



DELAWARE & LEHIGH HERITAGE
**HALF MARATHON
RUN/WALK**
Slatington to Northampton, PA

November 6, 2016

EVENT GUIDE

A Message from the Race Director

Hello Runners and Walkers,

Welcome to the Sixth Annual Delaware & Lehigh Heritage Half Marathon Run/Walk. You are part of a record field of over 1,000 participants! We are certain you will enjoy our race and want to share your experience with your family and friends!

We made several changes last year which were well received. In our never-ending quest to provide you a quality event we have again made what we believe to be positive changes. We've added two more hydration stations along the course, switched from 10 year age-groups to 5 year age-groups for runners, t-shirts are now long sleeve, and given each participant a ticket for one complimentary beer or wine (must be over 21) at the post-race feast.



Here are 15 reasons (there are many more!) why you will enjoy the D&L Half Marathon:

1. Beautiful, lush rail trail, joint-friendly terrain, crisp autumn temperatures.
2. Both runners and walkers welcomed and encouraged.
3. Indoor facilities at start and finish including flushing toilets.
4. Supports our national heritage and generates funds to enhance and maintain the D&L Trail for walkers, runners, and cyclists for future generations.
5. Chip timing, immediate results provided by Pretzel City Sports.
6. Technical, gender-specific long sleeve T-shirts to all registrants and medals to all finishers.
7. Random prizes for participants.
8. Lots of awards for both runners and walkers.
9. Post-race buffet with both tried-and-true fare and new favorites.
10. Plenty of free parking. Free transportation back to the start after the race.
11. Hydration stations.
12. Pacers.
13. Spectator-friendly finish.
14. Unusually enthusiastic and energetic volunteers.
15. Did we mention the *FAST* course and *BEER & WINE* at the finish?

Please review this guide to see all that the D&L Half Marathon has to offer.

Have an awesome race!

Ed Eppler

Race Director, Delaware & Lehigh Heritage Half Marathon Run/Walk



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About the D&L National Heritage Corridor

For over 300 years, history happened here

The D&L Corridor has occupied a special place in American history for centuries. Its unique combination of industry and natural resources made it a cradle of the Industrial Revolution, which catapulted this region to an internationally-recognized hub of production. The Delaware and Lehigh Canals were essential links in this process, and it's their history that the D&L works to preserve and celebrate.

The history of the region we now know as the D&L Corridor begins with the Lenni-Lenape people, who hunted and gathered in the valleys, forests, and rivers throughout the area. During colonization, William Penn promoted religious tolerance and land settlement, attracting thousands of immigrants who left their homeland in search of a better life. They farmed the corridor's rich, fertile soil and established diverse communities.

Patriots bravely read the Declaration of Independence here, and just a few miles away, George Washington crossed the Delaware River in the dead of winter during the Revolutionary War.

Innovative entrepreneurs produced iron, coal, slate, cement, zinc, and textiles throughout the 18th and 19th centuries, transforming the region into a center of the Industrial Revolution. The Delaware and Lehigh Canals transported hundreds of tons worth of goods to New York and Philadelphia, fueling industry and creating jobs—a legacy the D&L works to preserve and celebrate.

Bethlehem Steel grew from a modest iron producer to one of the most lucrative businesses in the US, providing steel for the George Washington, Brooklyn and Golden Gate Bridges, submarines, Madison Square Garden, aircraft carriers and the St. Louis Arch, which brought international acclaim to the Corridor.

In the 20th century, the coal and steel industries dimmed and the mills closed. Populations shifted as residents moved out of the cities and farms in search of suburban dream houses.

Today, the Corridor is a lively, vibrant place to live. Towns and cities are revitalized, and their historic districts have been preserved. Technology, culture, and innovation have replaced the industrial past, while agrarian roots are still visible in the surrounding countryside.

Volunteers and organizations like the D&L are now committed to revitalizing the region's towns, restoring its beautiful landscape, celebrating and preserving its heritage and planning its future for generations to come.

Runners and walkers, thank you for gearing up for history!



