



Walk Across Arkansas Registration

Thank You for a Great Fall Walk Across Arkansas!

Spring Session Begins March 16, 2020

Walk Across Arkansas is an eight-week team-based physical activity program. Teams of three to eight set physical activity goals and support each other to meet them through a friendly competition. Results from the fall 2019 Walk Across Arkansas show a measurable increase in participants' physical activity levels. Getting active can reduce your risk of cancer, diabetes, heart disease, and stroke. Increase your chances of success as we walk – and move – towards a healthier life.

[Sign Up](#)



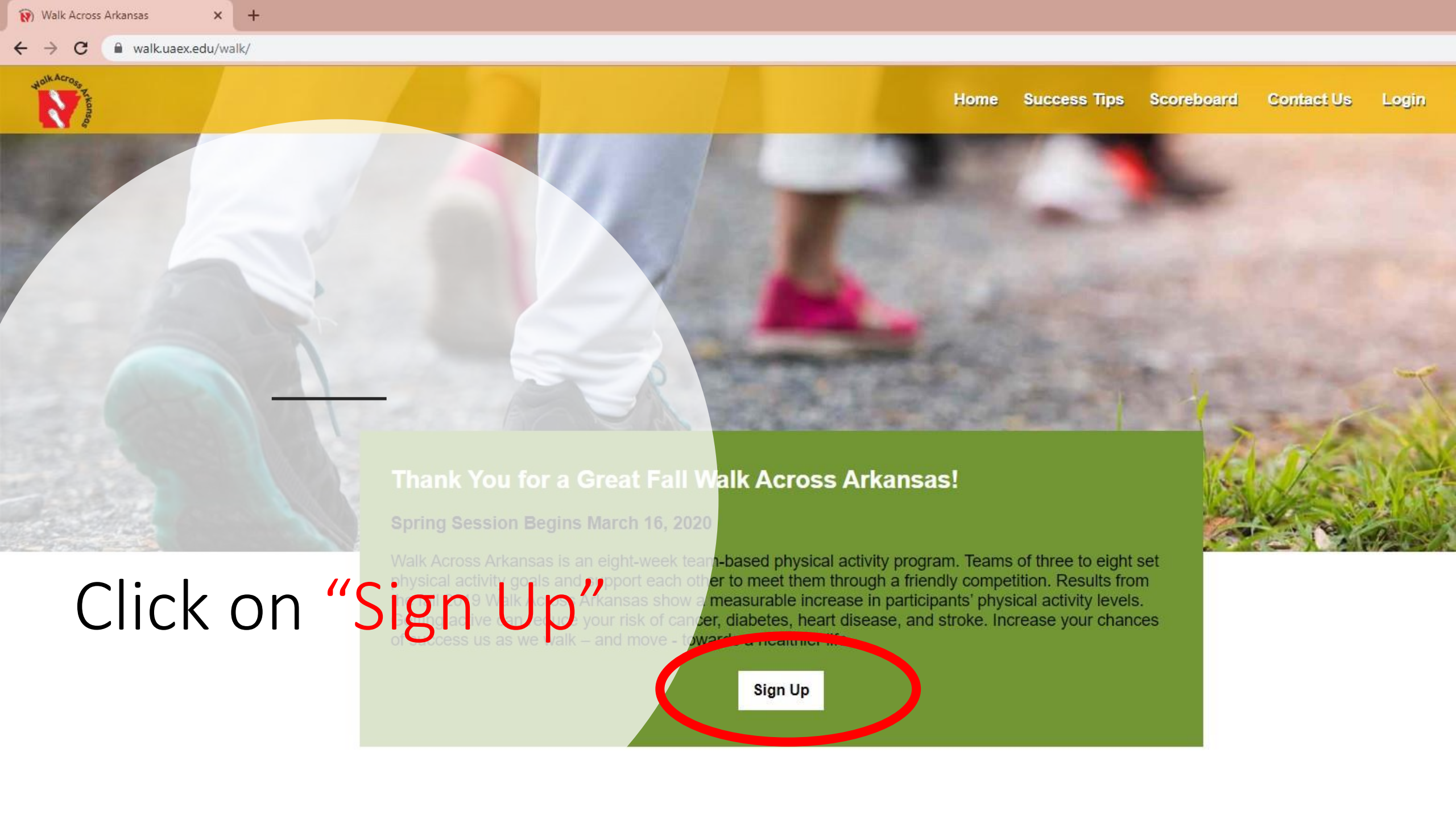
Visit walk.uaex.edu

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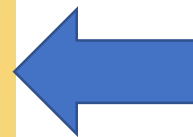
Click on “Sign Up”

