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Walk Kansas: Wildcat and Southwind Extension Districts Team Up for 5K / 1-Mile Kick-Off Event

Time flies when you are having fun. And this year is no different. 2022 marks the 22nd year of Walk Kansas and the annual Walk Kansas event is back and stronger than ever. Walk Kansas will be held March 27 through May 21, teams of six are encouraged to sign up together and get moving. Participants can also sign up to do the activities individually.

Each 15 minutes of activity counts for 1 mile of distance, and teams track their mileage virtually as they move across pre-determined routes in or across Kansas. More than 6,000 people participated in Walk Kansas last year. Walk Kansas registration begin March 7 and closes April 1, 2022.

“Any kind of activity counts so long as you’re working at moderate intensity where you can barely carry on a conversation, but you can’t sing,” said Sharolyn Jackson, program coordinator who is a family and consumer sciences specialist in K-State Research and Extension’s northeast area office.

“For a lot of people, walking is something they can do. For others, it might be riding a bike, rowing, swimming or other water exercise, strength training, playing tennis or pickleball and other team sports, or even rolling, if you’re in a wheelchair. We call it Walk Kansas, but in reality, anything counts as long as you’re working at a moderate or vigorous intensity level.” Says Jackson.

Registration is available online at www.walkkansas.org The cost is \$10 per person; program apparel can be purchased separately. Team registrations require a captain and up to five additional members, which can live anywhere in or out of the state or country.

You can also sign up for Walk Kansas by registering for a new 5K/1-mile Walk/Run Event new for 2022. The Wildcat and Southwind Extension Districts will host the “Wild Wind 5K/1-mile Walk/Run” Event on March 26th at 9 a.m. in Chanute. A \$25 Registration will include entry into the Walk/Run event, a t-shirt and the registration fee for Walk Kansas.

Register for the Wild Wind Walk Run by calling the Wildcat Extension District Office or stopping by 410 Peter Pan Rd. in Independence. Registrations are due by March 17th but if you want a t-shirt for the run register by March 10th.

All participants in Walk Kansas receive a weekly online newsletter with helpful information on physical activity, improving lifestyle habits, nutrition information, and healthy recipes. This year, weekly newsletters will include information on specific foods and how they can help improve our memory and may even delay memory loss.

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