WALK KANSAS

March 22 - May 16, 2026

Get ready to walk and roll!!

It's time for another Walk Kansas! We are so glad you have joined us this year. Our goal is to nudge and motivate you to move a little bit more.

Be a team of one or more:

You can participate in whatever way works best for you. Being part of a team is fun, and can be even more motivating, but it doesn't work for everyone. We do have a **NEW** online system this year! If you have joined us before, it will look slightly different – easier to navigate, we hope.

Like previous years, each team will select a trail based on goals they want to work toward:

8 Wonders of Kansas (435 miles)

US Route 56 (640 miles): 42 minutes/day, to reach this goal.

Cross Country (764 miles): 50 minutes/day.

Little Balkans to Nicodemus (1200 miles): 80 minutes/day.

During Walk Kansas, you will enter minutes of moderate/vigorous activity or total steps/day (using a fitness tracker.) The system automatically converts to miles (15 minutes = 1 mile; 2,000 steps = 1 mile.)

Read the Activity Guide, page 4, for more detailed information on reporting both moderate and vigorous activity.

Ready to take the first step?

• If you have a team, wait for your captain to start team registration online. You will receive a message by email (check clutter/spam folders also) saying "someone has registered you for Walk Kansas." It will instruct you to go to www.walkkansasonline.org and click the Forgot your Password? link.

Your captain will be responsible for paying fees for the entire team so make sure you reimburse your captain for your $10 reg fee.

• If you don't have a team and would like to join one, register as an "individual," and follow the prompts to enter a captain and/or team name. You can also be a team of one and go solo.

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.

Important Dates

March 1: Registration Opens

After you register: Complete the Pre-walking and flexibility tests described in the Activity Guide, pg 2!

March 22: Start logging physical activity minutes/steps, strengthening exercises; 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 newsletters 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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Walk Kansas Webinars: Topics for 2026 include: *Energize Your Workday* (April 1); *Wiggle While You Work* (April 15); *Good Gut Health* (April 29); *Kindness at Work* (May 16). Details about webinars will be highlighted in WK newsletters and posted in the "Events" section of your portal. These will be recorded so you can view them when it is convenient, **PLUS** you'll have access to webinars from previous years!! Webinars begin at 12:10 pm

Newsletters: You will receive a Walk Kansas newsletter (email) each week with tips for moving more, stretching and strengthening, eating better, staying safe while you exercise, and a whole lot more!

Track fruits/veggies and water: The weekly newsletter will include a tasty and healthful recipe. We promote eating lots of fruits/veggies during Walk Kansas, and you have the option to track amounts of these you eat each day. There is also an option to record how much water you drink. Keeping a log is the best way to know if you really are getting enough of these fiber-full and nutrient dense foods.

Show your Walk Kansas pride with t-shirts and more!
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 5/3)**

Participant Checklist – Make sure you are ready for Walk Kansas!!

□ Connect with your team – get to know those that are not familiar to you (if any)
□ Read the Activity Guide and check page 4 for more information on reporting minutes/steps. Know what "moderate" activity is (where you can barely carry on a conversation) and "vigorous" (can only say a word or two) – you can double the minutes if you do vigorous activity, like running.
□ Complete the Fitness "Pre" test. This can be a fun activity to do with a friend/team! (Repeat this again after Walk Kansas and compare your "Pre" and "Post" results.)
□ Become familiar with the online portal and "chat" with your team!
□ Plan to join our webinars! The first is April 1 at 12:10 p.m. Check your portal and the newsletter for a link.
□ Make sure you reimburse your captain for the $10 registration fee.
□ If you are on Facebook, **like** *Kansas State University Walk Kansas*, and a local WK group if available.
□ Start logging activity minutes/steps, fruits and veggies, and water on March 22!!
□ Have FUN!!!

Remember, the best 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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