



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!

Steve and Betty Gilbert

Dennis and Kathy Coldren

Don and Sally Leshner

Tim and Eleanor Will

Jimi Moore and Family

Dot Houlditch

**Steve Garrison and
Family**

**Jeff Hildreth and
Family**

Amy Jones

David Roberts

Jane Weast and Family

Bruce Byers (Lifetime)

Paula Garrard

Scott Lawrence

David Dyar and Family

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, April 6th: 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.



Sunday, April 7th: ROC Rail Trail Clean-up

The Rail Trail is a great resource for many people in Rutherford County, but needs some periodic work to keep it pristine.

On Sunday, April 7th, ROC will clean up litter and debris along the trail and we need volunteers from the community to help us. We will divide into groups and each group will cover about a mile of trail. This clean-up will coincide with the Keep Rutherford County



Beautiful County-wide Cleanup happening throughout the weekend! You can also find information on other areas participating in the county-wide clean-up [here](#).

We will be meeting at 10 am in the left side parking lot at the McDonald's in Spindale, 810 W. Main Street, Spindale, NC. Volunteers should dress appropriately for the weather and bring water and snacks as needed. ROC will provide gloves, trash bags, and a few grabbers. Volunteers can bring their own gloves/grabbers, if desired.

Come help us keep the Rail Trail beautiful and safe for everyone! This is also a great opportunity for anyone that has volunteer hours that need to be met.

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

[Facebook Event](#)

Tuesday, April 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, 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 Robin Schultze at trails@rutherfordoutdoor.org, or call/text 828-351-4294 for more information or to sign up.

ROC Green River Narrows Hike

ROC led a hike down to the Green River Narrows in Saluda, NC on Saturday, March 30th. The hike was led by ROC member Bruce Byers. We had a great turnout, and the weather was perfect for a day by the river.

We're grateful for everyone who was able to join us. We hope that you'll join us for our upcoming hikes, litter clean-ups, and river sweeps!

[More Photos](#)



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.

ROC RACE SERIES

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

RACE SERIES RECAP:

Bear Foot 5K

This race had a great turnout! Congratulations to all the finishers!

[Race Photos and Results:](#)

[Bear Foot 5K](#)



UPCOMING RACES:

Miles for Messiah 5K

The Miles for Messiah 5K will be on Saturday, April 13th at Pleasant View Community Church. There will be a pancake breakfast afterward for all registered 5K runners.

[Race Details and Registration](#)

Lica Raptor 5K

The Lica Raptor 5K will take place on Saturday, April 27th, and will run through Morse Park in beautiful, scenic Lake Lure. When you register, your contribution will be given to the Athletic Department at the Lake Lure Classical Academy.

[Race Details and Registration](#)



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 828-351-4294.
- [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 828-351-4294.



STAY CONNECTED:

