melt(data=chrData, id.vars=c("region"))

Long Format

region	variable	value
chr1	gc.content	0.43
chr4	gc.content	0.38
chr8	gc.content	40.00
chr1	mappability	63.00
chr4	mappability	47.00
chr8	mappability	40.00

Legend

- Value
- Variable Name
- ID Variable

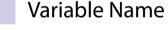| region	gc.content	mappability
chr1	0.43	63
chr4	0.38	47
chr8	40.00	40

Wide Format

dcast(data=chrData, region ~ variable, value.var="value")