



Join us at our free events

All are welcome!

The 2<sup>nd</sup> annual **Indiana County Decathlon** makes **being active** January to May easy and fun.

**Track your progress** and get credit for each event you attend and be **eligible for prizes!**

*Track your activity on a participation card and bring it to each event for eligibility!*

PRIZES ARE AWARDED FOR EARNING 10 STAMPS, AND CAN BE CLAIMED AT THE YMCA OF INDIANA COUNTY ON BEN FRANKLIN ROAD ALSO EARN STAMPS BY WALKING ON THE WALKWORKS ROUTES, WALKING IN OUR COUNTY PARKS OR EXERCISING AT THE YMCA

**Martin Luther King, Jr. March**

*Saturday, Jan. 13 at 10:30 am*

Meet at the Indiana County Courthouse steps. To commemorate Dr. Martin Luther King, Jr.'s legacy, join the Indiana County Chapter of the NAACP for their annual MLK memorial civil rights march. From the courthouse walk through downtown to Grace United Methodist Church. Program and lunch follow the march.

**Chili Walk to Warm Up the Winter Blues**

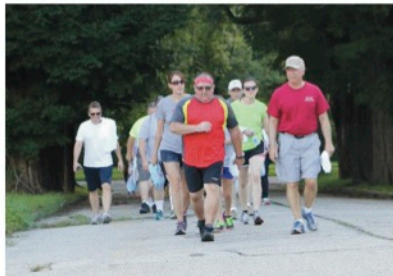
*Saturday, Feb. 10th at 10:30 am*

Meet at Blue Spruce Lakeside Center. Come to this kickoff event and learn about the Indiana County Decathlon from Barb Hauge. Join Ray Winstead, Ed Patterson, and Barb for a winter walk, then warm up with a cup of chili.

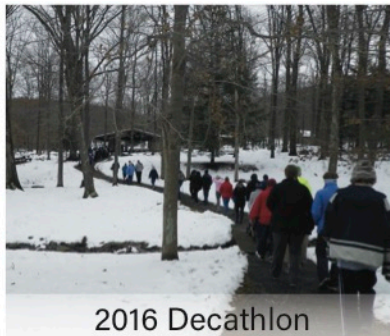
**Irish Walk N Roll on the Clymer Trail**

*Saturday, March 17 at 10 am*

Meet at the basketball courts in Clymer (Lee St. Park). Wear your green and bring your walker, wheelchair, stroller, and cane for a Walk N Roll Stroll. This beautiful trail in Clymer is easy to navigate with its paved surface. Come and walk or roll as far as you are able or the roundtrip 3 miles. After the walk, enjoy refreshments at the Clymer Fire Hall.



Blairsville WalkWorks 2015



2016 Decathlon



2016 Decathlon

*more on the back!*

brought to you by



For more information, email [bhaug@upstreetarchitects.com](mailto:bhaug@upstreetarchitects.com) or visit us on Facebook at Indiana County Walking Decathlon.



see if the event is for you. LEVEL OF DIFFICULTY →  easy  moderate  vigorous

### **Rock Walk**

*Saturday, March 24 at 10 am*  
Meet at IRMC Park on N 7th Street in Indiana. To participate in Rock Walk, walk the WalkWorks route, find rocks and rehide in another place. The Indiana High School Key Club is assisting and decorating the rocks with ways to get healthy through walking, hiking, and biking. Post a picture of the rocks on the Indiana PA Rocks and Indiana County Decathlon pages to share in the fun.

### **Finding Your Inner Child - Adult Salamander Walk**

*Saturday, April 7 at 1 pm*  
Meet at the Yellow Creek State Park Environmental Learning Center. Remember the fun you had looking for salamanders, snakes, and turtles as a kid? In this program you will have the opportunity to relive those days of your youth in a search of the wetlands and woodlands of Yellow Creek. This program is only for adults ages 18 and over. There will be a family salamander program later in the summer. Pre-register for the program by emailing Lisa by April 1 at [limeadows@pa.gov](mailto:limeadows@pa.gov)

### **Blairsville Lore Walk**

*Saturday, April 14 at 10 am*  
Meet at Trailhead at South Water and West Brown Streets. Blairsville Native Dan Kelley will share the local lore and some history of the area on the Blairsville Riverfront Trail. Join us for a brisk walk along the trail as we enjoy a spring day. This 1.7-mile trail is one of the great gems of Indiana County Parks & Trails.

### **Family Fitness Challenge at Healthy Kids Day**

*Saturday, April 21, time to be decided*  
Meet at the YMCA front desk. Are you the Fittest Family in Indiana County? Families of three or more can enter a fitness challenge that includes family based activities to test your strength, endurance, balance, coordination, cooperation and problem solving skills. Join the fun! For information and time of event please call the YMCA of Indiana County at 724-463-9622.

### **Blairsville Underground Railroad Walk**

*Saturday, April 28 at 10 am*  
Meet at the Blairsville Bandstand (South Market and Liberty Streets). Join local historian Denise Jennings-Doyle to see the prominent locations in the area's Underground Railroad History. The walk will unfold the story of Newman, who fled enslavement and survived his attempted kidnapping on the streets of Blairsville.

### **Yoga in the Park**

*Saturday, May 5 at 10 am*  
Meet at Memorial Park gazebo in Indiana Borough. Author and yoga instructor Missy Casses will teach techniques of breathing and yoga to kids and their parents! Kids will experience a love of literacy, movement, and fun through a light and relaxed atmosphere! In the center of the park, join yoga instructors Fiona Murphy and Ed Stamcombe for a separate outdoor yoga experience.

### **Geocaching at Yellow Creek**

*Saturday, May 12 at 1 pm*  
Meet at the Yellow Creek State Park Environmental Learning Center. Evergreen Conservancy will present an introduction to geocaching on the Indiana County Eco Tour Geo Trail. Attendees will learn the basics of geocaching and will be given passports to begin their very own adventure! We will also go hunting for nearby geocaches. If you have a GPS device, bring it.

### **Bike Ride with David Conrad**

*Saturday, May 19 at 10 am*  
Meet at Point Street and the river in Saltsburg. Bike the beautiful West Penn Trail in Saltsburg with bike and Saltsburg enthusiast, TV actor David Conrad. Bring your bike and helmet, ride the trail, hear the stories and have fun!

### **Explore Old Smicksburg Park**

*Saturday, May 19 at 1:30 pm*  
Meet at Old Smicksburg Park. Join Ed Patterson, Director of Indiana County Parks & Trails for a walk through Old Smicksburg Park and learn about all of the special qualities of this county park. After the walk, enjoy visiting shops and the museum in Smicksburg.



hope to see you there