

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.

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.



Adult Salamander Walk 2018

brought to you by



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

