

# **D&L Heritage Half Marathon Run/Walk 2022 Event Guide**



**Sunday, November 6, 2022**

**8:00 AM**

**Riverview Park in East Penn Township**

**465 Riverview Road**

**Palmerton, PA 18071**

## A Message from the Race Directors



**Hello Runners and Walkers,**

Welcome to the 11th Annual Delaware & Lehigh Heritage Half Marathon Run/Walk! We have a new course this year! We listened to you and eliminated the notorious hill of mile 1. Our new course is a flat out and back format. We are certain you will enjoy our race and want to share your experience with your family and friends! Please be sure to thank all of our generous sponsors and wonderful volunteers who make this event possible.

Have a great race!

*Ed Eppler*

Co-director

*Anna Kristjansen*

Co-director



## Here are some of the many reasons why you will enjoy the D&L Half Marathon

1. Beautiful, lush rail trail and canal towpath, joint-friendly terrain, crisp autumn temperatures.
2. Both runners and walkers are welcomed and encouraged.
3. Amazing safety support from start to finish.
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. Municipal support that shows.
8. Lots of unique awards for both runners and walkers.
9. Post-race Food Truck Grab & Go with several options for your refueling needs.
10. Parking really close to the start/finish area.
11. Hydration stations.
12. Pacers.
13. Spectator-friendly finish.
14. Very enthusiastic and energetic volunteers.
15. Did we mention the flat out and back *FAST* course?

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

## Have an awesome race!



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## About the D&L National Heritage Corridor

The five county region the Delaware & Lehigh National Heritage Corridor (DLNHC) has occupied a special place in American history for centuries. Its unique combination of industry, culture and natural resources made it a birthplace of America's Industrial Revolution, which catapulted this region to an internationally-recognized hub of production. The Delaware and Lehigh Canals and the Lehigh Valley Railroad were essential links in this process, and it's their history that the DLNHC works to preserve and celebrate.

The history of the region we now know as the D&L Corridor begins with the 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 in Easton, and just a few miles south in the corridor, 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 DLNHC 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.

The DLNHC organization is committed to connecting residents and visitors to our amazing landscape by inspiring connections. Via the D&L Trail we will be able to experience the region's nature and environment, industrial heritage, economic development, and health and wellness opportunities for future generations to come.

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



## Event Schedule

*Saturday, November 5*

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

*Sunday, November 6*

Activity	Time	Location
Packet Pickup	6:00 AM to 7:15 AM	Riverview Park, Near the start/finish line
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
Post-Race Feast for participants and volunteers, Cash sales for spectators	9:00 AM to 1:00 PM	Finish Line
First Runner Finisher Expected	9:10 AM	Finish Line
Runner Awards	Rolling as age groups fill up	Finish Line Information Table
First Walker Finisher Expected	10:20 AM	Finish Line
Walker Awards	Rolling as age groups fill up	Finish Line Information Table



## Meet the Race Committee

Name	Primary Race Function
Claire Sadler	Executive Director, Delaware & Lehigh National Heritage Corridor
Ed Eppler	Co-Race Director
Anna Kristjansen	Co-Race Director
Michele Stanten	Walker Coordinator
Michael Drabenstott	Emcee / Race Advisor
Loretta Susen	Registration Coordinator
Gianna Caruso & Laura Budraitis	Marketing & Social Media Coordinators
Aurelia Rapp	Volunteer Coordinator
Liz Rosencrans	Course Logistics Coordinator
Bob Orenstein	EMS Coordinator
Stephanie Noll	Food & Beverage Coordinator
Whitney Davison	Finish Line Coordinator
Kathleen Ward	Sponsor Coordinator
Dan Cruttenden	Parking Coordinator
Gary Leander	Race Advisor
Paul Pierpoint	Race Advisor
Tim Cramer	Course Setup
Penman Neel, Rachel Lewis, Wendi Blewett, Mandy Tolino	DLHNC Staff assisting on race day

*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!*



## Sponsors

11th Annual

# DELAWARE & LEHIGH HERITAGE HALF MARATHON

Sponsored by:



Carbon County  
East Penn Township

Lehigh County  
Lehigh Gap Nature Center

Lehigh Valley Ambulance Association  
Northampton County

Slatington Borough  
Slatington Venture Group

Walnutport Borough  
Walnutport Canal Association

## **Meet the Race Partners**

East Penn Township  
Borough of Slatington  
Borough of Walnutport  
Lehigh County  
Carbon County  
Northampton County  
Walnutport Canal Association  
Lehighon Ambulance Association  
Northern Lehigh School District  
National Canal Museum  
Discover Lehigh Valley

## **Packet Pick Up**

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

## **Course Description**

The D&L Half Marathon has been designed to be a fast course. It is an out and back format on the hard packed surface of the D&L Trail. The start is on Riverview Road and the D&L Trail. From there head south 5 miles to Slatington. At that point make a left across the Slatington/Walnutport bridge. Once across the bridge make another left on to the Walnutport spur of the D&L Trail. Go a little over a mile to the turnaround point.

There are no hills! The total elevation change on the course is less than 60 feet!  
We will have lead cyclists for both the men and women.

Please stay to the right once the lead runner approaches you after the turnaround point.

The course is scenic. View the Lehigh River and Lehigh Canal. See waterfalls and mountains. Maybe you'll even spot a blue heron or bald eagle! Enjoy!