Registration Form for Walk Across Arkansas Spring 2020

March 16, 2020 - May 10, 2020

Registration opens on March 2, 2020

Please fill out your information below to register for Walk Across Arkansas Spring 2020



Fill out the Registration Form

Scroll down to fill out the entire form

Tell Us How to Reach You

First Name:	Last Name:	Email:
<input type="text"/>	<input type="text"/>	<input type="text"/>
Address Line 1:	Address Line 2:	City:
<input type="text"/>	<input type="text"/>	<input type="text"/>
State:	Zip:	County:
<input type="text"/>	<input type="text"/>	<input type="text"/>
Phone:		
<input type="text"/>		

Tell Us About Yourself and Your Goals

Age:

☐ 18 and under ☐ 19-29 ☐ 30-39 ☐ 40-49 ☐ 50-59 ☐ 60-69 ☐ 70-79 ☐ 80-89 ☐ 90+

Race: Gender: Are you an Extension employee?

Create Your Account

Required. 150 characters or fewer. Letters, digits and @/./+/-/_ only.

Your password can't be too similar to your other personal information.

Your password must contain at least 8 characters.

Your password can't be a commonly used password.

Your password can't be entirely numeric.



Username:

Password:

Password confirmation:

The University of Arkansas System Division of Agriculture offers all its Extension and Research programs and services without regard to race, color, sex, gender identity, sexual orientation, national origin, religion, age, disability, marital or veteran status, or any other legally protected status, and is an Affirmative Action/Equal Opportunity Employer.

Create a
Username and Password.

Users over 18, will be given an invitation to participate in a Research Study

Consent to Participate in a Research Study

Principle Researcher: Laura Balis

Invitation to Participate

You are invited to participate in a research study about the results of the Walk Across Arkansas program. All Walk Across Arkansas participants are being asked to participate in this study.

What You Should Know About the Research Study

Who is the Principal Researcher?

Laura Balis, PhD

Assistant Professor and Extension Health Specialist

University of Arkansas, Division of Agriculture

Cooperative Extension Service

2301 South University Avenue

Little Rock, AR 72204

(501) 671-2099

lbalis@uaex.edu

What is the purpose of this research study?

The overall purpose of this study is to understand the effects of Walk Across Arkansas on increasing participants' physical activity levels.

Who will participate in this study?

All Walk Across Arkansas participants are invited to participate.

What am I being asked to do?

As a participant in Walk Across Arkansas, we will ask you to do the following: complete the program

Read the Invitation for more information

Consent to Participate in a Research Study

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What am I being asked to do?

If you would
like to
participate click
“I Consent”

satisfactorily responded to by the investigator. I understand the purpose of the study as well as the potential benefits and risks that are involved. I understand that participation is voluntary. I understand that significant new findings developed during this research will be shared with the participant.

I Consent: ☐

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Submit

I have read the above statement and have been able to ask questions and express concerns, which have been satisfactorily responded to by the investigator. I understand the purpose of the study as well as the potential benefits and risks that are involved. I understand that participation is voluntary. I understand that significant new findings developed during this research will be shared with the participant.

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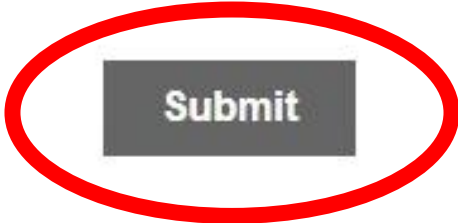
Submit

If you do not wish to participate **leave it blank**

I have read the above statement and have been able to ask questions and express concerns, which have been satisfactorily responded to by the investigator. I understand the purpose of the study as well as the potential benefits and risks that are involved. I understand that participation is voluntary. I understand that significant new findings developed during this research will be shared with the participant.

