Our Best D&H Distance Run Yet

The 7th annual D&H Distance Run proved to be our most successful half marathon to date! Most of this can be attributed to the 100 volunteers and emergency services personnel who donated their time and energy to make the event a success. This year’s race registration closed early after reaching our cap of 325 runners. Our celebrity starter, WNEP’s Lara Greenberg, blew the horn at 9 AM signaling the start of the race. Even though 7 states were represented, our first place finisher was from right here from NEPA. Honesdale’s Steve Brown crossed the finish line with a time of 1:20:20. New this year we included a 5K run in addition to the ½ marathon. All totaled over 380 runners registered for the event.

The goal of the race is to raise money for continued construction and maintenance of the D&H Rail-Trail. 100% of proceeds go back into the trail helping to further the development of this important community resource. Along with our volunteers, our sponsors are the foundation of our event. Many have been with us since the beginning, supporting our race as it grows each year. We also welcomed many new sponsors in 2014. We are grateful for their generous support. A list can be found on our website www.nepa-rail-trails.org. Help us reach our goal of selling 500 raffle tickets. Local merchants have donated valuable prizes including a golf membership to Fern Hall and overnight stay and dinner at Stonebridge Inn & Restaurant. Tickets are $2 each or 3 for $5 and can be purchased at Cable’s Deli or by sending a check to the Rail-Trail Office.

Drawing to be held October 23rd.

Two More Bridges!

This Fall will see two more bridges decked with concrete and new railing systems. The Brandt bridge (below), just south of Lanesboro is almost complete. It crosses over the Starrucca Creek on the 2 mile stretch of D&H between Brandt and Lanesboro, at Mile 32.5. This project is funded at 50% by PA’s Act 13 Marcellus Legacy funds. The project includes a trail gate at the Brandt end and a bench overlooking the stream. Minichi, of Dupont was the successful bidder/contractor.

The other project just getting underway is the “Forest City north” bridge crossing over the Lackawanna River at Mile 7. This is funded through the Recreational Trails Program of PA DCNR at 80%. This section of trail is used for the D&H Distance Run, our large fundraiser. Funds raised over the years are enabling us to get these large projects done! The successful bidder on this project was Fabcor, Jessup.

Follow the progress of the bridge redockings on our Facebook page.

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**NEW LIFETIME MEMBERS**
Christopher & Peter Egolf, Wayne, PA
The Stockley Family, Union Dale, PA
Francis Dubbs, Jr, New Canaan, CT

**NEW MEMBERS**
Harry Aumack, Keport, NJ
Danielle Bianchi, Peckville, PA
Edwin Bronchtein, Philadelphia, PA
Jim & Sheryl Browlow, Thompson, PA
Greg Clark, Carbondale, PA
Judy Gnatula, Carbondale, PA
Vicki Lydecker, Sacramento, CA
Debras & Bob Moon, Macao, GA
Carl Rehkop, Carbondale, PA
Virginia Volpe, New York, NY

