

Indiana County Office of Planning & Development

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Date: February 5, 2018

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FOR IMMEDIATE RELEASE

Announcing the Second Annual Indiana County Decathlon

INDIANA, PA (February 5th, 2018) The 2nd annual Indiana County Decathlon is a fun way to explore our county parks and discover other great places to be active by participating in active events. Get moving between January 13, 2018 and May 19, 2018, earn stamps toward prizes and take some Steps to a Healthier You!

The Indiana County Decathlon is coordinated by The Indiana County Active Transportation Advisory Committee (ICATAC) in cooperation with WalkWorks, the YMCA of Indiana County, Indiana County Parks & Trails and an advisory group of interested residents.

For more information on the Indiana County Decathlon, please join us:
Indiana Free Library at 5:15pm on Monday, February 5

Decathlon Kick Off event on Saturday, Feb 10, 10:30am at the Blue Spruce Park Lakeside Center
See our Facebook Page: Indiana County Walking Decathlon

Participation cards are available at all of our events, at the YMCA of Indiana County and the Indiana Free Library.

All of our events are on Saturdays. The remaining events after Saturday, February 10 are:
March 17, 10am meet at the Basketball courts in Clymer (Lee St. Park) Get Your Irish On Walk
March 24, 10am meet at IRMC Park (N. 7th Street in Indiana Borough) Rock Walk
April 7, 1pm meet at the Meet at the Yellow Creek State Park Environmental Learning Center to Finding Your Inner Child Adult Salamander Walk
April 14 10am meet at Trailhead for Blairsville Riverfront Trail Blairsville Lore Walk
April 21, time TBD at the YMCA Indiana County Family Fitness Challenge at Healthy Kids Day
April 28 10am meet at Blairsville Bandstand Blairsville Underground Railroad Walk
May 5 10am meet at Memorial Park Gazebo Yoga in the Park
May 12 at 1pm meet at Yellow Creek Environmental Learning Center Geocaching at Yellow Creek
May 19 10am meet in Saltsburg at Point Street and the river Bike Ride with David Conrad
May 19 1:30pm meet at Old Smicksburg Park Explore Old Smicksburg Park

Participate in our events (FREE), walk in our county parks (FREE), or join a WalkWorks walking group (FREE) or exercise at the YMCA (members and guest of members) to earn stamps on your participation card. On 12 of the spaces, earn stamps by participating in the Events, 4 spaces list county parks that qualify for stamps, and 4 spaces can be earned by either walking on any of our WalkWorks routes OR exercising for at least 20 minutes at the YMCA of Indiana County.

To claim your prizes, present your card with 10 stamps at the YMCA front desk, and you'll receive a prize. Turn in your card with 10 stamps to be entered into a raffle for other prizes.

The WalkWorks program creates walking groups in communities to provide opportunities for physical activity. Currently there are 8 walking routes across Indiana County in Blairsville, Ernest, Glen Campbell, Homer City, White Township, Indiana Borough, Clymer Borough and at IRMC.

The Indiana County WalkWorks program is a collaboration between the Indiana County Office of Planning & Development, Pennsylvania Department of Health, and the University of Pittsburgh Graduate School of Public Health to increase opportunities for physical activity across Indiana County. Through this grant funded program, planners partner with local communities to identify walking routes and form sustainable walking groups that will enhance and expand active transportation networks with the ultimate goal of improving the health of county residents.

More information on our WalkWorks Walking Routes, is available on the Indiana County Office of Planning & Development's website <http://icopd.org/indiana-county-walkworks-program.html> and social media platforms: [YouTube](#); [Twitter](#); [Instagram](#); [Facebook](#). Or Find us on Facebook: WalkWorks in Indiana County.

For information on sponsoring the Indiana County Decathlon, please email bhaug@upstreetarchitects.com

Specific questions should be directed to **BARBARA HAUGE 724-422-1749.**

-----NOTHING FOLLOWS-----