below):
<https://runsignup.com/Race/HI/Honolulu/2024EUTFSelfCareChallenge>



2. Click the "Sign Up" button on the top right of the page.



3. This will take you to the Registration Form. You will need to fill out all areas that have a red asterisk. Your personal information will not be shared and will only be used for the purpose of administering the Challenge and prize drawings.
Note: If you are selected a winner, we will first notify you by email, then by phone number. Refer to the Official Rules for selection of winners.

- Scroll to the bottom of this page to choose "join or create a Group/Team". Choose "No" if you are participating as an individual. Choose "Yes" if you are joining a team. Click "Continue".
NOTE: Group/Team set-up will pop-up after the Waiver agreement and confirmation is complete. The Group must be set-up first for team members to join.

+ Add Another Registrant

Would you like to join or create a Group/Team?

Yes No

Continue

- You will need to read and agree to the waiver, by scrolling down and checking the waiver agreement and confirmation box. Then click "Continue". If you chose to not join a group/team, go to step 7.

Register For
2024 EUTF Self-Care Challenge
Honolulu, HI 96814

[Back to Challenge Website](#)

Waiver Open waiver in new window

In consideration of you accepting this entry, I, the participant, intending to be legally bound do hereby waive and forever release any and all rights and claims for damages or injuries that I may have against the Event Director, RunSignup.com, and all of their agents assisting with the event, sponsors and their representatives, volunteers and employees for any and all injuries to me or my personal property. This release includes all injuries and/or damages suffered by me before, during or after the event. I recognize, intend and understand that this release is binding on my heirs, executors, administrators, or assignees.

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able to do so and properly trained. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of weather, traffic, and course conditions, and waive any and all claims which I might have based on any of those and other risks typically found in running a road race. I acknowledge all such risks are known and understood by me. I agree to abide by all decisions of any race official relative to my ability to safely

Waiver Agreement for Gabriella Gualano Please scroll to the bottom of the waiver first.

By checking this box, I agree to the waiver and confirm that I am 18 or older and agree to the [Group Policy](#).

- If you clicked "Yes" to forming your own Group/Team or you would like to join one, you will be directed to the Group/Team page. Here you can search for groups already formed to join, or to create a new group/team. If you decide that you are no longer interested in joining or forming a group/team please click the "No Group/Team" on the Left, and then 'Continue' to proceed with registration.

Group/Team for Gabriella Gualano

No Group/Team
Join an Existing Group/Team
Create a New Group/Team

Select Group/Team * **Search for existing Group/Teams**

(Select a Group/Team)

Continue
Back

- You will be prompted to select the EUTF Agency you are from using the drop-down menu. Click "Continue" when finished.

Overall Questions

Select your Agency from the list below: *

Search

- The "Virtual Race Information" page will follow. This is where you can choose to sign up for emails so that you can receive notifications about the challenge. Click "Continue" once finished.

Virtual Race Information

Make your virtual participation more real by sharing your efforts! Enter your info and we will send you instructions on how to report your performance.

Keiki Aloha

2024 EUTF Self-Care Challenge powered by HMSA

Sign up for email

I don't want to receive Email

Email Address

Select your Timezone

To ensure that we send messages at appropriate times of the day, please select your timezone below.

Timezone *

Pacific/Honolulu (-1000)

Continue

Back

- You will then be directed to the "Complete Registration" page. It is FREE to join this challenge so the Purchase Summary will total \$0.00. Review your information for accuracy (name, email address, etc.). Then **click "Complete Registration"**.

Complete your registration

You can clear this transaction within 15 minutes. After that all sales are final and there are no refunds.

Complete Registration

Back

↓ Your registration information

Location: Honolulu, HI 96814 US

Challenge Date: May 13, 2024 - June 7, 2024

Registrants

2024 EUTF Self-Care Challenge powered by HMSA
(Monday May 13, 2024)

Registrant(s) Questions

Purchase Summary

Item	Total
2024 EUTF Self-Care Challenge powered by HMSA	\$0.00
Sales Tax	\$0.00
Base Cost:	\$0.00
Processing Fee:	\$0.00
Total:	\$0.00

10. Congratulations! You are now registered for the 2024 EUTF Self-Care Challenge! Be sure to log your self-care activity minutes before the challenge ends on June 7. You complete the Challenge when you've logged at least 600 minutes during the Challenge.



Congratulations!

