

# Walk Kansas 2026! Let's Get Registered!



**JOIN THE WALKING  
CHALLENGE**

**WALK  KANSAS**

**March 22 - May 16, 2026**  
Walk with us toward a *healthier* tomorrow.



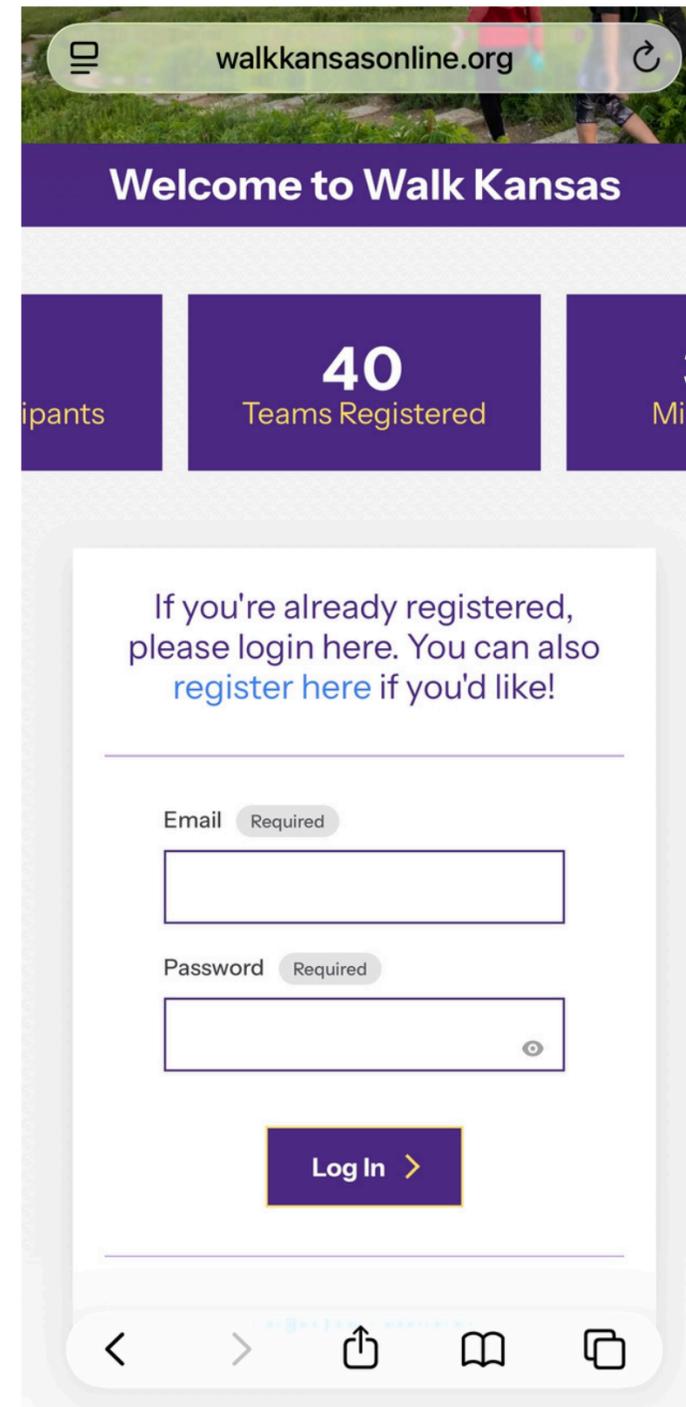
Kansas State University  
**Extension**

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.



Fill in each of the boxes with your information.

Click “Next”

