



2026 EUTF SELF-CARE CHALLENGE

HOW TO GUIDE

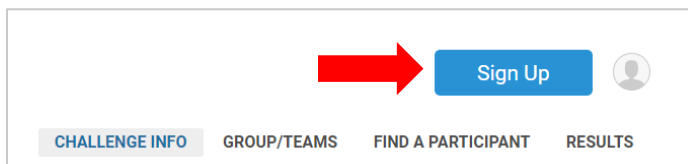
- **How To Sign Uppages 2-5**
- **How to Create or Join a Team...page 6-10**
- **How to Log Your Results.....pages 11-14**
- **How to Get Support.....page 15**

HOW TO SIGN UP:

1. Go to the 2026 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 as a winner, we will first notify you by email, then by phone number. Refer to the Official Rules for selection of winners.

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

Yes No

- 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.

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.

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](#).

Please scroll to the bottom of the waiver first.

- 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.

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

Select Group/Team *

(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

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. 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

2026 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 *

Continue

Back

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: May 4, 2026 - May 29, 2026

Registrants

Registrant(s) Questions

Purchase Summary 		
Item		Total
2026 EUTF Self-Care Challenge powered by HMSA Maricel Blackwell	\$0.00	\$0.00
Sales Tax	\$0.00	\$0.00
Base Cost:		\$0.00
Processing Fe		---
Total:		\$0.00

10. Congratulations! You are now registered for the 2026 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 2026 EUTF Self-Care Challenge

[Back to Challenge Website](#)

[Print](#)

Location: Honolulu, HI 96814 US

Challenge Date: May 4, 2026 - May 29, 2026

Registered: March 27, 2026 @ 6:23pm HST

Registrants

Event:
2026 EUTF Self-Care Challenge powered by HMSA
(Monday May 4, 2026)

Registrant(s) Questions

Purchase Summary

	Item	Total
	2026 EUTF Self-Care Challenge powered by HMSA	\$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.

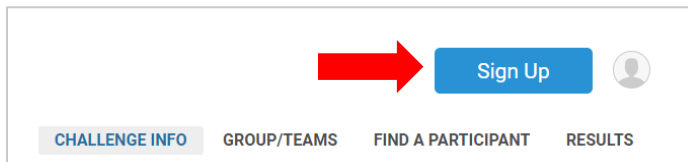
Base Cost:	\$0.00
Processing Fee: ⓘ	\$0.00
Total:	\$0.00

HOW TO CREATE OR JOIN A TEAM:

1. Go to the 2026 EUTF Self-Care Challenge Page:
<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.

4. 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

- 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 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 Gupton 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](#)

- 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 

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

7. 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

8. 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

9. 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

10. 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 4, 2026 - May 29, 2026

Registrants

Registrant(s) Questions

Purchase Summary

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2026 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



11. Congratulations! You are now registered for the 2026 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 2026 EUTF Self-Care Challenge

[Back to Challenge Website](#)

[Print](#)

Location: Honolulu, HI 96814 US

Challenge Date: May 4, 2026 - May 29, 2026

Registered: March 27, 2026 @ 6:23pm HST

Registrants

Event: 2026 EUTF Self-Care Challenge powered by HMSA (Monday May 4, 2026)

Registrant(s) Questions

Purchase Summary

	Item	Total
2026 EUTF Self-Care Challenge powered by HMSA	\$0.00	\$0.00
Sales Tax	\$0.00	\$0.00

Make a Mistake?

[Clear](#)

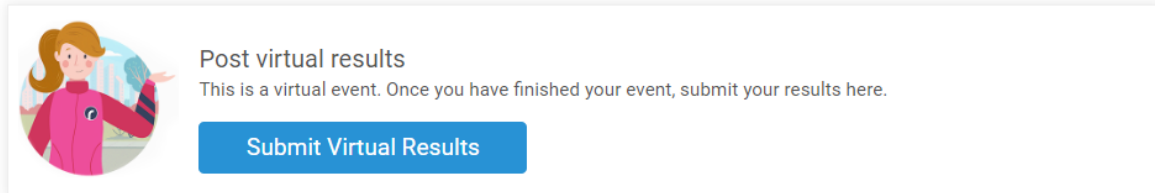
You can immediately clear this transaction by pressing this button within 15 minutes. After that all sales are final and there are no refunds.

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).

