

'78 Mile Challenge

National Park Service
U.S. Department of the Interior

Valley Forge National Historical Park



Are you
ready for the
challenge?



go.nps.gov/78mile

The Valley Forge '78 Mile Challenge encourages visitors to run, bike, hike, paddle, or walk in their park along trails, roads, and waterways. After completing and recording 78 miles, participants will receive a prize. The challenge inspires visitors to lead healthier, happier, and more fulfilled lives in their park.

How It Works

1. Download the Log Form: Visit go.nps.gov/78mile to download the official '78 Mile Challenge Log Form. Print it out and then get outside at Valley Forge! The challenge runs from May 1 until October 31, 2018 and is free to participants – no registration required.
2. Track Your Miles: Use the log form to keep track of your distances for each run, bike, hike, paddle, or walk in the park. Anyone can take part in this challenge, from walkers to marathon runners. Children can participate too, but every participant must complete the 78 miles under their own power.
3. Claim Your Prize: Once you have reached 78 miles, bring your completed log form into the Visitor Center. Park staff will verify your form and issue your prize! You can claim your prize beginning June 1. In addition, the first fifteen finishers will earn a t-shirt courtesy of the Valley Forge Park Alliance.

Attend Programs, Earn Miles

Participants are encouraged to attend scheduled outdoor programs and count the distances towards their 78 miles. Ranger led walks, bike tours, history hikes, bird walks, are all great opportunities to earn miles.

For more information about these and other programs at Valley Forge National Historical Park, visit go.nps.gov/78mile.