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Event Schedule

Saturday, November 5

Activity	Time	Location
Packet Pickup	10:00 AM to 3:00 PM	Northern Lehigh HS, 1 Bulldog Lane, Slatington, PA

Sunday, November 6

Activity	Time	Location
Packet Pickup	6:00 AM to 7:15 AM	Northern Lehigh HS, 1 Bulldog Lane, Slatington, PA
Welcome	7:50 AM	Starting Line
National Anthem	7:55 AM	Starting Line, sung by Ingrid Gerber
Start of Race	8:00 AM	Starting Line, Northern Lehigh HS
Post-Race Feast for participants and volunteers	9:00 AM to 1:00 PM	Hungarian Hall, 1300 Stewart Street, Northampton
First Runner Finisher Expected	9:10 AM	Finish Line, 14th & Canal Streets, Northampton
Runner Awards	10:30 AM	Hungarian Hall, 1300 Stewart Street, Northampton
First Walker Finisher Expected	10:30 AM	Finish Line, 14th & Canal Streets, Northampton
Walker Awards	12:00 PM	Hungarian Hall, 1300 Stewart Street, Northampton
Bus Transportation Back to Start	10:00 AM to 1:00 PM	Hungarian Hall, 1300 Stewart Street, Northampton



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Meet the Race Committee

<u>Name</u>	<u>Primary Race Function</u>
Elissa Garofalo	President, Delaware & Lehigh National Heritage Corridor
Ed Eppler	Race Director
Michele Stanten	Walker Coordinator
Michael Drabenstott	D&L Board Member / Race Advisor
Loretta Susen	Volunteer Coordinator
Terri Monserrat	Social Media Coordinator
Laura Eppler	Marketing Coordinator
Claire Sadler	Finish Line Coordinator
Sandra Duda	Registration Coordinator
Scott Everett	Course Logistics Coordinator
Will Velekei	EMS Coordinator
Danielle Wolfrum	Sponsor Coordinator
Dan Cruttenden	Race Advisor

The race committee would like to thank the over 150 volunteers who make this event possible. Without their enthusiastic support the D&L Half Marathon would not happen. Please be sure to thank the volunteers during your journey from start to finish!

Meet the Race Partners

Borough of Northampton
Borough of Slatington
Discover Lehigh Valley
Lehigh County
National Canal Museum
North Whitehall Township
Northampton County
Northern Lehigh EMS
Northern Lehigh School District
Washington Township
Whitehall Township

Packet Pick Up

Preferred packet pick up is at Northern Lehigh HS on Saturday from 10am to 3pm. Packet pick up is also available on race morning from 6:00am to 7:15am. Plan on picking up on Saturday if possible to help race morning go smoothly. Please have ID available. You may also have someone else pick up your race packet.



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Course Description

The D&L Half Marathon has been designed to be a fast course. The start is in front of Northern Lehigh High School on Bulldog Lane. Bulldog Lane becomes Snyder Avenue. Bear right onto Pine Street. Bear right onto Diamond Street. Diamond Street is a quick downhill. At the bottom of the hill, participants turn right onto Chestnut Street. After a short distance on Chestnut Street, you will make a left onto Scout House Road. Here you will encounter the only hill on the course. Don't worry about the 15-20 seconds you may lose on the hill, you will easily gain it back and more over the rest of the course! At the 1.2 mile mark, you will crest the hill. From here, it is 12 miles of gentle downhill all the way to the finish! After cresting the hill, you will bear left onto 7th Street, followed by a left onto the Slate Heritage Trail at the 2-mile mark. The Slate Heritage Trail is a 1-mile, slightly downhill paved trail which will lead you to a right turn on to the D&L Trail at the 3-mile mark.

Once on the D&L Trail, you will be heading south on a hard-packed crushed limestone surface for the next 9 miles. You are now into the heart of the race. The scenery is spectacular-enjoy it! Get into your pace and let the probable tailwind push you along through this section.

Just past the 12 mile mark, you will exit the D&L Trail and make a left over the Cementon Northampton bridge. Run or walk on the sidewalk. Enjoy the view of the Lehigh River below you.

Once across the bridge, you are only a few minutes from the finish! Make a right off the bridge onto Canal Street, followed by a slight right onto the paved pedestrian path in Canal Park. Enjoy the final 1/2 mile; it's a gradual downhill to make for a fast finishing kick!

Congratulations! You finished the D&L Half Marathon! Keep moving! Receive your finisher medal, get some water, collect your baggage, use our changing tents if you want, and walk the short distance along the D&L Trail to the Hungarian Hall for the post-race feast and awards ceremony.

Tips on Running the Course

- Don't be tempted to go too fast down the first hill!
- Don't push too hard on the one and only uphill. Remember, it's still the first mile, save your energy for the downhills where you can really make up time!
- Settle into your pace after the 3 mile mark on the D&L Trail. Miles 3 through 12 will be the most rewarding!

