



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](#)

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NEWS



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

Cindy Dotson and Family

Tara Mauney and Family

Chris Marrow and Family

Sandy Austin

Johnny and Gerry

Larry Norton

Ron Carpenter

Lingo

Benjamin Carswell

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, May 11th: ROC Broad River Spring Sweep

On Saturday, May 11th, 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 or call/text 828-351-3235 for more information or to sign up.

Sunday, May 19th: ROC Trombatore Trail Hike

The Trombatore Trail is a beautiful, woodland hike to the beautiful, grassy summit of Blue Ridge Pastures (elevation

3,780 feet). This is a strenuous, 2.5-mile trail (5 miles round-trip).

Bring water and a lunch. Wear sturdy shoes and layers.

We will be meeting at the Rutherford County Administration Building (289 N. Main Street, Rutherfordton) at 9:30 am to carpool or at the trailhead at 10:30 am.



This is the same parking area as Bearwallow Mountain and the address is 4854 Bearwallow Mountain Rd, Hendersonville, NC 28792. You can enter "CMLC Bearwallow Mountain Trail" into your gps or you can follow this link:

<https://goo.gl/maps/mVwCMtdFenn>

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

[More Trombotore Trail Information](#)

Tuesday, May 21st: 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, May 25th: 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.



UPDATES

ROC Walk With Brother

Wolf

On Saturday, April 6th, 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 May 25th!

[More Photos](#)



ROC Rail Trail Clean-Up

ROC members and members of the Alpha 828 Ruck Club came together to clean the Thermal Belt Rail Trail and roadside areas along the way as part of the Keep Rutherford County Beautiful County-Wide Litter Sweep on Saturday, April 6th and Sunday, April 7th. Thank you all for your efforts!

[More about the Rail Trail](#)



Eaton Employees Help ROC with Clean-up

On Tuesday, April 16th, employees from Eaton Corporation helped ROC with the Keep Rutherford County Beautiful Litter Sweep by cleaning John Smith Road in Rutherfordton.

They did a great job and the road is now trash free!



ICC Trail Workday

ROC took to the ICC trail system on Wednesday, April 10th, in order to

make sure that the trail was in good shape for the hike on Saturday!

We cleared brush, trimmed branches that were overhanging the trail, and enjoyed a beautiful day outside.

[More about the ICC Trails](#)



ROC Hike on the Isothermal Community College Trail System

On Saturday, April 13th, ROC led a hike through the trail system at Isothermal Community College (ICC). We managed to avoid the downpour and had a lovely time on a moderate, 2.5-mile hike.



The ICC Trail System was built by ROC volunteers and our volunteers continue to maintain it. We are always happy for the opportunity to spread the word about this beautiful trail system right here in Rutherford County!

ROC Broad River Section 4 and 5 Workdays

On April 7th and April 28th, ROC River Stewards floated sections 4 and 5 of the Broad River and removed trees that were blocking the river.



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](#)

Buffalo Creek Park Workday

On Tuesday, April 30th, Dana Bradley and BCP Trail Boss, Robin

Worcester, cleared debris from the trail and checked for erosion issues. We will have another workday soon to repair a few small areas.

Buffalo Creek Park



ROC Walking Club

The times and dates are listed below.

September 1st - April 30th:

- **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



May 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 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](#)

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

RACE SERIES RECAP:

Miles for Messiah 5K LLCA Raptor 5K

Both of these races had a great turnout! Congratulations to all the finishers!

[Race Photos and Results:](#)

[Miles for Messiah 5K](#)
[LLCA Raptor 5K](#)



UPCOMING RACES:

Leader of the Pack 5K

The Leader of the Pack 5K will take place on Saturday, May 18th in Forest City. The proceeds of this race will benefit the Backpack Program, which distributes food to children in need during weekends and summer months.



[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 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 Robin at trails@rutherfordoutdoor.org or call 828-351-3235.



Rutherford Outdoor Coalition | www.rutherfordoutdoor.org

STAY CONNECTED:

