



## ROC Monthly Newsletter

Thanks for being a part of ROC!  
Go to our website for our weekly outdoor schedules, information on the ROC Race Series, local trails, and more.

[Visit Our Website](#)

[Become a Member](#)

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## NEWS



**Welcome to all of our new and returning ROC members and sponsors!**

**Nell Bovender**

**Thann Boyum**

**Mike Stephenson**

**Bob DeGross**

The money we receive from memberships helps us to continue improving local trails, leading group hikes and river floats, and creating new outdoor programs. Membership is only \$20 for individuals, \$35 for families, and \$100 for businesses. We also offer multiple sponsorship opportunities for businesses to help expend and enhance recreational opportunities in Rutherford County.

Members get discounts at Chimney Rock, Barley's Taproom, Copper Penny, Main Street Coffee, Impact Fitness, and more.  
Click the link below for more details.

[Get Involved!](#)

## UPCOMING EVENTS

### **Saturday, March 9th: ROC Walk With Brother Wolf**

Meet at Brother Wolf (1364 US-221, Rutherfordton, NC 28139) at 10 am to get matched up with one of the shelter dogs. We will walk the dogs for 2 miles on the Thermal Belt Rail Trail.

Since there are a limited number of dogs available, you must pre-register for this event. Email Dana Bradley at [dana@rutherfordoutdoor.org](mailto:dana@rutherfordoutdoor.org) or call her cell at 828-351-3235 to sign up.



### **Tuesday, March 19th: ROC Monthly Meeting**

Our monthly meetings are held on the third Tuesday of each month. Come out to Barleys in Spindale at 5:30 to learn about ongoing and future ROC projects and to meet members and volunteers.



### **Saturday, March 30th: ROC Green River Narrows Hike**

This hike will be led by one of our ROC members, Bruce Byers. It will be strenuous (as the last stretch involves a

section with a steep decline). It will be around 3 miles total (1.5 miles in, 1.5 miles out).

There are 2 meet-up locations to choose from. We will meet at the Rutherford County Administration Building (289 N. Main Street, Rutherfordton) at 9 am and the Food Lion in Columbus (250 W. Mills Street, Columbus) at 9:30 am. We will be on the far right of the parking area near MyGym. Let us know which location you are meeting us at or if you need an alternate meeting location.



Be sure to dress for the weather. Wear sturdy and gripping footwear! Make sure to have enough water and any snacks you may want.

Please RSVP if you plan to join us. Email [trails@rutherfordoutdoor.org](mailto:trails@rutherfordoutdoor.org) or call/text (828) 351-4294.

## UPDATES

### ROC Walk with Brother Wolf

On Saturday, February 9th, ROC volunteers took the dogs from Brother Wolf Animal Rescue for a walk on a newly paved section of the Thermal Belt Rail Trail. Participants and canines alike had a great time. If you missed this event, be sure to register for the next one on March 9th!



### ROC Walking Club

The times and dates are listed below.

#### September 1st - March 31st:

- **Tuesdays:** 5:30 pm at the Summey Park walking track in Forest City
- **Wednesdays:** 9:30 am at

Purple Martin Greenway in Rutherfordton

- **Thursdays:** 4:00 pm at Purple Martin Greenway in Rutherfordton



**April 1st - August 31st:**

- **Tuesdays:** 6:30 pm at the Summey Park walking track in Forest City
- **Wednesdays:** 8:30 am at Purple Martin Greenway in Rutherfordton
- **Thursdays:** 6:30 pm at Purple Martin Greenway in Rutherfordton



The walks are led by our Outdoor Programs Director, Dana Bradley. The club walks together for 30 minutes but you can feel free to walk longer if you like. This is a great opportunity to interact with others from the community that enjoy walking. Walk at your own pace, enjoy the scenery, and make some new friends.

For more information or to join, visit our ROC Walking Club page at <https://www.facebook.com/groups/184160622179015/> or call Dana at 828-351-3235.

[Facebook Page](#)

## ROC RACE SERIES

[Click Here for the 2019 ROC Race Series Schedule](#)

### RACE SERIES RECAP:

#### Box Creek Wilderness 10K

This race had a great turnout! Congratulations to all the finishers!

[Race Photos and Results:](#)

[Box Creek Wilderness 10K](#)



# UPCOMING RACES:

## Bear Foot 5K

The Bear Foot 5k will be on Saturday, March 23rd at Sunshine Elementary School. The race begins at 8:30 am and all of the proceeds will benefit Sunshine Elementary School.



[Race Details and Registration](#)

## WAYS TO PARTICIPATE IN ROC

### Trail Boss and River Steward Programs

**ROC needs Trail Bosses for the ICC Trails in Spindale. If**

**you are interested, please contact us and we will get you started!**



- We need people like you to become trail bosses and river stewards for our local trails and river system.
  - Trail Bosses walk their section of trail at least once a month, report any issues they see, and help keep their section clean.
  - River Stewards float their river section once a month and report downed trees and other obstacles that need to be addressed. There is a River Stewards meeting held on the 2nd Thursday of each month to discuss river improvements and plan future clean-ups.
- If you are interested in learning more about becoming a trail boss or river steward, contact Robin Schultze at [trails@rutherfordoutdoor.org](mailto:trails@rutherfordoutdoor.org) or call 828-351-4294.
- [Click Here](#) for more information on Rutherford County trails.

### Volunteer Opportunities

Volunteering is a great way to build skills, meet people, and give back to

the community all while having fun. We invite and encourage individuals and groups of all backgrounds and ages to get involved and help grow a stronger community.

ROC offers many types of volunteer opportunities throughout the year with varying levels of involvement and physical activity. Our volunteer opportunities include trail projects, fundraising events, festivals, group outings, clean-ups, and more.

If you are interested in learning more about volunteer opportunities, contact Robin at [trails@rutherfordoutdoor.org](mailto:trails@rutherfordoutdoor.org) or call 828-351-4294.



Rutherford Outdoor Coalition | [www.rutherfordoutdoor.org](http://www.rutherfordoutdoor.org)

## STAY CONNECTED:

