



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.

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NEWS



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

Christy Bare and Family

Lenora Mathis

Tammy Proctor Harris

Olga Rossow

Matthew Kramer and Family

Abigail Morrow

Darcie Tumey

Robert Tumey

Chasity Sims and
Family

Betsy Pryor

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

Friday, July 12th: ROC Bearwallow Sunset Hike

Join ROC and kick off your weekend with a short hike to the summit of Bearwallow Mountain. The stunning, panoramic views on top (along with the grazing cows) make for an experience you do not want to miss. The hike itself is a 2-mile round trip. The hike up to the top is strenuous, but is only a mile long. Note that we will return to Rutherfordton at night.



We will meet at the Rutherford County Administration Building at 289 N. Main St, Rutherfordton at 5:30 pm to carpool or you can meet us at the trailhead at 6:30 pm. It is recommended you bring water and any snacks needed, along with a flashlight. A light jacket may also be desired, as it is often gusty at the summit.

For more information or to RSVP, email Dana Bradley at dana@rutherfordoutdoor.org or call/text her at (828) 351-3235.

Saturday, July 13th: 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 or call her cell at 828-351-3235 to sign up.



Tuesday, July 16th: 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, July 20th: ROC Float on Section 5 of the Broad River

Join us as ROC floats section 5 of the Broad River. This is an easy, 5-mile section with a rope swing and a small waterfall.



We will meet at the Grays Road River Access at 9:30 am to unload boats. This is a kayaking/canoeing trip, so let us know if you do not have a boat of your own. Our river stewards sometimes have a few extra they can bring.

Put-in: Grays Road River Access, 520 Grays Road, Rutherfordton, NC 28139

At 9:45 am, we will drive all the vehicles to the take-out point at 2254 Coxe Road, Rutherfordton. Those who drive to the take-out point will carpool back to Grays Road in 1 or 2 vehicles and we should be able to be on the water by 10:15 am.

This float will take 3 - 5 hours depending on conditions and how many times we stop.

Please bring any water, a lunch, snacks, sunscreen, or other items you may need with you. We will stop for lunch around noon.

For more information or to RSVP, email dana@rutherfordoutdoor.org or call (828) 351-3235.

UPDATES

ROC Work Day at Buffalo Creek Park

On June 13th, ROC members and community volunteers repaired rain damage and erosion issues at Buffalo Creek Park.

Our volunteers cleared out drainage ditches, smoothed the trail surface where water had started to erode the trail, removed some roots, and installed berms to increase water runoff from the trail.



[More about Buffalo Creek Park](#)

ROC Broad River Spring Sweep

We had a great turnout for the ROC Broad River Spring Sweep on June 15th. ROC river stewards and volunteers removed a plastic pallet, broken chairs, tires, cans, glass bottles, a lot of agricultural plastic, and other objects from the river. We also cut a path through a tree that had fallen and blocked the river.



Thank you to everyone that participated!! The river looks great because of you!!

[Spring Sweep Photos](#)

ROC Work Day at ICC

ROC members cleared trees, branches, and briars from the trails at Isothermal Community College (ICC) on June 21st. Thank you all for your efforts to keep the ICC trail system looking great!

The ICC trails are rated as easy and there are around 3 miles of trails to explore through wooded areas and pastures, along creeks, and even through a bamboo patch.



[More about the ICC Trail System](#)

ROC Walk With Brother Wolf

On Saturday, June 22nd, ROC volunteers enjoyed a walk on the Thermal Belt Rail Trail with the dogs from Brother Wolf Animal Rescue.

If you missed this event, be sure to register for the next one on July 13th!



ROC Walking Club

The times and dates are listed below.

May 1st - August 31st:

- **Tuesdays:** 6:30 pm at the Rutherford County Farmer's Market parking lot located at the corner of Park Square and Pryor Street in Forest City (behind the new pavilion, POPS).
- **Wednesdays:** 8:30 am at Purple Martin Greenway in Rutherfordton
- **Thursdays:** 6:30 pm at Purple Martin Greenway in Rutherfordton



September 1st - April 30th:

- **Tuesdays:** 5:30 pm at the Rutherford County Farmer's Market parking lot located at the corner of Park Square and Pryor Street in Forest City (behind the new pavilion, POPS).
- **Wednesdays:** 9:30 am at Purple Martin Greenway in Rutherfordton
- **Thursdays:** 4:00 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 to an hour depending on location, but you can feel free to walk more or less 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 and Race Results.](#)

UPCOMING RACES:

Meet Me at the Fountain 5K

The Meet Me at the Fountain 5K will take place on Saturday, July 27th in Forest City. The race starts at 8 am. The proceeds of this race will benefit the Multiple Myeloma Research Foundation and Pilgrims Pathway of Refuge and Family Resources.

[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 Dana Bradley at dana@rutherfordoutdoor.org or call 828-351-3235.
- [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 Dana Bradley at dana@rutherfordoutdoor.org or call 828-351-3235.



STAY CONNECTED:

