WALK KANSAS

March 22 - May 16, 2026

Captain Information:

We are delighted you can join us for Walk Kansas this year! Through this program, Kansans (and friends all over the world) are motivated to move more and sit less – which means you'll feel better every day.

If you have participated before, some things will look and feel familiar to you. However, we do have a new online system for registration, logging and tracking your progress! Again, most of Walk Kansas is provided virtually, however, you will want to check for any events and opportunities provided in your local community. All participants will receive a weekly message to connect them to the Walk Kansas newsletter, webinars, and other resources.

Online registration opens 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.

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 (a team of 4 is suggested – new this year, the system will automatically pro-rate activity minutes, etc. so that everyone is on an equal playing field.) Team captains will register their team (you'll need team member's email address) and 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: 8 Wonders (435 miles), US Route 56 (640 mi.), Cross Country (764 mi.), and Little Balkans to Nicodemus (1200 mi). 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.)

Note: If you share an email address, create a fake address for one of those participants, such as Willie@noemail.com. Correspondence will still go to the shared email address where both can access information. The unique email address is also the username for each participant.

Important Dates

March 1: Registration Opens

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

March 22: Start logging activity minutes/steps, fruits/veg, and water.

March 31: Registration closes

March 8, April 5 & May 3: Order dates for Walk Kansas apparel. https://walkkansas2026.itemorder.com/shop/home/

Walk Kansas Webinars!! (April 1, 15, 29 and May 6) Check the newsletter for topics!

May 16: Walk Kansas wrap up! Complete Post-walking and flexibility tests, and a program evaluation.

Walk Kansas Website:
www.walkkansas.org

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Time to register at www.walkkansas.org!!

1) Click on "Register here" to get started and "Create Your Account" and click "Next"
2) Choose your County or Group, then "Select Your Program" (4 options)
3) Since you are registering a team, click "Team" and then "Next"
4) "Build Your Team" by adding your Team Name and names/email addresses of team members; click "Next"
5) "Check Out" by noting your payment total; add a discount code if you have one (most people will not – note that youth in high school and below can participate at no cost); choose your payment method and complete checkout. If you choose to pay with credit card, please complete payment. If payment by "check is an option, please follow up and mail a check to the address provided. Thank you!

The email that you enter in the system is the **participant "username"** and each person will select their password. Your team mates will receive a message like the one below (a lot of these are going to Spam, so have them check that folder).

Welcome to Walk Kansas!

Hello!

Someone (either you, a team captain, or a Walk Kansas administrator) has registered you for Walk Kansas. We're delighted to have you aboard!

If you don't already have an account set up in the Walk Kansas Online system, you'll just need to head over there to set up your password

Head to www.walkkansasonline.org and click the Forgot your Password? Link.

We'll send you one more e-mail, this time with a link to set your password. And you'll be all set!

Registration is not complete until all forms are collected and fees are paid. (If you can't register online and need a paper registration form, check with your local Extension Office.)

You can purchase a Walk Kansas t-shirt, hoodie, long-sleeved tee, ¾ sleeve tee, and more at https://walkkansas2026.itemorder.com/shop/home/ Check color and style options on the website.

Note the dates to place orders (3/8, 4/5 and 5/)

Reminders for captains:

- **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.**
- **Communicate with your team each week (email, chat in Walk KS system, phone call or in person.)**
- **Read weekly newsletters and chat with team-mates about the info; try the recipe in the newsletter.**
- **Encourage team-mates to view the webinars live or the recording.**
- **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!!

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