

# Walk Kansas 2026! Let's Get Registered!



**JOIN THE WALKING  
CHALLENGE**

**WALK  KANSAS**

**March 22 - May 16, 2026**  
Walk with us toward a *healthier* tomorrow.

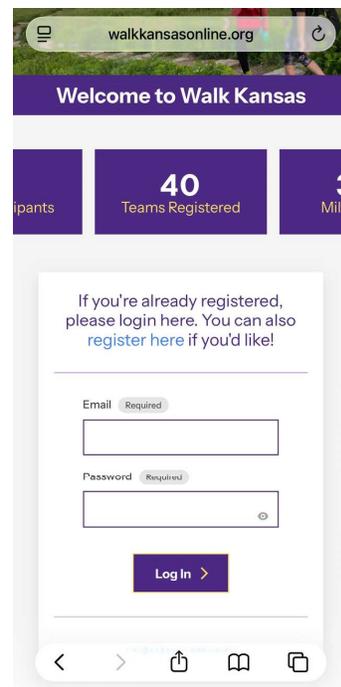
 Kansas State University  
**Extension**

Visit: [www.walkkansasonline.org](http://www.walkkansasonline.org)

Click: “Register here”

**Pro Tip:**

**It’s recommended that Team Captains register everyone on their team. Team members will then receive emails prompting them to complete their individual registrations.**



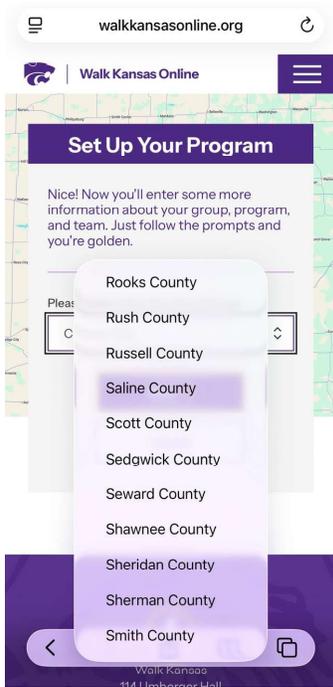
**Fill in your information.**

**Click “Next”**

**Pro Tip:  
Don't forget your password. However, if you  
do, we can reset it for you!**

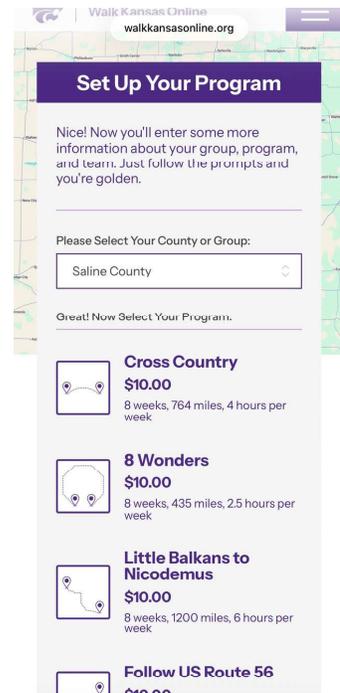
The screenshot shows a mobile browser interface for the website walkkansasonline.org. The page title is "Create Your Account". Below the title, there is a message: "Let's get you signed up and ready to walk. First, you need to create an account." The form contains four input fields: "Name" (Required) with the value "Willie Walker", "E-mail" (Required) with the value "willie@ksu.edu", "Phone" with the value "785-555-5555", and "Password" (Required) which is masked with dots. At the bottom of the form, there are two buttons: "Next >" and "Cancel". The browser's address bar shows the URL "walkkansasonline.org" and the mobile navigation bar at the bottom has standard icons for back, forward, home, and search.

## Select your County!



Then...

## Choose your Program!



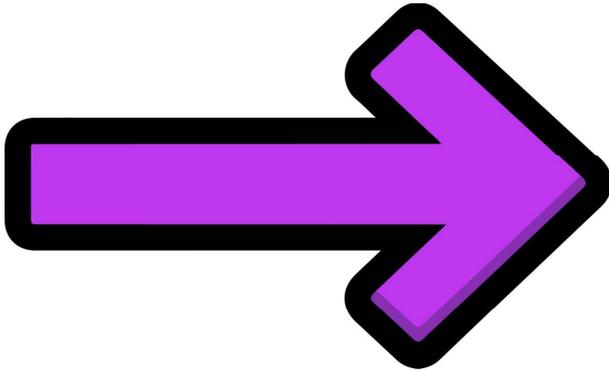
Please Select Your County or Group:  
Saline County

Great! Now Select Your Program.

