



## 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!**

Land Environmental  
Group (Kurt Howell)

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.

[Get Involved!](#)

## Upcoming Events:

### **Saturday, April 7th: 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 Purple Martin 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 (864) 324-1188 to sign up.



### **Sunday, April 8th: ROC Broad River Fun Float**

We are dying to hit the water! Join us as ROC floats section 6 of the Broad River; a 4.3-mile easy trip. We will meet at the Coxe Road River Access (2254 Coxe Road, Rutherfordton) at 10 am to unload boats.



At 10:15 am, we will drive most of the vehicles to the take-out point. We have special permission on this day to take out on private property on Poors Ford Road. Those who drive to the take-out point will carpool back to Coxe Road in 1 or 2 vehicles and we should be able to be on the water by 11 am. This float will take 3 - 5 hours depending on conditions and how many times we stop.

Please bring any water, snacks, sunscreen, or other items you may need along with you.

For more information or to RSVP, email [trails@rutherfordoutdoor.org](mailto:trails@rutherfordoutdoor.org) or call (828) 351-3235.

## Saturday, April 14: ROC ICC Girl Scout Workday

On this Saturday, ROC will partner with a local Girl Scout troop to improve the trails at Isothermal Community College. On a section of the Blue Trail, the group will plant flowers, trim back encroaching briars, and pick up trash.



We will meet at 2 pm in the Foundation parking lot. ROC will provide the necessary equipment. Bring enough water and snacks to last you through 2-3 hours of the event.

For more information and to RSVP, email Trevor at [trails@rutherfordoutdoor.org](mailto:trails@rutherfordoutdoor.org) or call (828) 351-3235.

## Sunday, April 15th: ROC Pink Beds Hike

Join us as we explore the beautiful Pink Beds Trail in the Pisgah National Forest. This 5-mile route will take us through a unique mountain bog habitat on very easy to moderate trails. This should coincide with many spring wildflower blooms!



We will meet at the Rutherford County Office Building, 289 N. Main Street, Rutherfordton, NC at 9 am to carpool. Be sure to dress for the weather and bring plenty of water! Pack a lunch or snacks as well.

For more information email [trails@rutherfordoutdoor.org](mailto:trails@rutherfordoutdoor.org) or call (828) 351-3235. Please RSVP in advance and let us know you are attending.

## Tuesday, April 17th: 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.



## Sunday, April 29th: ROC Summits and Full Moon Hike

The cosmos aligns for this great hike! Join us as we ascend the beautiful summits of the Trombatore Trail and Bearwallow Mountain, ending under the full Flower Moon. Though the full route is



7 miles in length, this hike is easy to moderate, and families are welcome and encouraged.

There is also an option of catching only the tail end, the 2-mile round trip hike to and from the summit of Bearwallow Mountain. Contact ROC for more information about this.

We will meet at the Rutherford County Office Building, 289 N Main Street Rutherfordton at 3:30 pm to carpool. If wishing to ride separately, be advised, parking at the trailhead is extremely limited.

Please wear comfortable hiking attire and sturdy shoes. Be sure to bring plenty of water and dinner, as we will break to eat at the summit of the Trombatore Trail. Also, remember to pack a flashlight or headlamp, as we may arrive back at the trailhead in darkness.

For more information or to RSVP, email [trails@rutherfordoutdoor.org](mailto:trails@rutherfordoutdoor.org) or call (828) 351-3235.

## Updates:

### **Muddy Sneakers**

As many of you know, ROC has partnered with Muddy Sneakers. Muddy Sneakers is a non-profit organization that takes 5th grade students out to local trails to learn science in an outdoor setting.

Our Outdoor Programs Director, Dana Bradley, now works as the Lead Instructor for Muddy Sneakers in Rutherford County as part of her position. She has been an instructor with them since August, 2017.

There are 5 schools in Rutherford County that currently take part in the Muddy Sneakers program and we hope that number continues to grow each year. Weather, forces and motion, matter, energy, and terrestrial ecosystems are some of the subjects students learn about on their expeditions.

[More Muddy Sneakers Pictures](#)



### **Broad River Workday**

On March 3rd, some highly-dedicated ROC

volunteers turned to clear large trees from Section 5 of the Broad River. This section is now ready to float, though we wouldn't advise this until it is warmer.

A very special thanks to Neil Fruhwirth and Joe Buchanan who were there to rescue those who fell into the water on this expedition.

If you would like assist on upcoming river or trail workdays such as this, email Trevor at [trails@rutherfordoutdoor.org](mailto:trails@rutherfordoutdoor.org) or call (828) 351-3235.

[More Photos Here](#)



## ROC Gorges State Park Hike

On March 10th, ROC led a hike through the hills and valleys of Gorges State Park. The weather was great, the journey scenic, and the destination well worth the lengthy hike. We saw Lake Jocassee, explored a short section of the Foothills Trail, and saw many specimens of the Oconee Bell wildflower.



[More Photos Here](#)

## ROC South Mountains Hike

On March 17th, ROC led another lengthy hike through the forests of South Mountains State Park. The weather was phenomenal and guests enjoyed the diversity of experiences including waterfalls, rhododendron flanked streams, and scenic mountain vistas. We also toured many areas still recovering from the 2016 wildfire.



[More Photos Here](#)

## ROC Rumbling Bald Hike

ROC members and guests enjoyed

a shorter hike on March 23rd. That evening, attendees explored the trail and surrounding rock features in the Rumbling Bald area of Chimney Rock State Park. Check out the link below for trees with faces, boulders, and an array of spring flora in bloom.

[More Photos](#)



## ROC Race Series:

[Click Here for the 2018 ROC Race Series Schedule](#)

### **Bear Foot 5K**

The ROC Race Series rolled right along with the March 24th Bear Foot 5K benefiting Sunshine Elementary School. Over 250 participants competed this year.



[Results](#)

### **Next Race: Miles for Messiah 5K**

The ROC Race Series continues April 14th with the Miles for Messiah 5K. This race supports the youth of Pleasant View Community Church. Be sure to register in advance.

[More information here](#)



## 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 Trevor Freeman at [trails@rutherfordoutdoor.org](mailto: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 us at [trails@rutherfordoutdoor.org](mailto:trails@rutherfordoutdoor.org) or call (828) 351-3235.



