



News

From the Delaware & Lehigh National Heritage Corridor

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FOR IMMEDIATE RELEASE

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Get Your Tail on the Trail adds Northeast PA Chapter

Wilkes-Barre, Pa. - *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, sponsored by Geisinger Health Plan and the PA Environmental Council's Pocono Forests & Waters, will be hosting its very own winter and summer challenges for participants in these counties.

The Northeast PA chapter hosted its first successful *Get your Tail on the Trail*-approved event on February 9, a 4-mile hike around Crystal Lake in the Pinchot State Forest with the North Branch Land Trust. *Get Your Tail on the Trail* Northeast PA Chapter has one more approved event this winter with the North Branch Land Trust. To register, visit the link below.

- Join this moderate to strenuous hike in the Nanticoke area on March 16 at 10 a.m. Paula Fall and Brian Gettig will lead us at an easy pace along the varied terrain on this 3-mile hike to Alden Mountain. The area was once Earth Conservancy property, but is now under the protection of the State Forest. Hikers are encouraged to wear sturdy shoes and dress for winter/early spring weather. Please arrive 15 minutes early for the hike begins promptly at 10:00 am. The hike will be cancelled if there is inclement weather. There is no charge for this event, but registration by 5:00 pm, Thursday, March 14, is required. To register by email send to smith@nblt.org, by phone call the NBLT office at 570-310-1781, or go to www.nblt.org/events .

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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