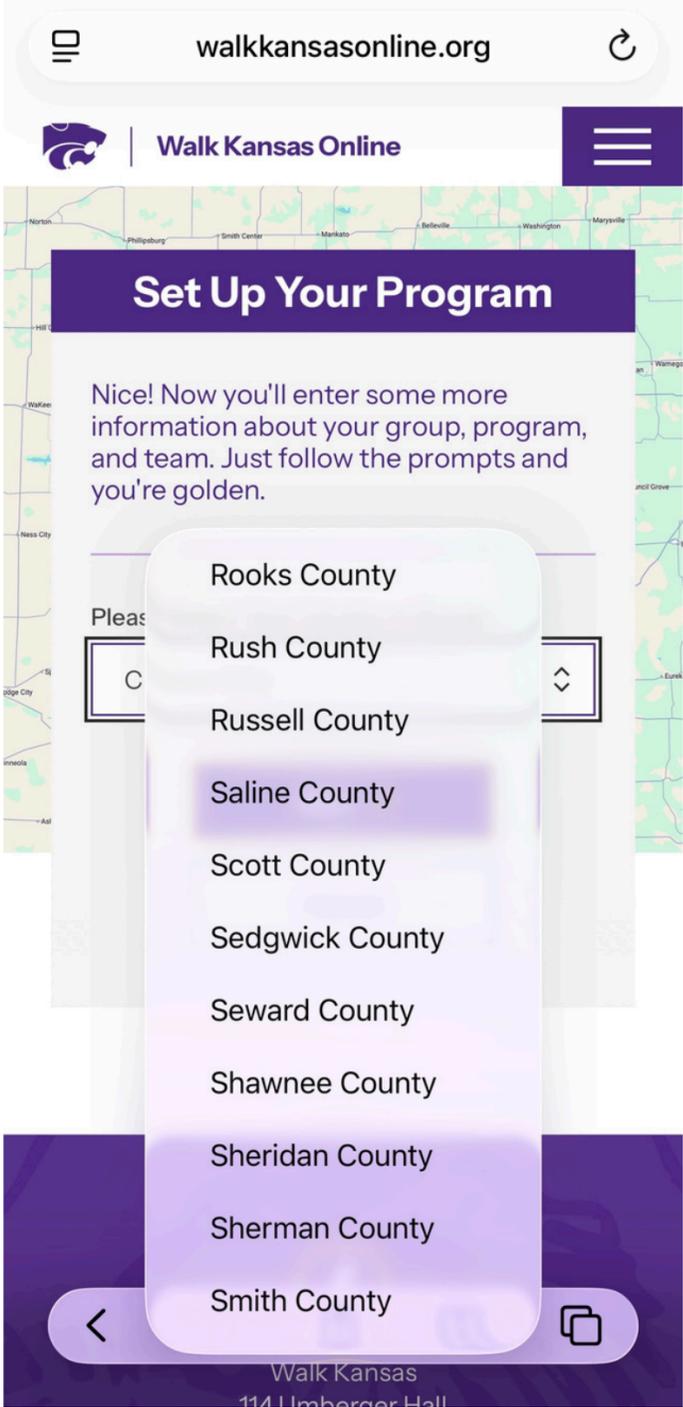
**Pro Tip:**  
Don't forget your password. However, if you do, we can reset it for you!

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): A text input field containing "Willie Walker".
- E-mail** (Required): A text input field containing "willie@ksu.edu".
- Phone**: A text input field containing "785-555-5555".
- Password** (Required): A password input field with eight dots and a toggle icon on the right.

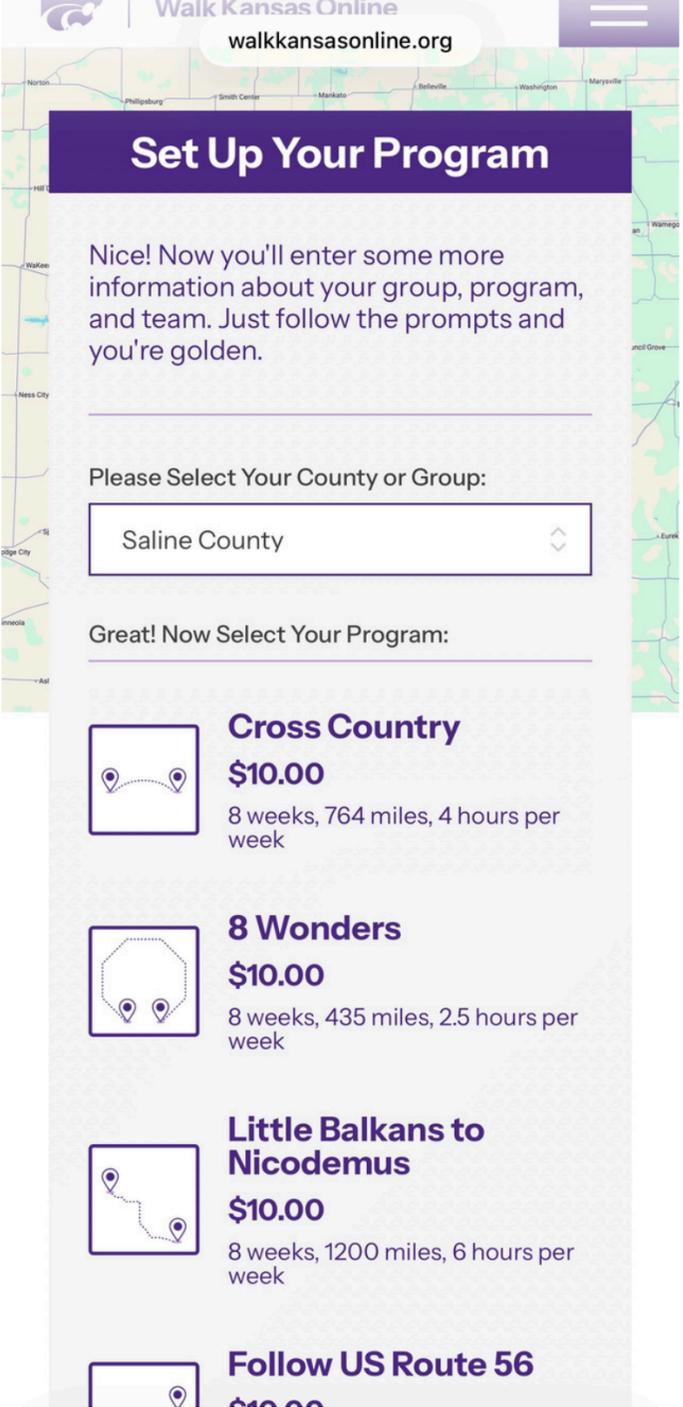
At the bottom of the form, there are two buttons: a purple "Next >" button and a white "Cancel" button. The browser's address bar shows "walkkansasonline.org" and a refresh icon. The bottom of the screen shows a mobile browser navigation bar with a back arrow, a search bar containing "Already have an account? Please log in", and icons for share, bookmarks, and tabs.

