



**K-STATE**  
Research and Extension  
Walk Kansas

## To: 2021 Walk Kansas Team Captains

You are receiving this because you were a captain for a Walk Kansas team in 2020. We hope you will want to be part of Walk Kansas 2021 and serve as a team captain once again! The program is available to anyone who wants to improve their level of physical fitness and/or would like to establish a regular physical fitness habit and live a healthier lifestyle. The Fitness Challenge format allows you to establish more healthful habits with the encouragement of fellow teammates. Here are more details about the 2021 program:

\*The official starting date is Sunday, March 28, and concludes on Saturday, May 22. **Registration in the River Valley Extension District opens on-line on March 8 and ends on March 24 (paper packets & fees are due in the Extension Office by March 22).**

**\*\*Late entries will NOT be accepted.\*\***

\*Teams are limited to a **maximum of 6 members**. Try to combine members to make a complete team if possible, but teams can have fewer than six members. Recruit people from your place of work, community organizations, church friends, family members, neighbors - anything goes!

- **Challenge is \$10 each**

***\*\*NO fees for those younger than 18, those living in care homes/assisted living facilities, or those earning Health Quest credits.***

**\*If Registering on-line go to [www.walkkansasonline.org](http://www.walkkansasonline.org) on or after March 8.** 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 know their sizes. You can order them at <http://shopwalkkansas.com/>. You will be asked to pay the program fee for your entire team at the end of registration, so be prepared to pay with a credit card (*PayPal*) or follow up by sending a check to your local Extension Office. Talk to your team and select a goal for how many minutes of exercise each person will commit to per week – “8 Wonders of Kansas” Challenge 1 = 2 ½ hours/wk; “Cross Country” Challenge 2 = 4 hours/wk or “Little Balkans to Nicodemus” Challenge 3 = 6 hours/wk.



**\*\*If registering your team online, a team captain's packet won't be needed, and you won't need to return anything to our Extension Office. Captains registering online will pay for their team using PayPal.**

**\*Team Captains NOT Registering on-line stop by the Extension Office to pick up your team captain's packet if you wish to have a team this year. Return your team's registration forms and the total payment (cash or one check made out to RVD Extension –we will also accept credit card payments). We must receive this by March 22.**

***\*\*NO LATE ENTRIES WILL BE ACCEPTED\*\****

**\*Team captains will report the total number of minutes exercised, by team members, every Monday during the event. These may be entered on-line, by e-mail, or with a phone call to your local extension office **by 4:00 p.m. each Monday, beginning April 3, 2021.****

## Office Locations

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