

2019



Join us for free events

All are welcome!

The 3rd annual **Indiana County Decathlon** makes being active January to May **easy & fun.**

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

track your activity on a participation card!

Prizes are awarded for earning 10 stamps, and claimed at the YMCA of Indiana County on Ben Franklin Road from May 1-31. Also earn stamps by walking on the WalkWorks routes, walking in our county parks, exercising at the YMCA or participating in any community walk or run.

Chili Walk to Warm Up The Winter Blues Saturday, February 9 at 10 am

Meet: Blue Spruce Park Lakeside Center
Join us for the Kick Off Event to learn the details of the Indiana County Decathlon followed by a winter walk with Ray Winstead and Ed Patterson then warm up with a cup of chili. Plus earn your first stamp towards a prize. Easy on paved areas and/or Moderate walk on trails.

Kids Yoga Program Saturday, February 23 at 10 am

Meet: Homer City United Methodist Church, 2 South Main Street, Homer City
Yoga teacher, Tiffany Chan, will introduce kids to the fun of yoga. Learn poses, mindfulness through this non-competitive physical activity. Bring a yoga mat or a towel. **Program sponsored by Homer-Center Parks & Recreation.**

Walk with a Nutritionist Saturday, March 9 at 9 am

Meet: Martin's Grocery Store 1570 Oakland Ave. Indiana, PA
Ever wonder how to read food labels and make healthy choices in the grocery store? Join dietitian, Nicole Dann-Payne and IUP Dietetic Interns for a walk through the grocery store and learn tips for making new choices. Register by calling 724-357-8088.

Ernest Coal Walk Saturday, March 23 at 9 am

Meet: McMillan Park (corner of 1st and 2nd Streets), Ernest, PA
Join us for a walk back in time with Jim Klyap, retired social studies teacher and a coal miner's son, as he discusses the impact coal had on Ernest Borough. Walk the Ernest WalkWorks Route and learn about the Ernest Coal Mine, community life, baseball, and about the mine disasters of 1910 and 1916.



Adult Salamander Walk 2018

Clymer Coal Walk Saturday, March 23 at 11 am

Meet: Lee Street Park, Clymer, PA
Local Clymer historian, John Busovicki, will present an interactive walk back in time through Clymer about how coal contributed to the community growth in the early 1900's. Learn about the Sample Run Mine Disaster of 1926.

brought to you by



For more information, email bhauge@upstreetarchitects.com or visit us on Facebook at Indiana County Walking Decathlon.



see if the event is for you. LEVEL OF DIFFICULTY \rightarrow  easy  moderate  difficult

Bird Walk at Yellow Creek State

Park Saturday, March 30 at 8 am

Meet: Yellow Creek State Park Office

Join the Todd Bird Club as they look for migrating waterfowl on Yellow Creek Lake. The wide variety of water birds makes this one of the top five birding destinations in PA. We will meet at the Park Office and drive to several locations near the lake for short walks.

Dr. Kevin Patrick's Architecture

Walk in Downtown Indiana

Saturday, March 30 at 10 am

Meet: IRMC Park, N. 7th Street, Indiana, PA

Enjoy a walk and lively stories with Dr. Kevin Patrick as he leads us on an architectural tour of Indiana Borough. The buildings and history of the town will come to life in listening to the tales.

Black Bear Walk with Game

Warden Saturday, April 6 at 10 am

Meet: Blairsville Riverfront Trail at South Water and West Brown Streets in Blairsville.

Game Warden, Chris Reidmiller, will lead a walk on the Blairsville Riverfront Trail and talk about Black Bears. Learn about their preferred habitat, their life cycle and their biology.

Explore the Vision for the

Allegheny Arboretum's

Confluence Park

Saturday, April 27 at 10 am

Meet: Gravel parking lot off of 13th at Rose Street, access across the RR tracks, Indiana, PA

Please join Allegheny Arboretum Chair, Dr. Jerry Pickering, for a walk through the area called Confluence Park. Dr. Pickering will share what is being envisioned for this 16 acre wetland area south of the KCAC to restore, protect, and inspire.

Family Fitness Challenge at

Healthy Kids Day at the YMCA

Saturday, April 27 time TBD

Meet: Indiana County YMCA Ben Franklin Road, Indiana, PA

Are you the Fittest Family in Indiana County? Families 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 the event, please call the YMCA of Indiana County at 724-463-9622.

Art and Music Walk in Downtown

Indiana Saturday, May 4 at 10 am

Meet: Artists Hand Gallery 732 Philadelphia St, Indiana, PA

Join Artists Hand Gallery owner Brian Jones and musician Lynne Jones for a walk to enjoy the art and music of Downtown Indiana. Enjoy learning about our prominent and hidden art treasures as well as enjoy some local music along the way.

Bridge Tales and Trails Saturday,

May 11 at 10 am

Meet: The Saltsburg Playground at near the Trailhead on Water Street in Saltsburg

Join West Penn Trail engineer, Jack Maguire, for a walk on the Westmoreland Heritage Trail including stories of the unique bridges that are part of this trail. We'll learn how volunteers accomplished the bridge and trail work. Historic *before* photos will be shared as part of the walk.

Mothers Day Walk & Tea Sunday,

May 12 at 2 pm

Meet: Yellow Creek State Park Environmental Education Center Join Cindy Rogers for a walk to identify the wildflowers growing in the area and learn about their uses. After the walk enjoy treats

and beverages using some of the plants you've just seen. Please pre-register by emailing limeadows@pa.gov by 5/9

Cemetery Walk with Dr. Stacey

Patrick Saturday, May 18 at 10 am

Meet: St. Bernard Cemetery in front of the mausoleum near the corner of 1st and Oak Streets, Indiana, PA Join Dr. Stacey Patrick on a walking tour through St. Bernard's Cemetery. We'll learn meanings of common grave marker symbolism, examine some beautiful hand-crafted folk grave markers, and explore the cemetery as a rich resource in understanding local histories.

Explore the Treasures of Pine

Ridge Park Saturday, May 25 at 10 am

Meet: Pine Ridge Park Pavilion #3 in Burrell Township (first pavilion of the park)

Ed Patterson, Parks Director, will lead us on a walk of the Tom's Run area and part of Tom's Run Trail in Pine Ridge Park, one of the hidden treasures of Indiana County Parks & Trails. Learn about its history and amenities – trout stream, pavilions, lodge, pond, disc golf and hiking/skiing trails.

Nature Palooza Saturday, June 1

from 10 am - 3 pm

Meet: Blue Spruce Park

Join the Decathlon Team and many other community organizations for a fun, family day enjoying nature at Blue Spruce Park. Walk the paths and enjoy the activities. We will wrap up our Decathlon event with a raffle drawing for prizes at 1 pm for participants who turned in cards with 10 stamps to the YMCA by May 30. Prizes are limited.

----- **WE HOPE TO** -----
SEE YOU THERE !