

## 2024 EUTF Healthy Holiday Mindfulness Challenge



# 2024 EUTF HEALTHY HOLIDAY MINDFULNESS CHALLENGE

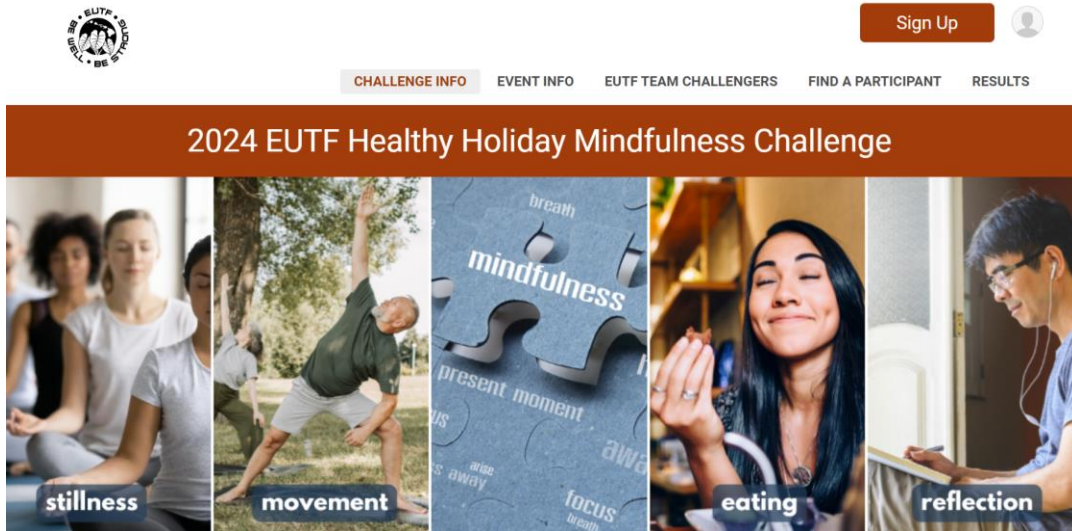
## HOW TO GUIDE

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## HOW TO SIGN UP AS AN INDIVIDUAL PARTICIPANT:

1. Go to the 2024 EUTF Healthy Holiday Mindfulness Challenge website (click link below):

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



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. Click Continue at the bottom of the page. Your personal information will not be shared and will only be used for the purpose of administering the Challenge and prize drawings. 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.

The screenshot shows the registration form titled 'Registrant #1'. At the top, it says 'Register For 2024 EUTF Healthy Holiday Mindfulness Challenge Honolulu, HI 96814' and includes a 'Back to Challenge Website' link. The form includes a 'Quick Fill' option and a dropdown menu for 'Who are you registering?'. Below this are input fields for 'First Name \*', 'Last Name \*', 'Email Address \*', and 'Confirm Email \*'. There are also fields for 'Date of Birth \*' (with a calendar icon), 'Gender \*' (with radio buttons for Male, Female, Non-Binary, and Prefer Not to Say), and 'Phone'. A 'Zip Code \*' field is also present. At the bottom, there is a section 'Choose Your Event \*' with a selected option: '2024 EUTF Healthy Holiday Mindfulness Challenge' for '\$0.00', with dates 'Monday November 11, 2024 - Friday December 6, 2024'.

- Review the waiver then click on the check box agreeing to the waiver agreement at the bottom of the page. Click Continue.

**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 any physical activity or race is a potentially hazardous activity. I should not enter and participate unless I am medically able to do so and properly trained. I assume all risks associated any physical activity in this event including, but not limited to: falls, contact with other participants, the effects of weather, traffic, and indoor or outdoor conditions, and waive any and all claims which I might have based on any of those and other risks typically found in any physical activity challenge. I acknowledge all such risks are known and understood by me. I agree to abide by all decisions of any

**Waiver Agreement for Maricel Blackwell**

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

**Continue**      Back

- To participant on your own (as an individual), the No EUTF Team Challenger will automatically be defaulted. Click Continue.