**RENEWING MEMBERS**
Bonnie Alco, Noverly, PA
Jon Bauer, Roole Valley, PA
Peter Baumann, Susquehanna, PA
Durance Belis, Noverly, PA
Magdelena Branden & Buss Brennsa, Kingsley, PA
Jack & Ruth Bertelers, Newtown, PA
Todd & Colleen Bobro CNC, Clifford Town, PA
Bill & Alice Burrell, Carbondale, PA
Robert Burstnick, Forest City, PA
David Butler, Forest City, PA
Al Chesnic, Kearny, NJ
Owen Conaghan, Clifford Town, PA
Barbara Conner, Union Dale, PA
Frank Conner, Keport, NJ
Alfred Derle, Starlight, PA
John & Lisa Demark, Vandling, PA
Marge & Doug Eldridge, East Orange, NJ
Heather & David Elga, Lendenberg, PA
Daniel & Tracy Fenton, Hopewell, PA
Jim & Mary Fitzsimmons, Forest City, PA
Doug & Betty Froy, Clifford Town, PA
Jack Fries, Vandling, PA
Dr. Ralph Grames, Jr., Poynette, PA
David Gibson, Crafts Summit, PA
Edward Giombetti, Jr., Neon, PA
Anne & Lin Gordon, Philadelphia, PA
Francis Graytlock, Forest City, PA
Sandra & Richard Guman, Archbald, PA
Cathy & Bob Guzzi, Doffen, PA
Joan & Ken Haltich, Union Dale, PA
Mary Holbe, Flexville, PA
Frank Heim, Hawley, PA
Roy Hicks, Springbrook Town, PA
Anne Holmes, Shavertown, PA
Mary Beth Holmes, Carbondale, PA
Lori Hubal, Thompson, PA
Linda, John & Fred Jimenez, Hampton, NJ
James & Vera Johnson, Pampoton, PA
Dr. Arthur Jordan, Scranton, PA
Wanda & Ed Joerschick, Union Dale, PA
Audrey Kase, Great Bend, PA
Helen Koshuba, Factoryville, PA
Ernie Keller, Clarks Green, PA
Maryln Kneelund, Equinunk, PA
Allan & Nancy Kobinek, Honesdale, PA
Delores Kowalcz, Dickson City, PA
James Kulip, Lancaster, PA
Maureen & Bill Kupier, Union Dale, PA
Fred & Charlotte Lyon, Clifford Town, PA
Peter Mackenka, Simpson, PA
Rich Mostalatti, Peckville, PA
Robert Marx, Union Dale, PA
Miltett Real Estate, Scranton, PA
Kurt Mooray, Bringhamton, NY
John Morris, Simpson, PA
Carol Motsko, Thompson, PA
Shayne Negus, Philadelphia, PA
Tom & Ann Marie Noone, Union Dale, PA
Dorothy Notchick, Simpson, PA
John Opalaz, Simpson, PA
Rosewell Patterson, Endwell, NY

**CALENDAR**

**OCTOBER 23**
RTC Dinner/Meeting: 6/7 PM, Frank’s Place, Simpson

**OCTOBER 30**

**NOVEMBER 20**
RTC Dinner/Meeting: 6/7 PM, RTC office, Union Dale. Turkey dinner by Cable’s Deli.

**DECEMBER 11**
Welcome to the Delaware and Hudson

The D&H Rail-Trail, owned by the Rail-Trail Council of Northeastern Pennsylvania, is 38 miles long, from Simpson to the New York border near Susquehanna, Pennsylvania, and its path is steeped in local history. The Delaware and Hudson Canal Company dates back to 1823, and in the early days, it hauled anthracite coal from Carbondale to New York City. Today, there’s a new connection between Northeastern Pennsylvania and New York; this time, the connection is to Brooklyn. That’s where Chef Patti Jackson, a native of Clarks Summit, prepares regional American food from the mid-Atlantic states (Baltimore to Buffalo), using farm fresh ingredients and bringing the flavor of home to all who dine in her restaurant.

Chef Patti Jackson’s career has taken her to some of the most beautiful cities in the world, but when she truly loves a place, it’s because it reminds her of Northeastern Pennsylvania; it reminds her of home.

Her Pennsylvania roots are evident in the restaurant she opened in May in Williamsburg, Brooklyn, the Delaware and Hudson, named after the early American canal system, gravity railroad, coal line and passenger trains. These companies played a vital role in the region’s history, serving the Northeast in the 19th and early 20th centuries, as well as Chef Jackson’s family history. Her great grandfather worked for the famous railway. “I grew up with the Delaware and Hudson as an icon,” Chef Jackson said. “The name really speaks to this area, and the farmers who I buy from are all along the Hudson River and the Delaware River. It worked out as a great name for us, and it says something about my heritage and where I come from.”

Chef Jackson has enjoyed a lifelong love of cooking and baking. “I remember all kinds of cooking experiments I used to do in my mom’s kitchen,” she said. While she loved working with food, her interest in biology and chemistry initially led her to pursue a degree in the sciences. “I went to The University of Scranton and I thought I would do something related to the sciences, but I also had a restaurant job, and I realized I liked that more. A friend suggested I check out culinary school, so I did. I moved to Baltimore and that’s what started this whole adventure.”

