

# Walk Kansas 2026!

## Let's Get Registered!



Visit: [www.walkkansasonline.org](http://www.walkkansasonline.org)

Click: “Register here”

**Pro Tip:**

It’s recommended that team captains register everyone on their team. Team members will then receive emails prompting them to complete their individual registrations.

The image shows a mobile application interface for 'Walk Kansas'. At the top, there's a header with the website URL 'walkkansasonline.org' and a refresh icon. Below the header is a purple banner that says 'Welcome to Walk Kansas'. Underneath the banner are three purple boxes with white text: 'Participants', '40 Teams Registered', and '3 Miles'. Below these boxes is a white card with a registration form. The card contains the text: 'If you're already registered, please login here. You can also [register here](#) if you'd like!'. Below this text are two input fields: 'Email' with a 'Required' label and a password field with a 'Required' label and an eye icon. At the bottom of the card is a purple button with white text that says 'Log In >'. At the very bottom of the screen is a mobile navigation bar with icons for back, forward, home, search, and a square icon.

Fill in your information.

Click “Next”

Pro Tip:  
Don’t forget your password. However, if you  
do, we can reset it for you!

The screenshot shows a mobile browser interface for the website walkkansasonline.org. The page title is "Create Your Account". Below the title, there is a message: "Let's get you signed up and ready to walk. First, you need to create an account." The form contains the following fields: "Name" (Required) with the value "Willie Walker", "E-mail" (Required) with the value "willie@ksu.edu", "Phone" with the value "785-555-5555", and "Password" (Required) with a masked input (eight dots). Below the fields are two buttons: "Next >" and "Cancel". At the bottom of the screen, there is a navigation bar with icons for back, forward, home, search, and a menu.

walkkansasonline.org

## Create Your Account

Let's get you signed up and ready to walk. First, you need to create an account.