You are registered for 2024 EUTF Self-Care Challenge

[Back to Challenge Website](#)

[Print](#)

Location: Honolulu, HI 96814 US

Challenge Date: May 13, 2024 - June 7, 2024

Registered: May 1, 2024 @ 12:57pm HST

Registrants

Maricel Blackwell

Logged in as
maricel_blackwell@hmsa.com
[Sign Out](#)

Date of Birth:
March 6, 1975

Email:
maricel_blackwell@hmsa.com

Event:
2024 EUTF Self-Care Challenge powered by HMSA
(Monday May 13, 2024)

Registrant(s) Questions

Purchase Summary

	Item	Total
	2024 EUTF Self-Care Challenge powered by HMSA Maricel Blackwell	\$0.00 \$0.00
	Sales Tax	\$0.00 \$0.00

Make a Mistake?

[Clear](#)

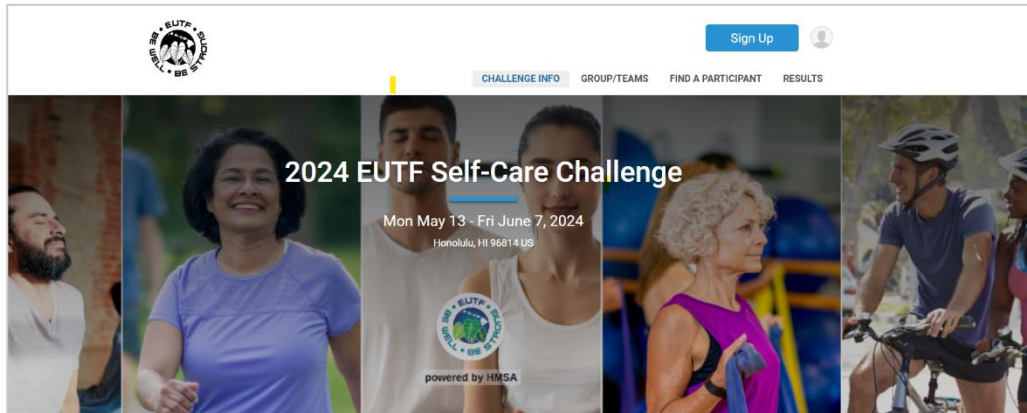
You can immediately clear this transaction by pressing this button within **15 minutes**. After that all sales are final and there are no refunds.

Base Cost:	\$0.00
Processing Fee: ⓘ	\$0.00
Total:	\$0.00

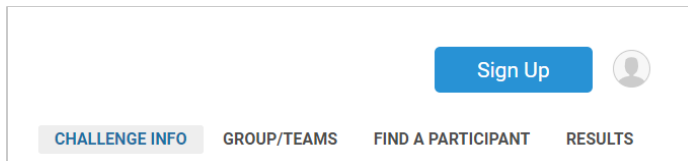
HOW TO CREATE OR JOIN A TEAM:

11. Go to the 2024 EUTF Self-Care Challenge Page:

<https://runsignup.com/Race/HI/Honolulu/2024EUTFSelfCareChallenge>



12. Click the "Sign Up" button on the top right of the page.



13. This will take you to the Registration Form. You will need to fill out all areas that have a red asterisk. Your personal information will not be shared and will only be used for the purpose of administering the Challenge and prize drawings.

Note: If you are selected a winner, we will first notify you by email, then by phone number. Refer to the Official Rules for selection of winners.

14. Scroll to the bottom of this page to choose "join or create a Group/Team".

Choose "Yes" if you are joining a team. Click "Continue".

NOTE: Group/Team set-up will pop-up after the Waiver agreement and confirmation is complete. The Group must be set-up first for team members to join.

Would you like to join or create a Group/Team?

Yes No

Continue

15. You will need to read and agree to the waiver, by scrolling down and checking the waiver agreement and confirmation box. Then click "Continue". If you chose to not join a group/team, go to step 7.

Register For
2024 EUTF Self-Care Challenge
Honolulu, HI 96814

Back to Challenge Website X

Waiver [Open waiver in new window](#)

In consideration of you accepting this entry, I, the participant, intending to be legally bound do hereby waive and forever release any and all rights and claims for damages or injuries that I may have against the Event Director, RunSignup.com, and all of their agents assisting with the event, sponsors and their representatives, volunteers and employees for any and all injuries to me or my personal property. This release includes all injuries and/or damages suffered by me before, during or after the event. I recognize, intend and understand that this release is binding on my heirs, executors, administrators, or assignees.

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able to do so and properly trained. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of weather, traffic, and course conditions, and waive any and all claims which I might have based on any of those and other risks typically found in running a road race. I acknowledge all such risks are known and understood by me. I agree to abide by all decisions of any race official relative to my ability to safely

Waiver Agreement for Gabriella Guzman

By checking this box, I agree to the waiver and confirm that I am 18 or older and agree to the [Privacy Policy](#).

16. To create a NEW TEAM, click on "Create a New Group/Team". Enter your team's name. If you want to make your team private where team members must enter a password to join, click on "Set Password". Otherwise click "Continue".

No Group/Team Join an Existing Group/Team **Create a New Group/Team**

Group/Team Type *
EUTF Team Challenger

Group/Team Name *
Enter Team Name Here

Set Password

Description:
EUTF members can create their own team to participate in the Challenge.

Continue Back

Enter the password in the field. Then click "Continue".

No Group/Team **Join an Existing Group/Team** **Create a New Group/Team**


Group/Team Type *
EUTF Team Challenger ▼

Group/Team Name *
Enter Team Name Here

Description:
EUTF members can create their own team to participate in the Challenge.

Password

You have the option to set a password that will be required for anyone trying to join your group/team



Continue Back

17. If your team is already setup and are joining a team, click the "Join an Existing Group/Team", search for your team's name, and then "Continue" to proceed with registration.

No Group/Team **Join an Existing Group/Team** **Create a New Group/Team**

Select Group/Team *
(Select a Group/Team) ▼

Search for existing Group/Teams

Continue Back

18. You will be prompted to select the EUTF Agency you are from using the drop-down menu. Click "Continue" when finished.

Overall Questions

Select your Agency from the list below: *

Search

19. On the next page, you can choose to sign up for emails so that you can receive notifications about the challenge. Click "Continue" once finished.

2024 EUTF Self-Care Challenge powered by HMSA
 Sign up for email I don't want to receive Email

Email Address

Select your Timezone

To ensure that we send messages at appropriate times of the day, please select your timezone below.

Timezone *

Pacific/Honolulu (-1000)

Continue

Back

20. You will then be directed to the "Complete Registration" page. It is FREE to join this challenge so the Purchase Summary will total \$0.00. Review your information for accuracy (name, email address, etc.). Then **click "Complete Registration"**.

Complete your registration

You can clear this transaction within 15 minutes. After that all sales are final and there are no refunds.

 **Complete Registration**

Back

↓ Your registration information

Location: Honolulu, HI 96814 US

Challenge Date: May 13, 2024 - June 7, 2024

Registrants

Event:

2024 EUTF Self-Care Challenge powered by HMSA
(Monday May 13, 2024)

Registrant(s) Questions

Purchase Summary

	Item	Total
	2024 EUTF Self-Care Challenge powered by HMSA	\$0.00 \$0.00
	Sales Tax	\$0.00 \$0.00
	Base Cost:	\$0.00
	Processing Fee: ⓘ	\$0.00
	Total:	\$0.00

21. Congratulations! You are now registered for the 2024 EUTF Self-Care Challenge! Be sure to log your self-care activity minutes before the challenge ends on June 7. You complete the Challenge when you've logged at least 600 minutes during the Challenge.



Congratulations!

You are registered for 2024 EUTF Self-Care Challenge

[Back to Challenge Website](#)

[Print](#)

Location: Honolulu, HI 96814 US

Challenge Date: May 13, 2024 - June 7, 2024

Registered: May 1, 2024 @ 12:57pm HST

Registrants

Maricel Blackwell
Logged in as maricel_blackwell@hmsa.com [Sign Out](#)

Date of Birth: March 6, 1975
Email: maricel_blackwell@hmsa.com

Event: 2024 EUTF Self-Care Challenge powered by HMSA (Monday May 13, 2024)

Registrant(s) Questions

Purchase Summary

	Item	Total
	2024 EUTF Self-Care Challenge powered by HMSA Maricel Blackwell	\$0.00 \$0.00
	Sales Tax	\$0.00 \$0.00

Make a Mistake?

[Clear](#)

You can immediately clear this transaction by pressing this button within **15 minutes**. After that all sales are final and there are no refunds.

Base Cost:	\$0.00
Processing Fee: ⓘ	\$0.00
Total:	\$0.00


HOW TO LOG YOUR RESULTS:

Option 1:

By clicking on the "Manage Registration" link in the Registration Confirmation email, you will be redirected to your registration page. You can click the "Submit Virtual Results" button to input your activity results (image below).

