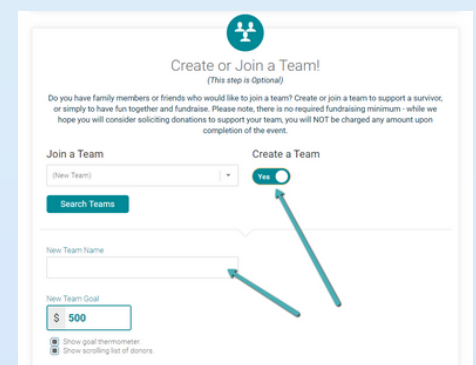
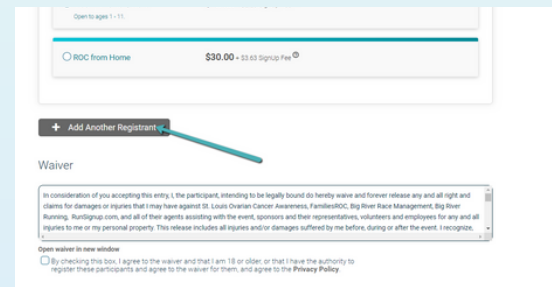
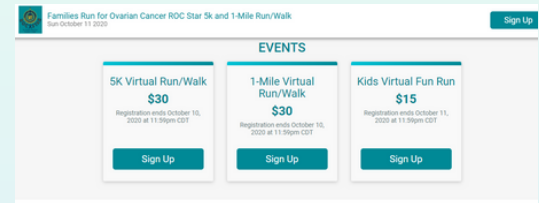




2025 REGISTRATION INSTRUCTIONS

1. Visit runsignup.com/froc or click [here](#).
2. Scroll to your preferred event (5k, 1-Mile, Kids...) and click "Register Now!"
3. Complete your personal information. If you have participated in the past, it may auto-populate.
4. If you are registering multiple participants, click the grey "Add Another Registrant" button and complete their information as well.
5. The next screen will ask you to sign a waiver for the event.
6. The next screen will ask you questions about your t-shirt size and if you are an ovarian cancer survivor. If you are a survivor, please choose a Survivor shirt (e.g. Survivor Large).
7. The next section will allow you to create a team or join an existing team. It will also prompt you to bring your team back if you have previously had a team.
8. On the Fundraiser page you can Create or Join a team. If you have had a team in the past, you can choose to "Bring Back My Team" which will auto-populate your info and email past participants to sign up.



9. If you have not had a team in the past you can “Create a Team” and edit the information. Remember to add pictures and personalize the details - this info will become your team page!

Please note, the term “fundraiser” is used for teams and you may be asked to set a goal. We do encourage teams to solicit donations and raise much needed funds to support SLOCA, but there is NO fundraiser minimum and you are not agreeing to any specific amount by creating or joining a team.

10. Once you've completed your team info and clicked continue, you can review your info, this is also where you will enter your coupon code if you have a promo code.

11. Before entering payment details, please carefully review your registration information to make sure your personal info is correct, you are signed up for the correct event (5k, 1-mile, etc.), your shirt size is correct and if you joined or created a team, that information should be listed as well.

12. Upon completing your registration you should receive an email confirming your registration and all important details.

Thank you for ROC'ing with us!



Questions?

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