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Healthiest State Annual Walk Registration Help Guide

Thank you for your interest in walking with us on **October 4th!** Registration for the Healthiest State Annual Walk is free and easy. Follow the steps below if you need help getting your walk registered:

1. One walk representative needs to sign up your worksite, community, school, college, youth organization, non-public school, or household online at: <https://runsignup.com/Race/IA/DesMoines/2023HealthiestStateAnnualWalk>
2. Click “sign up” in the top right of the page, enter your information to create an account, and approve the walk waiver at the bottom. Click “continue”
3. On the next page select “Create a new Organization Type”, select which organization type represents the organization or group you are registering a walk for. Enter the name of your organization, group, school, etc., and click “continue”
 1. *If you are signing up for an already registered walk, select “Join an Organization Type” and search for the walk you are interested in.*
4. Enter your county, the location your walk will be held at, and what time the walk will be held. Click “continue”.
5. OPTIONALLY choose to donate to the Healthiest State Initiative to help continue our efforts to make sure every lowan has the opportunity to live their healthiest life! Click “continue”.
6. Add more registrants from this final screen or complete your registration!
 1. *To keep track of your attendees, encourage them to sign up for your registered walk by selecting “join an organization type” on step 3.*
7. **As the walk organizer, it’s important that you communicate with your participants to share the date, time, and details of your walk!** You can sign into your account on RunSignUp.com, select profile, and scroll down to the “Groups” section. Click on your walk and download the CSV file to access participant email addresses to communicate the time, location, and details of your walk. The Healthiest State Initiative has also provided free communication toolkits to make promoting your walk easier! Visit the resources section of the [Annual Walk page](#) for more information.

On walk day, spread the word and show your excitement for the Healthiest State 13th Annual Walk by posting a photo from your event and use the hashtag **#WhyIWalk** to share what gets you moving or **#HSIWalk2023** on social media. We love to see photos from walks across the state so we can share the fun! We have social media resources