2024 EUTF Self-Care Challenge

Mon May 13 - Fri June 7, 2024
Honolulu, HI 96814 US



Post virtual results
This is a virtual event. Once you have finished your event, submit your results here.

[Submit Virtual Results](#)

Keiki Aloha
Registration #82023868

Option 2:

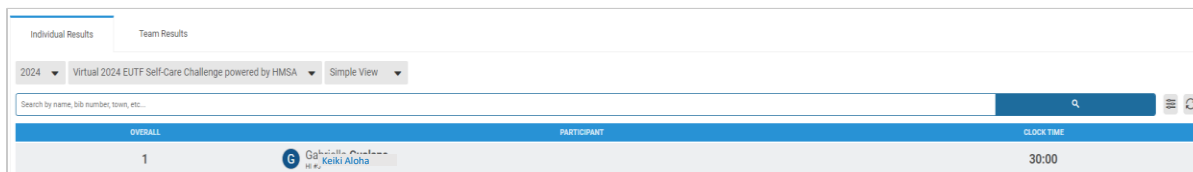
Another way to submit your activities is going to the "RESULTS" tab. Instructions below:

1. Go to: <https://runsignup.com/Race/HI/Honolulu/2024EUTFSelfCareChallenge>
2. Click on the "RESULTS" Tab




The screenshot shows the top navigation bar of the challenge page. The 'RESULTS' tab is circled in red. Below the navigation bar is a banner image with the text '2024 EUTF Self-Care Challenge' and 'Mon May 13 - Fri June 7, 2024 Honolulu, HI 96814 US'.

3. Search for your name in the list of participants and select your name.



The screenshot shows the results page with a search bar and a table. The search bar contains the text 'Search by name, bib number, town, etc.'. The table has three columns: 'OVERALL', 'PARTICIPANT', and 'CLOCK TIME'. The first row shows a participant with an overall rank of 1, the name 'Keiki Aloha', and a clock time of 30:00.

OVERALL	PARTICIPANT	CLOCK TIME
1	 Keiki Aloha	30:00

4. You will be redirected to the "Individual Result" Page. Click one of the "Log Activities" buttons.

The screenshot displays the 'Individual Result' page for the 2024 EUTF Self-Care Challenge. At the top, there is a blue header with the challenge name and a 'Back to Results' link. Below the header, the user's name 'Keiki Aloha' and a score of 5 are shown. A 'Log Activities' button is circled in red. The page also features a progress bar indicating 22% completion (132 of 600 items) and a 'Log Activities' button at the bottom, also circled in red.

5. You will be prompted to enter *either* your email OR last 4 digits of your phone number that you registered with to validate who you are to submit your activity. Click the blue "Authorize" buttons to continue.

The screenshot shows the authorization page for the 2024 EUTF Self-Care Challenge. It features a blue header with the challenge name. Below the header, the user's name 'Keiki Aloha' and the challenge name are displayed. A message states: 'To update this registration, you need to enter the email address or last 4 digits of the phone number you used when registering.' There are two input fields: 'Email Address *' and 'Last 4 Digits of Phone *'. Below these fields are two buttons: 'Authorize by Email' and 'Authorize by Phone'.

- Following validation, you will be directed to the Activities Log, where you can input your activities.

Log Activities
Keiki Aloha : 2024 EUTF Self-Care Challenge powered by HMSA
Results will be accepted from Tuesday April 23, 2024 8:00:am HST to Friday June 7, 2024 12:00:am HST. [Click here](#) for additional details.

New Activity

Activity * Date Completed *

Minutes * Convert from:

Comment

+ Add Another Activity Import Activities from CSV file

Submit Activity

Previous Activities [Manage Activities](#)

Walk: 2 entries (last on Monday June 3, 2024) – 102 – 0ft (0.0m) – Time: 0:00
Strength Train: 1 entries (last on Tuesday May 14, 2024) – 30 – 0ft (0.0m) – Time: 30:00

- Select the type of self-care activity you completed from the drop-down menu.

Activity *

- Yoga
- Meditation
- Stretching
- Walk
- Ride
- Swim
- Paddle/Row
- Strength Train
- Run
- Read A Book
- Volunteer In Community

+ Add Another Activity Import Activities from

- Enter the Date you completed the activity.
- Enter the number of minutes you complete the activity for.

NOTE: the conversion box - you do not need to do anything with it. It is a given setting that cannot be removed.

