

# 9<sup>TH</sup> ANNUAL

JOIN US FOR FREE EVENTS



# 2025 SERIES

ALL ARE WELCOME!

The Decathlon makes staying active February through May in Indiana County, PA easy & fun!

Sign in at our events or post photos of your walk on our Facebook to be eligible for a prize drawing!

Prizes will be drawn at 1PM in the Blue Spruce Park Gazebo during Nature Palooza June 7th, 2025. Enter by SIGNING-UP at our in-person events, or POST on the "Indiana County Walking Decathlon" Facebook page with #ICDecathlon2025 by June 1st to be eligible.

## HOT CHOCOLATE WALK ☼/!!/!!

SATURDAY, FEBRUARY 8TH AT 10AM

**MEET:** Blue Spruce Pavilion #1  
245 Getty Run Rd, Indiana

Join us as we kickoff the 2025 Indiana County Decathlon series with your choice of a winter walk led by Barb Hauge or hand feeding the chickadees with Ray Winstead. Warm up with a complimentary cup of Hot Chocolate. An easy walk on paved area and/or moderate walk on trails. Please dress appropriately for the winter weather.



## CHRISTMAS TREE WALK !!!

SATURDAY, MARCH 8TH AT 1PM

**MEET:** 744 Hudson Road, Creekside

Gregg Van Horn will lead us on a rugged walk through his Christmas Tree farm and teach us what it takes to be the 'Christmas Tree Capital of the World'. We'll learn about the varieties of the trees and the work that goes into making a perfect Christmas Tree.

## NEAR WOODS WINTER WALK !!!

SATURDAY, FEBRUARY 22ND AT 11AM

**MEET:** Whites Woods, 12th St Entrance

Join author and professor Kevin Patrick on a walk through Indiana's *Near Woods*, Whites Woods. Explore all of the nooks and crannies of this beloved natural area. You will learn insights about the woods from the author's highly-acclaimed book.



## NUTRITION WALK WITH IRMC AT GIANT EAGLE ☼/!

WEDNESDAY, MARCH 26TH AT 6:30PM

**MEET:** 475 S Ben Franklin Rd, Indiana

Ever wonder how to read food labels and make healthy choices in the grocery store? Join IRMC dietitian, Nicole Dann-Payne and IUP Dietetic Interns for a walk through the grocery store and learn tips for making new choices. *Space is limited and registration is required by calling Nicole Dann-Payne at 724-357-8088.*

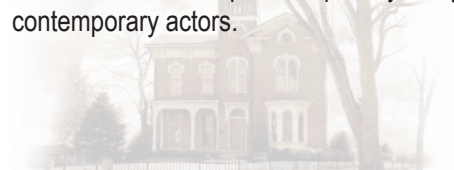


## HISTORICAL SOCIETY WALK ☼/!!

SATURDAY, APRIL 5TH AT 1 PM

**MEET:** 621 Wayne Ave, Indiana

Join the Indiana County Historical & Genealogical Society in small groups as we explore the new Historic 6th Street Walking route that was developed as part of the 2024 Decathlon's Self-Led Walks. On our journey, we will meet historical figures from Indiana's rich past as portrayed by contemporary actors.



## SKYDANCE: THE DANCE OF THE WOODCOCK\* !!!

THURSDAY, APRIL 10TH AT 7-8:30PM

**MEET:** Yellow Creek State Park - Environmental Learning Center

Spring is here, and the woodcock begins its fascinating mating ritual with aerial acrobatics. Join us for a brief discussion, then a 1-mile hike to observe this amazing bird at Yellow Creek State Park. Wear hiking shoes, long pants, and dress for the weather. Bring a flashlight. Recommended for ages 8+. Weather dependent, with a backup date of 4/17/2025.

**BROUGHT TO YOU BY:**



**MORE WALKS ON BACK!**

For more information, walks, and self-guided flyers, visit us on Facebook at Indiana County Walking Decathlon or online at [icopd.org](http://icopd.org), then click the Decathlon logo. Questions? Email [jkrug@ceo.co.indiana.pa.us](mailto:jkrug@ceo.co.indiana.pa.us)

# LEVEL OF DIFFICULTY:

wheelchair accessible



easy



moderate



difficult



## WHITE TOWNSHIP REC COMPLEX TOUR

**SATURDAY, APRIL 12TH AT 10AM**

**MEET:** White Township Rec Complex, 495 East Pike Road, Indiana

There have been exciting updates and new activities coming to the White Township Recreation Complex. Join Recreation Director, Ryan Shaffer, on a tour of the facilities to see the indoor and outdoor amenities including the new interior athletic spaces, the resurfaced tennis and basketball courts, the new playground and the location of the future amphitheater.

