

# Med Mile & 5k Registration Tips 2024

## Helpful Tips While Registering For Med Mile & 5k 2024



## QR Code to Race Registration and 2024 Race Details

### Race Details, Course Maps, Sponsors

Details on Pricing By Age, Multi-Person Discount, and Early Bird Discounts

Know Someone Who Would Like To Just Donate To the Cause?

View Your Race Results Here!

Create Your Team Here After You Register for the Race

Events		
<b>Mile</b> \$25 8:00AM CDT 8:15AM CDT <small>Price increases after May 20, 2024 at 11:59pm CDT Open to ages 99 and under.</small>	<b>5K</b> \$30 8:30AM CDT 9:00AM CDT <small>Price increases after May 20, 2024 at 11:59pm CDT Open to ages 99 and under.</small>	<b>Virtual 5k or Mile</b> \$30 8:30AM CDT 11:00PM CDT <small>Registration ends June 1, 2024 at 7:30am CDT</small>
<a href="#">Sign Up</a>	<a href="#">Sign Up</a>	<a href="#">Sign Up</a>

**RunSignup**

- Sign In
- Create Account
- Help

## Quick Tip!

Use an email that is checked regularly so that you receive all race updates and communications leading up to the event date



# Registering for a Race

**Enter in Your Personal Information**



Registrant #1 Clear all fields

[Sign In](#) Login with your RunSignup account.

Who are you registering? \*  
Me, 18+

First Name \* Last Name \*  
Jane

Email Address \*  
jane.d

Create Family Account \*  
This will be used for all registrants in this family.

Date of Birth \*  
01/01

Used for \*  
Individual

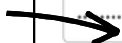
Street Address \*  
501 A

City \*  
Spring

**Choose Your Event(s) \***

<input type="checkbox"/> Mile Open to ages 99 and under.	\$25.00 + \$2.50 SignUp Fee ⓘ <a href="#">Special Pricing</a>
<input checked="" type="checkbox"/> 5K Open to ages 99 and under.	\$30.00 + \$2.80 SignUp Fee ⓘ <a href="#">Special Pricing</a>
<input type="checkbox"/> Virtual 5k or Mile	\$30.00 + \$2.80 SignUp Fee ⓘ

**Choose One Distance for the Event**



**Want to Register Someone Else?**



**Have a family? Discount Option Here!**



- Family Discount Up to 4 People only.

[+ Add Another Registrant](#)

Multi-Person Pricing  
None

Would you like to join or create a TEAM?  
 Yes  No

**Creating/Joining a MedMile Team:**

- Captains Will Need to Create Their Team Before Others Can Join Their Team.
- Team Members Need to Join a Team Once the Captain Registers



# JOINING / CREATING A TEAM

Would you like to join or create a TEAM?

Yes  No

Continue

## Select if You Would Like to Join or Create a Team

## JOINING AN EXISTING TEAM?

- Select an Existing Team By Using the First Drop Down Menu or by Searching By Name



Register For  
**MED MILE**  
CoxHealth MedMile & 5K Walk/Run  
Springfield, MO 65807

Back to Ra

TEAM for

No TEAM Join an Existing TEAM Create a New TEAM

Select TEAM \* (Select a TEAM) Search for existing TEAMS

Continue Back

## CAPTAINS



- CREATE A NEW TEAM
  - Click on The "Create a new team box:
  - Type in Your Unique Name or Department Name
  - Enter a Password That Your Team Will Need to Join

Register For  
**MED MILE**  
CoxHealth MedMile & 5K Walk/Run  
Springfield, MO 65807

Cox 5k  
 Yes, I'm a Cox Health Employee  
 No, I'm not a Cox Health Employee

PAY NOW Employee ID Cox Pay Roll Deduct you will charged for your registration by PRD  
PAY NOW