Name Required

Willie Walker

E-mail Required

willie@ksu.edu

Phone

785-555-5555

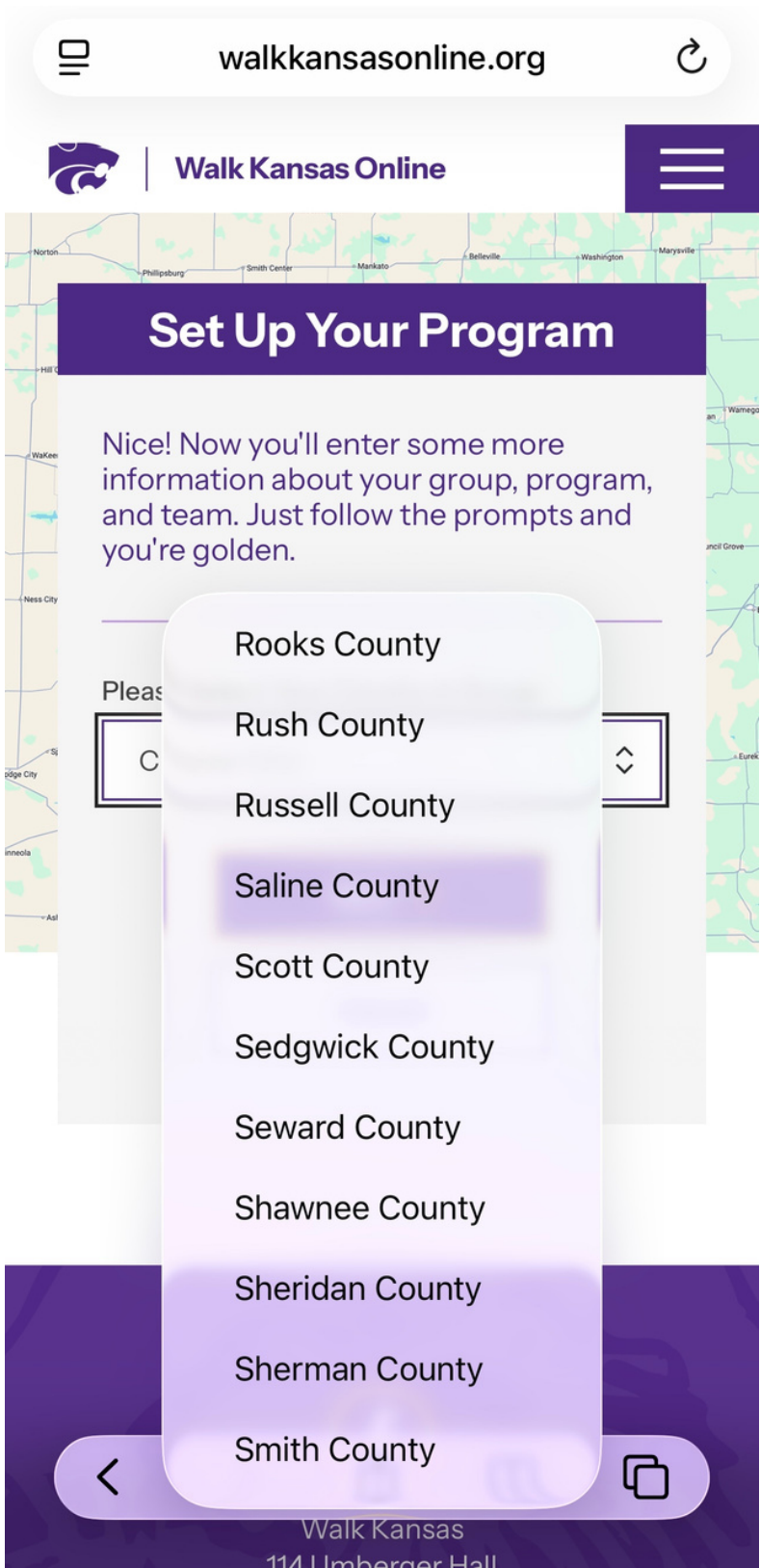
Password Required

●●●●●●●●

Next >

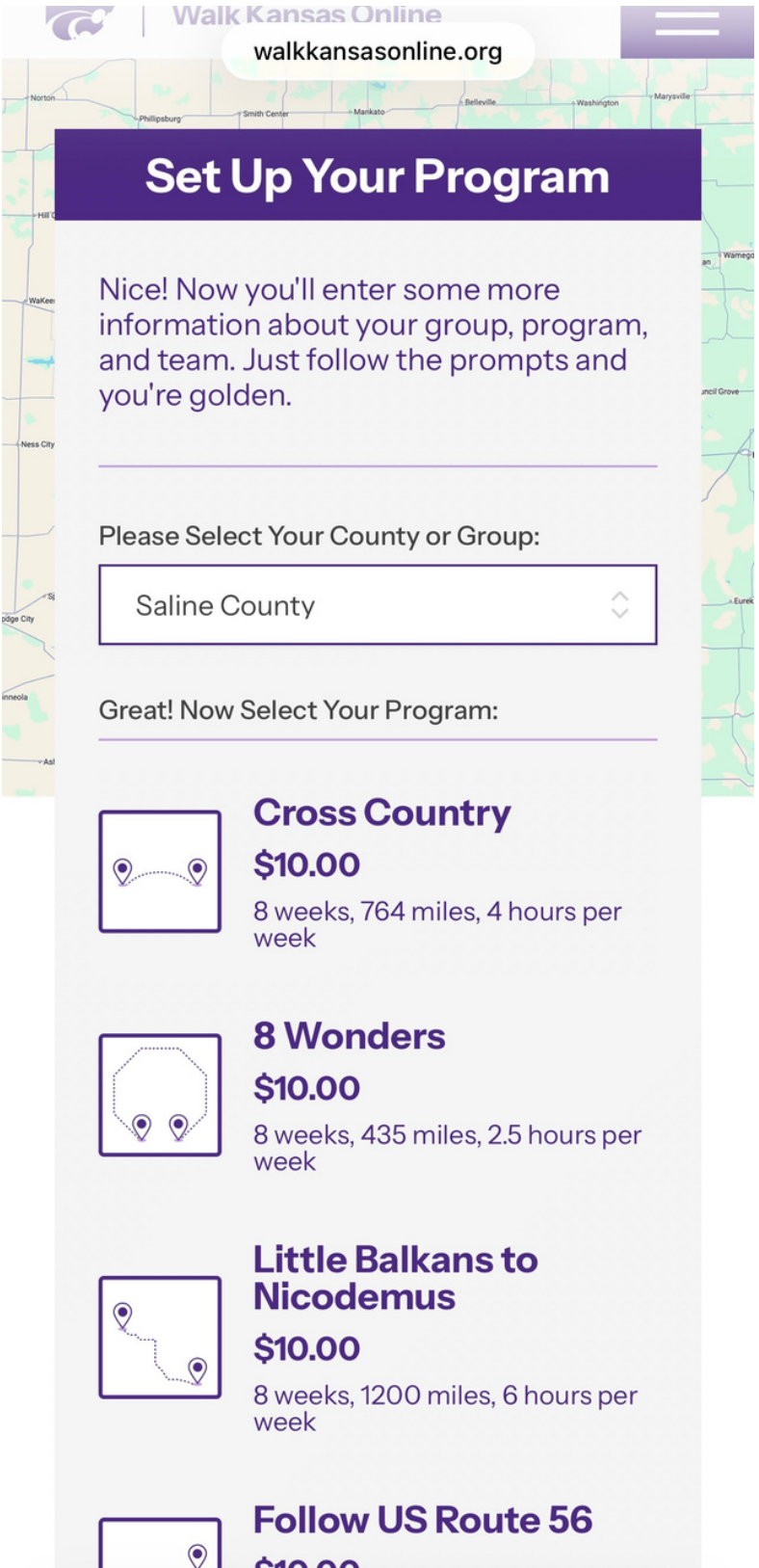