## BLACKLICK CREEK TREATMENT SYSTEM WALK

**FRIDAY APRIL 25TH, AT 2PM**

**MEET:** Vintondale (Location will be provided upon registration)

Join the Bureau of Mine Reclamation for this tour of the new \$27M treatment plant used to clean up the the iron, aluminum and acidity from Blacklick Creek. We will tour the outside treatment areas and some indoor areas of the plant and hear about this great environmental clean up facility. *Space is limited and registration is required by calling the Park Office at 724-463-8636.*

## HEALTHY KIDS DAY AT THE YMCA

**SATURDAY, APRIL 26TH AT 10AM**

**MEET:** Indiana County YMCA at 60 N Ben Franklin Road, Indiana

Families can enter a fitness challenge created by IUP Exercise Science students that challenge families with activities to test your strength, endurance, balance, coordination, cooperation and problem solving skills. Join the fun! *For more information, please call the YMCA of Indiana County at 724-463-9622.*

## ORIENTEERING\*

**SATURDAY, MAY 3RD AT 1-3PM**

**MEET:** Yellow Creek State Park - Lakeview Pavilion

This program teaches orienteering, map reading, and basic compass use, followed by an exercise using these skills to find marked locations in the park. Weather dependent and for ages 10–adult. Wear long pants, hiking shoes, and bring water. Bug spray recommended. *Pre-registration required starting 4/3/2025. Email Lisa Meadows at limeadows@pa.gov with names, participant count, phone number, and email.*

## BLAIRSVILLE BICENTENNIAL/CEMETERY WALK

**SATURDAY, MAY 10 AT 10AM**

**MEET:** 609 E. Market Street, Blairsville

Join Local Dan Kelley on a walk through the evolution of the cemetery- logistics, noted personages, and symbolism. This walk is part of the many exciting events celebrating Blairsville's Bicentennial.

## TUNNELVIEW WALK

**THURSDAY, MAY 15TH AT 6PM**

**MEET:** 1665 Auen Road, Saltsburg

(Entrance to Conemaugh Dam will be on left, travel 0.7 of a mile through day use picnic area to Tunnelview Historic Site)

Explore the Tunnelview Historic Site with Ed Patterson, Director of Indiana County Parks & Trails as significant remnants of our transportation history are explained. The West Penn Trail navigates through this site from Saltsburg to Newport Road near Blairsville.

## SALTSBURG ARCHITECTURE TOUR

**SATURDAY, MAY 17TH AT 11AM**

**MEET:** Water St Playground, Saltsburg

Join Kevin Patrick on a tour of the many historic sites in Saltsburg. Learn about the community history, the architecture and other fun facts about this charming town.

## SALAMANDER SAFARI\*

**SATURDAY, MAY 24TH AT 1-2PM**

**MEET:** Yellow Creek State Park - Park Office

Join Park Educator Lisa Meadows to explore Laurel Run for salamanders and critters. Wear shoes that can get wet. Fun for the whole family! Weather dependent, with limited space. *Pre-register by emailing Lisa Meadows after 5/1/2024 at limeadows@pa.gov with your name, phone, email, and participant count (limit 5 per group). Check the Yellow Creek Facebook page for weather updates.*

## NATURE PALOOZA 2025

**SATURDAY, JUNE 7TH AT 10AM-3PM**

**MEET:** Blue Spruce Park - Lakeside Center, 1128 Blue Spruce Rd, Indiana

Join the Children's Advisory Commission for a fun-filled day of nature exploration! There will be hiking, biking, live animals, games, fishing, a scavenger hunt, and more activities! At 1PM in the Gazebo the Indiana County Decathlon committee will draw prizes for participants who signed up at Decathlon events, and those who posted their photos to the Facebook "Indiana County Walking Decathlon" page with #ICDecathlon2025.

### MORE WALKING OPPORTUNITIES

#### MURAL WALK

Check out Indiana County's selection of beautiful murals! For a guide, please visit [creativespacescollective.com/existing](https://creativespacescollective.com/existing)

#### FOUR FOOTED FRIENDS

If you would like to walk dogs in the shelter, please reach out to [director@fourfootedfriends.org](mailto:director@fourfootedfriends.org) for the details. Orientation is required to participate.

#### INDIANA FREE LIBRARY WALKING CLUB

Meets most Mondays at 4:00 pm and walks 30 minutes away from IFL and returns. <https://indianafreelibrary.org/programs-events/>

**VISIT ICOPD.ORG FOR MORE WALKS, OR SCAN HERE!**



**\*IN COOPERATION WITH FRIENDS OF THE PARKS**

**POST ON FACEBOOK WITH #ICDECATHLON2025 TO BE ENTERED IN A DRAWING FOR PRIZES!**