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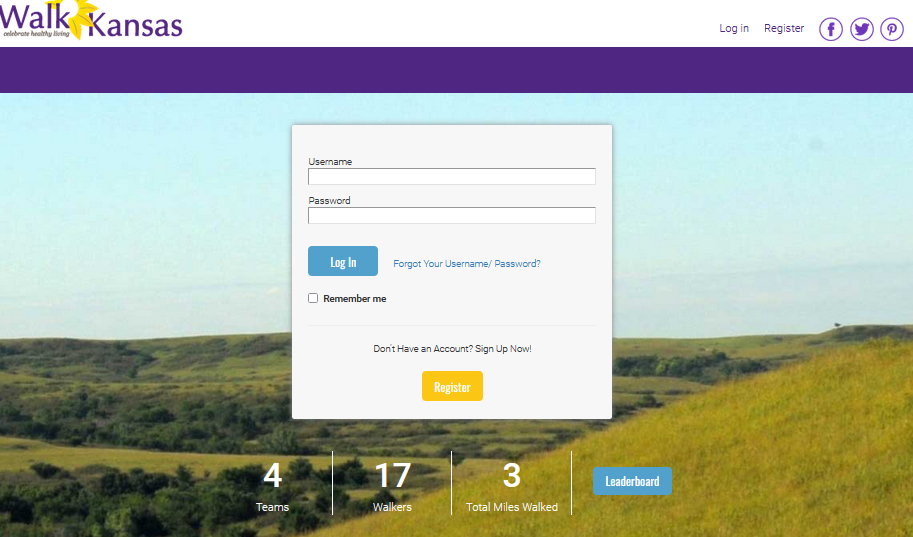
**Walk Kansas 2022** **March 27 – May 21**

**Team Registration Instructions**

Ready to register your team for Walk Kansas? Here is a step-by-step guide.

1. Form a team of 4-6 people. Six (6) is ideal and if you have less than 6, each person will have to work a little harder to reach your team goal. (That really isn’t a bad thing, right?)
2. Choose a team campaign. The rest of these are instructions are for you, the captain, as you are the one to get this process started.
3. Select a team name. This is your chance to be creative and fun! Here is an example: “Cheaper Than Therapy” (because it is 😉)
4. Together with your team-mates, choose a challenge ---- a goal you want to work toward. Here are the options:
   1. **8 Wonders of Kansas** trail: This option requires each person get at least 2 ½ hours of moderate activity/week, the minimum recommended amount of physical activity determined by Physical Activity Guidelines for Americans. This trail is 480 miles and you’ll learn about the 8 wonders of Kansas as you go!
   2. **Cross Country** trail: You’ll start in the NE corner and end in the SW corner of Kansas. This requires each person to get 4 hours of moderate activity/week and the team would travel 768 miles.
   3. **Little Balkans to Nicodemus** trail: Explore the SE region of Kansas before heading NW to historic Nicodemus. This challenge requires each member to get 6 hours of moderate activity/week, with the team traveling 1152 miles.
5. After you choose a team challenge from the options above, gather each team member’s name and email address. Now you are ready to register!

**Go to** [**www.walkkansas.org**](http://www.walkkansas.org)



Click “Register Now” below the purple bar.

The next screen takes you to the online system.

Click the Yellow “Register” button.