Chef Jackson trained as a pastry chef at the Baltimore International Culinary Arts Institute, and worked as a pastry chef in wholesale, retail and restaurants in Washington D.C. and then in New York for 18 years. She worked for industry leaders as Sutton Place Gourmet and the Pino Luongo, and she was Executive Chef of prestigious restaurants such as Le Madri, i Trulli and Centovini prior to opening Delaware and Hudson.

In addition to its name, the 38-seat restaurant’s theme commemorates the famous historical rail line through special touches put in place by its owner — a map of the D&H Canal, a print of the old Lackawanna Railroad bridge with Phoebe Snow, a photo of the Lackawanna Valley, along with D&H glasses and books.

A highly-diverse menu includes unique interpretations of Pennsylvania-inspired classics, as well as haute cuisine offerings of regional American food from the mid-Atlantic states. Dining at the Delaware and Hudson introduces the flavors of Pennsylvania to some for the first time, while inspiring a bit of nostalgia for others. “My friend told me he had a wimpie today because said he hadn’t heard it called that since the lunch ladies made wimpies in the Clarks Summit cafeteria,” Chef Jackson said. From wimpies to hoagies, there’s always room for a taste of home. “Once in a while I slip in my Grandmother’s chocolate, or her cheese ball,” she said. “It’s kind of funny — I wish I could make a Don’s Market hoagie. They just mastered that. We tried to make a cheesesteak for a while that tasted like the one at Grace’s Hoagies, but it’s impossible to replicate and I don’t know why. It was just delicious.”

Items such as The Pennsylvanian (eggs, sausage, scrapple and apple fritters), funnel cakes with strawberries and of course, those famous Wimpies (Pennsylvania-style sloppy joes) may be among the lunch options, while dinner choices are likely to include Chef Jackson’s famous pretzel rolls, roasted Pennsylvania chestnuts as appetizers and main courses incorporating the finest heirloom tomatoes. Apple butter, peach butter and pickles; all are tastes of Chef Jackson’s favorite Pennsylvania country foods.

As she incorporates a taste of her hometown into each menu, Chef Jackson is mindful of the history lessons that can be found within these ingredients. “The whole country of the United States of America was founded around New York, Pennsylvania, Virginia. That belt through the middle of the country was the bread basket, and it was amazing agricultural land. (Our forefathers) came from places that had great agriculture and when they got here, it was just incredible. And we forget that. We come from this really fertile, beautiful place that has an amazing diversity of products.”

To learn more about the Delaware and Hudson restaurant and its full menu, visit delawareandhudson.com.

Julie D. Imel is a freelance writer in Northeastern Pennsylvania.
Thanks Again to NEP Sno-Trails

Our trail partner-NEP Sno-Trails have been doing a lot of trail maintenance work to get ready for snowmobiling season. They have brush hogged many areas on the unimproved sections of D&H trail, which makes the trail look more friendly and usable. These sections require a mountain bike, and traverse areas especially scenic in the Fall.

Snowmobile passes can be purchased for $50 pre-season (up to November 15th); in-season cost is $70. Anyone caught on the trail system without a pass will be charged a fee of $140. Trail pass checkpoints are set up at various locations. Get more information on their website. www.nepsnotrails.com or follow on Facebook.

Please support the snowmobile club by volunteering, purchasing raffle tickets or just saying thank-you for all the work done to keep the trails open & safe.

A Big Thanks to “Friends of the Starrucca Creek”

We truly appreciate all the hard work of the volunteers of the FSC. Last Spring was their 3rd big trash pickup along the Starrucca Creek, which included the actual streambed and stream banks as well as the D&H Rail-Trail. Well over 70 members include a lot of family groups that hope to inspire people to come together to make the Starrucca a better, safer, cleaner place to enjoy the outdoors.

Our gate, bridge and ramp project should help the “Friends” and other trail users to safely appreciate this section of trail and keep out potential dumpers.