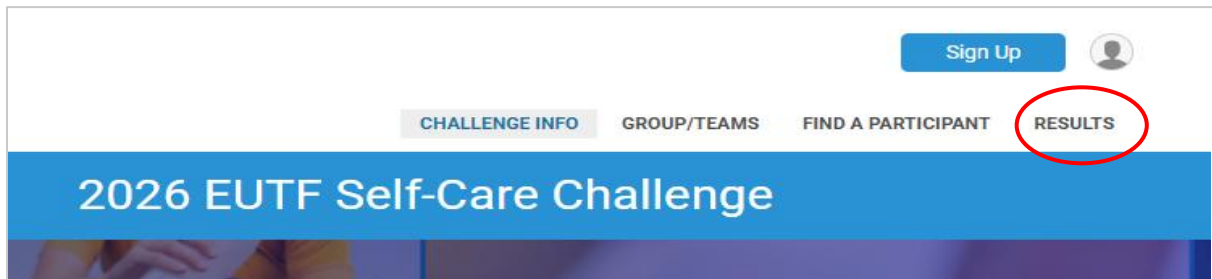


Keiki Aloha
Registration #82023868

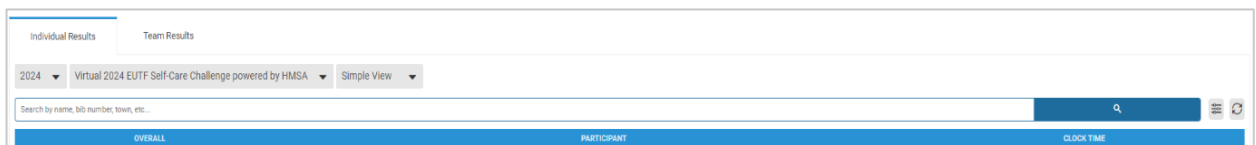
Option 2:

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

1. Go to: <https://runsignup.com/eutfselfcarechallenge> and login to your account.
2. Click on the "RESULTS" Tab



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



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

The screenshot shows the 'Individual Result' page for Keiki Aloha. At the top left, there is a profile icon with the letter 'G' and the name 'Keiki Aloha'. Below the name, it says '2024 EUTF Self-Care Challenge powered by HMSA'. In the top right corner, there is a 'Certificate' button and a 'DIGITAL BIB' button with the number '5'. A 'Log Activities' button is circled in red. Below this, there is a summary section with four metrics: 'Tally 132', 'Gun Time 30:00', 'Overall Progress 22%' (with a progress bar), and 'Overall 1 of 2'. Below the summary, there is a 'Questions About Results?' button and a 'Last Activity Source: Web' section. The main section is titled 'Overall' and shows '132 of 600' with a progress bar and 'Progress 22%'. At the bottom, there is an 'Activities' section with a date 'June 3, 2024' and a 'Log Activities' button circled in red.

- You may 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 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

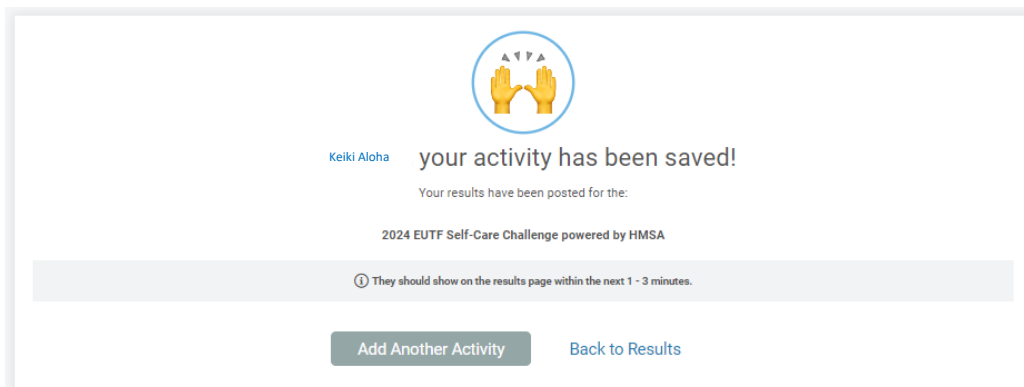
+ Add Another Activity Import Activities from CSV file

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.
- Enter the Date you completed the activity.
- Enter the number of minutes you complete the activity for.
- 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.
- You will receive confirmation that your activity has been saved.



10. 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.

G 2024 EUTF Self-Care Challenge
powered by HMSA

[Certificate](#) [DIGITAL BIB](#)

[Log Activities](#) **5**

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?".

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



[Send Message](#)

[Cancel](#)