

Registering for Stroll for Strong Kids

1. Go to the Registration Page at: <http://www.givetokids.urmc.edu/stroll>
2. Click the "Register Now!" button at the top of the page
3. Choose whether you would like to participate as a 5K Runner or a Walker for the event by clicking on the circle to the left of each choice
4. Enter a dollar amount for your Fundraising Goal
5. Select whether you would like to participate as an individual, if you would like to join a previously created team or if you would like to create your own team by clicking on the corresponding circle to the left of your choice.
6. Using the pull-down option under the "Gender" Registration Question, select Male or Female
7. Enter your date of birth in the text box under "Date of Birth" as mm/dd/yyyy
8. Enter the name of your employer
9. Using the pull-down option underneath the short-sleeve t-shirt category, select what size t-shirt you would like to receive if you raise between \$75-\$149
10. Using the pull-down option underneath the long-sleeve t-shirt category, select what size t-shirt you would like to receive if you raise between \$150-\$249
11. Using the pull-down option for the sweatshirt blanket category, select whether or not you would like to receive this prize if you raise \$250 or more.
12. Using the pull-down option under the area of hospital category, select which area of the hospital you would like your fundraising dollars to support
13. If the area you wish to give your fundraising dollars to is not available, enter your area in the text box under the "If 'Other' please specify" category
14. In the text box beneath the brief description category, please tell us why you are participating in the Stroll for Strong Kids
15. Please indicate if you would like to be notified of CMN Hospital Upcoming Events by clicking the small box to the left of the text (by "checking" the box, you will sign up for these e-mail notifications, leaving the box "unchecked" will keep you from getting notifications)
16. Read the "Terms and Conditions" in the text box in the "Waiver" category
17. Check the box to the left of the "I Agree to the Terms and Conditions" if you agree and would like to participate in the Stroll for Strong Kids
18. Click the "Continue to Next Step" button
19. Enter your first name, last name, and mailing address.
20. Enter your phone number in the text box beneath the "Phone" category, please include your area code
21. Select whether you are a male or female by checking the box to the corresponding answer to the left of your choice under the "Gender" category
22. Enter your e-mail address in the text box beneath the "E-mail Address" category
23. Enter your e-mail address again for confirmation beneath the "Confirm E-mail" category

24. Select a password for your account and enter it in the text box beneath the "Password" category
25. Enter your password again for confirmation in the text box beneath the "Confirm Password" category
26. Click the "Continue to Next Step" button
27. Read over the Confirmation page to be sure that all of your information is correct, if there is a mistake, click the "Make Changes" link written in blue in the category where the change needs to be made
28. If everything is correct, click the "Complete Registration!" button at the top of the page or the bottom of the page