2020 SOKS Parks & Trails Tour Guidelines

Below is a basic list of tips and tricks that can help you on your Tour! The Tour is not hard, but it’s not easy either! Following these tips and tricks will give you the competitive edge against your opponents as you work towards to GOLD! If you have any further questions regarding tips and tricks, feel free to reach out to Jesse Lyle, lylej@ksso.org.

What do I have to do to complete the Tour?
In order to complete the Tour, teams are given a Point Tracker. The 2020 SOKS Parks and Trails Tour is entirely team based. Teams will work together to complete the Point Tracker from week to week. There are only 10 weeks in the Parks and Trails Tour so don't waste any time! Points can be collected in a variety of ways: walking Kansas trails, identifying different types of wildlife, building steps/mileage, finding Geocaches, and posting on Facebook! There are 210 points available per week and teams need 1,000 points to complete the Challenge! Don't let these available points get you, get out there and get started!

Can I complete multiple parts of the Tour at the same time?
Yes! All parts of the tour may be completed at the same! The best strategy? Find a trail, identify wildlife with “Seek by iNaturalist,” track your steps/mileage, look for geocaches, and post your adventure into the Healthy Athletes of Kansas Facebook group!

Parts of the challenge may be completed at separate times! Identify wildlife in your backyard, at the park, or at the Zoo, etc.! Collect steps/mileage 24 hours a day, 7 days a week no matter where you're at! Facebook posts can be anything related to the Parks and Trails Tour whether it's going for a walk, walking a trail, or simply a picture of some wildlife that you found! Don't forget to log your points!

How hard are the Challenges?
Depends! We understand that many individuals live in many different parts of Kansas, whether it's rural country, suburban areas, or the city! Be sure to check out the Resources section to equip yourself with some helpful tools and guides!

Who can participate?
Anyone and everyone! Grab a team of 2-5 individuals with at least one athlete! Don't be shy! Come up with an interesting name for you and your group and get signed up today!

Healthy Athletes of Kansas Facebook group!
The Healthy Athletes of Kansas Facebook group is a great way to connect and interact with athletes and families from all across the State! We strongly encourage you to join as we provide encouragement, fun, education, and other Health related opportunities that you can participate in!

For the Tour, 10 Points per week can be accumulated by simply letting us know about your adventure! Point Leaderboards will also be posted within the Healthy Athletes of Kansas Facebook group! You don't want to miss it!
Honesty
The 2020 SOKS Parks and Trails Tour is completely dependent on the honor system. It's incredibly important that everyone is honest when reporting their Tour points. Cheating in the Parks and Trails Tour will hurt everyone involved. We have no room for cheaters here. If you are unsure of something, do NOT record it on the Point Tracker! If you plan to cheat, get out! You're not a Tourist! You're a cheater!

Supervision
The 2020 SOKS Parks and Trails is a fun and exciting way to get outside and explore! You are encouraged to take advantage of all aspects of the program but your safety is our number one priority! This means that you will ALWAYS explore with a teammate! Please double check the Resources section regarding Plants and Animals to AVOID before exploring! Some of these challenges could be challenging and dangerous if you are not careful! Having a teammate with you is not only required, it's fun and helpful! Enjoy the experience together and share each other's skills while you are exploring. Make sure that you always have permission on private land, follow the laws of the land, and use your best judgement.

How much does all of this cost?
It's FREE and there are cool prizes to be won! Checkpoints will be placed at 350 and 700 points! We've got more Fit 5 socks, Fit 5 Tote Bags, and Fit 5 T-shirts to give out so get out there and go get 'em! Medals will be sent to the top 3 teams and ribbons to the top 4-8 teams! All teams that finish the Tour will be placed into a Prize drawing for the Ultimate Grand Prize!

What if I have Computer Problems?
Not to worry, there is no need to panic! Simply send an email to lylej@ksso.org and we will work with you! We understand that not every day is everyone's best day. Challenges will occur and it's up to us to work through them! We have two options to submit the Point Tracker. If computer problems do occur, please take a picture of the Point Tracker and submit it to Jesse! Feel free to send it to him over Facebook Messenger or send it to him in an email! Once your computer is back up and running, please continue submitting the Point Tracker through the online Google Form!

Security
If you are worried about security, know that the only reason we ask for your contact information is so that we can communicate with you and know where to send the prizes after the Tour! All of your personal information will remain secure and private within the Year-Round Health and Fitness Programs at Special Olympics Kansas. It will not be used for any other reason beyond Special Olympics Kansas.

HAVE FUN!
Above all, HAVE FUN! The goal of this program is to connect you with the great outdoors, friends and family, and to provide a great way for everyone to have fun getting fit! SOKS athletes are getting stronger, healthier, more creative, and more confident! We can't wait to see what this adventure brings you and your team!