**No EUTF Team Challenger**      **Join an Existing EUTF Team Challenger**      **Create a New EUTF Team Challenger**



No EUTF Team Challenger is selected

Choose an option above to join or create a EUTF Team Challenger.

**Continue**      Back

- You will be prompted to select the EUTF Agency you are from using the drop-down menu. Click "Continue" when finished. You can use the Search option or choose the drop down arrow to make your selection. If you don't know or don't have a EUTF Agency, choose None.

Select your agency from the list below (responses are alphabetized). \*

**Search**

**Continue**      Back

- 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. If you choose to sign up for email, enter your email address. Click "Continue" once finished.

2024 EUTF Healthy Holiday Mindfulness Challenge  
 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 \*

[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: Monday, Nov. 11 - Friday, Dec. 6,

**First Last Name**  
 Date of Birth:      Email:  
 Month, Day, Year      email@email.com  
 Event:  
 2024 EUTF Healthy Holiday Mindfulness Challenge  
 (Monday November 11, 2024)  
 Registrant(s) Questions

Purchase Summary		
	Item	Total
	2024 EUTF Healthy Holiday Mindfulness Challenge Maricel Blackwell	\$0.00    \$0.00
	Sales Tax	\$0.00    \$0.00
	Base Cost:	\$0.00
	Processing Fee: ⓘ	\$0.00
	<b>Total:</b>	<b>\$0.00</b>

9. Congratulations! You are now registered for the 2024 EUTF Healthy Holiday Mindfulness Challenge! Be sure to log your mindful minutes before the challenge ends on December 6. You complete the Challenge when you've logged at least 600 mindful minutes during the Challenge.



## Congratulations!

You are registered for 2024 EUTF Healthy Holiday Mindfulness Challenge

[↩ Back to Challenge Website](#)

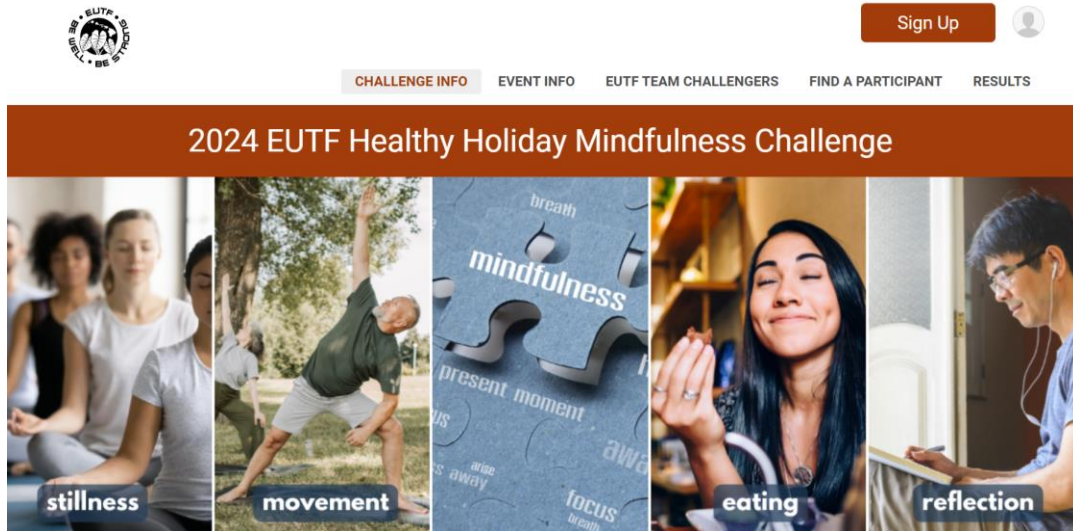
[🖨 Print](#)

For those of you who wish to be anonymous (hide yourself) from participant lists, follow these instructions by clicking here - [Hide Yourself from Public](#).

## HOW TO CREATE OR JOIN A TEAM:

1. Go to the 2024 EUTF Healthy Holiday Mindfulness Challenge website (click link below):

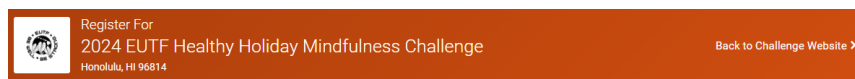
<https://runsignup.com/Race/HI/Honolulu/2024EUTFHolidayChallenge>



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. Click Continue at the bottom of the page. Your personal information will not be shared and will only be used for the purpose of administering the Challenge and prize drawings. 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.



Registrant #1

**Quick Fill** Choose one of your existing profiles to quickly fill in the registration form.

Who are you registering? \*

First Name \* Last Name \*

Email Address \* Confirm Email \*

Date of Birth \* Gender \* Phone

mm/dd/yyyy  Male  Female  Non-Binary  Prefer Not to Say

Used for age group calculations Valid formats include: 000-000-0000 or 0000000000

Zip Code \*

Choose Your Event \*

2024 EUTF Healthy Holiday Mindfulness Challenge \$0.00

Monday November 11, 2024 - Friday December 6, 2024

- Review the waiver then click on the check box agreeing to the waiver agreement at the bottom of the page. Click Continue.

**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 any physical activity or race is a potentially hazardous activity. I should not enter and participate unless I am medically able to do so and properly trained. I assume all risks associated any physical activity in this event including, but not limited to: falls, contact with other participants, the effects of weather, traffic, and indoor or outdoor conditions, and waive any and all claims which I might have based on any of those and other risks typically found in any physical activity challenge. I acknowledge all such risks are known and understood by me. I agree to abide by all decisions of any

### Waiver Agreement for Maricel Blackwell

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

Continue

Back

- To **Create a New EUTF Team Challenger**, click on Create a New EUTF Team Challenger. Enter your team's name and click on Set Password and enter a password. Click Continue. Note: Assigning one person as the Team Captain to set up the team is highly suggested.

No EUTF Team Challenger

Join an Existing EUTF Team Challenger

Create a New EUTF Team Challenger

EUTF Team Challenger Type \*

EUTF Team Challenger

EUTF Team Challenger Name \*

Sample Team

#### Description:

Size Limits: 2+

Create a EUTF Team to offer support and healthy nudges to complete team member's mindful minutes. Or better yet, complete your mindful minutes together. You must have at least 2 or more registered participants to create a team. Mindful minutes will continue to be tracked per participant.

Password

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

Continue

Back

- To **Join an Existing EUTF Team Challenger**, click on Join an Existing EUTF Team Challenger. Choose your team from the drop-down box or search for an existing EUTF Team in the search box. Click Continue. Note: Check with your Team Captain to make sure your team is already created.

The screenshot shows three buttons at the top: 'No EUTF Team Challenger' (grey), 'Join an Existing EUTF Team Challenger' (dark red, highlighted with a white arrow), and 'Create a New EUTF Team Challenger' (grey). Below these is a form with two fields: 'Select EUTF Team Challenger \*' with a dropdown menu showing '(Select a EUTF Team Challenger)' and a search box labeled 'Search for existing EUTF Team Challengers'. At the bottom are 'Continue' and 'Back' buttons.

- You will be prompted to select the EUTF Agency you are from using the drop-down menu. Click "Continue" when finished. You can use the Search option or choose the drop-down arrow to make your selection. If you don't know or don't have a EUTF Agency, choose None.

The screenshot shows a dropdown menu with the text 'Select your agency from the list below (responses are alphabetized). \*'. Below the dropdown is a 'Search' button. At the bottom are 'Continue' and 'Back' buttons.

- 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. If you choose to sign up for email, enter your email address. Click "Continue" once finished.

The screenshot shows the title '2024 EUTF Healthy Holiday Mindfulness Challenge' and two radio buttons: 'Sign up for email' (selected) and 'I don't want to receive Email'. Below is an 'Email Address' input field. The next section is 'Select your Timezone' with a subtext 'To ensure that we send messages at appropriate times of the day, please select your timezone below.' and a 'Timezone \*' dropdown menu showing 'Pacific/Honolulu (-1000)'. At the bottom are 'Continue' and 'Back' buttons.



- 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

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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: Monday, Nov. 11 - Friday, Dec. 6, 2024

<b>Date of Birth:</b>	<b>Email:</b>
Month, Day, Year	email@email.com
<span style="font-size: small;">▼</span>	
<b>Event:</b>	
2024 EUTF Healthy Holiday Mindfulness Challenge (Monday November 11, 2024)	

Registrant(s) Questions ▼

#### Purchase Summary ✎

	Item	Total
2024 EUTF Healthy Holiday Mindfulness Challenge Maricel Blackwell	\$0.00	\$0.00
<hr style="border-top: 1px dashed #ccc;"/>		
<b>Sales Tax</b>		\$0.00
<hr style="border-top: 1px dashed #ccc;"/>		
	Base Cost:	\$0.00
	Processing Fee: ⓘ	\$0.00
<hr style="border-top: 1px dashed #ccc;"/>		
	<b>Total:</b>	<b>\$0.00</b>

- Congratulations! You are now registered for the 2024 EUTF Healthy Holiday Mindfulness Challenge! Be sure to log your mindful minutes before the challenge ends on December 6. You complete the Challenge when you've logged at least 600 mindful minutes during the Challenge.



## Congratulations!

You are registered for 2024 EUTF Healthy Holiday Mindfulness Challenge

[🔗 Back to Challenge Website](#)

[🖨️ Print](#)

## HOW TO LOG YOUR MINDFUL MINUTES:

### Option 1:

1. Go to your registration confirmation that was emailed to you. Click on Manage Registration from that email. You will be directed to your registration page. Click on Submit Virtual Results. Skip to page 12 for next steps.

### 2024 EUTF Healthy Holiday Mindfulness Challenge

Monday, Nov. 11 - Friday, Dec. 6, 2024  
Honolulu, HI 96814 US



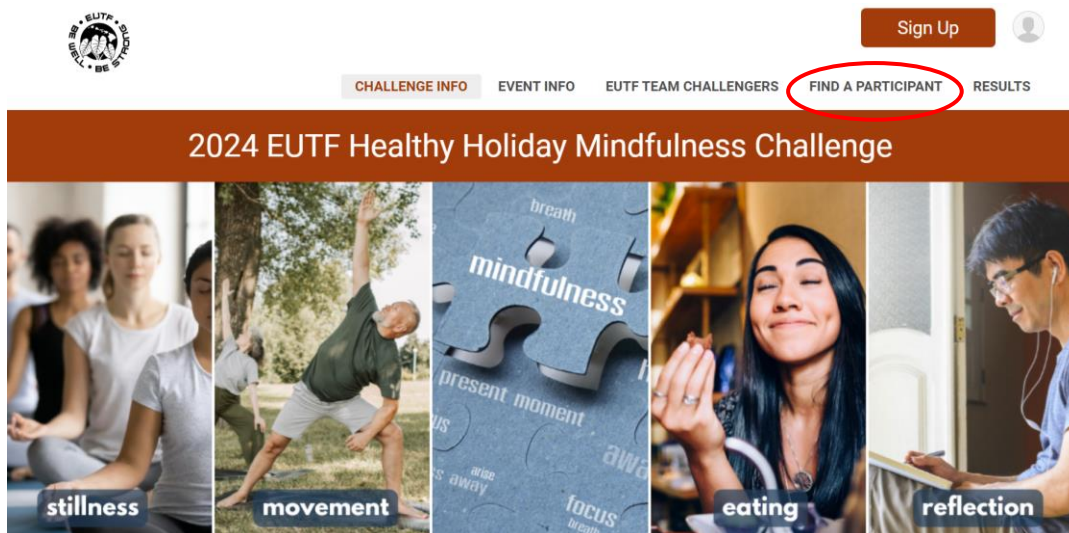
#### Post virtual results

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

Submit Virtual Results

### Option 2:

1. Go to the Challenge home page - click on the link below.  
<https://runsignup.com/Race/HI/Honolulu/2024EUTFHolidayChallenge>
2. Click on the Find a Participant tab.



3. Type in your first and last name under search by name. Choose More Details when you locate your name.

## 2024 EUTF Healthy Holiday Mindfulness Challenge

Monday, Nov. 11 - Friday, Dec. 6, 2024  
Honolulu, HI 96814 US

### Find a Participant

To look up your registration, enter your name or email address exactly as you entered it when registering.

