



# STEP INTO THE MISSION

**2024 Walk-a-Thon**  
**Feb 29 & March 1**

To be held at the 2024 MNRS Annual  
Research Conference in Minneapolis, MN.  
Cost is \$15 per person.

**Click [HERE](#) to Register!**

Prizes Provided by the Midwest  
Nursing Research Society



## ***How do I register?***

Everyone will sign up individually via the conference registration portal. Cost is \$15 per walker. You can create your own team if you want, and in January 2024, we will send a link to collect your team names and info.



## ***Do I need a team to participate?***

You do not need a team to join the fun! The Executive Office will place individuals on a team and connect you before the conference. Great opportunity to meet others and make new connections!



## ***Are there prizes?***

Yes! Winners receive a discount on the 2025 conference registration!

- 1st place team receives \$100 off each
- 2nd place team receives \$75 off each
- 3rd place team receives \$50 off each



## ***How do we track steps?***

You will track your steps using an approved app on your smartphone or watch. At the close of the walking period, you will submit your total steps via a link provided by the Executive Office.



## ***Why should I walk?***

Your registration fees of \$15 will go towards funding the 'Step-Up' Grant!