



WALK KANSAS

Captain Information:

Welcome to K-State Research and Extension's health initiative, Walk Kansas! This marks 25-years that Walk Kansas has been inspiring, nudging, and motivating Kansans and friends to move more, sit less and feel better! We are so glad you can join us this year!!

If you have participated before, most of the program will look familiar to you. A good portion of Walk Kansas is provided virtually, however, you will want to check for any events and opportunities provided in your local community. A weekly email will connect each participant to the Walk Kansas newsletter and other resources posted in the online system where you log activity, etc. Your local Extension office will also promote any activities in your community and be there to assist you.

New in 2025!! Walk Kansas virtual trails remain the same, and all newsletters and webinars will be new! You can still access webinars and newsletters from previous years in the online portal as well.

Online registration will open March 4. Check your local extension office website or www.walkkansas.org for details. If you are on Facebook, like our page, Kansas State University Walk Kansas, www.facebook.com/walkkansas.

Here is a step-by-step guide to register your team (online and paper) followed by general program information.

REGISTER ONLINE:

- Before you start registration, recruit team members (at least 4 – you can add more later.) You will need their email address (or mailing address.) When you register your team, you will be asked to pay for the number of people participating (\$10/person), so be prepared to pay with credit card or follow up by sending a check.
- Talk with your team and select a goal based on the amount of moderate/vigorous activity each person will commit to per week – 2.3 hours, 3.3 hours, 4 hours, or 6 hours. Also, choose a team name (anything goes!)
- Now you are ready to register online at www.walkkansas.org. *If you reach a point, during the process, where you don't have all of the information you need, click CANCEL and start over later. Please do not exit out of the system without hitting CANCEL.*

K-STATE
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Reminders and Dates

March 4: Registration Opens

After you register: Complete the walking and flexibility tests described in the Activity Guide.

March 30: Here we go!!

Start logging physical activity minutes/steps, strengthening exercises; fruits/veg, and water.

April 7: Registration closes

Order Walk Kansas Apparel:

www.shopwalkkansas.com

Order by dates are on the website

April 16, 23 and May 7, 14:

Walk Kansas webinars begin at 12:10 pm.

May 24: Walk Kansas wraps up for 2025!

Complete Post walking and flexibility tests, and a program evaluation.

Walk Kansas website:

www.walkkansas.org

Kansas State University
Agricultural Experiment Station
and Cooperative Extension Service

K-State Research and Extension is an
equal opportunity provider and employer.

Note: Our system doesn't like when two people share the same email address, so here is a tip. Assign the email to one of the participants. For the second, create a fake address such as Willie@noemail.com. Correspondence will still go to the shared email address where both can access information. Your local office can set up an account for the participant that is connected to the fake email address so there will still be access to log, etc.

Time to register at www.walkkansas.org!!

1. Click on "Register Now" on the homepage.
2. Click on the yellow "Register" button.
3. "Ready to Go!" (Please read before going further)
4. Select the County/District where you will participate.
5. Pick your program/challenge. You have 4 options based on the goals your team has set: "8 Wonders Walk" = 2.5 hrs/wk; "Follow US Route 56" = 3.3 hrs/wk; "Cross Country" = 4 hrs/wk; "Little Balkans to Nicodemus" = 6 hr/wk. (Note: The Purple Power Trail is for those who choose to go Solo – not with a team.)
6. Choose "Captain" since you are registering a team.
7. Enter the name of your team. (You can change the name later if you wish.)
8. Create your personal user account. Select a username and password, then complete the required personal info.
9. Now you are ready to build your team! Complete the required information (Name, email or address) for at least 4 people. Then confirm your team. If you wish to have more than 6 people, contact your local office.
10. Complete the next page by giving your consent to participate. You must consent and choose from the authorization statements to continue. **Note:** *Each team member that you entered will receive a message asking them to create a user profile and consent, this is required.* Contact sharolyn@k-state.edu or your local extension office if any problems occur.
11. Order Summary and Checkout – pay online or select "Pay with Check" and follow up with your payment.
12. Congratulations – you are registered for Walk Kansas!!

