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

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

Long Format			
egion	variable	V	

value chr1 0.43 ac.content 0.38 chr4 qc.content chr8 ac.content 40.00 chr1 mappability 63.00 mappability 47.00 chr4 chr8 mappability 40.00

Wide Format



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