# Select your County!



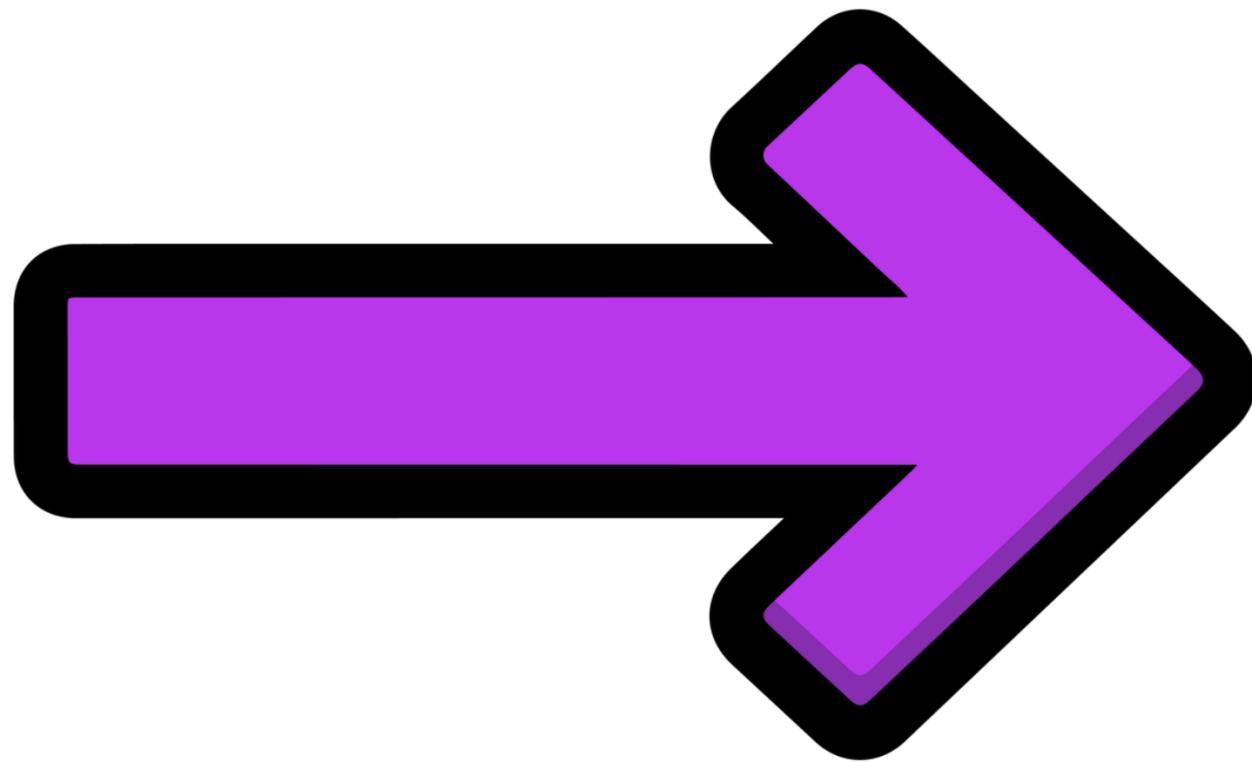
Then....

# 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.**

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

walkkansasonline.org

## Build Your Team

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!

Team Name Required

Walking Tacos

Member One: Hey, that's you!

Member Two

Wilma Walker

wilma@ksu.edu

× REMOVE

+ ADD TEAM MEMBER

## 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
<b>TOTAL</b>			<b>\$30.00</b>

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