



WALK KANSAS

March 31 - May 25, 2024

K-STATE
Research and Extension

Let the fun begin!! Captain information:

Wow, this is Walk Kansas #24!! Welcome to this K-State Research and Extension health initiative that nudges and inspires participants to adopt habits that improve their health and well-being. We are so glad you can join us this year!!

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. Your local Extension office will promote any activities in your community.

New in 2024!! While Walk Kansas virtual trails remain the same, all newsletters and webinars will be new! You can still access the Med Instead of Meds webinars from Walk Kansas '23 and view previous year's newsletters on the website.

Online registration will open March 1. Check your local Extension Office website or www.walkkansas.org for details. If you are on Facebook, like Kansas State University Walk Kansas.

Tips to consider BEFORE starting the ONLINE REGISTRATION:

- Recruit team members (at least 4 – you can add more later.) You will need their email address (see note on next page regarding two people sharing the same email 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 send a check.
- Choose a team name (anything goes!).
- Talk with your team and select a goal based on the amount of moderate/vigorous activity each person will commit to per week – 2.5 hours, 3.3 hours, 4 hours, or 6 hours.

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.

Reminders and dates:

March 1: Registration Opens!

After you register: You are encouraged to complete the walking and flexibility tests described in the Activity Guide.

March 31: Here we go!! Start logging physical activity minutes/steps, strengthening exercises; fruits/veg, and water.

April 12: Registration closes.

March 29 and April 19: Order dates for Walk Kansas apparel. www.shopwalkkansas.com

April 10: "The Science of Happiness" webinar. Watch your newsletter for more webinar dates and topics!

May 25: Walk Kansas wraps up for 2024! Complete Post walking and flexibility tests, and a program evaluation.

Walk Kansas Website:
www.walkkansas.org



Step-by-step Guide to Register Online

NOTE: 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. (DO NOT exit out of the system without hitting CANCEL first!)

- 1) Go to www.walkkansas.org
- 2) Click "Register Now" on the homepage.
- 3) Click the yellow "Register" button.
- 4) "Ready to Go!" (Please read before going further).
- 5) Select the County/District where you will participate.
- 6) 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)
- 7) Choose "Captain" since you are registering a team.
- 8) Enter the name of your team. (You can change the name later if you wish.)
- 9) Create your personal user account. Select a username and password, then complete the required personal info.
- 10) 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.
- 11) 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@ksu.edu or your local Extension office if any problems occur.
- 12) Order Summary and Checkout – pay online or select "Pay with Check" and follow up with your payment.
- 13) Congratulations – you are registered for Walk Kansas!!

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

Note the dates to place orders are Mar 29 and Apr 19.

You can purchase t-shirts, hoodies, long-sleeved tees, and a ½ zip at: www.shopwalkkansas.com. Go directly to this website or login to your portal and click "shop" on the top purple bar.

T-shirt color options are Raspberry Heather, Navy Heather, and Purple Heather.

(Note: Some items are available in navy only)



Registration via Paper Forms

- Forms available from your local Extension office and online.
- Distribute information and participant forms 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.

Reporting/logging online:

Once your team is “ready” you will see a screen like Image 1 (right) when you log in.

Note: The system does not recognize that your team is “ready” unless EACH TEAM MEMBER creates a user profile and consents to the participation of the program. Each person must do this before your team is ready to go. Contact your local office to inquire about who on your team needs to complete these items in order to be ‘ready’. Encourage your team to use the “team chat” function to communicate and to load photos or create a separate text chat group! You will record your personal exercise minutes or steps, fruits/vegetables (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.

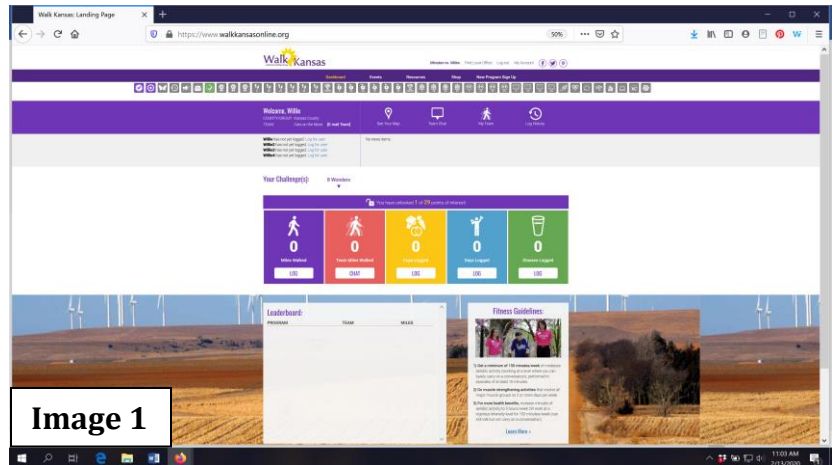


Image 1

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.

