

Walk Kansas

*celebrate
healthy living*

Guide for Captains 2018

March 18 – May 12

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 18 through March 16, 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. If your team decides they all want t-shirts or the baseball tee, know their sizes. You will be asked to pay the program fee (plus shirts) for your entire team 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 one of the options:
Challenge only (\$8 each) – each person can order a shirt later;
Challenge + t-shirt (\$17 each) – enter color and size for each person.
(Note: If you select "Challenge + shirt" each person will pay that amount even if they do not want a shirt.)
 - 6) 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.
 - 7) Enter the name of your team. (You can change the name later.)
 - 8) Create your personal user account. Select a username and password; then complete the required personal information.
 - 9) 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 16 – Registration closes

March 18 – Go! Log exercise minutes & cups of fruits/vegetables

April 2 – Last day to order Walk Kansas apparel

May 5 – Walk Kansas 5K for the Fight! In Manhattan on the KSU campus

May 9 – Plan to attend the "Wise Buck" lunch at the GB Rec Center @ Noon (let us know you're coming by May 4th to save your spot!

May 11 – Photo Challenge entries due

May 12 – Walk Kansas ends.

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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 16. Registration is not complete until all forms are collected and fees are paid.

Ready to go!

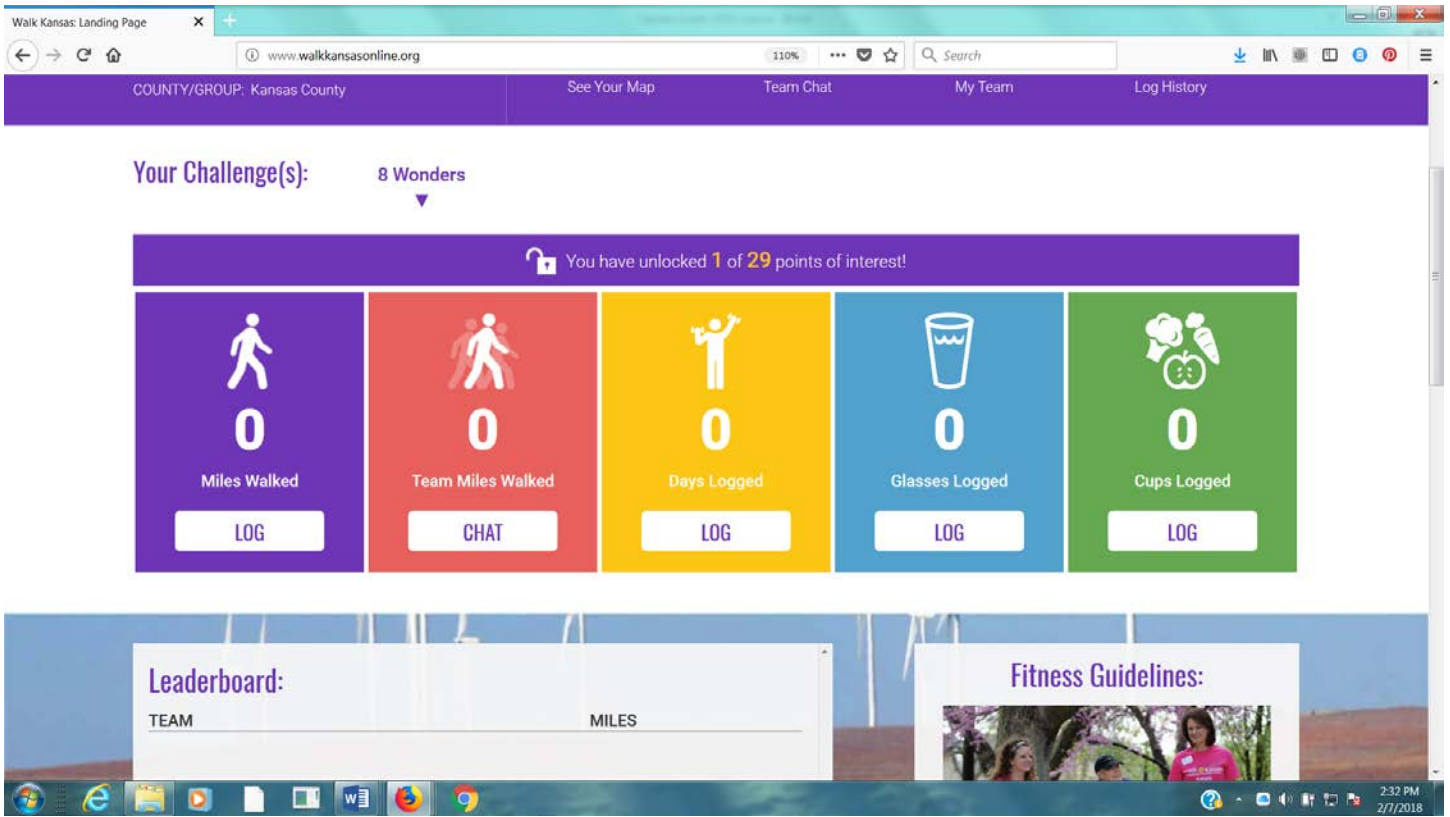
Reporting/logging online:

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. A new feature this year allows the captain to e-mail their team in addition to using the "Team Chat" feature. 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.

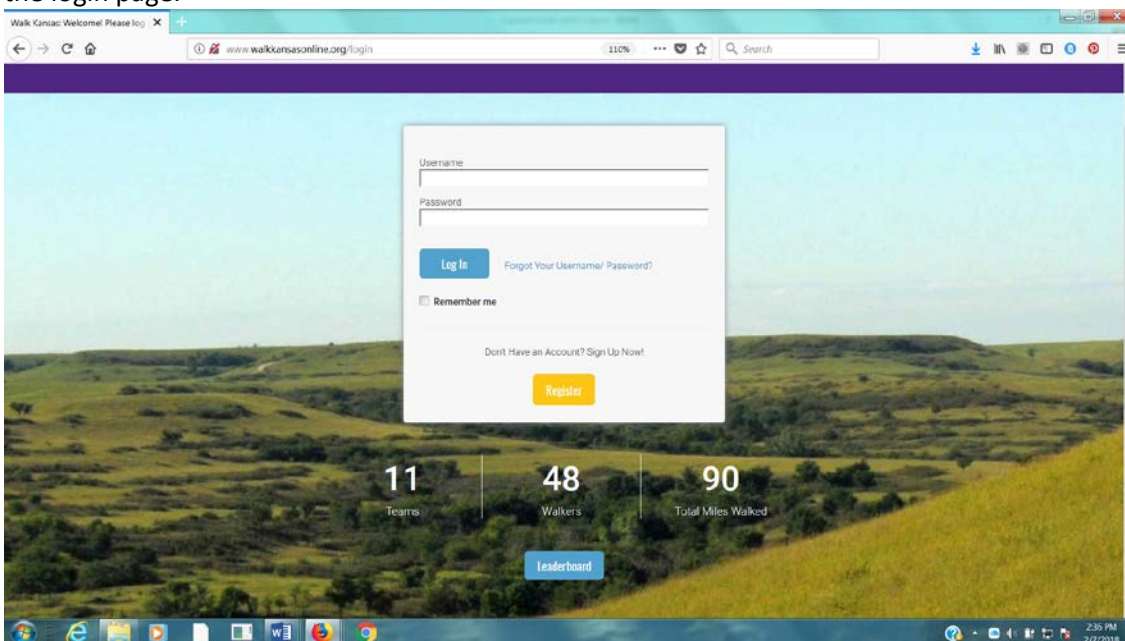
The screenshot shows the Walk Kansas online dashboard. At the top, there is a navigation bar with links for "Find Local Office", "Log out", and "My Account", along with social media icons for Facebook, Twitter, and Pinterest. Below this is a secondary navigation bar with tabs for "Dashboard", "Events", "Resources", "Shop", and "New Program Sign Up". The main content area is divided into several sections. On the left, a purple bar displays a welcome message: "Welcome, Willie" with team information: "TEAM: Willie's Walkers [E-mail Team]" and "COUNTY/GROUP: Kansas County". To the right of this bar are four icons: "See Your Map", "Team Chat", "My Team", and "Log History". Below the welcome bar, it says "Your Challenge(s): 8 Wonders". The main dashboard area features a purple header that says "You have unlocked 1 of 29 points of interest!". Below this are five colored boxes representing different challenges: "Miles Walked" (purple), "Team Miles Walked" (red), "Days Logged" (yellow), "Glasses Logged" (blue), and "Cups Logged" (green). Each box shows a large "0" and a "LOG" button. The bottom of the screenshot shows a Windows taskbar with various application icons and a system tray showing the time as 2:21 PM on 2/7/2018.

Make sure you and your team-mates check your progress on the map – click "See Your Map" on the large purple bar. Are 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!!

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.



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



Reporting if logging by paper:

If team mates log on paper and report to you weekly, add totals once a week for that person in the “My Team” section and “Log for this user.” 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.
- ▶ 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:

If you did not include a shirt at registration, you can easily order one. 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.

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 new 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, but what we are really working toward is helping your team reach the goal they set for themselves. We want the physical activity and healthy eating habits that are modeled and adopted during the program to continue as a lifestyle change. 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!!



Team Captain's Log

Team Captain's Name _____

Team Name _____

Directions:

- *Collect individual registrations forms and fees from each member (include yourself.) (Once your team is setup, team members can enter their own information.) www.walkkansas.org The Extension office will set up your team as in the past.
- *Submit forms/fees to the Cottonwood Extension District - Great Bend office before registration deadline.
- *At least weekly record and enter team members' total weekly info at walkkansas.org (team members can enter their totals as well) or report totals to the Extension office.
- *Encourage members to view their progress at www.walkkansas.org - My Walk Kansas.
Make sure team members are receiving a weekly Walk Kansas newsletter.
- *During week 7 & 8, encourage teammates to complete a program evaluation survey on line or turn in a paper survey into the Cottonwood Extension District - Great Bend office.

Contact information for local K-State Research and Extension Office:

In Barton County Contact:

**Cottonwood Extension District Great Bend Office 1800
12th Street Great Bend, KS 67530
620-793-1910
bwalton@ksu.edu**

Please report total minutes of activity for your team each week. The website will convert minutes into miles for your team. Fifteen minutes of moderate or vigorous physical activity counts as one Walk Kansas mile.

Teammates	Week 1		Week 2		Week 3		Week 4		Week 5		Week 6		Week 7		Week 8	
	Min	F/V	Min	F/V	Min	F/V	Min	F/V	Min	F/V	Min	F/V	Min	F/V	Min	F/V
1.																
2.																
3.																
4.																
5.																
6.																
Total Minutes																
Total Fruits and Vegetables																



Team Registration for Walk Kansas - 2018

Please complete the form below, providing information for each team member as well as yourself (captain), and register your team before **March 12th**.

The individual participant fee is \$8, and Walk Kansas T-shirts are available for \$9.

Please provide E-mail OR mailing address to indicate newsletter delivery method preferred.

Team Name: _____ Team Captain's Name: _____

Captain's Mailing Address: _____ City: _____ Zip Code: _____

Captain's Daytime Phone: (____) _____ Company/Organization (if a workplace team) _____

Captain's E-mail: _____ Choose a challenge for your team: Challenge #1 Challenge #2 Challenge #3

(Challenge #1 requires 150 minutes/week per participant; Challenge #2 = 4 hours/week per participant, Challenge #3 = 6 hours/week per participant.)

First and Last Name	E-mail Address for Newsletters	Mailing Address (Apt. # and Lot #)	City	Zip Code	Circle Size			T-Shirt Color	Pd Cpt.
					S	M	LG		
<u>Captain</u>					XL	XXL	3XL	H. Purple H. Irish Green	
2					XL	XXL	3XL	H. Purple H. Irish Green	
3					XL	XXL	3XL	H. Purple H. Irish Green	
4					XL	XXL	3XL	H. Purple H. Irish Green	
5					XL	XXL	3XL	H. Purple H. Irish Green	
6					XL	XXL	3XL	H. Purple H. Irish Green	

To complete team registration, return this form with payment of registration fees and (optional) t-shirt fees to: **1800 12th Street, Great Bend, KS 67530**

Please make checks payable to: **Cottonwood Extension District**

For Office Use Only	Person Paying:	Check # or Cash:	Amt Pd.:	Date Pd.:
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