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**News**

**From the Delaware & Lehigh National Heritage Corridor**

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**FOR IMMEDIATE RELEASE**

**February 4, 2019**

**Get Your Tail on the Trail Winter Challenge Kicks Off**

**Easton, Pa**. - *Get Your Tail on the Trail* will have their sixth annual 30 miles in 30 days winter challenge from February 1, 2019- March 2, 2019. All individuals are eligible to sign up for the program and log their miles on the trail at [www.tailonthetrail.org](http://www.tailonthetrail.org/).

*Get Your Tail on the Trail* is excited to announce the addition of the Northeast PA chapter, which will cover Lackawanna, Luzerne, Monroe, Pike, and Wayne Counties. The new chapter will be hosting its very own winter and summer challenges for participants in these counties. The Northeast PA chapter will host its first *Get your Tail on the Trail*-approved event with the North Branch Land Trust on February 9, from 10:00 am to 1:00 pm. The 4-mile hike around Crystal Lake in the Pinchot State Forest will begin off Laurel Run Road. For more information about the event, or to register please visit <http://www.nblt.org/events/crystal-lake-hike-saturday-february-9-2019>.

*Get Your Tail on the Trail* has four additional approved events in the month of February that still have spots available. For more information about each event and to register, visit the link below each description.

* **Winter Plant Hike**, Saturday, February 9 at 10:00 am to 12:00pm at the Jacobsburg Environmental Education Center, 400 Belfast Rd.. Nazareth, Pa. Join us we take a walk through the woods and fields of Jacobsburg in search of winter plants that provide food for birds and other animals as well as a few that can be used in a survival situation.  Dress for the weather and wear comfortable hiking shoes. If we have snow, we will take the walk in snowshoes! Registration is required. <https://events.dcnr.pa.gov/event/winter_plant_hike_6272#.XFCXFVxKi70>
* **Winter Tracking,** Saturday, February 9 at 1:00pm to 3:00pm at the Jacobsburg Environmental Education Center, 400 Belfast Rd.. Nazareth, Pa. Could you tell if a bobcat was in the area? An owl? Join us as we take a walk through Jacobsburg in search of animal tracks and signs. Participants should dress for the weather and wear comfortable hiking shoes. If we have snow, we will take the walk in snowshoes! Registration is required.

<https://events.dcnr.pa.gov/event/winter_tracking_3461#.XFCXIlxKi70>

* **Get Your Tail on the Trail Snowshoe Event** with the D&L, Saturday, February 9 at 2:00 pm - 4:00 pm at the Covered Bridge Trailhead, 7875 N. 7th Street in Slatington. Join Get Your Tail on the Trail for a snowshoe or winter hike lead by Elissa Garofalo the Executive Director for the Delaware and Lehigh National Heritage Corridor. Snow shoes will be provided by the D&L free of charge. Please dress appropriately for cold weather and the hike. We will be meeting at the Covered Bridge Trailhead (7875 N. 7th St. Slatington, PA 18080). Please send a RSVP to trailassistant@delawareandlehigh.org <https://www.facebook.com/events/2295841037359871/>
* Family Snowshoeing, Saturday, February 16 at 10:00 a.m. to 11:30 a.m. at the Covered Bridge Trailhead 7875 N. 7th Street in Slatington. [Don't miss out on your walks this winter... learn to snowshoe! In partnership with the Wildlands Conservancy this guided shoeing class on the Slate Heritage Trail will provide stunning views of Trout Creek in February. Dress appropriately. All equipment will be provided at a cost of $15.00 - one adult & one child (age 6+), $5.00 each additional child](https://www.facebook.com/events/dialog/edit/page/?event_id=1376323039110977&acontext=%7B%22source%22%3A1%2C%22page_id_source%22%3A1079581965412053%2C%22action_history%22%3A%22%5B%7B%5C%22surface%5C%22%3A%5C%22page%5C%22%2C%5C%22mechanism%5C%22%3A%5C%22main_list%5C%22%2C%5C%22extra_data%5C%22%3A%5C%22%7B%5C%5C%5C%22page_id%5C%5C%5C%22%3A1079581965412053%2C%5C%5C%5C%22tour_id%5C%5C%5C%22%3Anull%7D%5C%22%7D%2C%7B%5C%22surface%5C%22%3A%5C%22permalink%5C%22%2C%5C%22mechanism%5C%22%3A%5C%22surface%5C%22%2C%5C%22extra_data%5C%22%3A%5B%5D%7D%5D%22%2C%22has_source%22%3Atrue%7D&focus_field=event_description)(pre-registration required). <https://www.northernlehighrec.org/familysnowshoeing>

Currently, Get Your Tail on the Trail has 8,221 participants who have logged 3,653,861 miles.

**ABOUT THE DELAWARE & LEHIGH NATIONAL HERITAGE CORRIDOR**

*The Delaware & Lehigh National Heritage Corridor is a 501(c)3 non-profit organization that preserves the historic pathway that carried coal and iron from Wilkes-Barre to Bristol Borough. Today, the D&L Trail connects people to nature and the environment, industrial heritage, health and wellness and economic development.*

**ABOUT ST. LUKE’S UNIVERSITY HEALTH NETWORK**

*Founded in 1872, St. Luke’s University Health Network (SLUHN) is a fully integrated, regional, non-profit network of more than 14,000 employees providing services at 10 hospitals and more than 300 outpatient sites.  With annual net revenue greater than $2 billion, the Network’s service area includes 10 counties: Lehigh, Northampton, Berks, Bucks, Carbon, Montgomery, Monroe and Schuylkill counties in Pennsylvania and Warren and Hunterdon counties in New Jersey.  Dedicated to advancing medical education, St. Luke’s is the preeminent teaching hospital in central-eastern Pennsylvania.  In partnership with Temple University, St. Luke’s created the region’s first and only regional medical school campus.  It also operates the nation’s longest continuously operating School of Nursing, established in 1884, and 28 fully accredited graduate medical educational programs with 226 residents and fellows.  St. Luke’s is the only health care system in central-eastern Pennsylvania to earn Medicare’s five-star rating (the highest) for quality, efficiency and patient satisfaction.  In 2018, St. Luke’s was named a Top Hospital in the Teaching Hospital category by the Leapfrog Group.  It has repeatedly earned the 100 Top Major Teaching Hospital designation from IBM Watson Health (formerly Truven Health Analytics) – six times total and four years in a row including 2018.  It has also been cited by IBM Watson Health as a 50 Top Cardiovascular Program.  Utilizing the EPIC electronic medical record (EMR) system for both inpatient and outpatient services, the Network is a multi-year recipient of the Most Wired award recognizing the breadth of the SLUHN’s information technology applications such as telehealth, online scheduling and online pricing information.  St. Luke’s is also recognized as one of the state’s lowest cost providers.*

 **ABOUT GET YOUR TAIL ON THE TRAIL**

*St. Luke’s University Health Network (St. Luke’s) and Delaware & Lehigh National Heritage Corridor (D&L) have partnered to bring the community a family fun initiative —*Get Your Tail on the Trail*! The “trail” is the nearly continuous 165-mile multi-use D&L Trail which stretches from Wilkes-Barre to Bristol, PA. The free program aims to help people of all ages and abilities to meet their personal fitness goals and experience the value of the local trails through day-to-day challenges, public events, and incentives.*

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