Minutes * ~~Convert from:~~

10. Once you complete the entry, you can continue to enter more activities by clicking "+ Add Another Activity" in the left corner. Please be sure to click the "Submit Activity" button to save your results to your challenge when you are done.

Log Activities
Keiki Aloha : 2024 EUTF Self-Care Challenge powered by HMSA
Results will be accepted from Tuesday April 23, 2024 8:00:am HST to Friday June 7, 2024 12:00:am HST. [Click here](#) for additional details.

New Activity

Activity *
Meditation

Date Completed *
04/25/2024

Minutes *
10

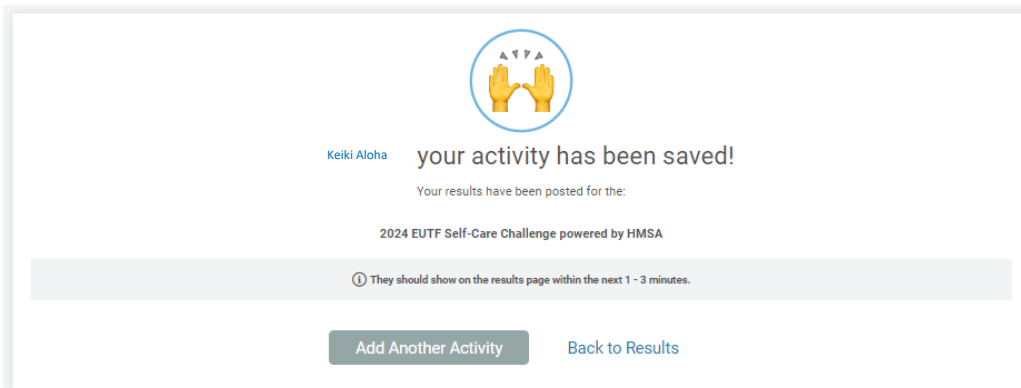
Convert From *

Comment


+ Add Another Activity Import Activities from CSV file

Submit Activity

11. You will receive a confirmation that your activity has been saved.









12. Once submitted, it will take a little time for results to tally but your results will be automatically added to you overall count and will show on your "Individual Result" page.

 Results For
2024 EUTF Self-Care Challenge
Honolulu, HI 96814 Back to Results ✕

Results > Individual Result

2024 EUTF Self-Care Challenge powered by H Add and compare participants + Clear All ↻

 **Gabriella Gualano**
2024 EUTF Self-Care Challenge
powered by HMSA Certificate  **5** Log Activities

 Tally 142	 Gun Time 30:00	 Overall Progress 23.7%	 Overall 1 of 2
-------------------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------------------

[Questions About Results?](#)

Last Activity Source:
Web



Overall Progress **23.7%**
142 of 600

0 600

Activities Log Activities

HOW TO GET SUPPORT:

1. On the main Challenge page, scroll down to the bottom and click on "Questions?".

 **2024 EUTF Self-Care Challenge**
Mon May 13 - Fri June 7 2024 [Sign Up](#) 

Sign up for the **2024 EUTF Self-Care Challenge** powered by HMSA! Complete the Challenge of 600 minutes of self-care activities to be automatically entered in a prize drawing for a chance to win a \$100 Amazon e-Gift card. That's just 30 minutes of self-care activities, 5 days a week, for 4 weeks. YOU CAN DO IT!

What better way to celebrate Mental Health Awareness Month and prioritize YOU!

Register today - it's FREE!

Who can register? Open to all EUTF members age 18 and older. (EUTF members must have an active membership at the time of registration and prize notification.)

Challenge Dates: May 13 - June 7, 2024

Registration Deadline: May 17, 2024

Register as an individual or as a team.

Self-Care Activities: run, walk, bike, swim, paddle/row, yoga, stretch, meditation, strength train, read, volunteer.

[Click here for Official Rules.](#)

Challenge Contact Info



If you have any questions about this challenge, click the button below.

[Questions?](#)



 [Challenge Info](#) [Sign Up](#) [Group/Teams](#)
[Find a Participant](#) [Results](#)

2. Complete the form and press on "Send". You can expect a response within 2 business days.


 **2024 EUTF Self-Care Challenge**
Mon May 13 - Fri June 7 2024 [Sign Up](#) 

Challenge Contact Info

[Questions?](#)

Name * Email * Phone

Question/Message *

I'm not a robot  [Privacy - Terms](#)

[Send Message](#) [Cancel](#)