



What is Walk Kansas?

Walk Kansas is a health initiative presented by K-State Research and Extension. This program will inspire you to lead a healthier life by being more active, making better nutrition choices, and learning positive ways to deal with stress. Walk Kansas will offer 4 team challenge options this year along with the Purple Power Solo Trail challenge.

Who can participate in Walk Kansas?

The great thing about Walk Kansas is anyone can participate. Since the trails are achieved virtually, participants from anywhere can participate. Another great thing about Walk Kansas is your team members don't have to live in the same city, state or even country. You can build your team and they can track and log their progress from anywhere.

When is Walk Kansas 2023?

The dates for Walk Kansas 2023 are **March 26-May 20, 2023**.

Where do I go to learn more about Walk Kansas?

You can visit: <https://www.geary.k-state.edu/health-home-family/walk-kansas.html> for more information. You can also click on the Walk Kansas link under Related Links on this page to go to the state K-State Research and Extension website as well.

Why participate in Walk Kansas?

Walk Kansas is a program designed to inspire you to lead a healthier life by being more active, making better nutrition choices, and learning positive ways to deal with stress.

Did you know?

- Less than ½ of Kansas adults meet minimum recommendation for physical activity.
- Less than 10% of Kansans eat enough fruits and vegetables. (CDC, 2015)
- Chronic disease, including obesity, is responsible for more than 70% of health care costs.

How does Walk Kansas work?

There are 2 options for Walk Kansas 2023.

- Option 1: Teams of 6, including the captain, log minutes of activity for 8 weeks. Each team selects a goal, or challenge, they will collectively work towards. Participants log activity minutes, the amount of fruits/vegetables they eat and amount of water they consume. This can all be logged online by each individual on their account.
- Option 2: Individuals can participate in the Purple Power Solo Trail and complete this challenge on their own. They will log their activity minutes, the amount of fruits/vegetables they eat and the amount of water they consume on their account online.

What challenges are available to pick from?

Teams of 6 will have the options of:

- **Challenge 1) Explore the 8 Wonders of Kansas***. This will require each person to log 2 ½ hours of moderate/vigorous activity per week. The trail is 480 miles.
- **Challenge 2) Go Cross Country**. Begin in the NE corner and trek diagonally to the SW corner of the state and see a lot of interesting points along the way! Each person logs 4 hours/week, which will take the team 768 miles.
- **Challenge 3) Explore the Little Balkans (SE KS) and then head to Nicodemus!** This requires each person to log 6 hours/week and the trail is 1152 miles.
 - *Our thanks to the Kansas Sampler Foundation for providing photos and information about the wonders of Kansas. www.8wonders.org
- **Challenge 4) Follow US Route 56**. This requires each person to log 3.3 hours/week, which will take the team 640 miles.

Individuals can register for the Purple Power Solo Trail. Individuals will challenge themselves to complete this trail which stretches from Manhattan to Wichita.

Is there a fee for Walk Kansas?

Yes, the fee is \$10 per participant.

Are shirts available to purchase again this year?

Yes. Once a captain has registered their team, each individual will get an email to do their consent form and set up their user name and password. Team members can then log into www.walkkansasonline.org and purchase their shirts. Look for the “shop” button, click on it and it will take them to the online store where they can select what you would like and pay online. Shirts will be shipped directly to participants.

What steps do I take to get started?

Online registration is available **March 8 – April 1, 2023**, and information about Walk Kansas and healthy living is available at www.walkkansas.org.

Here is a step-by-step guide that covers options for registering your team followed by general program information.

Register online:

- Before you go to register, recruit team members (at least 4 – you can add more later). You will need their email address, or mailing address if they do not have email. You will be asked to pay the program fee for your entire team (\$10/person) at the end of registration, so be prepared to pay with credit card (PayPal) or follow up by sending a check. Talk to your team and select a goal for how many minutes of exercise each person will commit to per week – 2 ½ hours, 3.3 hours, 4 hours or 6 hours.

- When you are ready, go to www.walkkansasonline.org and follow these steps. If you reach a point during the process where you don't have the needed information, click CANCEL and start again later. (Please do not exit out of the system without selecting CANCEL.)

- 1) Click the yellow "Register" button
- 2) Ready to Go! (Notice the link that will help you locate all KSRE offices in Kansas.)
- 3) Select the county or district where you will participate
- 4) Pick your Challenge. You have 4 options based on your teams goals: "8 Wonders Walk" = 2 ½ hrs/wk; "Follow US Route 56" = 3.3 hrs/wk; "Cross Country" = 4 hrs/wk; "Little Balkans to Nicodemus" – 6 hr/wk
- 5) Choose "Captain" if you are registering a team. Enter the name of your team. (You can change the name later.)
- 6) Create your personal user account. Select a username and password; then complete the required personal information.
- 7) Now you are ready to build your team. Complete the required information for at least 4 people. Then confirm your team.
- 8) Complete the next page by giving your consent to participate. You must consent and choose from the authorization statements to continue. **Note: Each teammate that you entered will receive a message asking them to create a user profile and consent, just like you completed. Each person must do this before your team is ready to go.**
- 9) Order summary -- pay online or select "Pay with Check."
- 10) Congratulations – you are registered for Walk Kansas! Please note the name(s) of your local Extension Agent(s) and/or program coordinators if you have further questions.

If you are choosing the Purple Power Solo Trail (which will be your challenge selected), you will follow the above steps as well. However, you will only need your information and you will be the captain.