



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 celebrates the launch of its Northeast PA Chapter at RiverFest 2019

Wilkes-Barre, Pa. - *Get Your Tail on the Trail* is excited to officially launch the Northeast PA Chapter of this popular trail-focused fitness program at [RiverFest 2019](#) at Nesbitt Park on June 22. The Northeast PA Chapter, sponsored by Geisinger, the PA Environmental Council's Pocono Forests & Waters Conservation Landscape, the Wilkes-Barre City Health Department, and Discover NEPA includes the following counties: Lackawanna, Luzerne, Monroe, Pike, Susquehanna, Wayne, and Wyoming Counties.

During RiverFest at 11 a.m., Senator John Yudichak will lead a 2-mile *Get Your Tail on the Trail*-approved walk along the levee trail that ends at 2 p.m. The Northeast Chapter will be giving away free *Get Your Tail on the Trail* drawstring bags to the first 500 participants who complete the 2-mile walk.

The Northeast PA Chapter will be hosting its very own summer and winter challenges, in which participants who log their miles walking, hiking, running, or biking outdoors are eligible to win a prize. Participants who complete the entire summer challenge will be entered to win prizes from Montage Mountain, The YMCA, Discover NEPA, and more.

Geisinger is proud to sponsor hikes and other activities in Northeast PA that will help the population get active and healthy.

“We are thrilled to help expand the successful Get Your Tail on the Trail program into Northeast Pennsylvania,” said Brian Ebersole, Senior Director of Springboard Health at Geisinger. “We are excited to encourage the use of the trails across the region for physical activity and healthy living as we all work to improve the health of our community.”

Currently, Get Your Tail on the Trail has over 8,500 participants who have logged over 4,000,000 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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