Show your Walk Kansas pride with t-shirts and more!

You can purchase a 25th anniversary t-shirt, hoodie, long-sleeved tee, cap and more at: www.shopwalkkansas.com. Go directly to this website or login to your portal and click "shop" on the top purple bar. Note the dates to place orders (3/21, 4/4 and 4/18) T-shirt color options are Amethyst (purple) and Cement (gray).



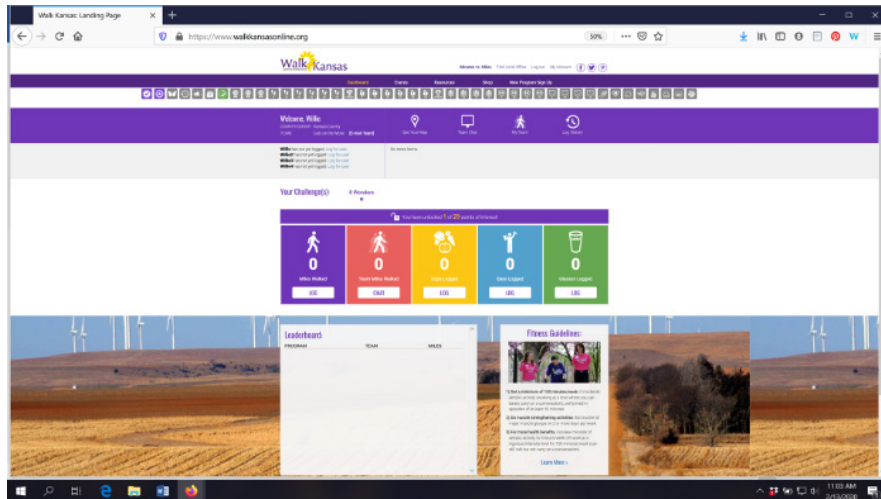
Registration Option – Paper Forms (available from your local Extension office and online):

- Distribute participant information to each team member.
- Select a team challenge and complete the Team Registration Form.
- Collect registration forms and program fees. Return forms and payment (one check per team) to the Extension Office. Registration is not complete until all forms are collected and fees are paid. T-shirts and other apparel can be ordered at www.shopwalkkansas.com

CAPTAINS: You are also a participant, so please read through Participant Information as well!!

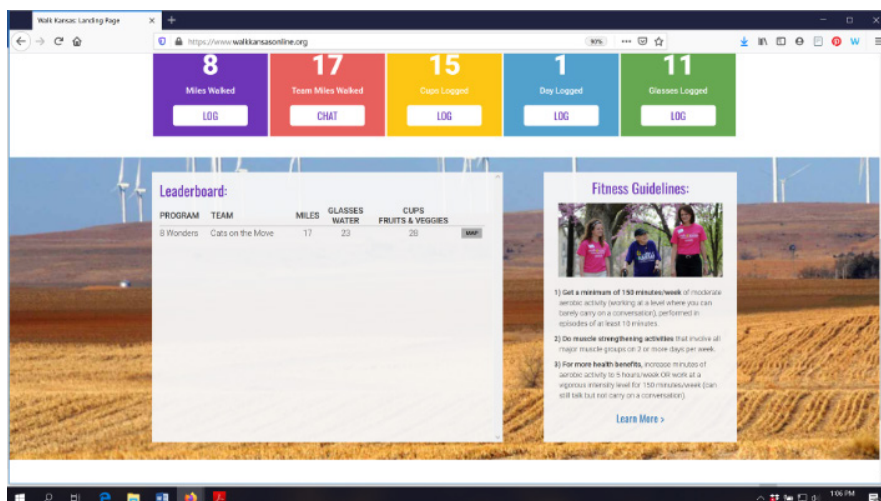
Underway!! Reporting/logging online:

Once your team is “ready” you will see a screen like this when you log in. Encourage your team to use “team chat” to communicate and to load photos. You will record your personal exercise minutes or steps, fruits/veg (and water – optional) here and you can also view how others on your team are doing by clicking on “My Team.” Check for “Events” in your area and “Resources” located on the top bar. *NOTE: The colorful boxes where you log minutes, etc. will not appear in your dashboard until your team is “ready” – all fees have been paid and all participants have completed the consent form. You will not be able to start logging until March 31, the first day of Walk Kansas.*

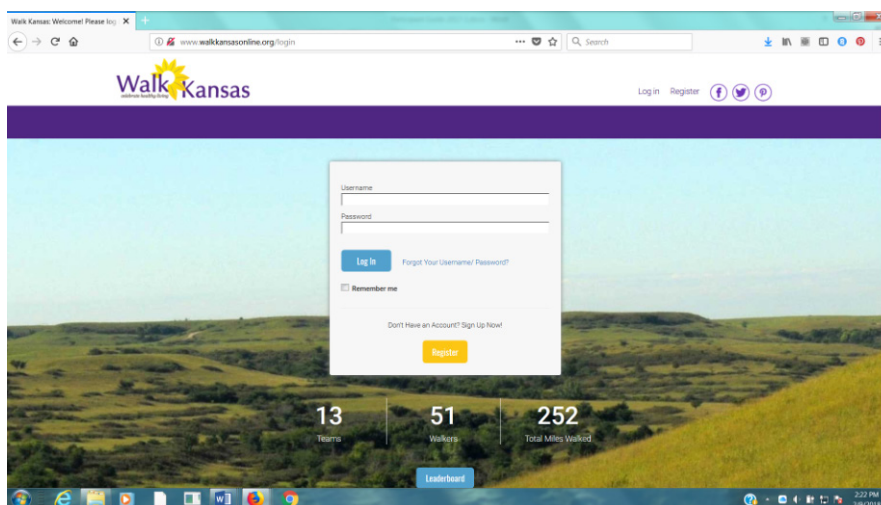


Make sure you and your team-mates check your progress on the map – click “See Your Map” on the large purple bar. As your team moves along the trail you will unlock points of interest. Some will have photos and all have a description of the town/community, area of interest, or Wonders of Kansas. You can go back and click on any dot you have passed through to read the information. Enjoy! Captains will also have the option to switch your team to a different trail/challenge if you reach the end of your trail before Walk Kansas is over. Captains will receive a prompt and are the only ones that can move the team to another trail. The miles your team has gone should continue with you to the new trail OR you can select another option for your team to keep going.

Scroll down a bit further and you will see a “Leaderboard” at the bottom. Here you can view how other teams in your county/district are doing.



You can also view teams across the state through the blue “Leaderboard” button on the login page.



Reporting if logging by paper:

If team mates log on paper and report to you weekly, add totals once a week for that person by clicking on their name just below the purple bar on the left side. If you want to report only one number (total minutes of activity) for your entire team, report it as minutes for you – the captain – only.

Report in the Walk Kansas app:

You can also log through the Walk Kansas app for iPhone, iPad and Android. Find instructions at www.walkkansas.org/participant/.

Reminders for captains:

- Communicate with your team each week (email, chat in Walk Kansas system, phone call or in person).
- Make sure teammates are receiving the weekly Walk Kansas newsletter. If not, report this to your local office. Newsletters are also posted in the “Resources” section in the top purple menu bar.
- Read through the participant materials, including the *Activity Guide* (www.walkkansas.org/doc/participant/wkactivityguide.pdf). There is information here about pre/post fitness tests that your team may want to do, and this is an activity you could do together. These are optional and can be very helpful and motivating. Make sure you also review what counts as Walk Kansas minutes in the Activity Guide.
- Stay informed of events and activities offered in your community and participate when you can!
- Plan a fun activity(s) your team can do together during the 8-weeks of Walk Kansas.

While Walk Kansas is sometimes viewed as a (friendly) competition, reaching the goal your team has selected is the most important. Be realistic, keep it fun and don’t worry about what others are doing or reporting. Be honest, be supportive to others and have a great Walk Kansas!!