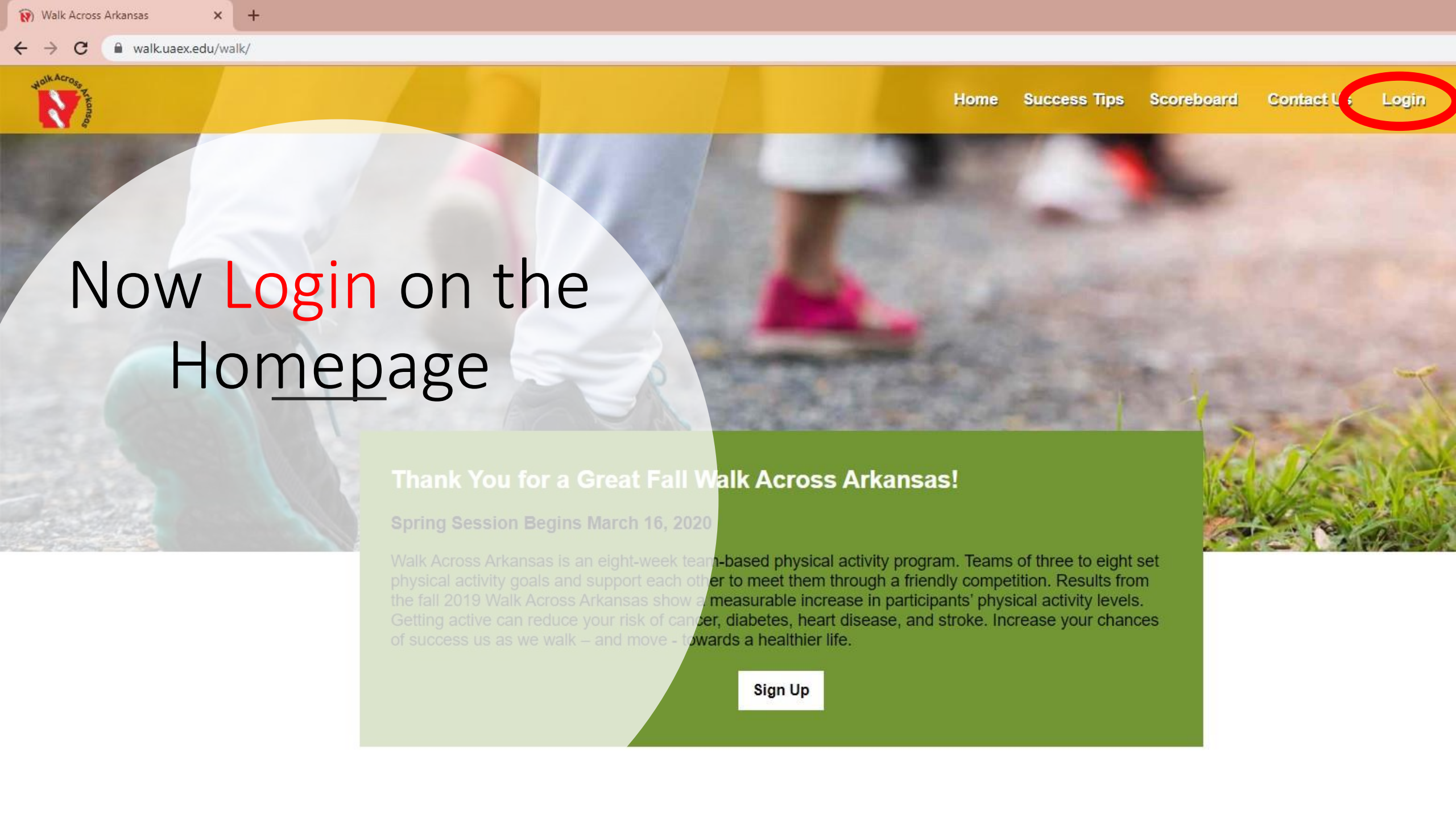
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Submit