Event Records

Run

(M)-Pat McLaughlin, 1:10:42 (2012)
(F)-Mindy Sawtelle-Zottola, 1:25:06 (2011)

Walk

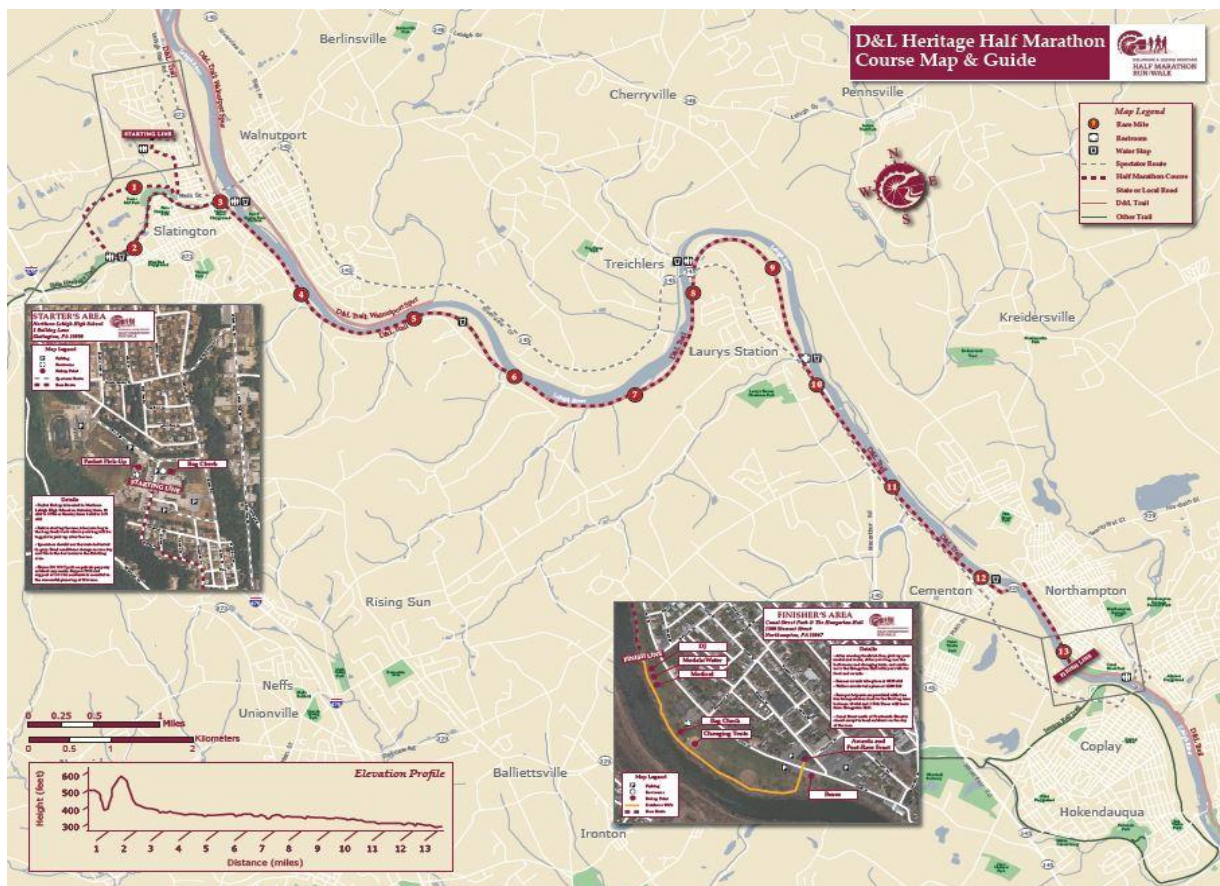
(M)-Stephen Fedder, 2:32:18 (2015)
(F)-Michele Horger, 2:43:01 (2015)



