

Friday

December 9, 2016



28/18

Today
Cold and cloudy



28/16

Saturday
Partly sunny



36/25

Sunday
Rain/snow mix

STORMCENTER 7

Full forecast by
Eric Elwell, C6



Radio: Updates on AM
1290 and News 95.7
WHIO. Live radar at
WHIO.com

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BUSINESS, A13

**FIRM WINS \$76.5M CONTRACT
FOR WRIGHT-PATT REPAIRS**

LOCAL & STATE, B1

**RACINOS ENJOY RECORD RUN;
CASINOS REVENUES DOWN**



**TRANSITION EXTRA
READ OUR WEEKLY
ONLINE SECTION**

GO!

GET ACTIVE

Helping Santa fill the wish list for outdoor enthusiasts

By **Debbie Juniewicz**
Contributing Writer

It's been said that it's the thought that counts, and what more thoughtful gift can you give to an outdoor fitness enthusiast than one that encourages their passion?

Even better, you can share the adventure with them.

"Giving experiential gifts or gifts that facilitate memorable experiences is the way to go," said Lucy Sanchez, Five Rivers MetroParks' outdoor recreation coordinator. "Toys and knick-knacks can be put on a shelf and forgotten, but incredible adventures provide memories that last a lifetime."

So whether it's cycling or paddling, hiking or gardening, it's all about finding a gift that matches their interest. Those new to outdoor adventures might appreciate a basic but essential gift like a compass, water bottle, reusable hand warmers or membership into an outdoor organization or club.

Or choose a gift the entire family can enjoy like an ice skating outing or a weekend camping adventure. A child carrier backpack or bike trailer can make it easy for even the littlest outdoor adventurers to join in the fun.

Local experts weigh in on gift ideas for the adventure lovers on your holiday shopping list.

CAMPING

Source: *Angie Sheldon and Lucy Sanchez, MetroParks outdoor recreation coordinators*

- Pocket knife, a good knife is essential on an outdoor adventure.

- Hammock for lounging around camp.

- Insulated mug for enjoying warm coffee or tea around the campfire.

- Solar chargers and por-



Camping gear can make for great stocking stuffers. CONTRIBUTED

table power for keeping electronics charged.

- Inflatable pillow, lightweight and comfortable.

- Headlamp – hands-free illumination is essential when your adventures keep you out after dark or you are up before the sun.

CYCLING

Source: *Randy Ryberg and Lucy Sanchez, MetroParks outdoor recreation coordinators*

- Insulated bike water bottle for preventing water from freezing in cold weather and, of course, to keep water cold in the summer. Most bikes have two bottle cages, so giving a couple isn't a bad idea.

- Bike lights are a must and required by law if riding at night on the road. Many are now USB rechargeable, so you don't have to worry about batteries.

- Cycling socks come in lots of fun designs to show off what you are into.

- A fun bell.

- A gift certificate for a

tune-up is timely because winter is the best time to get your bike into the shop; many have reduced rates during the winter months.

- New helmet – even if it has been well cared for, a helmet's lifespan is just 3-5 years. During this time, the Styrofoam becomes brittle and so should be replaced. And a helmet should always be replaced immediately if it has been involved in a crash.

GARDENING

Source: *Betty Hoevel, education coordinator and Luci Beachdell, community gardening supervisor*

Bargains for the garden under \$50

- Seed starting trays.

- Bagged potting soil.

- Bucket with sand and oil mixed for storing tools over winter.

- Small garden tools, gloves.

- House plants, including seasonal varieties as well as potted sensitive bulbs such as

Clivia Miniata and agapanthus which can live many years – outdoors in summer, indoors in winter.

- Heating mats for seed trays.

- Compost bin.

- Do-it-yourself rain barrel.

- Gardening books.

- Community garden plot to be purchased in spring from Wegerzyn Garden Center.

Splurges (\$100 and up)

- Mini greenhouse which can be assembled and disassembled easily.

- Materials for raised beds – many kits available at box stores and nurseries.

- Tumbler composter.

- Lawn service to put compost in all beds in spring.

- Trees or shrubs.

HIKING

Andy Niekamp, *Outdoor Adventure Connection Chief Adventure Officer*

All items are *Captain Blue approved, "I don't recommend anything unless I own and use it myself."*



Fill your favorite hiker's backpack with new gear.

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Bargains (Less than \$40)

- Sawyer Squeeze Water Filter System

- Petzl e+LITE Headlamp

- Buckeye Trail Association Membership

- Darn Tough Micro Crew Cushion Hiking Socks

- Dayton Hikers Performance Hiking Shirt

- The Appalachian Trail Guide

- Sea to Summit Ultra-Sil Dry Sack

- Starbucks Via Instant Coffee Italian Roast

- Larabar Cashew Cookie Bars

Mid-range (\$40-\$100)

- Osprey Talon 22 Day Pack

- Black Diamond Trail Back Trekking Poles

- Therm-a-Rest Z Lite Sol Sleeping Pad

- Outdoor Research Rocky Mountain High Gaiters

- Yaktrax ICETrekkers Diamond Grip Traction System

Splurge (\$100+)

- Big Agnes Copper Spur UL2 Tent

- Garmin Vivoactive GPS Multisport Heart Rate Monitor Watch

- Osprey Exos 48 Backpack

- Jetboil MiniMo Cooking System

- Merrell Moab Mid Waterproof Hiking Boots

PADDLING

Source: *Ken Tudor, Ohio Paddlers*

Safety bargains

"Not enough people are carrying rescue accessories and have or use helmets," Tudor said.

- Rescue accessories: Rescue throw bags and medical kits (\$40 and up) are practical gifts while a safety whistle (\$5) or mini-flasher or strobe light (\$12 and up) could make for a nice stocking stuffer.

- Helmet: Reasonably priced helmets can be found in the \$40-\$60 range.

Splurges

- Helinox Sunset Chair: New for paddle campers, lean back and relax and take in the view with this lightweight chair (\$149).

- Epic full carbon touring paddles (\$279 and up).

If you're still not sure what to buy, a gift card for a local outdoor outfitter, bike shop or garden center will enable the recipient to buy what they need most.

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