Click **Submit** to complete your registration



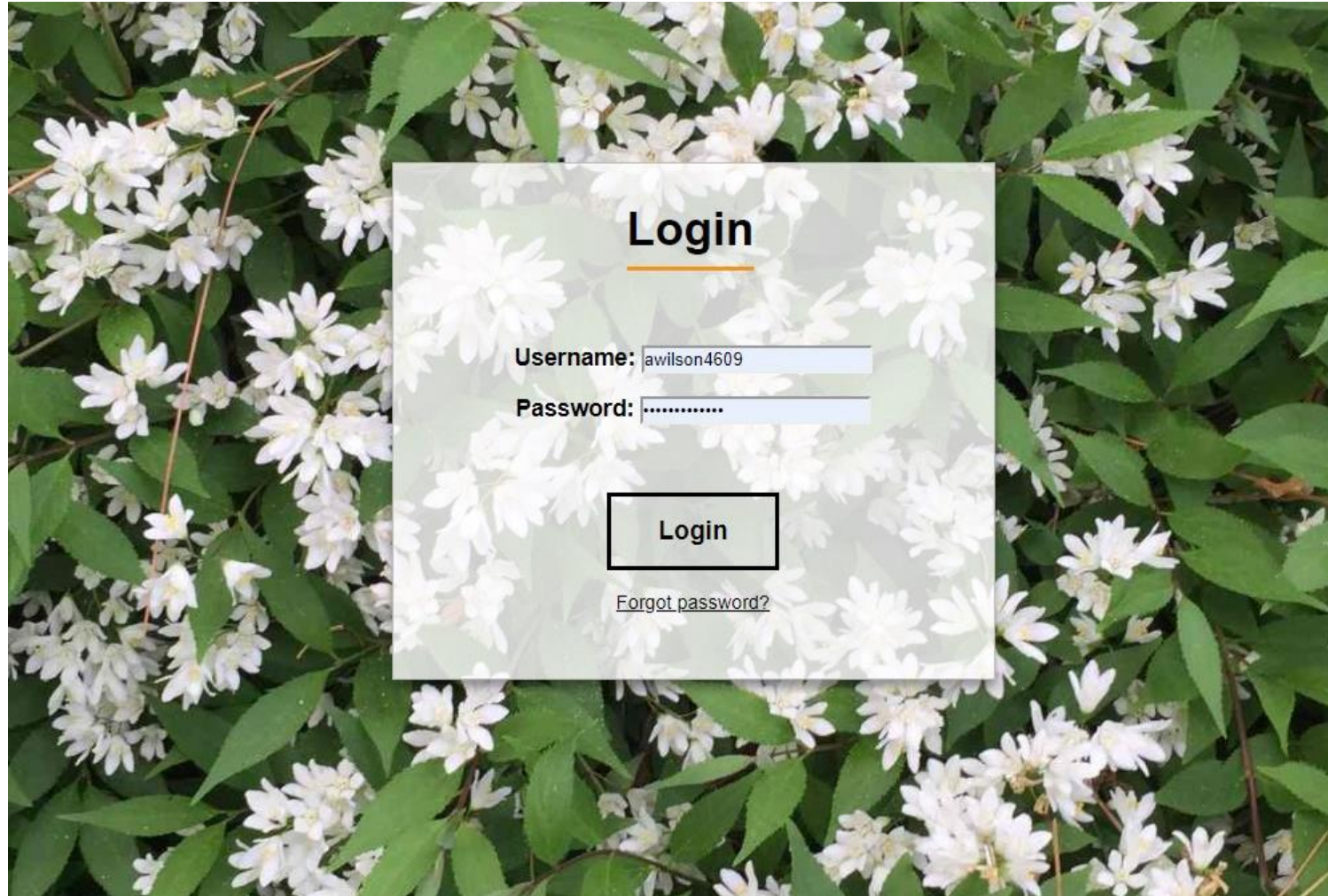
Now **Login** on the
Homepage

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Sign Up



Enter your
Username &
Password

Profile

walk.uaex.edu/walk/profile/

Walk Across Arkansas

Home Success Tips Scoreboard Contact Us Awilson4609 Logout

Profile

User: awilson4609

Email: [REDACTED]

Address: 2301 South University

City: Little Rock

State: AR

Zipcode: 72204

Phone: 5016712027

Update Information

Update Password

Team

Create Team Join Team

Welcome to your Profile

Profile

walk.uaex.edu/walk/profile/

Walk Across Arkansas

Home Success Tips Scoreboard Contact Us Awilson4609 Logout

Profile

User: awilson4609
Email: [REDACTED]
Address: 2301 South University
City: Little Rock
State: AR
Zipcode: 72204
Phone: 5016712027

Update Information
Update Password

Team

Create Team Join Team

Update your Information & Password

Profile

User: awilson4609

Email:

Address: 2301 South
University

City: Little Rock

State: AR

Zipcode: 72204

Phone: 5016712027

Team

Create Team

Join Team

Click Here to Join a Team

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Join a Team!

ARSEHC WHISTLE STOP

Join

Sisco Lady's

Join

Living Well on the Prairie

Join

Pulaski Pacers

Join

Healthy Head Starters

Join

Grant County Reshapers

Join

Chunky Monkeys

Join

Find your team and **click "Join"**

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Grant County Reshapers

[Join](#)

Chunky Monkeys

[Join](#)

If you can not find your team **contact** your team captain to create your team.