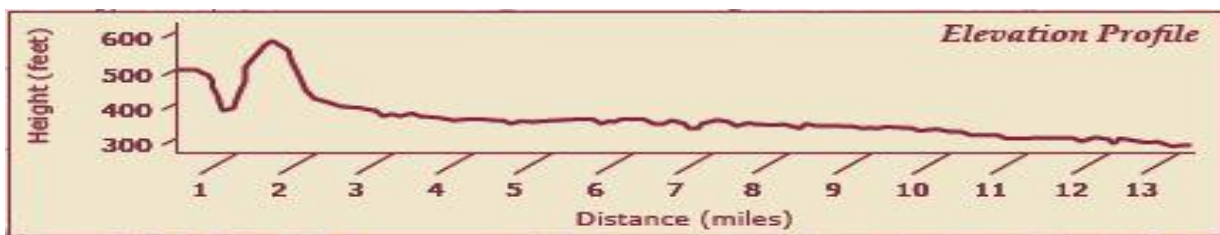
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Course Map



Course Profile



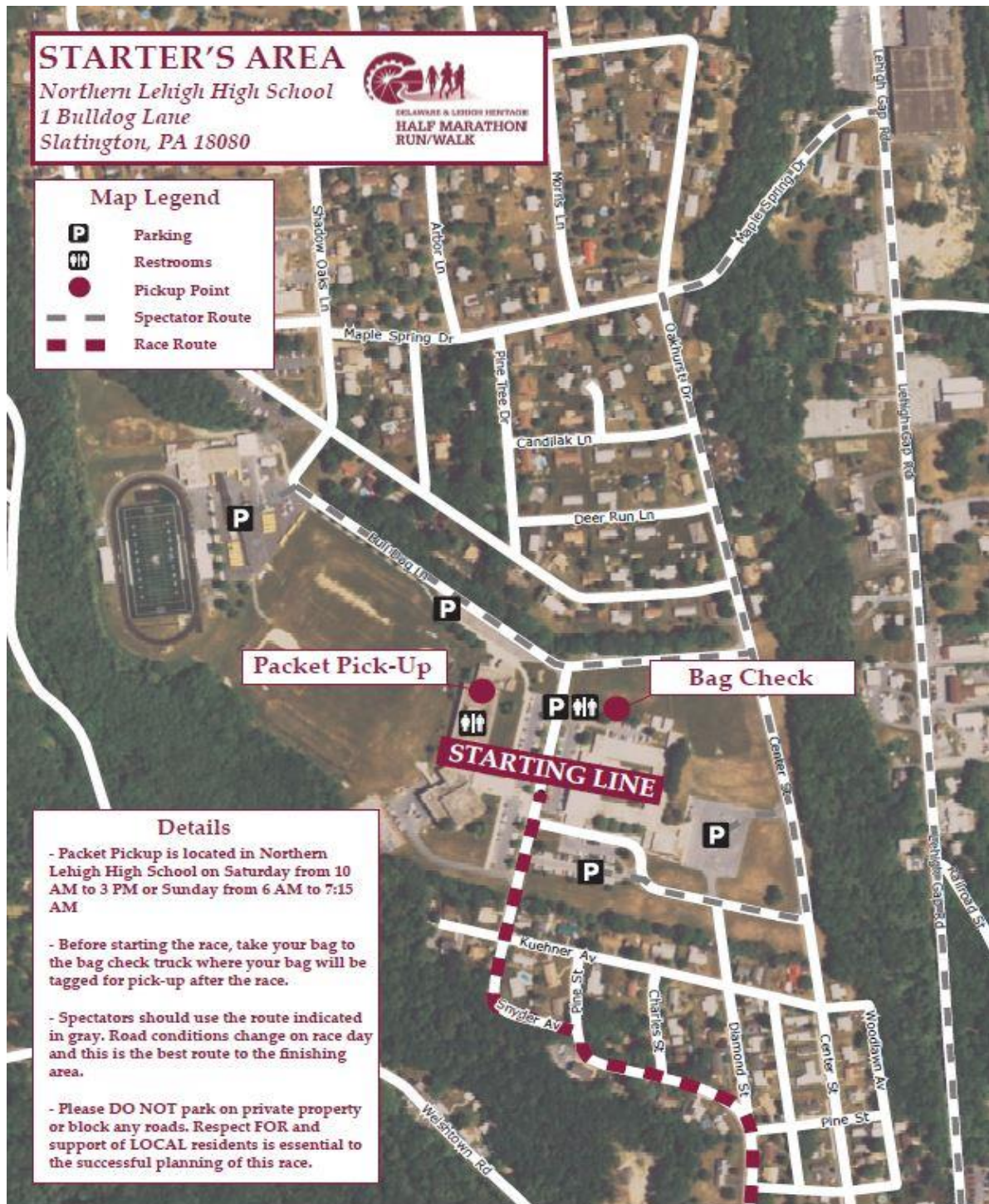


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Starting Line Map





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Finish Line Map

FINISH



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Driving Directions to Start of Race

