



## 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](#)

[Donate](#)

## NEWS



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

**Mary Richardson**

**Chad Green and Family**

**Jody Fletcher**

**Donald Blanton and Theresa Johnson**

**Jill Ramsaur and Family**

**Jason and Penny Miles**

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

### **Sunday, June 2nd: ROC Hike around Mt. Mitchell**

Mount Mitchell is the highest peak east of the Mississippi River and the views are simply amazing.

This hike will be led by ROC member, Bruce Byers. We will be hiking a loop around the side of Mount Mitchell and then up 1.5 miles to the summit. It will be 5.5 miles total (4 moderate and 1.5 strenuous) with an option to reduce to 3.5 miles, if you wish.



We will be surrounded by beautiful views and there is even a concession stand near the top.

We will have lunch there, so bring water and a lunch with you or you can buy snacks from the concession stand.

Bring a jacket, as it can be windy at the top and the temperature is normally 10 to 20 degrees cooler than it is here.

Meet at 289 N. Main Street, Rutherfordton at 9 am to carpool. We should be at the trailhead by 11 am. Contact Dana at [dana@rutherfordoutdoor.org](mailto:dana@rutherfordoutdoor.org) or call 828-351-3235 to sign up.

Please RSVP by emailing [dana@rutherfordoutdoor.org](mailto:dana@rutherfordoutdoor.org) or by calling/texting (828) 351-3235.

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### **Saturday, June 15th: ROC Broad River Spring Sweep**

On Saturday, June 15th, ROC will be having our annual Broad River Spring

Sweep. We will be cleaning multiple sections of the Broad River in Rutherford County.

PLEASE RSVP FOR THIS EVENT. You will be added an email list where we will assign boats and sections, as well as send out important information.



We need volunteers with kayaks as well as canoes. If you have an extra boat that could be used, please let us know. If you would like to participate but do not have a boat, we will try to arrange a boat for you. Let us know if you have trucks or trailers to help carry kayaks, canoes, or trash. ROC will provide trash bags and a few grabbers.

Bring a lunch and some water with you. We will stop about half way through the clean-up for a lunch break. River shoes or shoes you don't mind getting wet are recommended since we will have to get in the water to get most of the trash.

Email Dana Bradley at [dana@rutherfordoutdoor.org](mailto:dana@rutherfordoutdoor.org) or call/text 828-351-3235 for more information or to sign up.

## Tuesday, June 18th: 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, June 22nd: 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.

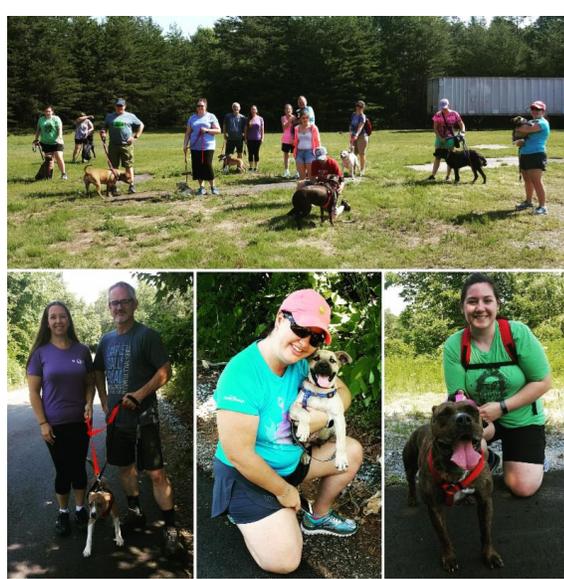


# UPDATES

## ROC Walk With Brother Wolf

On Saturday, May 25th, ROC volunteers took the dogs from Brother Wolf Animal Rescue for a walk on a newly paved section of the Thermal Belt Rail Trail.

If you missed this event, be sure to register for the next one on June 22nd!



## ROC Work Day at ICC

ROC members trimmed grass, briars, and overgrown branches along the Orange Trail at Isothermal Community College (ICC) today. Thank you all for your efforts to keep the ICC trail system looking great!

If you have not been on the ICC trails yet, then you are missing out on a beautiful, family-friendly trail system right here in town. The 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 Broad River Section 5 Workday

On May 31st, ROC River Stewards floated section 5 of the Broad River and cleared a path through a tree that was blocking the river. This section is now passable thanks to their efforts.

Section 4 (River Road to Grays Road) still has a few trees that are creating problems, so use caution when floating this section until we can get out there to clear the rest of the trees.

### [Broad River Information](#)



## 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](#)

## RACE SERIES RECAP:

### Leader of the Pack 5K

This race was a huge success with more than 700 registered participants.

### [Race Photos and Results:](#)

[Leader of the Pack 5K Photos](#)  
[Leader of the Pack 5K 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 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](mailto: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](mailto:dana@rutherfordoutdoor.org) or call 828-351-3235.



# STAY CONNECTED:

