



2025 EUTF HEALTHY HOLIDAY MINDFULNESS CHALLENGE

HOW TO GUIDE

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- How to Create or Join a Team.....pages 5-8
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HOW TO SIGN UP AS AN INDIVIDUAL PARTICIPANT:

1. Go to the 2025 EUTF Healthy Holiday Mindfulness Challenge website (click link below):

<https://runsignup.com/EUTFholidaychallenge>




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



CHALLENGE INFO EVENT INFO EUTF TEAM CHALLENGERS RESULTS SIGN UP

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.



Register For
2025 EUTF Healthy Holiday Mindfulness Challenge
Honolulu, HI 96814

Back to Challenge Website X

Registrant #1

Clear all fields

Sign In

Login with your RunSignup account.

Who are you registering? *

First Name *

Last Name *

Email Address *

Confirm Email *

Create Password ⓘ *

Confirm Password *

This will be the password for your RunSignup account.

Date of Birth *

Gender *

Phone

mm/dd/yyyy

☐ Male ☐ Female

Valid formats include: 000-000-0000 or 0000000000

Used for age group calculations

☐ Non-Binary ☐ Prefer Not to Say

Zip Code *

Choose Your Event *

☒ 2025 EUTF Healthy Holiday Mindfulness Challenge \$0.00

Monday December 1, 2025 - Friday December 26, 2025
Open to ages 18+.

- 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 challenge/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 challenge/race official relative to my ability to safely complete the run. I certify as a material condition to my being permitted to enter this challenge that I am physically fit and

Waiver Agreement for I

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

Continue

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- To participate 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

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- 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

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- 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.

2025 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 *

Pacific/Honolulu (-1000) ▼


Continue

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8. 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

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↓ Your registration information

Location: Honolulu, HI 96814 US

Challenge Date: Monday, Dec. 1 - Friday, Dec. 26, 2025

Registrants

Date of Birth: Email:

Event:
2025 EUTF Healthy Holiday Mindfulness Challenge
(Monday December 1, 2025)

Registrant(s) Questions

Purchase Summary


	Item	Total
2025 EUTF Healthy Holiday Mindfulness Challenge	\$0.00	\$0.00
Maricel Blackwell		
Sales Tax	\$0.00	\$0.00
Base Cost:		\$0.00
Processing Fee: ①		\$0.00
Total:		\$0.00

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 2025 EUTF Healthy Holiday Mindfulness Challenge

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 [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 2025 EUTF Healthy Holiday Mindfulness Challenge website (click link below):


<https://runsignup.com/EUTFholidaychallenge>



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.

 Register For
2025 EUTF Healthy Holiday Mindfulness Challenge
Honolulu, HI 96814

Back to Challenge Website ✕

Registrant #1

[Clear all fields](#)

Sign In

 Login with your RunSignup account.

Who are you registering? *

First Name *

Last Name *

Email Address *

Confirm Email *

Create Password ⓘ *

Confirm Password *

This will be the password for your RunSignup account.

Date of Birth *

Gender *

Phone

mm/dd/yyyy ⓘ

☐ Male ☐ Female
☐ Non-Binary
☐ Prefer Not to Say

Valid formats include: 000-000-0000 or 0000000000

Zip Code *

Choose Your Event *

☒ 2025 EUTF Healthy Holiday Mindfulness Challenge \$0.00

Monday December 1, 2025 - Friday December 26, 2025
Open to ages 18+.

4. 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 challenge/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 challenge/race official relative to my ability to safely complete the run. I certify as a material condition to my being permitted to enter this challenge that I am physically fit and

Waiver Agreement for I

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

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5. 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

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6. 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.

No EUTF Team Challenger

Join an Existing EUTF Team Challenger

Create a New EUTF Team Challenger

Select EUTF Team Challenger *

(Select a EUTF Team Challenger ▼)

Search for existing EUTF Team Challengers

Continue

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7. 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

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8. 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.

2025 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 *

Pacific/Honolulu (-1000) ▼


Continue

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9. 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, Dec. 1 - Friday, Dec. 26, 2025

Registrants


Date of Birth:

Email:

Event: 2025 EUTF Healthy Holiday Mindfulness Challenge (Monday December 1, 2025) 

Registrant(s) Questions 

Purchase Summary

	Item	Total
	2025 EUTF Healthy Holiday Mindfulness Challenge	\$0.00 \$0.00
Sales Tax		
	Base Cost:	\$0.00
	Processing Fee: 	\$0.00
	Total:	\$0.00

10. Congratulations! You are now registered for the 2025 EUTF Healthy Holiday Mindfulness Challenge! Be sure to log your mindful minutes before the challenge ends on December 26. You complete the Challenge when you've logged at least 600 mindful minutes during the Challenge.



HOW TO LOG YOUR MINDFUL MINUTES:

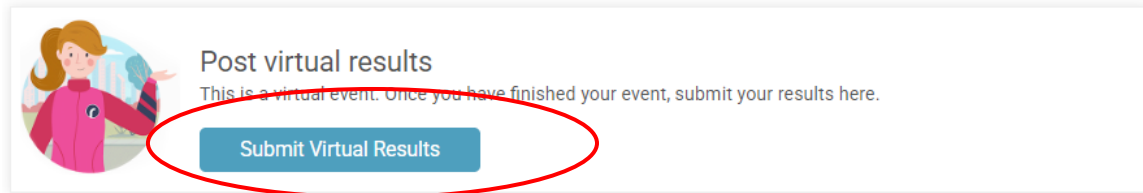
Option 1:

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.

2025 EUTF Healthy Holiday Mindfulness Challenge

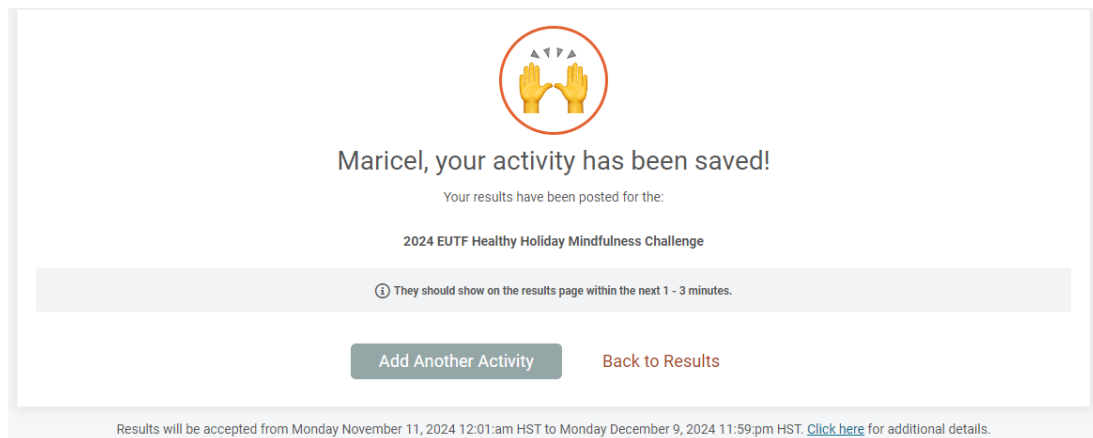
Monday, Dec. 1 - Friday, Dec. 26, 2025

Honolulu, HI 96814 US



Option 2:

1. Go to the Challenge home page - click on the link below.
<https://runsignup.com/EUTFholidaychallenge>
2. Log in to your account, then choose Submit Virtual Results
3. 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 *

☐ I'm not a robot
reCAPTCHA is changing its terms of service.
[Take action.](#)


reCAPTCHA
[Privacy](#) - [Terms](#)

Send Message

Cancel