From Lehigh Valley

Route 22 East or West	
Exit onto Route 145 / MacArthur Road North	13.0m
Turn left onto Main Street (Walnutport)	.9m
Turn right onto Center Street	.6m
Turn left onto Bulldog Lane to Northern Lehigh HS	

From Wilkes-Barre and Points North

Route I-476 South	
Take exit 74 toward Lehighton	.6m
Merge onto US-209 South / Interchange Road	1.6m
Turn left onto PA-248 East	6.8m
Turn right onto PA-873 South (Slatington)	1.2m
Turn right onto Maple Spring Drive	.2m
Turn left onto Oakhurst Drive	.2m
Turn right onto Bulldog Lane to Northern Lehigh HS	

From New Jersey and Points East

Route I-78 West	
Take exit 71 for PA-33 North toward US-22	3.3m
Take the exit onto US-22 West toward Bethlehem	11.4m
Exit onto Route 145 / MacArthur Road North	13.0m
Turn left onto Main Street (Walnutport)	.9m
Turn right on Center Street	.6m
Turn left onto Bulldog Lane to Northern Lehigh HS	

From Harrisburg and Points West

Route I-78 East	
Take exit 51 for US-22 East toward Allentown	6.6m
Exit onto Route 145 / MacArthur Road North	13.0m
Turn left onto Main Street (Walnutport)	.9m
Turn right on Center Street	.6m
Turn left onto Bulldog Lane to Northern Lehigh HS	

1 Bulldog Ln

GPS Coordinates: Slatington, PA 18080
40.759595, -75.612504



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Driving Directions from Start of Race to Finish Line

From Slatington to Northampton

From Northern Lehigh HS (Bulldog Lane)	
Turn right onto Center Street	.5m
Turn left onto Williams Street	.1m
Turn right onto Walnut Street	.1m
Turn left onto Main Street	.9m
Turn right onto PA-145 South	5.8m
Turn left onto 2nd Street	1.4m
Continue Straight onto Coplay Road	1.4m
Turn left onto Chestnut Street	.3m
Turn left onto Main Street	.1m
Turn left onto W. 10th Street	.1m
W. 10th Street turns right and becomes Canal Street	.2m

Parking available near Hungarian Hall

**GPS Coordinates for
Parking:** **1300 Canal St**
Northampton, PA 18067
40.678567, -75.492891

**GPS Coordinates of
Finish Line:** **1427 Canal Street**
Northampton, PA 18067
40.680781, -75.497383



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Runner Bibs



Runner bibs are numbered 1 through 900. Please make sure your Name, Gender, and Age are correct when you pick up your bib.

Bibs are to be pinned onto the front of your racing uniform.

Note: In the event that you are unable to complete the race please check in at the nearest hydration station and let the official there know that you will not be completing the course. You can also reach a race official by calling the "Emergency Hotline" number printed on the pull-off tag of your bib. **All participants must be accounted for at the finish.**



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Walker Bibs-Front



Walker bibs are numbered 1001 through 1200. Please make sure your Name, Gender, and Age are correct when you pick up your bib.

Numbered bibs are to be pinned onto the front of your racing uniform.

Walker Bibs-Back



"I'm Walking to Make History" bibs are to be worn on walkers' backs to be easily distinguished from the runners.



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Baggage Check

There will be a baggage drop off near the starting line. We will provide you with an elastic tag with your bib number on it for you to secure to your bag. This will help us to easily identify your bag when you retrieve it at the finish line area.

Race Start

The safety of the participants is extremely important to us. It is very important that you line up according to anticipated pace to allow for a smooth start. Signs will be posted indicating 7-minute mile pace, 8-minute mile pace, 9-minute mile pace, etc., followed by the walkers. Please look for the sign that most closely matches your pace expectation.

Runner Pacers

For those runners attempting to run an evenly paced race to achieve a specific time we are offering the following pace groups: 1:40, 1:45, 1:50, 1:55, 2:00, 2:10, 2:20, and 2:30. Pacers will be easily identified by wearing bright yellow shirts and holding a sign indicating a specific pace.

Walker Pacers

For those walkers attempting to walk an evenly paced race to achieve a specific time we are offering three pace groups. Pacers will be easily identified by wearing bright yellow shirts and holding a sign indicating a specific pace.

