



2018 Walk Kansas Team Registration Check List

- Completed Team Registration Form with \$48.00 Registration Fee
- Completed T-Shirt Orders (Optional) - Are Sizes and Colors Marked?
T-Shirts are \$9.70 Each.
- Completed Individual Registration Forms for All Members Including Captain.
Verify Individual Registration Forms Have Been Signed by Participants.

All above information must be delivered to:

**Butler County Extension Office
206 N. Griffith
El Dorado, KS 67042**

by Thursday, March 15, 2018 by 4:00 p.m.

If You Have Questions, Barb Roths at 316-321-9660 or e-mail: broths@ksu.edu



Walk Kansas - 2018

Captain's Guide

March 18 – May 12, 2018

Time for Walk Kansas!

Thanks for stepping up to lead your **Walk Kansas** Team!

Be a leader and an organizer.

March 18 is the starting date! As the captain, you need to be sure your team is ready to go when the “whistle blows”!

Think Positive and Be Optimistic.

Encourage your teammates ... You all can have some fun AND feel a lot better!

Move a little more, eat a few more fruits/veggies. Be a healthier YOU.

Stay Connected. Work with your team to select a group goal or challenge. The 3 Challenges have changed. Your team can enjoy the Wonders of Kansas, or you can learn about other “sights” of the great state of Kansas. Communicate with your team members at least weekly to see how things are going and make sure they know how the team is doing! When your team is registered, we can (at your request) set you up with Walk Kansas online.

You and your team members will have the option to use paper logs OR add their numbers online.

Remind your team-mates to check the Butler County Extension web site for the Walk Kansas Newsletter information each week:

www.butler.ksu.edu

The state Walk Kansas website will be updated routinely during the 8-week program. New videos will be added each week to support participants in adding strengthening exercises.

Go to: www.walkkansas.org

Let's Get Started!! Steps to Register Your Team

Return team registration materials and payment to the Extension Office by
Thursday, March 15, 4:00 p.m.

1) Distribute Individual Participant Information to team members. You can download this Participant Information at www.butler.ksu.edu OR

Pick up packets at the Butler County Extension office. Each person (include yourself) should receive an individual registration form, a participant guide, and a daily log.

2) As the Team Captain, complete the team registration form.

Participation fee for each team member is \$8.00. T-shirts cost extra -- indicate size and color for those who order t-shirts.

3) Select a challenge. With your teammates, select a name for your team and a challenge to strive for. Check the appropriate box on the team registration form.

Challenge #1 – 8 Wonders Walk. Each team member gets 2 ½ hours of physical activity per week, enough to go 423 miles across the state. And they can enjoy the 8 Wonders of Kansas, as identified by Kansas Sampler Foundation.

Challenge #2 – Cross County. Each team member logs 4 hours of moderate/vigorous activity per week. The team takes a winding diagonal trail of ~ 750 miles (Troy to Elkhart).

Challenge #3 – Little Balkans to Nicodemus. Each team member logs 6 hours of activity per week, enough to go 1200 miles.

** Based on calculation of 15 minutes = one Walk Kansas mile.*

4) Collect individual registration forms (signed) and a \$8.00 participation fee per participant (total \$48.00 per team). If any participant wants to order a shirt, collect money for the shirt(s).

Return the team registration form, the individual registration forms, and payment (prefer cash or one check per team) to the Extension office by 4:00 p.m., Thursday, March 15.

One check (or cash) per team is preferred. Make Check Payable to: Butler County Extension

Registration is not complete until all forms (team registration and signed individual registration forms) are collected and fees are paid.

5) Contact team members each week to see how they are doing, share something from the weekly Captain's message you receive, and remind them to report activity minutes and cups of fruits/vegetables consumed to you on Sunday, or log that information online themselves!

Remind them to check the Butler County Extension web site for Walk Kansas Newsletter information each week: www.butler.ksu.edu

6) Report team totals to the Extension office weekly (on Monday or soon after). **Or enter**

team totals online at www.walkkansas.org if this is what your team prefers.

7) Begin tracking on March 18th. First reporting date is March 26; the last reporting date is May 12, 2018.

8) Progress of your team and all other teams across the state can be viewed on the Walk Kansas website.

9) Evaluation forms will be distributed during week 7 of the program. Encourage teammates to complete the evaluation online or through a paper evaluation provided by the Extension office.

10) Read communication from the Extension office about activities offered in your community. Encourage teammates to participate. Also, check the website www.walkkansas.org for new information throughout the program and encourage team members to do the same!

What Counts toward Walk Kansas Minutes?

Look at page 4 of the *Celebrate Healthy Living Physical Activity Guide*. What "counts" has changed a bit, so you'll want to read and share with your teammates.

Contact your local Extension Office for more information:

Barbara Roths, RD/LD
K-State Research and Extension, Butler County
206 N. Griffith
El Dorado, KS 67042
316.321.9660
broths@ksu.edu www.butler.ksu.edu



Walk Kansas

*celebrate
healthy living*

Team Captain's Log

Team Captain's Name _____

Team Name _____

Directions:

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

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														
1.																
2.																
3.																
4.																
5.																
6.																
Total Minutes																
Total Fruits and Vegetables																

Butler County 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 by Thursday, March 15, 2018, 4:00 p.m. The individual participant fee is \$8.00 and Walk Kansas T-shirts (optional) are available.

Team's Name: _____ Team Captain's Name _____ Zip Code: _____
 Mailing Address: _____ City: _____
 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 & Last Name Phone Number	Mailing Address w/ City State & Zip	Participant Fee	Optional T-Shirt/Circle Size Cost per Shirt \$9.70					T-Shirt Colors Circle Color Choice	Total Due
			S	M	L	X	L		
Captain		\$8.00							
Phone									
Name		\$8.00							
Phone									
Name		\$8.00							
Phone									
Name		\$8.00							
Phone									
Name		\$8.00							
Phone									
Name		\$8.00							
Phone									
Name		\$8.00							
Phone									
		\$48.00	T-Shirt Total →					Team Total Fees & T-Shirts →	

To complete team registration, return this form with payment of registration fees and t-shirt fees (optional) to: Butler County Extension Office - 206 N. Griffith - El Dorado - 67042. Please make checks payable to: **Butler County Extension Office**

For Office Use Only:	Person Paying:	Check/Cash:	Date Rec'd:	Rec'd By:
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2018 Walk Kansas T-Shirts - (Optional)

T-Shirt Colors this Year are Heather Irish Green and Heather Purple.

Sizes Available / Prices

All T-Shirts cost \$9.70 per shirt
(includes sales tax)

Small
Medium
Large
XLarge
2XLarge
3XLarge
4XLarge
5XLarge

Heather Irish Green



These shirts are a softer, lighter weight shirt. If you are trying to decide on a size, you may want to go up in size as the cut is just slightly smaller (mainly in the arm) and the shirt is softer and drapes differently.

Material is a blend – 65% polyester; 35% cotton.
4X and 5X t-shirts will be a solid color, not heather.

Heather Purple



T-Shirts of all sizes are available for \$9.70 per t-shirt
(includes sales tax).