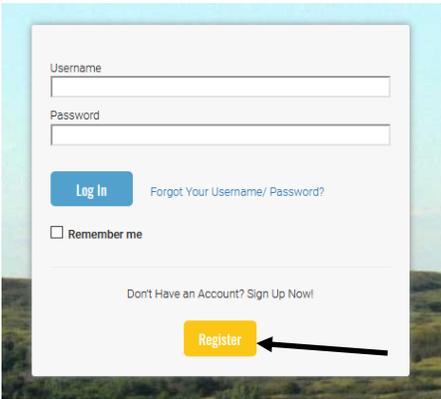


# Simple Steps to Register for Walk Kansas

1. Register at [www.walkkansasonline.org](http://www.walkkansasonline.org) (deadline April 16, 2021)



2. Click Register

NOTE: If you are a captain registering your team, make sure to have all emails from your team members before completing registration. If you are an individual needing to be added to a team, you must know that team name.

Click the first letter of the County/Group where you'll participate, then Choose the County/Group and Press Select

3. Click "W" to register under the Wild West District.

A B C D E F G H J K L M  
N O P R S T W Z

Select Cancel

Challenge Name	Challenge Type	Duration	Distance	Weekly Hours	Price
8 Wonders	Team Challenge	8 weeks	435 miles	Each person=2.5 hrs/week	\$10.00
Cross Country	Team Challenge	8 weeks	764 miles	Each person=4 hrs/week	\$10.00
Little Balkans to Nicodemus	Team Challenge	8 weeks	1200 miles	Each person=6 hrs/week	\$10.00
Purple Power Solo Trail	Solo Challenge	8 weeks	-	-	\$10.00

4. Choose the challenge length you or your team would like to participate in

Participation Type	Description
Team Captain	Create a team of 4 - 6 walkers and tackle a challenge together. See how you stack up against other walkers!
Individual	Sign up on your own now, and be matched to a team by our staff. You'll be walking in no time, and making new friends, too!

5. Select either Team Captain to enter your team members, or Individual to either be a "floater" or participate in the solo trail.

5. Captains—Choose a team name

Individual—If you have a team in mind that you would like to join, tell us their name

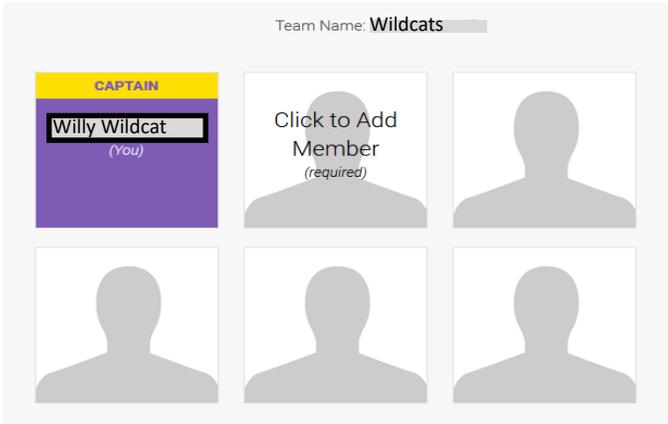
6. Now, you will put in some personal info about yourself.

About You

To get you signed up, we need to collect a little bit of info about you. Pick a username and password, and then fill in the form. You'll be registered in no time!

(To return to this message, click on the little gray icon next to the title at the top of the screen.)

OK



7. Click on each box to add additional team members' names and emails. If they don't have an email, click the box below their name.

If two teammates share the same email, one needs to use the format of name@noemail.com.

Confirm that all information looks correct.

8. Sign the consent form

9. Participants can either pay by PayPal, credit card or debit card. You will be paying for you entire team at once. If you prefer, you can pay with a check to your local Extension Office. Please make checks payable to Wild West Extension District.

Qty	SKU	Item	Cost
5	prog4	8 Wonders	\$50.00
Sub-total			\$50.00
Tax (8%)			\$0.00
Total			\$50.00

Discount Code:

Apply

Pay with PayPal

To pay by debit card, credit card, or Paypal.

Pay by Check

To hold your order until we receive a check by mail.

10. **\*\*Very Important\*\*** Your team members will receive a welcome email. They MUST click “Join Walk Kansas Team” They will then create an account and password, complete their profile with address, etc., and sign the consent form. You team WILL NOT be able to log until all members have done this!

You and or your team should now be ready to start walking!

## What counts toward Walk Kansas minutes?

The Walk Kansas program is based on the Physical Activity Guidelines, which promote moderate and vigorous intensity activities. Here are the types of activity you can report as Walk Kansas minutes.

- Moderate exercise/activity — at a level where you can carry on a conversation, but not sing. Report actual minutes of activity. Activities could include: walking briskly, water exercise, bicycling slower than 10 miles/hour, tennis (doubles), ballroom dancing, general gardening.
- Vigorous exercise/activity — at a level where you can talk but not have a conversation. **You can double the actual minutes you perform vigorous activity and report that number.** Vigorous activities could include: racewalking, jogging or running, swimming laps, tennis (singles), aerobic dancing, bicycling 10 miles/hour or faster, jumping rope, heavy gardening, hiking uphill or with a heavy backpack.
- Combination of moderate and vigorous — where you add short bursts of vigorous activity or intervals. Example: Add several 30-second bursts of running or fast walking to your moderate walking pace. Report actual minutes of activity.
- Strengthening exercises — report actual minutes.

**If you wear an activity tracker** (wrist tracker or pedometer), you can start counting steps after you reach 6,000 steps in a day. Report 15 minutes of activity for every 2,000 steps you take above 6,000.\*