Profile

User: awilson4609

Email: [REDACTED]

Address: 2301 South University

City: Little Rock

State: AR

Zipcode: 72204

Phone: 5016712027

Team

Create Team

Join Team

Click Here to Create a Team

[Home](#)[Success Tips](#)[Scoreboard](#)[Contact Us](#)[Awilson4609](#)[Logout](#)

Create Your Team!

Name:

Type:

 ▼

Submit

Create your “Team Name”



Create Your Team!

Name:

Type: ▼

Youth
Adult

Submit

Select your **Team Type** : Youth or Adult



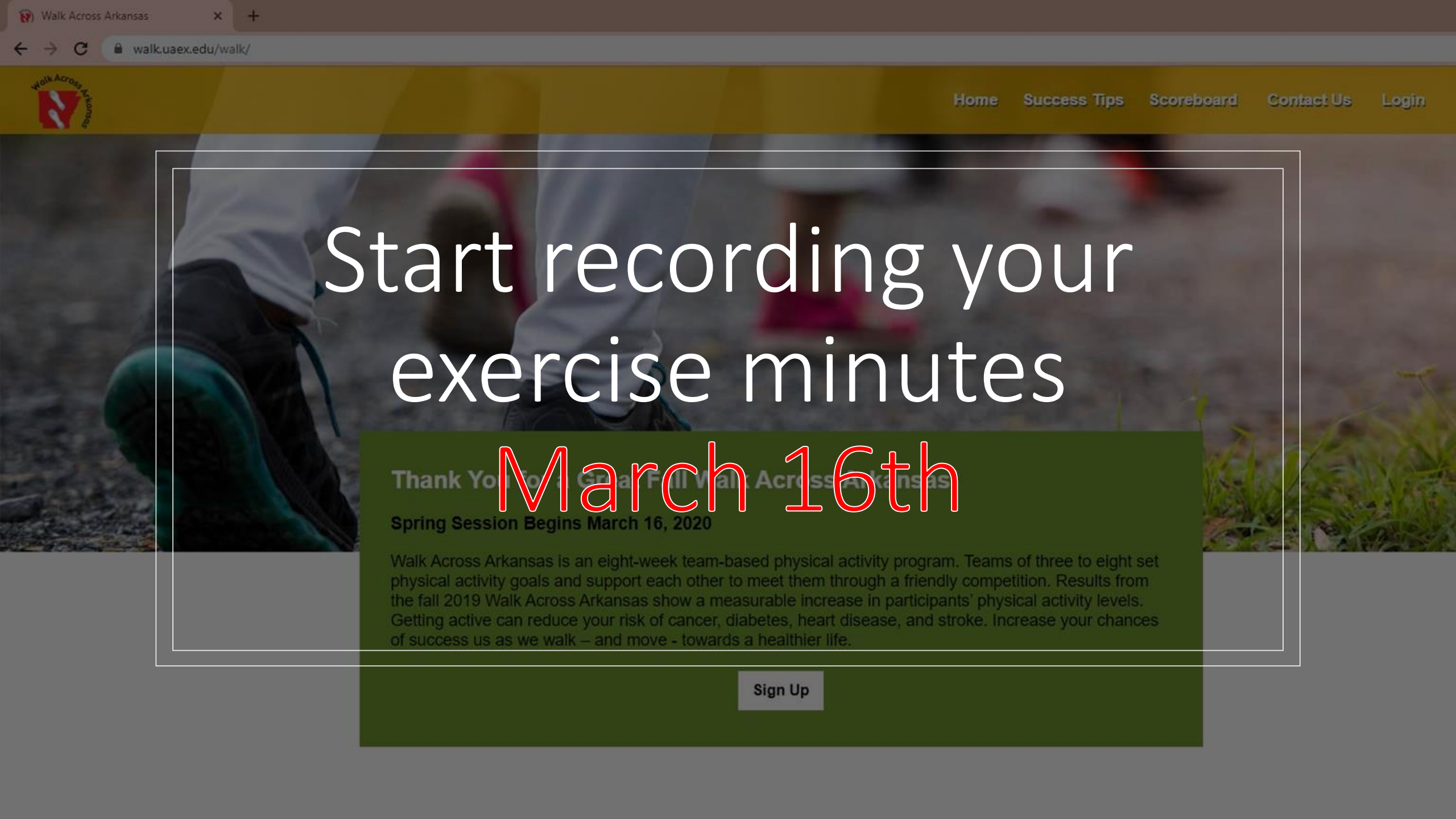
Congratulations You are now registered.

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Start recording your exercise minutes

March 16th

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