- Cross Country**  
\$10.00  
8 weeks, 764 miles, 4 hours per week
- 8 Wonders**  
\$10.00  
8 weeks, 435 miles, 2.5 hours per week
- Little Balkans to Nicodemus**  
\$10.00  
8 weeks, 1200 miles, 6 hours per week
- Follow US Route 56**  
\$10.00

Once you select your program, be sure to select if you are participating on a team or going solo as an individual.

Then click “Next”



walkkansasonline.org

 **\$10.00**  
8 weeks, 764 miles, 4 hours per week

 **8 Wonders**  
**\$10.00**  
8 weeks, 435 miles, 2.5 hours per week

 **Little Balkans to Nicodemus**  
**\$10.00**  
8 weeks, 1200 miles, 6 hours per week

 **Follow US Route 56**  
**\$10.00**  
8 weeks, 640 miles, 3.3 hours per week

Yay! Next, are you a team or an individual?

Team

Individual

**Next >**

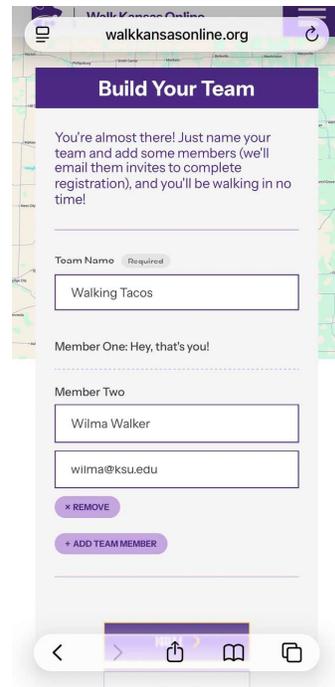
**Cancel**

**Enter your Team Name.**

**Add your team members. You will need their name and email.**

**Click “Add Team Member” to add each new person.**

**Teams can be of any size but teams of 4-6 is recommended based on the current program options.**



The screenshot shows a mobile application interface for 'Walk Kansas Online' at the URL 'walkkansasonline.org'. The main heading is 'Build Your Team'. Below the heading, there is a message: 'You're almost there! Just name your team and add some members (we'll email them invites to complete registration), and you'll be walking in no time!'. The form includes a 'Team Name' field with the text 'Walking Tacos' and a 'Required' label. Below this, there is a section for 'Member One' with the text 'Hey, that's you!'. The 'Member Two' section contains a name field with 'Wilma Walker' and an email field with 'wilma@ksu.edu'. At the bottom of the form, there are two buttons: a purple button with a minus sign and the text 'REMOVE', and a purple button with a plus sign and the text 'ADD TEAM MEMBER'. The bottom of the screen shows a mobile navigation bar with icons for back, forward, home, and search.

## Checking Out

**Cost is \$10 per person. Team Captains will pay for entire team upon check out.**

**Your local Extension office will have payment options. For example, some may take checks and credit cards - as seen in this example.**

**If paying by check, you should also see information about who to make checks payable to and where to mail them at the bottom of this screen.**

walkkansasonline.org

### Check Out

One more step! Your order total and payment options are below. Enjoy your walk!

QTY:	PROGRAM:	PRICE EA:	TOTAL:
3	8 Wonders Registration	\$10.00	\$30.00

TOTAL: **\$30.00**

HAVE A DISCOUNT CODE?

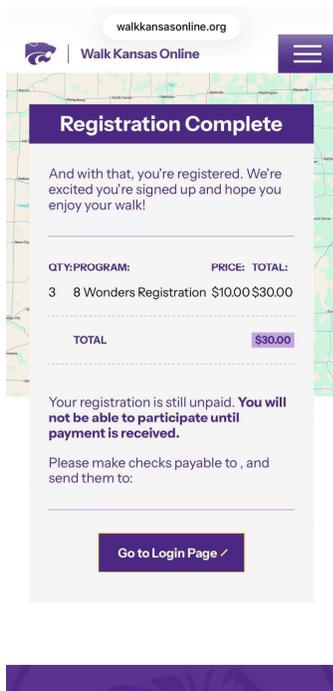
APPLY

Pay By Credit Card

Pay By Check

Please make checks payable to , and send them to:

You are set!



Team members will receive this email!



Walk Kansas is a K-State Extension (KSE) health initiative that promotes personal health and well-being by helping participants adopt healthful lifestyle habits. While primarily a team-based program, you can also go solo! Walk Kansas will help you:

- be more active with support from friends and family
- make healthier nutrition and beverage choices
- learn helpful techniques to reduce stress, sleep well, and improve overall well-being