

Registration Instructions

for the 21st Annual Golisano Children's Hospital Stroll for Strong Kids & 5K Run

*If you registered for a past Stroll event, your user name and password from last year will be the same this year.

Register as an Individual

1. Go to www.givetokids.urmc.edu/stroll
2. On the right hand side of the page in a blue box under "participate" click *Register as an Individual*
3. Select new or returning user
4. Set your personal goal using \$\$.\$\$ format
5. Enter your personal information
6. Create a username and password
7. Click *complete registration*

Register to Join an Existing Team

1. Go to www.givetokids.urmc.edu/stroll
2. On the right hand side of the page in a blue box under "participate" click *Join an Existing Team*
3. Search for the team you want to join by clicking *Search for a Team*
4. Select new or returning user
5. Set your personal goal using \$\$.\$\$ format
6. Enter your personal information
7. Create a username and password
8. To add a family member to the team, click add *family member* (otherwise skip this step)
9. Click *complete registration*

Register to Create a New Team

1. Go to www.givetokids.urmc.edu/stroll
2. On the right hand side of the page in a blue box under "participate" click *Form a Team*
3. Select new or returning user
4. Set team goal using \$\$.\$\$ format
5. Set your personal goal using \$\$.\$\$ format
6. Enter your personal information
7. Create a username and password
8. To add a family member to the team, click add *family member* (otherwise skip this step)
9. Click *complete registration*
10. Save your Team name to share with other people so they can search for your team name when the register to Join and Existing Team