Hydration Stations

There are six hydration stations on the course. They will be located at the 2, 3, 5, 8, 10 and 12 mile marks. Fluids will include water and Gatorade.

EMS Support

Your safety is important. Since several miles of the trail are somewhat remote, we will have EMS services stationed at each hydration station. In addition, support crews will be patrolling the course on bicycle. Radio and cell phone communication is available. If you are unable to complete the course, please stop at a hydration station to let a race official know.

Note: In the event that you are unable to complete the race please check in at the nearest hydration station and let the official there know that you will not be completing the course. You can also reach a race official by calling the "Emergency Hotline" number printed on the pull-off tag of your bib. **All participants must be accounted for at the finish.**



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Timing & Results

Pretzel City Sports is the official timing company. The race is chip timed. The chip is part of your bib. If you are not wearing a bib you will not receive credit for completing the course. Results will be posted at www.pretzelcitysports.com within 24 hours of the completion of the race.

Photography

U. S. Cands is the official photographer of the race. All participants will be notified via email when photos are posted. Consider buying a keepsake photo of your accomplishment!

Finish Line Procedures

The finish line is located in beautiful Canal Street Park right along the Lehigh River. Once you have crossed the finish line, we ask that you keep moving. Volunteers and EMS will provide assistance if necessary. Collect your finishers medal; you earned it! Grab a bottle of water, and continue on to the baggage pickup. Continue walking 1/4 mile on the paved D&L Trail to the post-race feast.

Finisher Medals

Check out the finisher medals! We hope you like them as much as we do!



Random Drawings

20 or so lucky runners and walkers will be selected at random to win a prize. Prizes consist of merchandise and gift certificates. If you're a winner, pick up your prize when you get your bib.



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Baggage Pickup

Baggage pickup will be at the pavilion in Canal Street Park just past the finish line. Just show your bib and a volunteer will hand you your bag. It's that simple!

Changing Tents

Changing tents for men and women will be available just past the baggage claim in Canal Street Park for those participants wishing to quickly change into warmer clothes. Ask a volunteer to point you in the right direction!

Post-race Feast

The post-race feast will be held at the Hungarian Hall, a short walk from the finish line.

The Food

Potato leek soup
Roasted chicken, cheese, apple, cranberry pita
Veggie & hummus pita
Chocolate Chip & Peanut Butter Cookies
Fruit
Miscellaneous snacks

The Drink

Lemonade
Ice Tea
Fruit Juices
Water
Beer or Wine-1 complimentary (Must be over 21)

Awards

Trophies and plaques will be awarded to the top three male and female runners and walkers. In addition there will be three awards in each of the following age-groups:

Runners

Male & Female

13-19	
20-24	25-29
30-34	35-39
40-44	45-49
50-54	55-59
60-64	65+

Walkers

<u>Male</u>	<u>Female</u>
13-49	13-39
50-59	40-49
60+	50-59
	60+

Bus Transportation

Your day is now over! Bask in the glory of your accomplishment! It's time to get on the bus and get your free ride back to the starting area. Buses will leave from the Hungarian Hall every 15 minutes beginning at 10:00 AM and continuing through 1:00 PM.



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Spectator Page

We know that you want to support your friends or family members as they compete in the race. However, the D&L Half Marathon is a somewhat remote course. There are few viewing points, with limited access to parking.

The best viewing points are:

The start at Northern Lehigh HS

GPS Coordinates: **1 Bulldog Ln**
Slatington, PA 18080
40.759595, -75.612504

Mile 3 at the D&L trailhead off of Main Street in Slatington

GPS Coordinates: **26 Railroad St**
Slatington, PA 18080
40.752363, -75.604428

Mile 8 at the D&L trailhead off of Cove Road in Laurys Station

GPS Coordinates: **5974 Cove Rd**
Laurys Station, PA 18059
40.734147, -75.538891

Finish Line at Canal Street Park in Northampton

GPS Coordinates: **1427 Canal Street**
Northampton, PA 18067
40.680781, -75.497383

We recommend that spectators follow the driving directions in this guide and head straight to the finish area once the competitors leave the starting area. It is approximately a 25 minute drive. You will have plenty of time to arrive at the finish line for a good viewing vantage point.

Thank you for supporting the D&L Half Marathon!



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Sponsors



Thank you sponsors!
You make it happen!

Next Year

Save the Date!

The 2017 D&L Half Marathon will be held on November 5, 2017