Cancel

# Select your County!



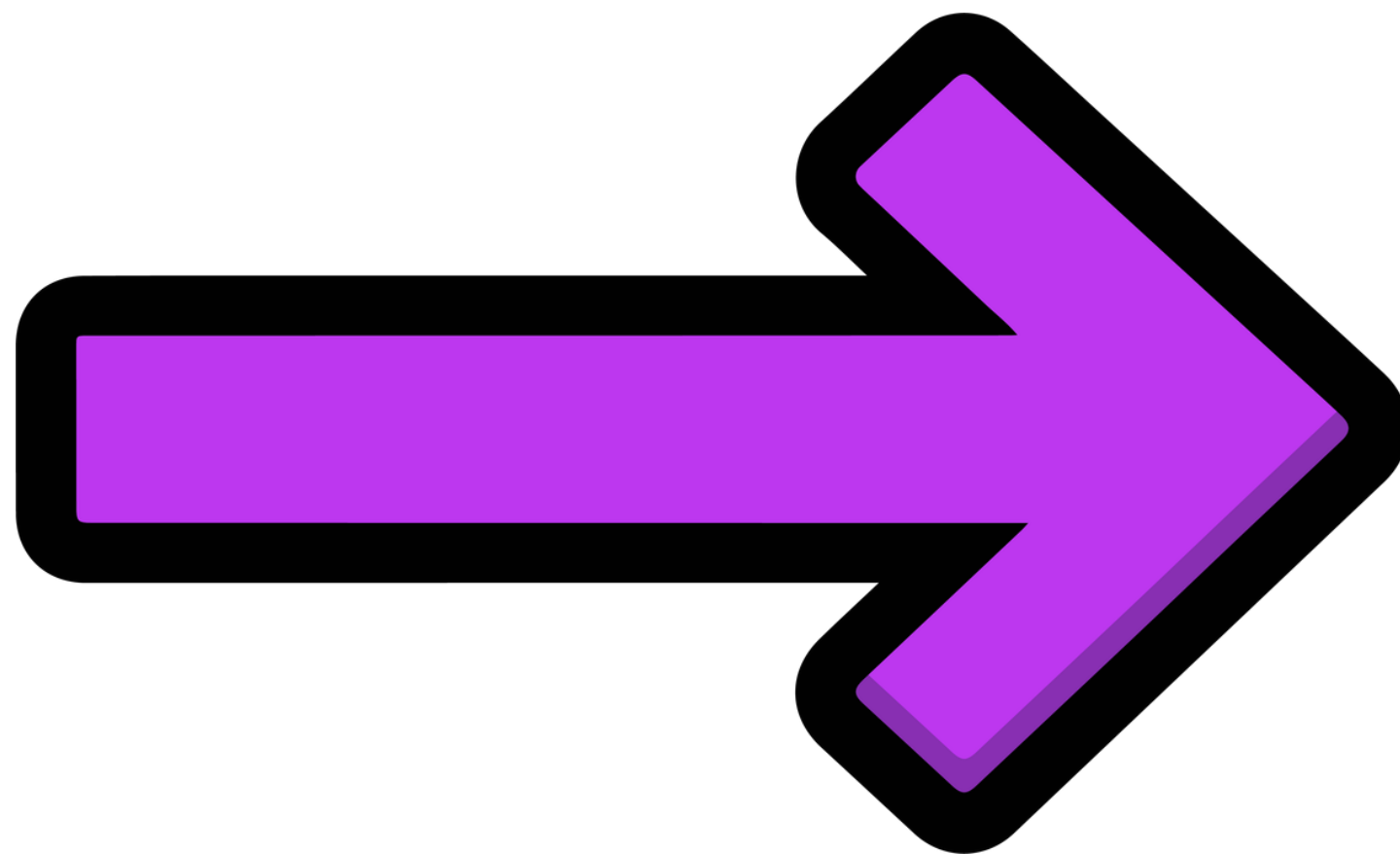
Then...

# Choose your Program!



Once you select your program, be sure to select if you are participating on a team or going solo as an individual.

Then click “Next”



walkkansasonline.org



**\$10.00**  
8 weeks, 764 miles, 4 hours per week



**8 Wonders**  
**\$10.00**  
8 weeks, 435 miles, 2.5 hours per week



**Little Balkans to Nicodemus**  
**\$10.00**  
8 weeks, 1200 miles, 6 hours per week



**Follow US Route 56**  
**\$10.00**  
8 weeks, 640 miles, 3.3 hours per week

Yay! Next, are you a team or an individual?

☒ Team

☐ Individual

Next >

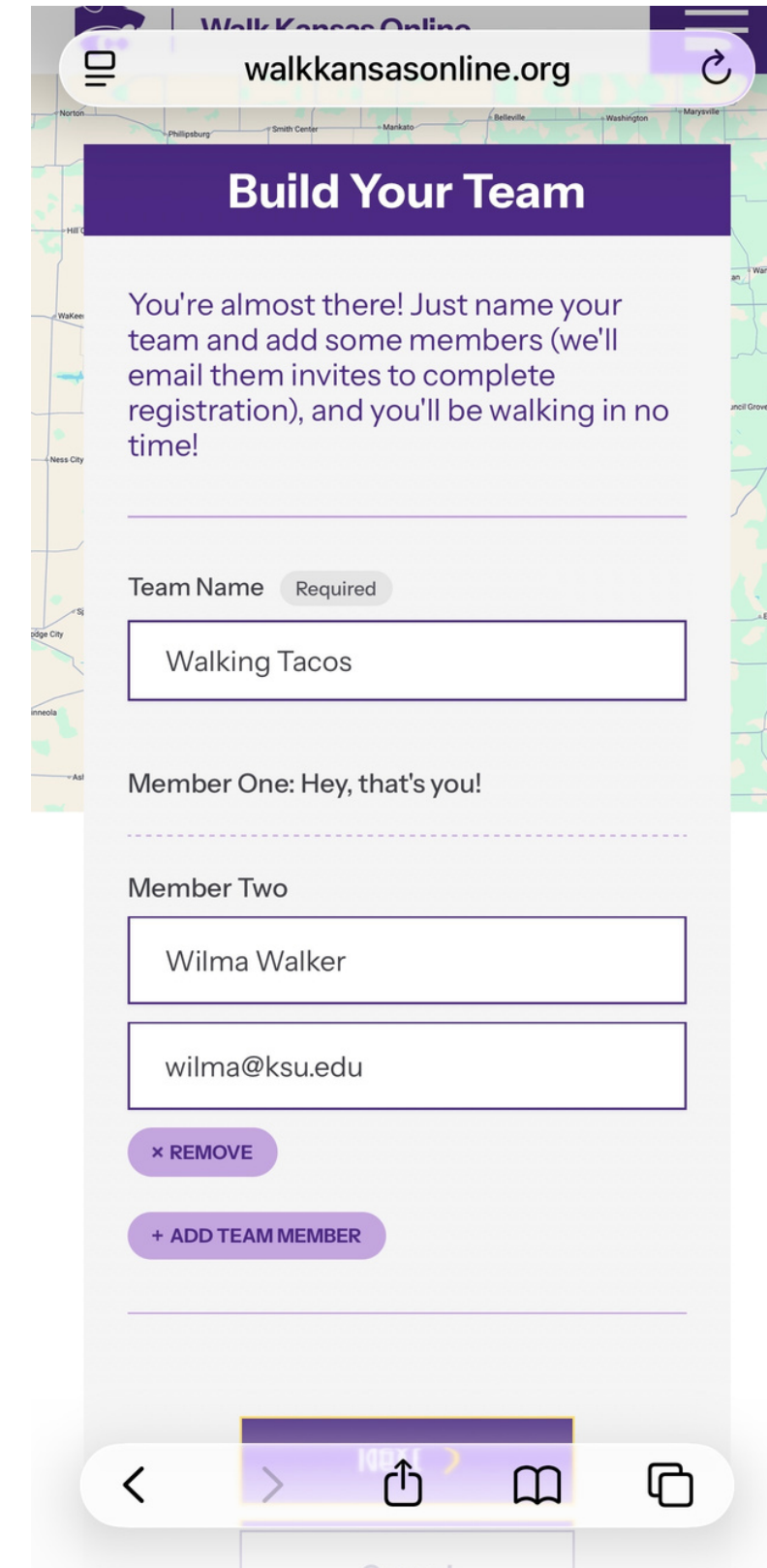
Cancel

**Enter your Team Name.**

**Add your team members. You will need their name and email.**

**Click “Add Team Member” to add each new person.**

**Teams can be of any size but teams of 4-6 is recommended based on the current program options.**



The screenshot shows a mobile web browser interface for 'walkkansasonline.org'. The page title is 'Build Your Team'. The text reads: 'You're almost there! Just name your team and add some members (we'll email them invites to complete registration), and you'll be walking in no time!'. Below this is a form with a 'Team Name' field (labeled 'Required') containing 'Walking Tacos'. Underneath is a section for 'Member One: Hey, that's you!' followed by a dashed line. Then 'Member Two' is shown with a name field containing 'Wilma Walker' and an email field containing 'wilma@ksu.edu'. At the bottom of the member list are two buttons: 'x REMOVE' and '+ ADD TEAM MEMBER'. The browser's address bar shows 'walkkansasonline.org' and the mobile OS navigation bar is visible at the bottom.

## Checking Out

**Cost is \$10 per person. Team captains will pay for entire team upon check out.**

**Your local Extension office will have payment options. For example, some may take checks and credit cards - as seen in this example.**

**If paying by check, you should also see information about who to make checks payable to and where to mail them at the bottom of this screen.**

walkkansasonline.org

### Check Out

One more step! Your order total and payment options are below. Enjoy your walk!

| QTY: | PROGRAM:               | PRICE EA: | TOTAL:  |
|------|------------------------|-----------|---------|
| 3    | 8 Wonders Registration | \$10.00   | \$30.00 |

**TOTAL: \$30.00**

HAVE A DISCOUNT CODE?