Continue Back

## ARE YOU A COXHEALTH EMPLOYEE That Would Like to Use Payroll Deduction to Pay for Your Race Registration?

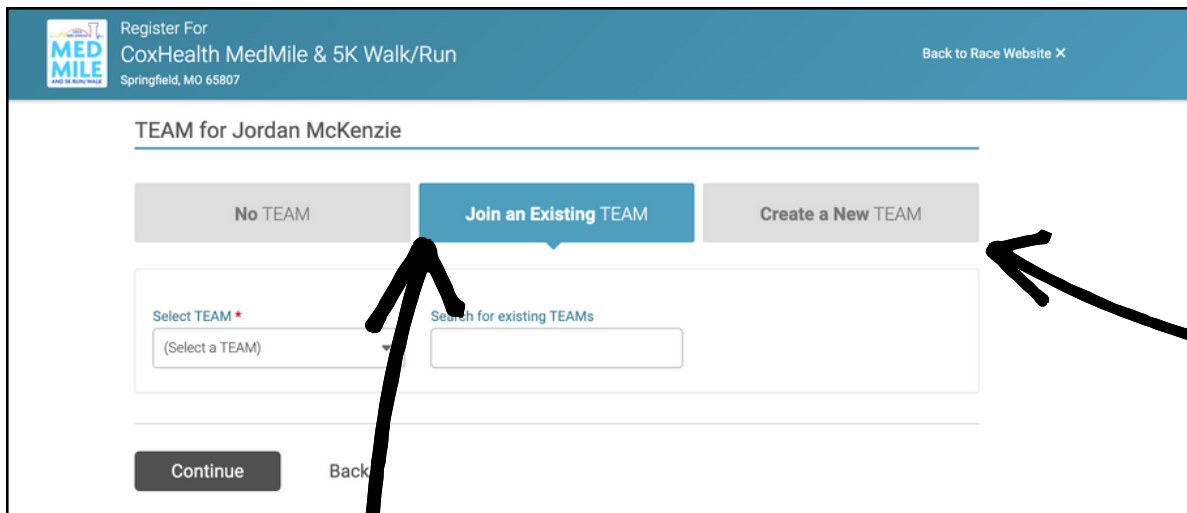
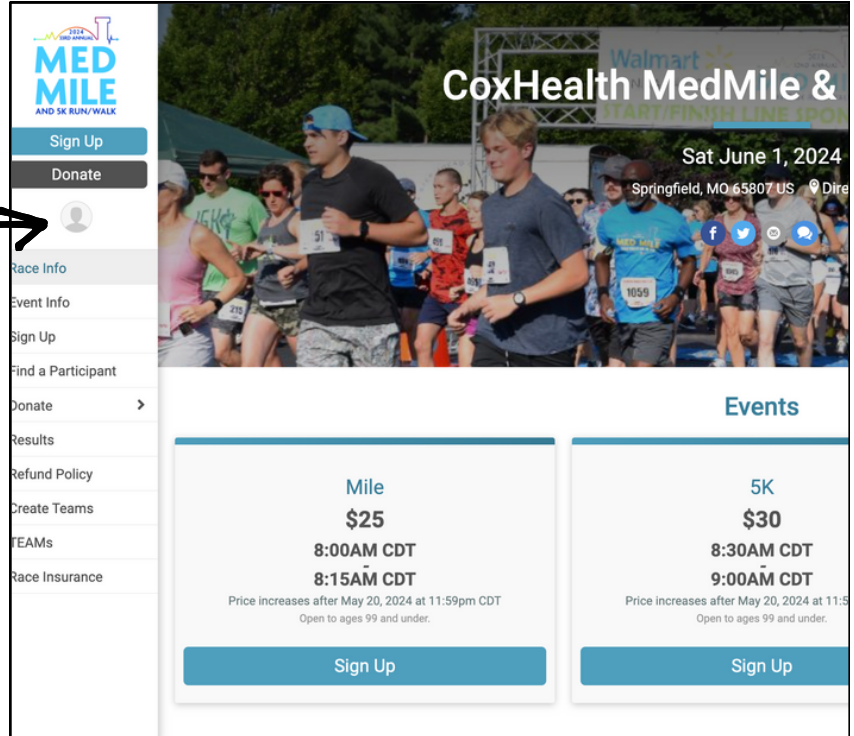
- YES - Enter Your 6 Digit Employee ID Number.
  - Registration Will Not be Accepted If Employee ID# is Invalid
  - FT & PT Employees Can Use This Option. PRN Status Cannot.
- NO - Skip

# JOINING / CREATING A TEAM

**Can You Join a Team After You Register for the Race? Yes! Example on How, Below!**

**Click on the Profile Icon Here!**

1. Click on My Registrations
2. Click Manage Registration Under Your MedMile Registration
3. Click "Team" on the Left Menu Bar



**Become a Team Captain & Create a New Team By Clicking Here!**

**Join an Existing Team By Clicking Here!**



# Donate Towards the Cause



## You Can Continue Your Support by Making a Donation Under a Specific Team or Donating in General

Register For  
CoxHealth MedMile & 5K Walk/Run  
Springfield, MO 65807

Back to Race Website X

**MED MILE** CoxHealth MedMile & 5K Walk/Run

Donations for Med Mile Teams 2023

Select a charity to donate to a cause.

Charity

Switch View

### Would You Like to Donate Towards the Cause?

- Option 1: Donate Under a Specific Team
- Option 2: Donate in General
- Do Not Want This Option?
  - Click Continue



**Congrats! You did it.  
Keep an Eye Out for  
Your Confirmation  
Email!**