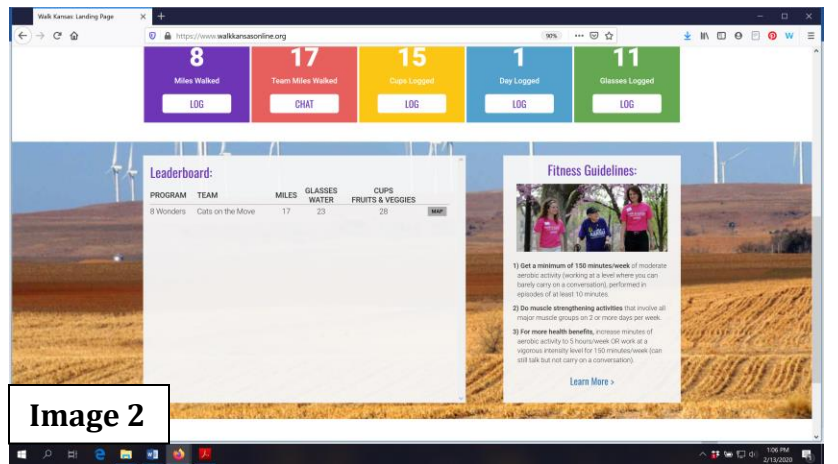


Image 2

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. See Image 2. You can also view teams across the state through the blue “Leaderboard” button on the login page. See Image 3.

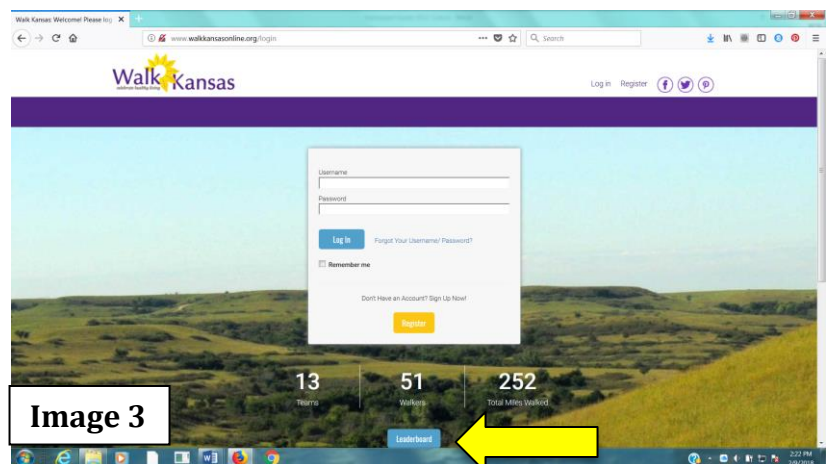


Image 3

Reporting for teammate who log by paper:

If teammates 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 [here](#).

Reminders for captains:

- Communicate with your team each week (email, chat in Walk KS system, phone call or in person).
- Check out the Walk Kansas FAQ to help trouble shoot common challenges and frequently asked questions.
- During Walk Kansas, you will log minutes of moderate activity OR total steps per day which the online system converts to Walk Kansas miles (15 minutes/2,000 steps = 1 mile.) Read the Activity Guide, page 4, for more detailed information on reporting.
- Make sure team-mates are receiving the weekly Walk Kansas newsletter. If not, report this to your local office. (Newsletters will also be posted in the “Resources” section. Top dark purple bar)
- Read through the participant materials, including the **Activity Guide**. 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!!**
- Join our Johnson County Walk Kansas Event group to receive motivational communication and updates, chat with others, etc.

2024 Challenge Routes!

8 Wonders of Kansas! This journey requires each person to get 2.5 hours of moderate activity per week.

Follow US Route 56! This trail actually begins in New Mexico, but it won't take you long to reach Kansas and then trek across the state. Requires 3.3 hours of activity per week.

Go Cross Country! This trail goes from the NE to the SE corners of Kansas, requiring 4 hours of activity per person/week.

Little Balkans to Nicodemus! This is the longest trail and requires 6 hours per person/week to complete.

Remember, the best Walk Kansas activity is the one you will actually do!! Find an activity you enjoy and make it a habit – have a fantastic Walk Kansas this year!!!



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