Mini-Grant Rails-to-Trails Conservancy

Trail improvements are continuing in the Lanesboro-Brandt trail area with a small grant from our Rails-to-Trails Conservancy. An access gate was installed on the Lanesboro end, where the D&H crosses Viaduct Street (SR 1009). This grant also allowed us to put in a trail ‘go-around’ where the Starrucca Creek has destroyed about 200 ft of trail. Luckily we own the parallel “upper D&H Trail” that can be used to bypass this section. Local contractor Ozzie Miller did a great job making the ramp serving as the way around the washout.

New Trail Guide

The new Guidebook to the Lackawanna River Heritage Trail and the D&H Rail-Trail is hot off the presses! This handy, spiral-bound pocket compendium not only provides detailed information about navigating the entire seventy mile corridor from New York State to Pittston (and the reverse!) with GPS coordinates, but it also offers interesting and useful information and photos about the history, culture and significant sites of the Lackawanna Heritage Valley National and State Heritage Area. The Lackawanna Heritage Valley Authority (LHV) manages the four southern trail sections of the Lackawanna River Heritage Trail. The Rail-Trail Council of NEPA, Inc., whose office is located in Union Dale, manages the D&H Rail-Trail, the northern and more rural parts of the trail.

A regional map featured in the guidebook helps orient trail users to the entire 70-mile route. The trail is shown in red. The five trail sections are color-coded on the regional map, and each is highlighted separately in dedicated chapters of the guide. Each chapter includes detailed maps, a written description of the route and conditions, trailheads and important amenities, points of interest, and a historical narrative. The scale for each map is indicated on the right margin. A key to map symbols used in the guide is located on the inside back cover.

Trail Guidebooks are for sale at $19.99 at LHV offices in Scranton or at the Rail-Trail Council office in Union Dale. You can also download a free copy from www.lhva.org in the trails & greenways section.

Membership Renewal Form

Please renew! The date on the mailing label on the reverse indicates when your membership expires.

☐ Lifetime/Founding $500  ☐ I am available for trail cleanups.
☐ Patron/Sponsor $250   ☐ Call me to discuss a corporate donation.
☐ Club/Organization $100  ☐ Send me Sam’s Club Business Membership Card.
☐ Family $35       ☐ I am interested in finding out more about the “Trail Tender” program.
☐ Individual $20  ☐ Send my newsletter electronically (instead of by mail) to: ____________
☐ Senior/Student $15  ☐ Send me a brochure.

NAME ______________________________ PHONE NUMBER ______________________________
STREET ADDRESS ______________________________ E-MAIL ADDRESS ______________________________
CITY _______ STATE _______ ZIP _______

Please update your address here if necessary. Make checks payable to Rail-Trail Council of Northeast PA
P.O. Box 32, Union Dale PA 18470 / Phone: 570-679-9300 / E-mail: trails@nep.net
The 2014 D&H Distance Run welcomed runners of all ages, sizes and ability levels. I am in awe at the seemingly effortless stride of elite runners and as equally amazed at those who strive just make it to the finish. When you are a spectator standing on the sidelines sometimes you have the chance to step into their stories.

Tracy Ryan didn’t care what place she finished the D&H Distance Run, this was her first half marathon and she just wanted to finish. She started running with the Carbondale YMCA’s couch to 5K program in an effort to get back in shape after the birth of her daughter. Couch to 5K is an eight week, detailed walking/running program geared to get you from your couch and on your way to running/walking a 5K. After reaching her goal and finishing her first 5K she ran in several more races before deciding to train for the D&H Run. Finishing a half-marathon was a great accomplishment which was evident in the smile on her face crossing the finish line.

Tracy keeps a scrapbook of all her race numbers and medals received for what she calls “doing nothing.”

She has already signed up for another half-marathon in the spring. She plans on using the trail to train. For many people the D&H Trail is a quiet and safe place to bike, hike and run. Trails support an active lifestyle which in turn improves health. So join us on one of our trail activities and get started on a road to better health. Who knows, your story may include running a half-marathon!

Deb McNamara

Please renew! The date on the mailing label below indicates when your membership expires.

Rail-Trail Council of Northeast PA
P.O. Box 32
Union Dale PA 18470
trails@nep.net
www.nepa-rail-trails.org

Address Correction Requested