

## GO!

## GET ACTIVE

# Weather outside frightful? The outdoors can still be delightful

By **Debbie Juniewicz**  
Contributing Writer

Frigid temperatures and flurries might keep some people inside, but winter weather doesn't have to mean hibernation.

Bare trees open up the landscape of familiar parks and give the trails a new look. And cool temperatures can be invigorating. But whether you're out for a leisurely walk, a heart-pumping hike or a refreshing afternoon of paddling in cooler weather, preparedness is the key. Pictured: Possum Creek MetroPark. CONTRIBUTED



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the winter weather? Local outdoor enthusiasts share their tips for a safe and enjoyable outdoor adventure.

■ **Greg Behrens (Dayton Hikers):** Don't forget mom's advice to wear a hat. I often struggled choosing different jackets and mid-layer fleece options until I realized the importance of wearing a ball cap or beanie. It's easy to regulate the core body temperature by venting the top of the head. A buff helps cover the face and neck and is also easily turned into an earmuff/sweat band as overheating occurs. I also suggest start hiking a little cold and let the body warm up as you get going rather than starting warm and sweating before starting to de-layer.

■ **Matt Feltner (Dayton Hikers):** Winter is my favorite season to hike and backpack, and layers are key. While working hard with a full pack, I rarely need more than a fleece, my base layer, and a hat - any more than that and I start to sweat too much, which can chill you. But once you stop, you get cold quickly, so you need more layers to throw on. For backpacking specifically, a

lot of beginners underestimate how important your sleeping pad is. The warmest, most expensive down bag doesn't help much if you're sleeping directly on the snow.

■ **Ron Grosso (Ohio Paddlers):** First off, you must always dress for the water temperature. A big mistake some paddlers make is using the so-called 120 rule which says as long as water temp and air temp add to 120 you are safe. But 50-degree water and 70-degree air (typical in spring) is much different than 70-degree water and 50-degree air (typical in fall). Protect your extremities - neoprene socks and boots for feet, neoprene gloves or pogies for hands and neoprene hat for head. Avoid cotton. Wear your pfd because when you hit the cold water you will gasp and could take in water. I prefer a dry suit to a wet suit, costs more but when it's about survival, it's worth it.

■ **Kathie Havemann (Dayton Hikers):** Definitely wear something made from polyester or silk as your innermost layer. It keeps the warmth close to your body even if you sweat. On the cold-

## HIKING IN A WINTER WONDERLAND

**What:** Dayton Hikers Buckeye Trail Winter Hike

**When:** Jan. 4

**Where:** Caesar Creek State Park

**Info:** [www.meetup.com/DaytonHikers/events/258732692/](http://www.meetup.com/DaytonHikers/events/258732692/)

est days or nights, I wear long underwear, then a long-sleeve shirt, followed by a sweatshirt and a down vest. That keeps me warm even when it's near zero. And wool socks are perfect for winter and summer. Keep your ears warm with a knit headband or hat. Mittens are much warmer than gloves and retain heat. When it's really chilly or windy, cover your mouth and nose with a scarf or headgear that covers your face. This allows you to breathe in warmer air and will keep you more comfortable.

■ **Jamie Obermeyer (Dayton Hikers):** Keep moving! I've been on winter group hikes with snack breaks, but then I feel cold. If I keep moving and finish the hike, I feel warm the whole time. Definitely wear at least one layer you can peel off as you warm up. Actually, I usually start with the extra layer in my backpack and start out intentionally feeling a little cool, knowing I'll be warm from the exercise soon.

■ **John Remy (Ohio Paddlers):** Bring a change of clothes in a dry bag with a lighter and fire starter.

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## EVENT



The Woodland Lights, located in Countryside Park, 895 Miamisburg-Centerville Road, in Washington Twp. is one of the longest-running and most popular annual lights festivals in the Miami Valley area. TOM GILLIAM / CONTRIBUTING PHOTOGRAPHER

## Bark! SICSA partners up to add to Woodland Lights' holiday fun

By **Ashley Moor**  
Staff Writer

Thanks to the SICSA Pet Adoption Center, your canine pal can enjoy the magic of the Woodland Lights.

For yet another year in a row, Woodland Lights has partnered with the SICSA Pet Adoption Center to host a pet-friendly night on Tuesday, Dec. 17, at 5 p.m.

SICSA mascots Seymour A. Doptions and Ivana Cuddle will be there to greet visitors who may not have a canine pal of their own. Santa will be there to pose for photos with the pets.

Part of the proceeds from both nights will benefit the pets at SICSA. All dogs must be well behaved and leashed at all times or they'll find a lump of coal in their stockings.

The Woodland Lights of Washington Township is one of the longest-running and most popular annual lights festivals in the Dayton area.

This year, visitors will be able to check out the 27th annual walk-through lights display through Dec. 23, from 6-9 p.m.

The half-mile wooded

### HOW TO GO

**What:** Woodland Lights Pet Nights

**When:** Tuesday, Dec. 10 and Tuesday, Dec. 17 at 5 p.m.

**Where:** Washington Township Recreation Center, 895 Miamisburg-Centerville Road, Washington Twp.

**Cost:** \$9, free for children 2 and younger  
**More info:** [www.washingtontwp.org/recreation/woodland\\_lights/about\\_woodland\\_lights](http://www.washingtontwp.org/recreation/woodland_lights/about_woodland_lights)

path features lighted holiday-themed figures such as reindeer, elves, and snowflakes, but also everyday objects such as airplanes and helicopters.

Guests can visit Santa inside a historic log cabin with a fire roaring in the hearth, surrounded by lights and greenery, or meet his reindeer. There are also carnival rides, including a ferris wheel.

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