



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:

ROC Membership Drive

ROC is having our membership drive! 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. Members



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

<http://www.rutherfordoutdoor.org/get-involved>

Welcome to all of our new and returning ROC members!

Sarah Ziomek	Robin Worcester	Joe and Ida Buchanan
Stephanie Epley	Gary Davis	Steve Crowley
Johnny Lingo	Tom Roberson	Robin Street
Sandy Austin	Neil Fruhwirth	Larry Beasley
Bruce Byers	Ginny Moore	Bill and Cindy Buck
Tammy Proctor-Harris		Cindy Watts

Upcoming Events:

Rail Trail Spring Clean-Up

Sunday, April 30 - 11:30 am

Join your community in keeping the Rail Trail beautiful!

All volunteers will meet at the left side parking lot of the McDonald's in Spindale at 11:30 am. Volunteers will be split into groups and assigned to 1 mile sections. Trash bag and gloves will be provided.

If you would like to participate or have questions please contact Hallie Zeedik at trails@rutherfordoutdoor.org or call (828) 625-9983 ext. 505



Broad River Spring Sweep

Saturday, May 27 - 10:00 am

The Broad River Spring Sweep is next month! Please watch for Facebook posts and emails for more information on the Spring Sweep.



Chimney Rock Hike

TBA: Early May

The Chimney Rock Hike will be a free, exclusive, ranger guided hike for all ROC Members. Members will not have to pay park entrance fees for the day, so make sure you sign up or renew your ROC membership before the hike. The hike will take place on the new skyline trail, once it is completed.

More Information coming soon.



ROC Race Series

[2017 ROC Race Series Schedule](#)

Next Race

LLCA Raptor 5K

April 29, 2017 - 8:30 am

The LLCA Raptor 5K takes place at



Morse Park (2948 Memorial Hwy, Lake Lure)

[Race Info & Registration](#)

Past Races

12th Annual Bear Foot 5k and Fun Run

On March 18, 320 people participated in the Bear Foot 5k!

[Race Results and Photos](#)



Miles for Messiah 5k

We had 42 participants in the Miles for Messiah on Mon April 8th.

[Race Results and Photos](#)



Updates:

Roan Mountain Hike

On Sunday, April 9th, ROC led an excited group of hikers through 6 miles of amazing views. The weather was perfect!

[More Photos from This Hike](#)



April Fool's Day Float

Our first group float of the year took place on April 1st. We had over 20 participants floating along the

beautiful stretch of river from Lake Hauser to the Broad River Greenway.

[More Photos from This Float](#)



Couch to 5K Program

A big applause to everyone that has participated!

We still have around 30 participating each week. Come join us!

Another Couch to 5K program will begin on June 26th. Email Dana Bradley at dana@rutherfordoutdoor.org or call (864) 324-1188 for more information.



Buffalo Creek Park Work Day

On March 31st and April 11th, we took out leaf blowers to clear built up debris from the trail that had collected over the winter. The trail is now all clear and safe for everyone to enjoy!

[General Photos of Buffalo Creek Park](#)



Ways to Participate in ROC

Trail Boss and River

Steward Programs



- 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 Hallie Zeedik at trails@rutherfordoutdoor.org or call (828) 625-9983 ext. 505.
- [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 Hallie Zeedik at trails@rutherfordoutdoor.org or call (828) 625-9983 ext. 505.

STAY CONNECTED:

