

# 2025 EUTF SELF-CARE CHALLENGE

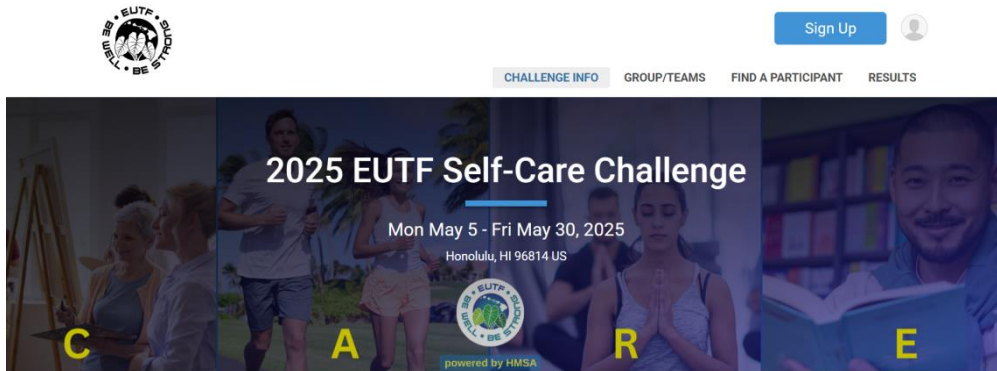
## HOW TO GUIDE

- How To Sign Up .....pages 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

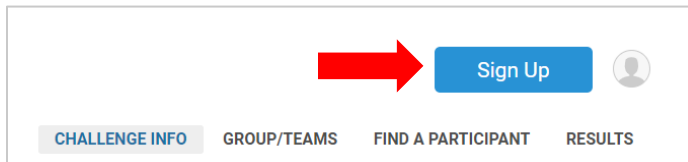
## HOW TO SIGN UP:

1. Go to the 2025 EUTF Self-Care Challenge Page (click link below):

<https://runsignup.com/eutfselfcarechallenge>



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.



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 \*

2025 EUTF Self-Care Challenge powered by HMSA \$0.00  
Monday May 5, 2025 - Friday May 30, 2025  
Open to ages 18+.

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

☐ Yes ☐ No

Continue

4. 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.

A screenshot of a web form. At the top, there is a teal button with a plus icon and the text '+ Add Another Registrant'. Below this, the question 'Would you like to join or create a Group/Team?' is displayed in blue. Underneath the question are two radio buttons: 'Yes' and 'No'. At the bottom of the form is a dark blue button with the text 'Continue'.

5. 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.

A screenshot of a 'Waiver' form. The title 'Waiver' is in bold, followed by a link 'Open waiver in new window'. The main body of the form contains a long paragraph of legal text about liability and risk. Below the text is a light blue box with the title 'Waiver Agreement for Gabriella Guzman'. Inside this box, there is a checkbox and the text 'By checking this box, I agree to the waiver and confirm that I am 18 or older and agree to the Privacy Policy'. A note at the bottom of the box says 'Please scroll to the bottom of the waiver first.'

6. 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.

A screenshot of a web page for selecting a group/team. At the top, there are three buttons: 'No Group/Team' (grey), 'Join an Existing Group/Team' (blue), and 'Create a New Group/Team' (grey). Below these buttons is a section with two input fields. The first is a dropdown menu labeled 'Select Group/Team \*' with the placeholder text '(Select a Group/Team)'. The second is a text input field labeled 'Search for existing Group/Teams'. At the bottom of the page are two buttons: 'Continue' (dark blue) and 'Back' (grey).

- 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

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: ①	\$0.00
<b>Total:</b>	<b>\$0.00</b>

10. Congratulations! You are now registered for the 2025 EUTF Self-Care Challenge! Be sure to log your self-care activity minutes before the challenge ends on May 30. 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
<b>Total:</b>	<b>\$0.00</b>

## HOW TO CREATE OR JOIN A TEAM:

11. Go to the 2025 EUTF Self-Care Challenge Page:  
<https://runsignup.com/eutfselfcarechallenge>



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.

A screenshot of the 2025 EUTF Self-Care Challenge registration form. At the top, it says 'Register For 2025 EUTF Self-Care Challenge Honolulu, HI 96814' and 'Back to Challenge Website X'. The form is titled 'Registrant #1'. It has a 'Quick Fill' button and a note: 'Choose one of your existing profiles to quickly fill in the registration form.' The form contains several fields with red asterisks indicating required information: 'Who are you registering?', 'First Name', 'Last Name', 'Email Address', 'Confirm Email', 'Date of Birth', 'Gender' (with options: Male, Female, Non-Binary, Prefer Not to Say), 'Phone', and 'Zip Code'. Below these fields is a section titled 'Choose Your Event' with a selection for '2025 EUTF Self-Care Challenge powered by HMSA' for '\$0.00'. At the bottom, there is a question 'Would you like to join or create a Group/Team?' with radio buttons for 'Yes' and 'No'. A 'Continue' button is at the very bottom.

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.

#### 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 assigns.

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 Gustafson

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 [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/TeamJoin an Existing Group/TeamCreate 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.

Set Password

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.



☒ 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"**.



Register For  
2025 EUTF Self-Care Challenge  
Honolulu, HI 96814

[Back to Challenge Website](#) ✕

### 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 5, 2025 - May 30, 2025

March 6, 1975 mancel\_blackwell@hmsa.com

Event:

2025 EUTF Self-Care Challenge powered by HMSA  
(Monday May 5, 2025)

Registrant(s) Questions

### Purchase Summary

	Item	Total
	2025 EUTF Self-Care Challenge powered by HMSA Maricel Blackwell	\$0.00 \$0.00
	Sales Tax	\$0.00 \$0.00
	Base Cost:	\$0.00
	Processing Fee: ①	\$0.00
	Total:	\$0.00

21. Congratulations! You are now registered for the 2025 EUTF Self-Care Challenge! Be sure to log your self-care activity minutes before the challenge ends on May 30. You complete the Challenge when you've logged at least 600 minutes during the Challenge.



## Congratulations!

You are registered for 2025 EUTF Self-Care Challenge

[Back to Challenge Website](#)

[Print](#)

**Location:** Honolulu, HI 96814 US

**Challenge Date:** May 5, 2025 - May 30, 2025

**Registered:** April 6, 2025 @ 12:31pm 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:**

2025 EUTF Self-Care Challenge powered by HMSA  
(Monday May 5, 2025)

Registrant(s) Questions

### Purchase Summary

	Item	Total
2025 EUTF Self-Care Challenge powered by HMSA	\$0.00	\$0.00
Maricel Blackwell		
Sales Tax	\$0.00	\$0.00

### Make a Mistake?

[Clear](#)

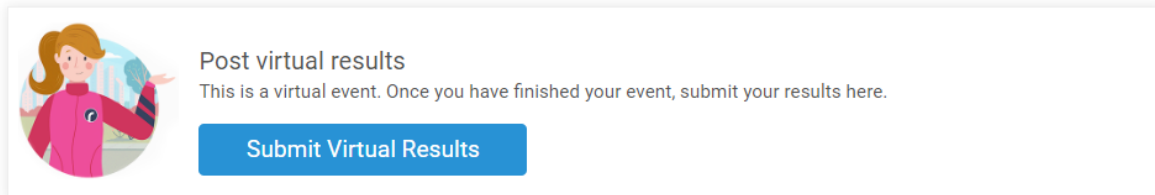
You can immediately clear this transaction by pressing this button within **15 minutes**. After that all sales are final and there are no refunds.

Base Cost:	\$0.00
Processing Fee: ⓘ	\$0.00
<b>Total:</b>	<b>\$0.00</b>

## 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).

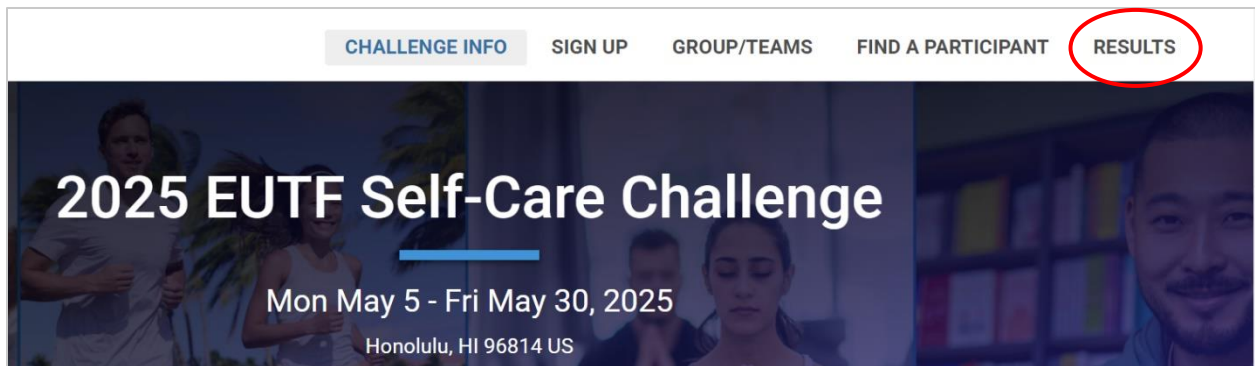


Keiki Aloha  
Registration #82023868

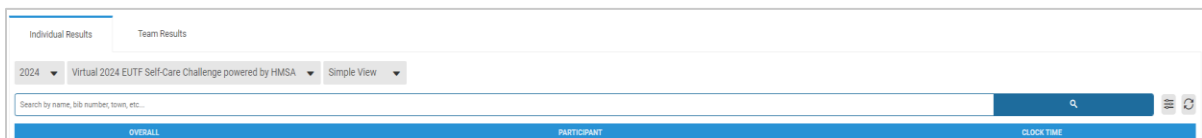
### Option 2:

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



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



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

Keiki Aloha  
2024 EUTF Self-Care Challenge  
powered by HMSA

Certificate  
DIGITAL BIB 5

Log Activities

Tally 132  
Gun Time 30:00  
Overall Progress 22%  
Overall 1 of 2

Questions About Results?

Last Activity Source:  
Web

Overall  
132 of 600  
Progress 22%

Activities  
June 3, 2024

Log Activities

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.

To update this registration, you need to enter the email address or last 4 digits of the phone number you used when registering.

Email Address \*

Last 4 Digits of Phone \*

Authorize by Email

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.

**C** - Create: Unleash your creativity and engage in creative activities like drawing, painting, writing, or playing a musical instrument.

**A** - Active: Participate in physical activities such as walking, running, yoga, swimming, dancing, or any form of exercise.

**R** - Relax: Spend time on mindfulness practices, meditation, breathing, or any activity that promotes relaxation.

**E** - Enrich: Focus on personal growth activities like reading, journaling, hobbies, volunteering, or learning a new skill.

- 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

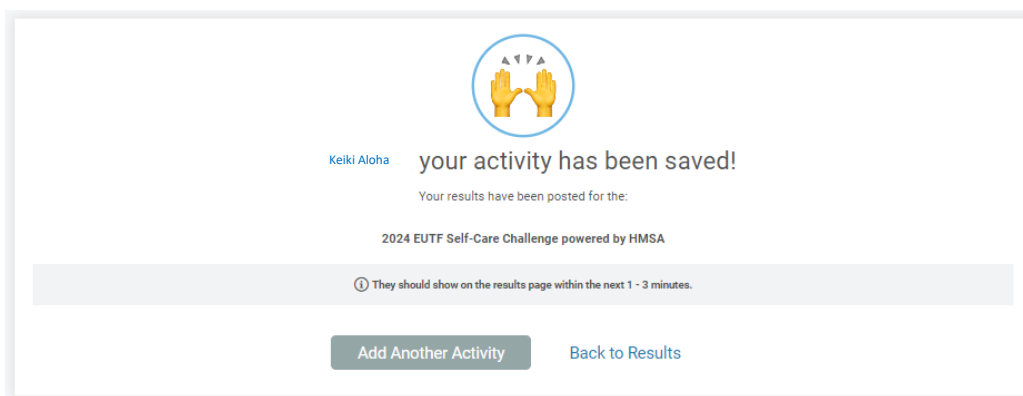
Convert From \*

Comment

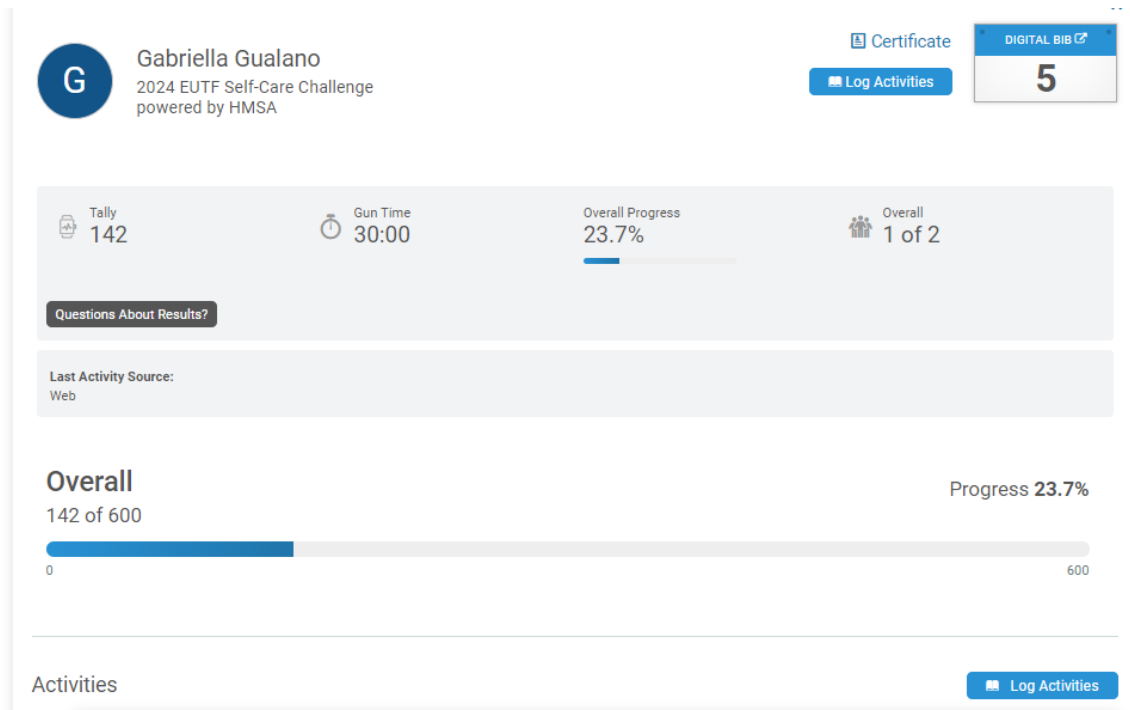
+ Add Another Activity Import Activities from CSV file

Submit Activity

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



12. Once submitted, it will take a few minutes for new results to tally but your results will be automatically added to you overall count and will show on your “Individual Result” 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 form and press on "Send". You can expect a response withing 2 business days.

### Challenge Contact Info


[Questions?](#)

Name \*

Email \*

Phone

Question/Message \*

☐ I'm not a robot  reCAPTCHA  
Privacy - Terms

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