

# Welcome to the...

## Indiana County Walking Decathlon

February 11 -  
May 31, 2017



**Parks & Trails**  
INDIANA COUNTY, PA

## Celebrating 50 Years Of Indiana County Parks & Trails

Join us for fun walks between February 11 and May 31, 2017, earn stamps toward prizes and take some Steps to a Healthier You!

## DECATHLON DETAILS

### Below are Ways to Earn Stamps on the Decathlon Participation Card:

Walk in these parks on your own (*FREE*) and post a picture of yourself with a special feature in the park on the *Indiana County Walking Decathlon* Facebook Page. **(6 Spaces)** Get stamps at the YMCA or the White Township Recreation Complex on East Pike.

- **Blacklick Valley Natural Area:** Many wildflowers that bloom in the spring.
- **Old Smicksburg Park:** Lots of history of the town.
- **Pine Ridge Park:** Nice loop path uphill, along the ridge and back down. A few pavilions and picnic areas.
- **Waterworks Conservation Area:** Path around the wetlands. Great wetland plants and an acid mine drainage mitigation system.
- **Ghost Town Trail-Heshbon Access:** A trail with interesting rock features.
- **Ghost Town Trail-Rexis Branch:** Great spring wildflower area.

For Info and Directions: <http://www.indianacountyparks.org>

### Participating in Special Events (*FREE*) **(4 Spaces)**

Get your stamp at the event.

- **Chili Walk to Warm Up the Winter Blues**  
Saturday, February 11th at 10:30AM at Blue Spruce Lakeside Center Decathlon Kick Off Event!
- **Indiana Borough WalkWorks "Get Your Irish On" Walk**  
Wednesday, March 15th at 6PM at 39 N. 7th Street
- **White Township WalkWorks Easter Egg Hunt Walk**  
Tuesday, April 11th at 5:30PM at White Twp Rec Complex near Basketball Courts
- **Family Walk at YMCA Healthy Kids Day**  
Saturday, April 29th at YMCA, Time TBD

Participating in group walks (*FREE*) or working out at the YMCA for at least 20 minutes. (*Photo ID and Waiver Required with Guest Pass*) **(6 Spaces)** Get your stamp from the group leader after you participate in the walk or at the YMCA after you exercise.

Information on the days, times and locations of our WalkWorks group walks can be found at:  
<http://icopd.org/indiana-county-walkworks-program.html>



Decathlon Participation  
Cards are Available:  
YMCA Indiana County, WalkWorks  
Group Leaders, Indiana Free  
Library and at any of  
our events!

**Claiming Prizes:** Present your stamped card at the YMCA front desk, and you'll receive prizes for each level earned. (*While Supplies Last*)

Level 1: any 4 stamps

Level 2: 10 stamps, including 1 special event

Level 3: all 16 spaces stamped



**For More Information:**

Indiana County Walking Decathlon  
Email: [bhaug@upstreetarchitects.com](mailto:bhaug@upstreetarchitects.com)

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## Celebrating 50 Years of Indiana County Parks & Trails

Join us for these fun FREE walks between February 11 and May 31, 2017, earn stamps toward prizes and take some Steps to a Healthier You!

## Special Event Walks

Participation in these Special Event Walks earns Special Event stamps on your Decathlon Participation Card.

### Chili Walk to Warm Up the Winter Blues

**Date:** Saturday, February 11 **Time:** 10:30am **Location:** Blue Spruce Park Lakeside Center

Join us for the Kick Off Event to learn the details of the Indiana County Walking Decathlon followed by a winter walk then warm up with a cup of chili. Plus earn your first stamp towards a prize.

### Get Your Irish On

**Date:** Wednesday, March 15 **Time:** 6pm **Location:** Old Borough Building in Indiana Borough (39 N. 7th St.)

Walk with the Indiana Borough WalkWorks group and WalkWorks group leader, Amy Fiorentini on an approximately 2-mile route. We will be joined by a Historical Society volunteer for a historic tour along the Indiana Borough's WalkWorks route. Wear your green since everyone's Irish on St. Patrick's Day!

### Family Friendly Easter Egg Hunt Walk

**Date:** Tuesday, April 11 **Time:** 5:30pm **Location:** White Township Recreation Complex (at the concession stand near the basketball courts)

Join WalkWorks walking group leader for a walk and cooperative Easter Egg Hunt around the White Township Recreation Complex baseball fields. Come and enjoy time with your family and neighbors finding hidden Easter Eggs containing prizes.

### Family Walk at YMCA Healthy Kids Day

**Date:** Saturday, April 29 **Time:** TBD **Location:** YMCA Walking Track

Join YMCA staff for a family walk of 2 laps around the YMCA walking track then walk to the Miracle League Field for the kids' chance to run the bases! This is an opportunity for the family to join in the fun. For information please call the YMCA of Indiana County at 724-463-9622.

## Themed Walks

Participation in these Themed Walks are a chance to visit these Indiana County Parks & Trails with a guide. They are not required to earn stamps to these locations.

### Walking Through Time

**Date:** Saturday, March 25 **Time:** 1:30pm **Location:** Ghost Town Trail Heshbon Access (10485 Route 259, Blairsville)

Join professional geologist, Joan Hawk, for a walk through the geologic history of this area of the Ghost Town Trail. Learn how the "read the pages of the geologic books" by learning how to interpret the rock layers. Walk is moderate.

### Sky dance: The Dance of the Woodcock

**Date:** Friday, April 21 **Time:** 7:00pm **Location:** Blacklick Valley Natural Area (800 McFeaters Rd., Seward)

Spring is in the air as one of PA's most unusual birds starts its fascinating mating ritual by performing aerial acrobatics. Join Lisa Meadows for a short discussion then a wildlife hike (up to 1 mile) to check out the awesome Woodcock. Preregister by April 17 at limeadows@pa.gov

### Walk Among the Wildflowers

**Date:** Saturday, May 6 **Time:** 10:30am **Location:** Blacklick Valley Natural Area (800 McFeaters Rd., Seward)

Cindy Rogers, Evergreen Conservancy President, will lead a walk to see our favorite spring wildflowers - Mayapples, Jack in the Pulpit, spring beauties, trout, lilies, trillium and others as they display their beautiful spring blooms.

### Now You See Them - Spring Ephemeral Plant Walk

**Date:** Saturday, May 13 **Time:** 10:00am **Location:** Rexis Branch of the Ghost Town Trail (Vintondale)

Join botanist Jerry Pickering for a spring wildflower walk along the Rexis Branch of the Ghost Town Trail. Learn to identify some of the special traits of these unique plants that are only around for a short time each spring. Meet at the parking lot at the beginning of the Ghost Town Trail in Vintondale.