✓ APPLY

**Pay By Credit Card**

**Pay By Check**

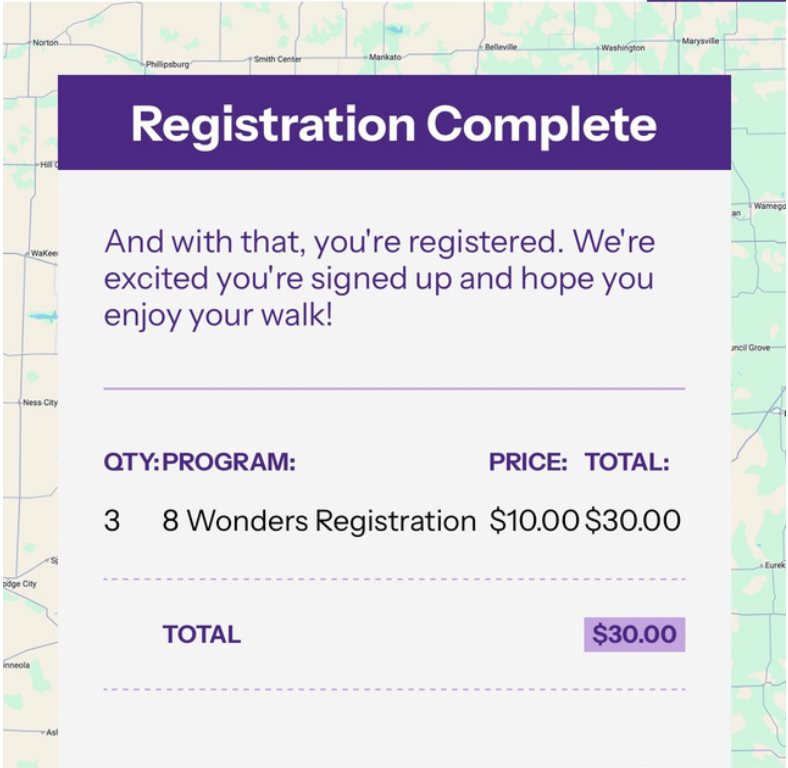
Please make checks payable to , and send them to:

You are set!

walkkansasonline.org

 Walk Kansas Online





Registration Complete

And with that, you're registered. We're excited you're signed up and hope you enjoy your walk!

| QTY:  | PROGRAM:               | PRICE:  | TOTAL:  |
|-------|------------------------|---------|---------|
| 3     | 8 Wonders Registration | \$10.00 | \$30.00 |
| TOTAL |                        |         | \$30.00 |

Your registration is still unpaid. **You will not be able to participate until payment is received.**

Please make checks payable to , and send them to:

Go to Login Page

Team members will receive this email!



WalkKansas: You're Registered!

Inbox



WalkKansas

8:51 AM

to me



Welcome to Walk Kansas!

Hello!

Someone (either you, a team captain, or a Walk Kansas administrator) has registered you for Walk Kansas. We're delighted to have you aboard!

If you don't already have an account set up in the Walk Kansas Online system, you'll just need to head over there to set up your password.

Head to [www.walkkansasonline.org](http://www.walkkansasonline.org) and click the [Forgot your Password?](#) link.

We'll send you one more e-mail, this time with a link to set your password. And you'll be all set!

Need Help?

We're always eager to lend our assistance or just hear about your Walk Kansas adventures! Please feel free to reach out to your **Local Extension Agent** with your questions, comments, concerns, or

Reply

Forward



Walk Kansas is a K-State Extension (KSE) health initiative that promotes personal health and well-being by helping participants adopt healthful lifestyle habits. While primarily a team-based program, you can also go solo! Walk Kansas will help you:

- be more active with support from friends and family
- make healthier nutrition and beverage choices
- learn helpful techniques to reduce stress, sleep well, and improve overall well-being