

Walk Kansas

*celebrate
healthy living*

Guide for Captains 2019

March 17 – May 11

Time for Walk Kansas!

Gather your team-mates – 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, baseball tee, sweatshirts, etc) can be ordered when you register your team or later through the online store. You will be asked to pay the program fee (\$8/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 19 – Registration opens online

March 15 – Registration closes

March 17 – Go! Log exercise minutes and cups of fruits/vegetables

April 1 – Last day to order Walk Kansas apparel

May 4 – *Walk Kansas 5K for the Fight!* In Manhattan on the K-State campus

May 10 – Photo Challenge entries due

May 11 – Walk Kansas ends. Plan to attend the Walk Kansas Celebration event!

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opportunity provider and employer.

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 15. 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. New this year: The "team chat" features have been expanded so you will see when someone posts in the chat box, and you can log for team members from your Dashboard. (See these features below the purple bar.) Also, it is super easy to upload a photo/image to your team chat. Look for image icon in the chat box.

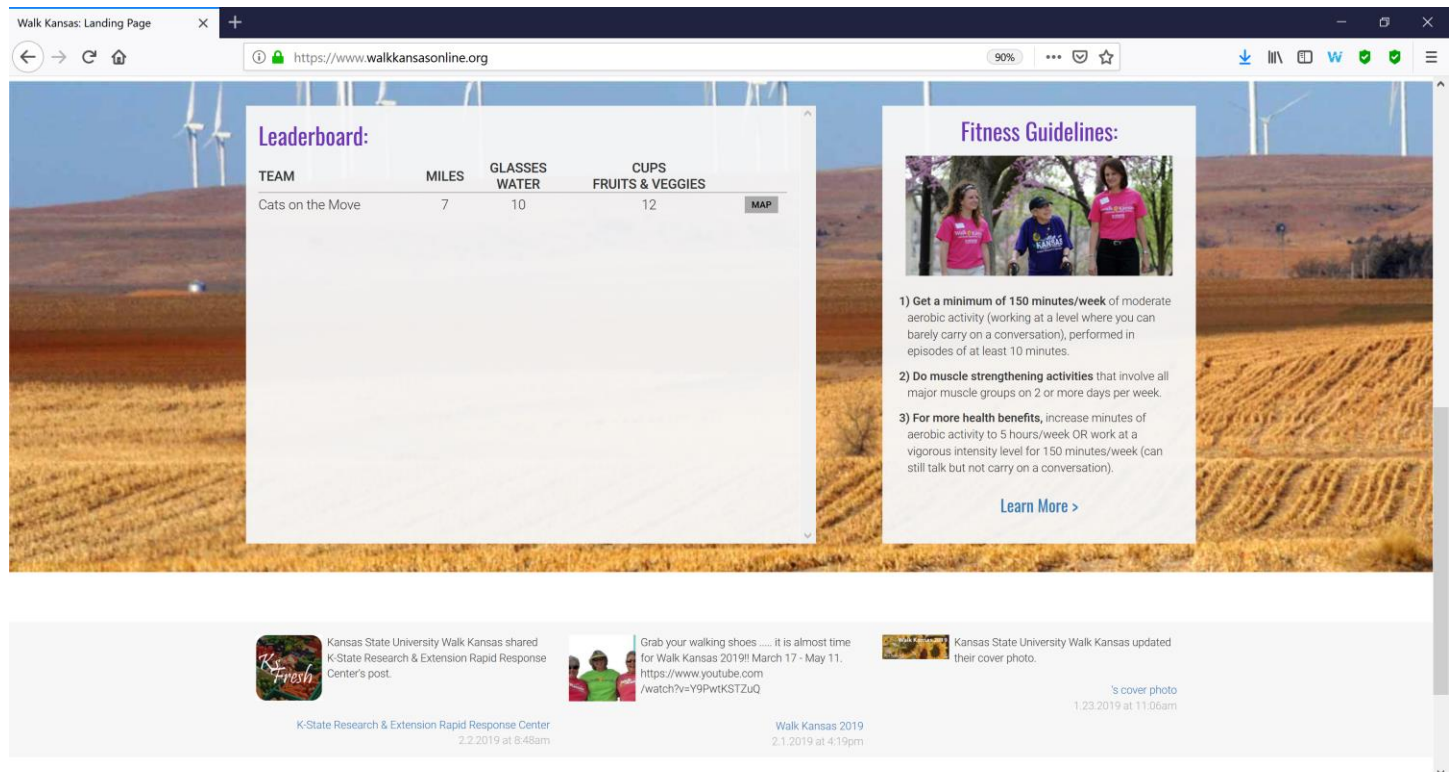
You will record your personal exercise minutes, fruits/veg here and you can also view how others on your team are doing by clicking on "My Team." Check for "Events" in your area and "Resources" located on the top bar.

The screenshot shows the Walk Kansas online dashboard. At the top, there's a navigation bar with links: Minutes vs. Miles, Find Local Office, Log out, My Account, and social media icons. Below this is a purple header bar with tabs: Dashboard, Events, Resources, Shop, and New Program Sign Up. The main content area is divided into two columns. The left column has a welcome message for Willie, showing his team 'Cats on the Move' and a link to 'E-mail Team'. It also lists recent logins for Willie, Wildcat, and another user. The right column shows a 'See Your Map' button, a 'Team Chat' button, and a 'Log History' button. Below the chat button, there are three red alert icons indicating recent team chat posts and logins. At the bottom, there's a section titled 'Your Challenge(s):' with a dropdown arrow. Below this is a row of five colored boxes representing different challenges: 'Miles Walked' (3), 'Team Miles Walked' (7), 'Day Logged' (1), 'Glasses Logged' (4), and 'Cups Logged' (6). Each box has a 'LOG' button. Above these boxes, a message says 'You have unlocked 1 of 29 points of interest!'. The bottom of the screen shows a Windows taskbar with the search bar and various application icons.

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. You can view how other teams in your county/district are doing and at the very bottom you will see recent posts from “Kansas State University Walk Kansas” on Facebook. Be sure to *like* this page to see more.



The screenshot shows the 'Walk Kansas: Landing Page' in a web browser. The page features a large background image of a field with wind turbines. On the left, there is a 'Leaderboard:' section with a table showing team progress. On the right, there is a 'Fitness Guidelines:' section with three numbered points and a 'Learn More >' link. Below these sections, there is a Facebook feed showing recent posts from 'Kansas State University Walk Kansas'.

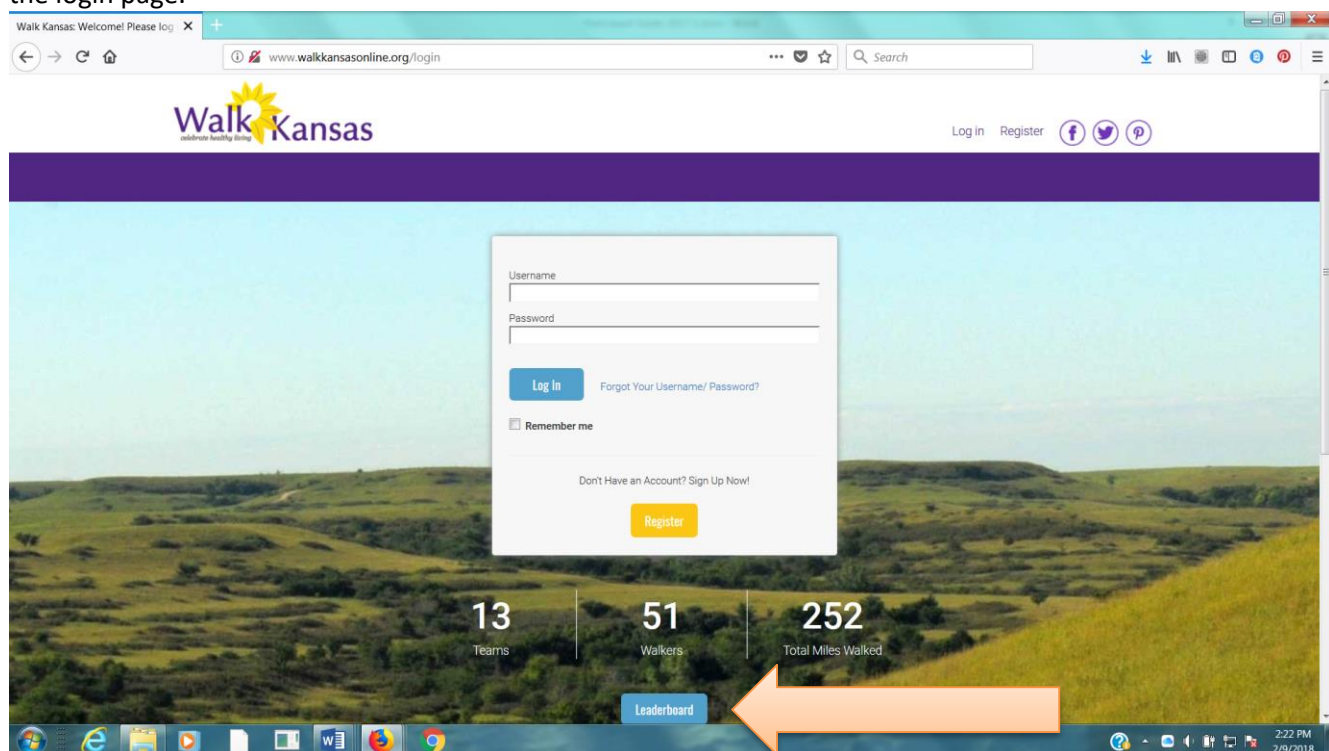
TEAM	MILES	GLASSES WATER	CUPS FRUITS & VEGGIES
Cats on the Move	7	10	12

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. The page features a large background image of a field with wind turbines. At the top, there is a navigation bar with the 'Walk Kansas' logo and links for 'Log in', 'Register', and social media icons. Below the navigation bar, there is a login form with fields for 'Username' and 'Password', a 'Log in' button, and a 'Forgot Your Username/ Password?' link. Below the login form, there is a 'Remember me' checkbox and a 'Don't Have an Account? Sign Up Now!' link. At the bottom, there is a 'Register' button. Below the login form, there is a summary of the current status: 13 Teams, 51 Walkers, and 252 Total Miles Walked. A blue 'Leaderboard' button is located at the bottom, with a large orange arrow pointing to it.

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. This will take you to the online store for your county/district. 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, especially 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 as there are a few changes from previous years.

One last thing While Walk Kansas is sometimes viewed as a (friendly) competition, reaching the goal your team has selected is the most important. We want the physical activity and healthy eating habits you and your team mates practice, during the program, to continue. Keep it 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!!