#### Search By Name

First Name \*

Last Name \*

Lookup Registration

OR

#### Search By Email Address

Email Address \*

Date of Birth \*

mm/dd/yyyy



Lookup Registration

## 2024 EUTF Healthy Holiday Mindfulness Challenge

Monday, Nov. 11 - Friday, Dec. 6, 2024  
Honolulu, HI 96814 US

### Find a Participant

NAME
Maricel Blackwell

More Details

Lookup Someone Else

Anonymous users are not shown in this report.  
If you have registered for this race with an anonymous account, you can view your registration(s) by clicking [here](#).

- You will be prompted to enter a password if you set one up or verify your information.

YOU MUST LOGIN FIRST

Enter the password used when registering.

[Forgot Password?](#)

Login Cancel

If you didn't set up a password, 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.

Email Address \*

Last 4 Digits of Phone \*

Authorize by Email      Authorize by Phone

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

New Activity

Activity \*

Date Completed \*

Minutes \*

Convert from:

Comment

+ Add Another Activity   Import Activities from CSV file   Lock Account

**Submit Activity**

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

New Activity

Activity \*

Date Completed \*

Minutes \*

Convert from:

Comment

+ Add Another Activity   Import Activities from CSV file   Lock Account

**Submit Activity**

- 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:

9. 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.

### New Activity 🗑️

Activity \* Date Completed \*

Mindfulness In Stillness 10/27/2024 🗓️

Minutes \* Convert from: ▼

20

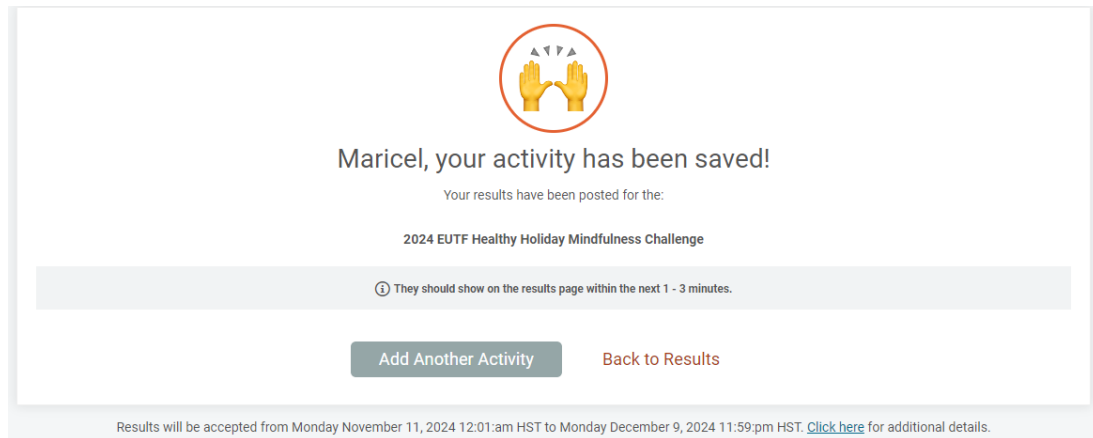
Comment

Meditation practice

+ Add Another Activity   Import Activities from CSV file   Lock Account ▼

**Submit Activity**

10. You will receive a confirmation that your activity has been saved. You can add another activity or go back to the results page. Note that results may take a few minutes to update on the challenge home page.



## HOW TO GET SUPPORT:

1. On the main [Challenge page](#), scroll down to the bottom and click on "Questions?".


### Challenge Contact Info

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

Questions?

2. Complete the required fields, check the box next to I'm not a robot, then press Send Message. You can expect a response within 2 business days or sooner.

### Challenge Contact Info

Name *	Email *	Phone
<input type="text"/>	<input type="text"/>	<input type="text"/>
Question/Message *		
<input type="text"/>		
<input type="checkbox"/> I'm not a robot	 reCAPTCHA <a href="#">Privacy</a> - <a href="#">Terms</a>	
<input type="button" value="Send Message"/>	<input type="button" value="Cancel"/>	