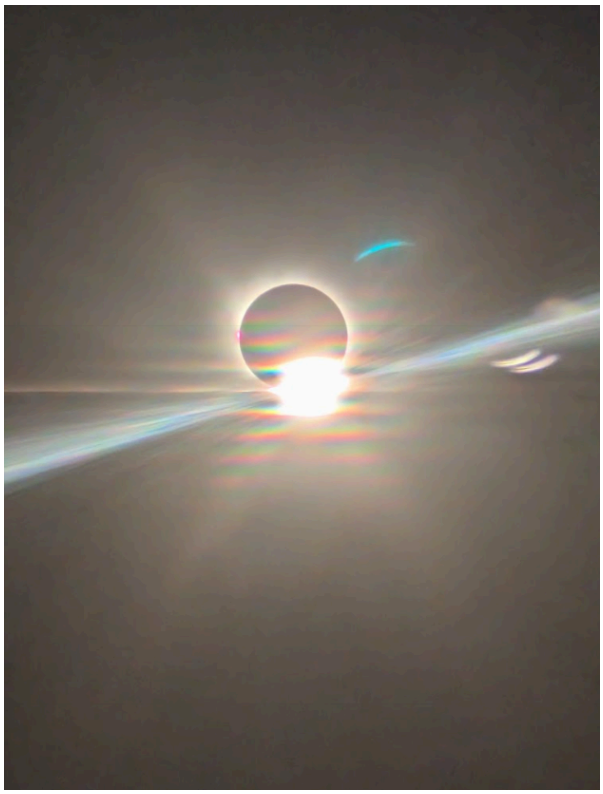
Genesee Valley Hiking Club Newsletter



Las Caninas Caves, Puerto Rico



Solar Eclipse, Arzua, Spain 12 Aug 2026

Photos : Larry O

Executive Committee

Elected Officers:

- President - Larry O
- Vice President - Dave L
- Secretary - Patty M
- Treasurer - Nina T

Immediate Past President: (vacant)

Committee Chairs:

- Hike Schedule - Joan J
- Historian - Patty M
- Info Tech - Larry O
- Membership - Larry P
- Social - Iris R
- Trails Maintenance - Ryan B

Members-at-Large:

- Ruth T
- Alicia C

Co-chairs:

- Hike Schedule - Darla C
- Membership - Linda S
- Social - Ruth T

Help with Meetup Features:
We have several Meetup help articles, available at our GVHC website on the homepage.

- Submit a Meetup Tech Support Request
- Turn on Email Announcements
- Awaiting Dues Status

Newsletter Availability
Find this newsletter and earlier editions at: https://gvhchikes.org/Newsletters.html.

GVHC Website

https://gvhchikes.org

What you can find on the homepage

- Policy on Respect
- Meetup Tech Support Link
- Real-time Email Announcements
- Credit Card Info while in Trial Status
- Past Newsletters
- Hiking Resources, e.g. Scheduling policy, Hints & Tips for Hike Leaders, the club by-laws.

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Message from the President:

Save the Date:
GVHC Annual Member Meeting
Date: Nov 22nd, 2026
Time: 12:00 pm - 1:30 pm.
Location: Stewart Lodge, Mendon Ponds Park.
More info to follow at a later date.

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In this issue:

- Hike Leader Appreciation
- Types of Hiking Cleats for Easy to Moderate Winter Trails
- Dressing for Winter Hiking

Thank you for your continued support. It is a pleasure to meet everyone out on the trails.
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Hike Leader Appreciation

HIke leader appreciation dinner: Oct 11, 2026 - 5:00 to 6:30 pm.Ferrari's

Lots of thanks to Iris R and Ruth T for putting this token of appreciation together.

Everyone had a good time. Relaxed camaraderie is not always possible when the leader is busy watching over the hike.



(L to R, around the table):
Ryan, Larry, Lois, Iris, Kraig, Mark, Ruth, Joan, Suma, Dave)



(L to R): Dave, Suma, Joan)

Everyone received a bag of Halloween treats as a thank-you for leading hikes.

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Types of Hiking Cleats for Easy to Moderate Winter Trails

(AI generated)

Hiking cleats, often called traction devices or microspikes, help hikers maintain grip on snow and ice during winter walks. For easy to moderate trails, several types are available, and the best choice depends on trail conditions, slope, and the amount of ice or snow.

Coil-style traction cleats use tightly wound metal coils around the sole of the shoe. They are lightweight, flexible, and comfortable for walking on packed snow, light ice, and mixed winter surfaces. They are particularly suitable for easy trails and casual winter hiking. However, they provide less aggressive grip on steep or heavily icy terrain.

Lightweight chain-and-stud cleats combine chains with small metal spikes or studs. They offer better traction than coil designs while remaining relatively flexible. These are a good all-purpose option for easy to moderate trails where conditions can change between snow, ice, and bare ground.

Microspikes have several short metal spikes attached to a rubber or elastomer harness. The spikes bite effectively into packed snow and icy surfaces, making them suitable for moderate winter trails, steeper sections, and harder-packed conditions. They are generally more secure than simple coil-style devices.

Strap-on ice cleats are designed to fit over ordinary hiking boots or shoes. They are convenient because they can be quickly put on or removed as conditions change. Different models use studs, spikes, or other traction patterns, making them useful for everything from neighborhood walks to moderate trails.

For most easy to moderate winter hiking, lightweight chain-and-stud cleats or microspikes provide a good balance of traction, comfort, and convenience. Before hiking, check the weather and trail conditions, ensure the cleats fit securely, and carry them even when trails appear only lightly snow-covered. Cleats improve traction but do not eliminate the risk of slipping, so careful footing remains essential.

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How to Keep Hiking When the Temperature Drops

(AI generated)

When temperatures drop, hiking can become more challenging, but it does not have to mean giving up your favorite trails.

With the right *preparation, clothing, and safety habits*, you can continue enjoying the outdoors comfortably throughout the colder months.

The first step is *dressing properly*. Instead of wearing one heavy layer, use several layers that you can add or remove as needed.

Start with a moisture-wicking base layer to *keep sweat away from your skin*. Add an insulating middle layer, such as fleece or wool, and finish with a windproof or waterproof outer layer. Avoid cotton because it holds moisture and can make you feel colder when temperatures fall.

Protect your hands, feet, and head. A warm hat can help reduce heat loss, while gloves or mittens keep your fingers comfortable and functional.

Wear warm, *moisture-wicking socks* and well-fitting hiking boots with good traction. In icy or snowy conditions, traction devices can provide extra grip and reduce the risk of slipping.

Pay attention to daylight and weather conditions. *Winter days are shorter*, so plan your hike to leave plenty of time before sunset. Check the forecast before heading out, including wind speed and precipitation. Wind can make temperatures feel significantly colder, and sudden snow or freezing rain can make a familiar trail difficult to navigate.

Bring enough *food and water*. Your body uses more energy to stay warm in cold weather, so pack high-energy snacks such as nuts, trail mix, energy bars, or dried fruit. Keep your water from freezing by using an insulated bottle or hydration system designed for cold conditions.

Your *pace matters*, too. Start slowly and warm up gradually rather than pushing yourself immediately. If you begin sweating heavily, remove a layer before your clothes become damp. At the same time, avoid stopping for long periods in exposed areas, because your body can cool down quickly.

Finally, *know when to turn around*. Shivering that will not stop, numbness, confusion, unusual fatigue, or difficulty staying warm can be warning signs of cold-related illness. If conditions become unsafe or you no longer feel comfortable, ending the hike early is a smart choice.

Cold weather can transform familiar trails into beautiful winter landscapes. With thoughtful preparation and a willingness to adapt, you can keep hiking safely and make the most of every season.

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End of Newsletter