

13th Annual St. Luke's Hospice Bike Ride

A Ride to Remember

Saturday, June 1, 2024 • 10 am

No bike? No problem!
FREE Loaner bikes & helmets will be available through Pocono Biking (no additional fees). Register early. Supplies are limited.



Registration:

- Registration is required, please visit vna.sluhn.org/bikeride
\$40 Registration fee
(Fee includes boxed lunch, shirt and loaner bike if needed. All proceeds will benefit St. Luke's Hospice.)
- Registration is online. There will be **no** event day registration.



Delaware & Lehigh National Heritage Trail
Lehighon Trailhead
200 North Main Lane, Lehighon, PA 18235

Details:

- **Participants can choose to ride 20 or 30 miles of the D&L Trail**
You will begin and end your ride south of Jim Thorpe at the Lehighon Trailhead – one of the most dynamic sections of the trail! The route takes you along riverbeds, the canal towpath as well as paved sections. You will see museums, an environmental center, Appalachian Trail crossing and witness beautiful vistas of the Blue Mountain, Appalachian Trail and Lehigh Gap.
- **All levels of riders are encouraged to participate**



St. Luke's University Health Network and Delaware and Lehigh National Heritage Corridor are encouraging you to get out and get active. Learn more and sign up at www.tailonthetrail.org

Help us in building a healthier community... one mile at a time.