**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 join us for the post-race meal and awards ceremony.



## Event Records

<u>Run</u>	<u>Walk</u>
(M)-Trevor Van Ackeren, 1:09:48 (2016)	(M)-Dave Talcott, 2:05:30 (2019)
(F)-Olivia Beltrani, 1:22:32 (2018)	(F)-Erin Talcott, 2:00:05 (2019)

## Course Map With Elevation Profile



## Start/Finish Line Map



## Driving Directions to Start and Finish of Race

### *From Lehigh Valley*

Route 22 East or West	
Exit onto Route 145 / MacArthur Road North to end	14.8m
Exit left onto Route 248 West	3.7m
Take the Bowmanstown exit	.5m
Turn left onto Route 895 West	.1m
Turn left onto Riverview Road	.8m

### *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	2.9m
Turn right onto PA-895 West (Bowmanstown)	.2m
Turn left onto Riverview Road	.8m

### *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 to end	14.8m
Exit left onto Route 248 West	3.7m
Take the Bowmanstown exit	.5m
Turn left onto Route 895 West	.1m
Turn left onto Riverview Road	.8m

**Driving Directions Continued on Next Page**



## Driving Directions to Start of Race (Continued)

### *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 to end	14.8m
Exit left onto Route 248 West	3.7m
Take the Bowmanstown exit	.5m
Turn left onto Route 895 West	.1m
Turn left onto Riverview Road	.8m

**GPS Coordinates: 40.79197, -75.65717**

**Riverview Park in East Penn Township  
465 Riverview Road  
Palmerton, PA 18071**





## Runner Bibs



Runner bibs are numbered 1 through 1000. 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 your name and bib number and 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.



## Walker Bibs-Front

DELAWARE & LEHIGH HERITAGE  
HALF MARATHON  
RUN/WALK

**1200**

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Please do not pin

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City, State \_\_\_\_\_  
☐ Male ☐ Female Age \_\_\_\_\_

**Emergency Notice**  
610-323-3548  
X221  
No. 1200

**BEER OR WINE  
TICKET**  
No. 1200

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

DELAWARE & LEHIGH HERITAGE  
HALF MARATHON  
RUN/WALK

**I'M WALKING  
TO MAKE HISTORY**

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Please do not pin

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

## **Baggage Check**

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

## **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 holding a sign indicating a specific pace and wearing yellow safety vests.

## **Walker Pacers**

For those walkers attempting to walk an evenly paced race to achieve a specific time we are offering four pace groups (3:15, 3:30, 3:45, 4:00). Pacers will be easily identified by holding a sign indicating a specific pace and wearing yellow safety vests.

## **Aid Stations & Porta-Johns**

There are four aid stations on the course with Porta-John facilities. They will be located at the 3, 5, 8 and 10 mile marks. Fluids will include water and Gatorade. Gels are available at all aid stations. All aid stations will be located on your right as you approach them..

## **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. 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.

## 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 within a minute of finishing. There will be an insta-results printout available at the finish area. If you place in your age-group present your ticket at the awards table to claim your award.

## Photography

There will be official photographers on the course. Photos will be posted to RunSignup and Facebook after the event. Feel free to share your race day pics with family and friends. Use #DLHeritageHalf

## Finish Line Procedures

The finish line is located on the D&L Trail right next to Riverview 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. Exchange your food ticket for the post-race meal provided by Fired Up Artisan Oven.

## Finisher Medals

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





### **Baggage Pickup**

Baggage pickup will be at Riverview Park at the check in table. 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 Riverview 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 near the finish line in Riverview Park. Our menu is provided by Fired Up Artisan Oven. Seating is available under the food tents. Food tickets are attached to your race bib.



<u>The Food (Choice of 1)</u>	<u>The Drink</u>
Grilled Vegetable Wrap	Water
Tuna Salad Wrap	Gatorade
Beef and Cheddar Sandwich	
Turkey Club	<u>The Sides</u>
	House Chili
	Choice of chips or cookies

Krazy Chicken Lady will have cash food and drink sales available to spectators at the start/finish area. They make a delicious breakfast sandwich!

For spectators out on the course, Diggity Dogs & More will have cash food and drink sales available at the Slatington trailhead. They make a delicious breakfast sandwich as well!

## 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. Once your place has been confirmed, pick up your award near the finish line.

<u>Runners</u>		<u>Walkers</u>	
<u>Male &amp; Female</u>		<u>Male</u>	<u>Female</u>
13-19		13-49	13-39
20-24	25-29	50-59	40-49
30-34	35-39	60-69	50-59
40-44	45-49	70+	60-69
50-54	55-59		70+
60-64	65+		



## 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 and finish** at Riverview Park  
465 Riverview Road  
Palmerton, PA 18071

**Mile 3 and 10** near Lehigh Gap Nature Center  
8844 Paint Mill Road  
Slatington, PA 18080

**Mile 5 and 8** at Slatington Trailhead  
26 Railroad Street  
Slatington, PA 18080

### Food is available to purchase by spectators at the following locations:

**The start and finish** at Riverview Park  
Krazy Chicken Lady  
465 Riverview Road  
Palmerton, PA 18071



**Mile 5 and 8** at Slatington Trailhead  
Diggity Dogs & More  
26 Railroad Street  
Slatington, PA 18080



Please support these Trail Friendly Businesses!



## Long Sleeve Technical Shirts



## Age-Group Awards

Who walks 400 miles a year, while pulling 36,000 pounds of resistance?

Hank and George! If you're a lucky winner in your age group on Sunday, you'll receive a one-of-a-kind award, featuring a lucky mule shoe worn by one of the hardest working mules in Pennsylvania.

Good luck!



**Next Year**

**We have something special planned for 2023!  
Stay tuned!**