

USA250 Challenge.

Department of Missouri Initiative

September 1, 2025 – July 4, 2026

Proposal

For the Department of Missouri to create a program, overseen by the 250th Anniversary Committee, to support participation in The American Legion's National USA 250 Challenge.

Scope

Reflecting on the successes of the *100 Miles for Hope*, the USA 250 Challenge has three Challenge Categories:

Fitness Challenge

- Log 250 miles or hours through walking, running, cycling, swimming, etc.
- *Team example: 10 members walk 25 miles each.*
- *Suggested Missouri tie-in: Walk portions of the Katy Trail or hike in the Ozark National Scenic Riverways.*

Wellness Challenge

- Achieve the number 250 related to mental and emotional well-being activities.
- Examples include performing 250 hours of yoga, conducting 250 buddy checks, signing up 250 participants for the *Be the One* training, or Riders covering 250 miles.
- *Suggested Missouri tie-in: Riders could plan a 250-mile route across historic Route 66 in Missouri or Katy Trail.*

Community Service Challenge

- Complete 250 hours of community service to achieve the number 250 related to such an activity.
- Examples include collecting and sending 250 care packages to service members, cleaning up 250 gravestones at a veteran's cemetery, teaching flag advocacy to 250 students, and more.

- *Suggested Missouri tie-in: Clean and honor graves at Jefferson Barracks National Cemetery or Springfield National Cemetery.*

Note: There are many more challenges under each category, and additional ones are being considered.

Discussion

The USA 250 Challenge is a “canned” program provided by National. Participants from the Legion Family would need to enroll in the program via the portal, follow the rules, and purchase the commemorative shirt (with proceeds going to Veterans & Children Foundation (VCF)).

The national program has the tools to track the successes of the participants. This accessible data will be used to determine if criteria (to be developed) has been met for monetary awards (to be approved).

Suggested Awards

The individual or group must meet eligibility rules and challenge criteria to be considered for awards. These awards are available to both individuals and groups.

Criteria

- All participants, whether individually or in a group, must enroll in the TAL USA 250 Challenge.
- An individual or group must complete a minimum of five challenges, and may only duplicate one particular challenge, no later than July 4, 2026.

Recommended Awards

- Five (5) \$250 cash awards
 - 10 challenge coins featuring the Missouri Bicentennial design or Gateway Arch imagery
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Request

That this program be adopted and funded by the Department of Missouri, and executed by the 250th Anniversary Committee, Ken Gullledge, Committee Chair.

Financial request: \$2,000.00

Challenges available

Note: You may complete any challenge, mix if you wish, but you may only duplicate one specific challenge. A minimum of five challenges is required. You may choose to do one challenge twice, but each of the other three must be different.

- 250 hours of community service
- 250 care packages to Missouri National Guard members or deployed troops
- Cleaning 250 Veteran Gravestones at **Jefferson Barracks** or **Springfield National Cemetery**
- Teach flag advocacy to 250 Missouri students
- Log 250 miles or hours through walking, running, cycling, swimming, etc. (e.g., Katy Trail rides or Ozark hikes)
- Perform 250 hours of yoga or wellness workshops at Missouri Legion Posts
- Conduct 250 buddy checks with Missouri veterans
- Sign up 250 for the *Be the One* training
- Riders could cover 250 miles on **Route 66 across Missouri**
- Collect/Retire 250 worn flags at Missouri posts and memorial sites
- Distribute 250 wreaths on **Wreaths Across America Day**
- Collect and distribute 250 items to Homeless Vets or Seniors in Kansas City, St. Louis, or Springfield
- Invite 250 veterans to a dinner or breakfast hosted by local posts
- 250 toys for Toys for Tots (St. Louis or Kansas City drives)
- Spend 250 minutes in Missouri classrooms teaching civic and veteran history
- 250 hours of mentorship for Missouri youth programs like Boys State
- Spend 250 hours with a veteran in Missouri nursing homes
- Volunteer 250 hours at Missouri VA Hospitals (Columbia, St. Louis, Mexico, Kansas City)
- Call 250 games of Veterans Bingo at local posts
- Be a Marine, chew 250 crayons (humorous tradition retained)

New Challenges are added all the time

Make it a 250 thing!

Website,

<https://www.legion.org/get-involved/community-programs/usa250/challenge>

