



For Captains

The captain is in charge of organizing the team, making sure that all members are registered and have program information. **The team captain MUST have an e-mail address and internet access** to receive information from the county extension office. Captains may periodically receive helpful messages from the local program coordinator. In addition to being the “organizer”, captains should motivate, connect and celebrate with their team! Much of our communication is done through e-mail. If you have a member without e-mail please help them stay on top of important information. Please make sure your team members are logging their minutes, or you could log for them. Let our office know if you have questions!

Team captains are also responsible for collecting and turning in all team registration materials (individual registrations, team registration, team payment, and t-shirt order) to the Shawnee County Extension office-1740 SW Western Avenue, Topeka Kansas 66604. Information may be mailed, faxed (785-232-0093), e-mailed (sfangman@ksu.edu or jdomme@ksu.edu) or brought into our office between the hours of 8:00 am and 5:00 pm Monday through Friday. **We cannot accept on-line registrations through the Walk Kansas web-site at this time.** Payment may be made by cash or check made payable to *Shawnee County Extension*. **Registration deadline is Friday, March 9 at 5:00 p.m.**

There will be many opportunities to motivate your team! Think of yourself as a coach, cheerleader, or champion. Be positive, encouraging, optimistic and supportive. Believing that you, and others, can accomplish something is half the battle! Create a fun challenge with another team, if friendly competition is motivating. Find activities that team members can do together several times during the program. Get to know your team and learn what motivates them.

Connect- The first thing you will do is connect with your team to choose a team name and select a goal (one of the three Walk Kansas challenges.)

- **Challenge #1 (8 Wonders of KS)** Each participant gets 2 ½ hours of activity per week. Collectively over 8 weeks, the team would walk 423 miles or the distance across the state of Kansas.
- **Challenge #2 (Troy to Elkhart)** Take a meandering trek diagonally across the state from Troy to Elkhart. Each person logs 4 hours of activity per week which would take the team 750 miles.
- **Challenge #3 (Little Balkans to Nicodemus)** Each participant gets 6 hours of activity per week. Collectively, over the 8 weeks, the team would walk 1200 miles or the distance around the perimeter of the state of Kansas.

As your team moves through your selected trail, learn about points of interest through the online map.

Team mates do not need to walk or do activities together- they can if they want to.

Celebrate- Celebration is an important part of a behavior change process. This doesn't have to be elaborate and can be as simple as sending a message each week to highlight success of the team or individual members. Send a motivational text, a cartoon, e-card or postcard. Arrange a fun activity for your team such as a bowling party, miniature golf, a pot-luck dinner or lunch out. Make it healthful and fun!



Team Registration for Walk Kansas – 2018

Please complete the form below, providing information for each team member as well as yourself (captain). Registrations will be accepted through **5 p.m. on March 9**. The individual participant fee is **\$8.00**, and Walk Kansas T-shirts are available for **\$9.00 per shirt (except the baseball t-shirt is \$14)**. **Please provide E-mail address for newsletter delivery and physical address for prize drawing incentives.**

Team Name: _____
 Team Captain's Name: _____ Captain's Mailing Address: _____
 City: _____ Zip Code: _____ Captain's Daytime Phone: (____) _____
 Company/Organization (if a workplace team): _____ Captain's E-mail: _____

Choose a challenge for your team: Challenge #1 (**8 Wonders of KS**) Challenge #2 (**Troy to Elkhart**) Challenge #3 (**Little Balkans to Nicodemus**)
 (Challenge #1 requires 2 ½ hours week per participant; Challenge #2 = 4 hours/week per participant, Challenge #3 = 6 hrs/week per participant.)

First and Last Name	E-mail Address for Newsletters	Mailing Address (Apt. # and Lot #)	City	Zip Code	Circle Size			T-Shirt Color	Pd Cpt.
					S	M	Lg		
Captain					S	M	Lg	Heather Irish Green (\$9) Heather Purple (\$9) Heather Gray Baseball (\$14)	
2					S	M	Lg	Heather Irish Green (\$9) Heather Purple (\$9) Heather Gray Baseball (\$14)	
3					S	M	Lg	Heather Irish Green (\$9) Heather Purple (\$9) Heather Gray Baseball (\$14)	
4					S	M	Lg	Heather Irish Green (\$9) Heather Purple (\$9) Heather Gray Baseball (\$14)	
5					S	M	Lg	Heather Irish Green (\$9) Heather Purple (\$9) Heather Gray Baseball (\$14)	
6					S	M	Lg	Heather Irish Green (\$9) Heather Purple (\$9) Heather Gray Baseball (\$14)	

To complete team registration, return this form with payment of registration fees and t-shirt fees (optional) to: Shawnee County Extension

Please make checks payable to: **Shawnee County Extension** 1740 SW Western, Topeka, KS 66604

For Office Use Only	Person Paying:	Check # or Cash:	Amt Pd.:	Date Pd.:
---------------------	----------------	------------------	----------	-----------