



March 15 – May 9

Guide for Captains 2020

Walk Kansas is back!

Once again it's time for Walk Kansas! K-State Research and Extension (KSRE) has been offering this health initiative since 2001. Online registration is available February 19 through March 15, and information about Walk Kansas and healthful 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. Program apparel (t-shirts, sweatshirts, etc) can be ordered when you register your team or later through the online shop. You will be asked to pay the program fee (\$10/person) for your team (plus any shirts you order at this time) 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, 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 3 options based on the goals your team goals: "8 Wonders Walk" = 2 ½ hrs/wk; "Cross Country" = 4 hrs/wk; "Little Balkans to Nicodemus" – 6 hr/wk
 - 5) Choose "Captain" if you are registering a team. Choose "Individual" if you do not have a team and would like to be placed on one.
 - 6) Enter the name of your team. (You can change the name later.)
 - 7) Create your personal user account. Select a username and password; then complete the required personal information.
 - 8) Now you are ready to build your team. Complete the required information for at least 4 people. Then confirm your team.

Important dates:

February 17 – Watch for online registration to open

March 15 – Registration closes

March 15 – Go! Log exercise minutes and cups of fruits/vegetables

March 30 – Last day to order Walk Kansas apparel

May 2 – *Walk Kansas 5K for the Fight!* In Manhattan on the K-State campus

May 10 – Photo Challenge entries due

May 9 – Walk Kansas ends. Plan to attend the Walk Kansas Celebration event!

10) Complete the next page by giving your consent to participate. You must consent and choose from the authorization statements to continue. Note: Each team mate 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.

11) Order summary -- pay online or select "Pay with Check."

12) 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.

Register with paper forms:

- Distribute participant information to each team member.
- Select a team challenge and complete the Team Registration Form (available from your local Extension Office.)
- Collect registration forms, program fees, and payment for t-shirts (optional). Return forms and payment (one check per team) to the Extension Office before March 13. **Registration is not complete until all forms are collected and fees are paid.**

Ready to go!

Reporting/logging online:

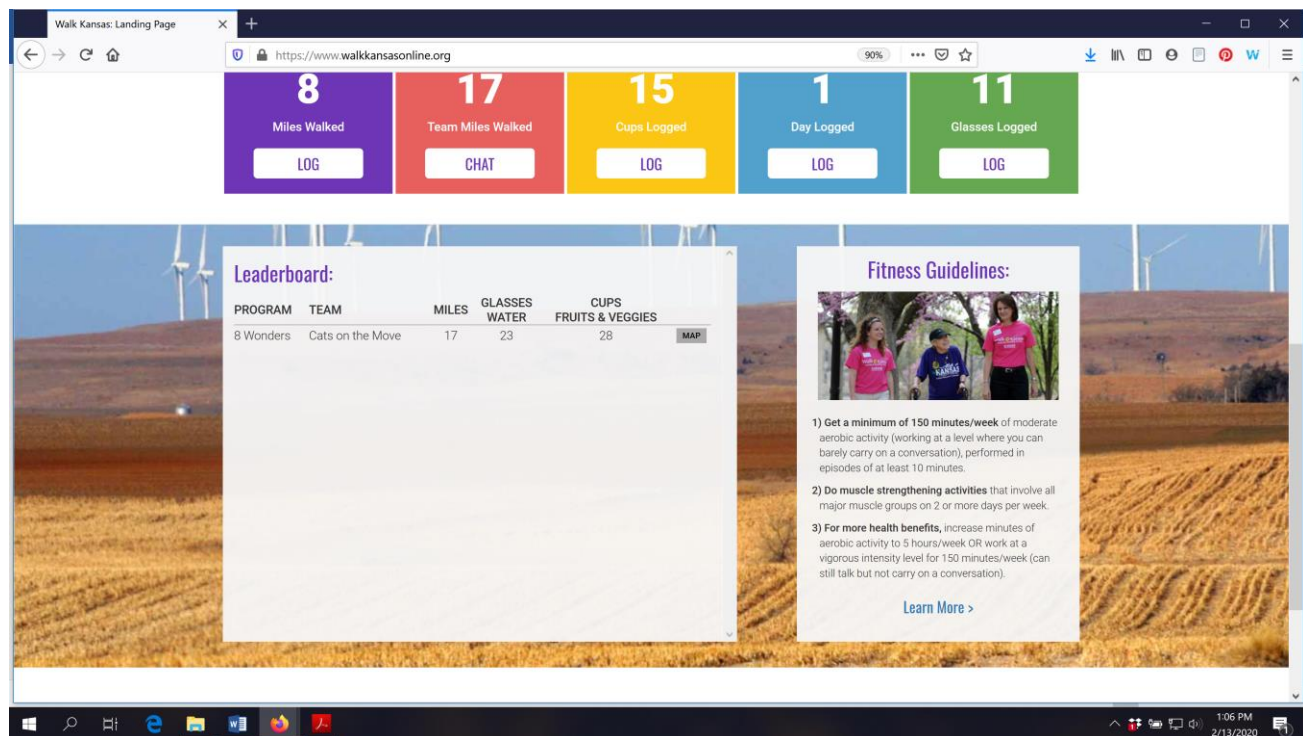
Once your team is "ready" (everyone has added user information, consented and all fees are paid) you will see a screen like this when you log in. Encourage your team to use "team chat" to communicate and to load photos. You will record your personal exercise minutes, fruits/veg here and you can also view how others on your team are doing by clicking on "My Team." Check for "Events" in your area and "Resources" located on the top bar. **NOTE: The colorful boxes where you log minutes, etc. will not appear in your dashboard until your team is "ready" – all fees have been paid and all participants have completed the consent form. You will not be able to start logging until March 15, the first day of Walk Kansas.**

The screenshot displays the Walk Kansas online dashboard. At the top, there's a navigation bar with links like 'Minutes vs. Miles', 'Find Local Office', 'Logout', and 'My Account'. Below this is a purple header with social media icons and a 'New Program Sign Up' button. The main content area shows a welcome message for 'Willie' and a list of team members, all with a status of 'Has not yet logged'. A 'Your Challenge(s)' section shows '8 Wonders' and a progress bar for '1 of 29 points of interest'. Below this are five colorful boxes for logging: 'Miles Walked' (purple), 'Team Miles Walked' (red), 'Clips Logged' (yellow), 'Days Logged' (blue), and 'Glasses Logged' (green). Each box has a 'LOG' button. The bottom section includes a 'Leaderboard' table with columns for 'PROGRAM', 'TEAM', and 'MILES', and a 'Fitness Guidelines' box with three numbered items. The background of the dashboard is a scenic image of a field with wind turbines.

Make sure you and your team-mates check your progress on the map – click "See Your Map" on the large purple bar. As your team moves along the trail you will unlock points of interest. Some will have photos and all have a description of the town/community, area of interest, or Wonders of Kansas. You can go back and click on any dot you have passed through to read the information. Enjoy!! This year, captains will also have the option to switch your team to a different trail/challenge if you reach the end of your trail before Walk Kansas is over. Captains will receive a prompt and are the

only ones that can move the team to another trail. The miles your team was gone will continue with you to the new trail OR you can select another option for your team to keep going.

Scroll down a bit further and you will see a “Leaderboard” at the bottom. Here you can view how other teams in your county/district are doing. We are also on Facebook, so like *Kansas State University Walk Kansas* to stay in touch with other participants.



The screenshot shows the 'Walk Kansas: Landing Page' in a web browser. At the top, there are five colored boxes with statistics and 'LOG' buttons: Miles Walked (8), Team Miles Walked (17), Cups Logged (15), Day Logged (1), and Glasses Logged (11). Below these is a 'Leaderboard' section with a table showing team performance. To the right of the table is a 'Fitness Guidelines' section with three numbered points and a 'Learn More' link. The background of the page features a landscape with wind turbines and a field.

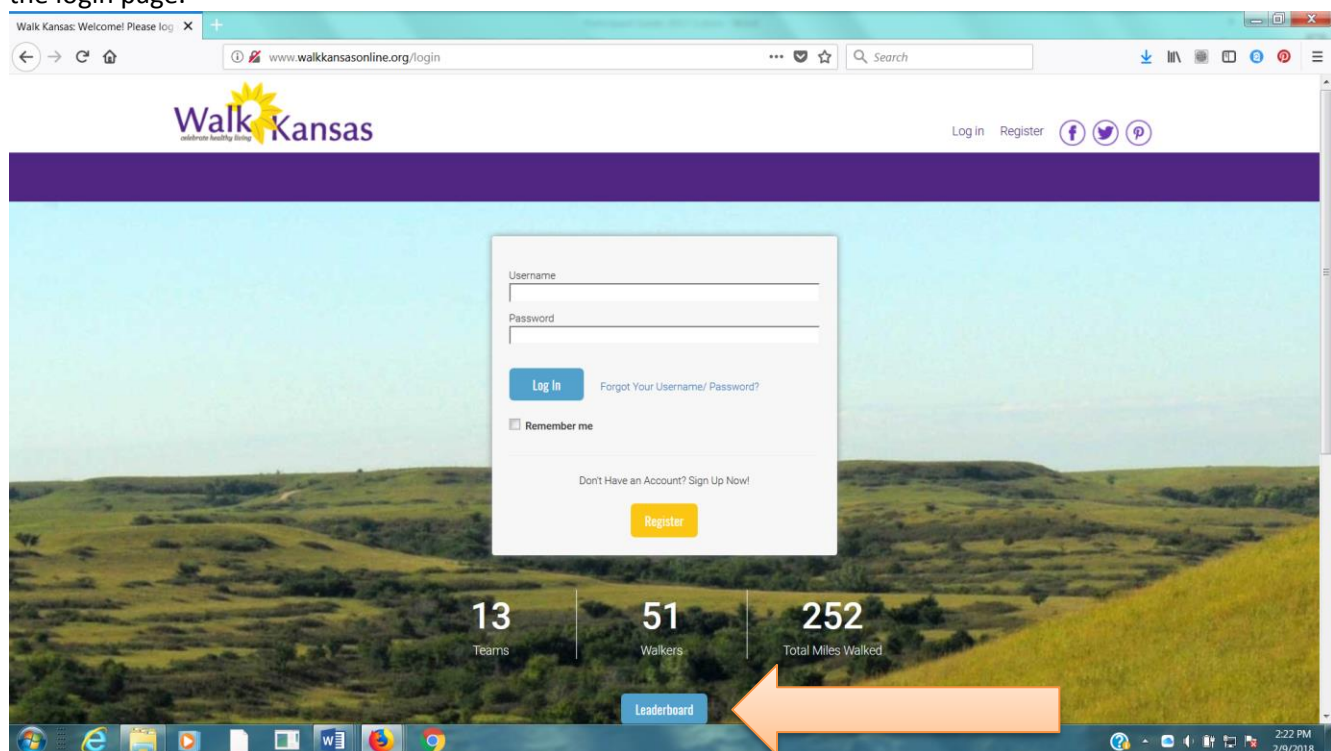
PROGRAM	TEAM	MILES	GLASSES WATER	CUPS FRUITS & VEGGIES
8 Wonders	Cats on the Move	17	23	28

Fitness Guidelines:

- 1) Get a minimum of 150 minutes/week of moderate aerobic activity (working at a level where you can barely carry on a conversation), performed in episodes of at least 10 minutes.
- 2) Do muscle strengthening activities that involve all major muscle groups on 2 or more days per week.
- 3) For more health benefits, increase minutes of aerobic activity to 5 hours/week OR work at a vigorous intensity level for 150 minutes/week (can still talk but not carry on a conversation).

[Learn More >](#)

You can also view how teams in any county/district across the state are doing through the blue “Leaderboard” button on the login page.



The screenshot shows the 'Walk Kansas: Welcome! Please log in' page. It features a login form with fields for 'Username' and 'Password', a 'Log In' button, and a 'Forgot Your Username/ Password?' link. Below the form is a 'Remember me' checkbox and a 'Don't Have an Account? Sign Up Now!' link with a 'Register' button. At the bottom, there are three statistics: 13 Teams, 51 Walkers, and 252 Total Miles Walked. A blue 'Leaderboard' button is located below these statistics, with a large orange arrow pointing to it from the right. The background of the page is a scenic landscape with rolling hills and a field.

13 Teams | 51 Walkers | 252 Total Miles Walked

[Leaderboard](#)

Reporting if logging by paper:

If team mates log on paper and report to you weekly, add totals once a week for that person by clicking on their name just below the purple bar on the left side. If you want to report only one number (total minutes of activity) for your entire team, report it as minutes for you – the captain – only.

Reminders for captains:

- Communicate with your team mates each week (email, chat in Walk KS system, phone call or in person.) All Walk Kansas participants will receive a message on Wednesday of each week that includes a short report of how their team is doing. Everyone will also receive a weekly newsletter.
- Make sure team-mates are receiving a weekly Walk Kansas newsletter. If not, report this to your local office. (Newsletters will also be posted in the “Resources” section. Top dark purple bar)
- 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.
- Encourage team mates to enter the photo contest – that includes you!

How to order t-shirts and more:

It is easy to order t-shirts and other apparel. Sign in to your account and click the “Shop” button on the purple bar at the top of the screen. Just shop from here and it will be added to your account. (Tax is charged on anything that ordered through the store.) Other team members can do the same once they have created a username/password. The online “shop” will close after the first 2 weeks of Walk Kansas, so place your orders early.

Captains also participate:

Not only are you the captain of your team, you are a Walk Kansas participant! Make sure you 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.

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!!

New in 2020!

Several things are new this year:

- Focus on the Blue Zones, specifically the nine lifestyle characteristics of people who live the longest.
- Earn badges – for logging progress, checking online resources, and using the online system in many ways! These will pop up on your leaderboard as you earn them.
- Walk Kansas app!! This is a pilot year for the app so it is available only in iOS format, for iPhone and iPad. You can log (but not register) through the app and use this to navigate other features of the online system. The app is free and it is available through the App Store. If you have a fitness tracker, data from your tracker should sync with the app. The only exception is if you have a Fitbit. You will need to download Fitbit to Apple Health Sync (\$5.99) from the App Store for this data transfer.

Using the Walk Kansas app:

- Before you use the app make sure your team is created online, that you have selected a challenge (from the 3 available), and make sure that logging is ready to go and that your team is ready. You may want to test this online first to make sure you can log minutes.
- When you open the app for the first time, you’ll see a splash screen that tells you to login with the username and password you created on the WK website. When you close this screen you will see some login fields.
- After you login, the default screen should be the log activity screen ; click “new log” and have at it!
- To edit an existing log just click the row you want to edit. All data entered through the app will transfer to the web and vice versa.

