

7TH ANNUAL



2023 SERIES

JOIN US FOR FREE EVENTS

The 7th annual Decathlon in Indiana County, PA - being active February to June is easy & fun!

ALL ARE WELCOME!

Sign up 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 Naturepalooza June 3rd, 2023. SIGN UP at in-person events, or POST on the "Indiana County Walking Decathlon" Facebook page with #ICDecathlon2023 by June 2nd to be eligible.

HOT CHOCOLATE WALK !/!!

SATURDAY, FEBRUARY 11TH AT 10AM

MEET: Pavilion #1 at Blue Spruce

Park, 1128 Blue Spruce Rd, Indiana PA

Join our kickoff event in the natural beauty of Blue Spruce Park for a winter walk and bird sighting with Ray Winstead and Barb Hauge. Then warm up with a cup of Hot Chocolate. Easy walk on paved area or Moderate walk on trails. Please dress appropriately for the winter weather.

EAGLE WATCH AT LOYALHANNA DAM* !

SATURDAY, MARCH 11TH AT 9AM

MEET: Park Office at Loyalhanna Dam

440 Loyalhanna Dam Rd, Saltsburg PA

Check out the Bald Eagles at Loyalhanna Dam! Bring your own binoculars or use the ones provided to watch eagles hanging out in the area. Stay as long as you like! If raining steadily, snowing, or below 32 degrees, this event will be cancelled. Watch the Yellow Creek State Park Official Facebook Page for updates. For ages 6+.

FINDING YOUR INNER CHILD: ADULT SALAMANDER HIKE* !!!

SATURDAY, APRIL 1ST AT 1PM MEET: Yellow Creek State Park North Shore Pavilion

This program is for adults, age 18+. Did you love jumping in creeks looking for salamanders, turtles, and snakes? In this program, you will have the opportunity to relive those days of youth in search of the wetlands and woodlands of Yellow Creek. Hiking boots and long pants are recommended. Participation is limited; pre-register for this program by emailing Lisa Meadows at limeadows@pa.gov by 3/30/2023 with name, phone number, and number in your party.

CONEMAUGH FLOOD DAY WALK IN BLAIRSVILLE !

SATURDAY, MARCH 18TH AT 10AM

MEET: Blairsville Veteran's Memorial

Park along Water St, Blairsville PA

David Janusek & Denise Jennings will provide us with an interpretation of the 1936 St. Patrick's Day Flood and a walking history of Blairsville's lost neighborhood of Riverview. We will also learn about the Army Corps of Engineers' yearly controlled flood in Blairsville and celebrate the Conemaugh Dam's engineering phenomenon.

WALK 'N ROLL ON THE CLYMER TRAIL !

SATURDAY, MARCH 25TH AT 10AM

MEET: Basketball Courts at Lee St Park,

Clymer PA

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.



**POST ON FACEBOOK WITH
#ICDECATHLON2023
TO BE ENTERED IN
A DRAWING FOR PRIZES!**



**BROUGHT TO
YOU BY:**



For more information, walks, and self-guided flyers, visit us on Facebook at Indiana County Walking Decathlon or online at icopd.org, then click the Decathlon logo. **Questions?** Email msarver@ceo.co.indiana.pa.us

**MORE WALKS
ON BACK!**

LEVEL OF DIFFICULTY: wheelchair accessible easy moderate difficult

HOMER CITY TOUR

SATURDAY, APRIL 22ND AT 10AM

MEET: Floodway Park, Kirk Ave, Homer City PA

See the new murals and the grounds of future development projects. Homer City Borough Manager Rob Nymick offers a fresh perspective on the downtown and a glimpse at the Borough's future.

WALK WITH A DOC

THURSDAY, APRIL 27TH AT 12:15PM

MEET: Near the first directional sign, IRMC Drive off S. 6th St, Indiana PA

Turn a working lunch into a walking lunch! Walk a mile with a doctor from IRMC along the hospital trail. Held weekly on Thursdays between April and October, contingent on weather.

NATIVE AMERICAN AWARENESS WALK

SATURDAY, APRIL 29TH AT 10AM

MEET: 12th St Entrance of White's Woods, Indiana PA

Join IUP students for a walk to learn about the Native American influence in our area along a trail that will be dedicated to these stories. Learn about their many contributions to our society.

FAMILY FITNESS CHALLENGE AT HEALTHY KIDS DAY

SATURDAY, APRIL 29ND AT TBA

MEET: Indiana County YMCA, 60 N. Ben Franklin Rd, Indiana PA

Enter a fitness challenge created by IUP Exercise Science students that tests families strength, endurance, cooperation, and problem solving skills. For more information, call Sean Rybolt YMCA of Indiana County at (724) 463-9622.

CHURCHES OF SALTSBURG WALK

SATURDAY, MAY 6TH AT 10AM 

MEET: Water St Playground, Saltsburg PA

Tour the churches of Saltsburg, and learn their unique histories! From the recently restored 1847 historic chapel, to the church-to-residential conversion, there are interesting churches to see in Saltsburg!

SPRING EPHEMERAL WALK*

SUNDAY, MAY 7TH AT 10AM

MEET: Yellow Creek State Park Office

Join Penguin Court's Program Manager, Melissa Reckner, on a short walk down the Laurel Run Trail to learn more about these spring beauties that will fade as spring progresses. Rain or shine! Space is limited, pre-register by contacting Melissa Reckner at mreckner@brandywine.org by 5/5/2023.

A WALK IN AN ALLEGHENY FOREST

SATURDAY, MAY 13TH AT 10AM 

MEET: 12th St Entrance of White's Woods, Indiana PA

Join author Kevin Patrick on a walk through Indiana's Near Woods, Whites Woods. Explore all of the books and crannies of this beloved woods. Moderate walk.

143 DAY - FRED ROGERS WALK

TUESDAY, MAY 23RD AT 6PM

MEET: Buttermilk Falls Parking Lot, Valley Brook Rd, New Florence PA

Join us to celebrate the life and legacy of Mr. Rogers of children's television fame. On our walk we will learn about the significance that Buttermilk Falls played in shaping Fred Rogers's outlook on life.

NATURE PALOOZA 2023

SATURDAY, JUNE 3RD AT 10AM

MEET: Blue Spruce Park, 1128 Blue Spruce Rd, Indiana PA

Join the Children's Advisory Commission for a fun-filled nature exploration day at Blue Spruce Park. 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 #ICDecathlon2023.

**POST ON FACEBOOK WITH
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SELF-LED WALKS

For activities to do on your own,
SCAN THE QR CODE below or visit:
<https://icopd.org/self-guided-tours.html>

GEOCACHE IN INDIANA BOROUGH: ADVENTURE LEARNING TRAIL

As community members and visitors geocache important historic sites in beautiful downtown Indiana, they can learn about Indiana's history and listen to the voices of long-time residents, or "memory-keepers", recalling their experiences growing up in Indiana, PA.

INDIANA COUNTY HISTORICAL WALK

The Indiana County Decathlon team partnered with the Indiana County Historical & Geneological Society to bring you a new walking route with historical facts about Indiana County.



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



* IN COOPERATION WITH FRIENDS OF THE PARKS

Space is limited. RSVP by emailing
LisaMeadows@limeadows.pa.gov with
name, phone, and number in your party.
Find more events with Friends of the
Parks (FOP) at indianacountyparks.org