



## 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:

### Couch to 5K Program

This 12-week program began on June 26th. The program is held at the Forest City-Dunbar track on Monday's and Wednesday's at 6 pm.



This program is offered for FREE and all participants that complete the program and want to sign up for the Skirt Chaser 5K held on September 23rd will get a \$5 discount on registration. Email Dana

Bradley at [dana@rutherfordoutdoor.org](mailto:dana@rutherfordoutdoor.org)  
or call (864) 324-1188 for more information or to sign up.

## Upcoming Events:

### **Sunday, August 27th: ROC Group Float on Section 6 of the Broad River**

We will meet at 2254 Coxe Road at 9 am to drop off boats. This is a 4-mile section that meets up with the Green River at mile 3. At that point, the river becomes much wider.



We will be taking out on private property near Poors Ford Road. Email Dana Bradley at [dana@rutherfordoutdoor.org](mailto:dana@rutherfordoutdoor.org) for more details or to sign up!

### **Saturday, September 2nd: ROC Walk with Brother Wolf**

Come walk a section of the Rail Trail from 9 am to 11 am with one of the shelter dogs from Brother Wolf in Rutherford County. Brother Wolf is a local no-kill shelter and has many dogs that could benefit from a walk on a trail.



Brother Wolf will provide carriers and leashes. You must be at least 16 years old to walk a dog but all ages are welcome to attend.

Meet at Brother Wolf (1364 US-221, Rutherfordton, NC 28139) at 9 am to get matched up with one of the shelter dogs. Please let us know if you would not be able to fit a carrier in your car.

Since there is 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.

### **Saturday, September 16th: ROC Broad River Fall Sweep**

We will be cleaning 5 sections of the Broad River in Rutherford County on this day. We will split up into teams and each team will clean 1 river section.

Email us at [trails@rutherfordoutdoor.org](mailto:trails@rutherfordoutdoor.org) to sign up.



## Updates:

### **ICC Trails**

We would like to thank First United Methodist Church of Forest City for their generous grant that allowed us to buy new trail markers and a weedeater for trail maintenance at Isothermal Community College (ICC). Your support is greatly appreciated!

We would also like to thank Turner Construction for donating their time and money to help us install new trail maps and signage along the trail system.



Last month, Lowe's in Forest City donated several tools to ROC to assist with trail maintenance including a pair of post hole diggers, 2 sets of loppers, and 2 folding hand saws. These tools will make it easier for us to maintain the trails and we thank you!

We have a workday scheduled for **Tuesday, August 29th, from 6 pm - 8 pm** to work on removing a few small trees that have fallen and trim back overgrowth. Contact us at [trails@rutherfordoutdoor.org](mailto:trails@rutherfordoutdoor.org) if you would like to help on this day.

[ICC Trail Information](#)

### **Buffalo Creek Park**

Our workday earlier this month was rained out so we have rescheduled for this Saturday,

August 26th. We will meet in the public parking lot at 8 am and will repair some eroded areas along the trail.

Contact us at [trails@rutherfordoutdoor.org](mailto:trails@rutherfordoutdoor.org) if you would like to help.

[Buffalo Creek Park Information](#)



## Brother Wolf Walk

Due to last minute construction at the facility, we were only able to walk one dog on August 5th but we all took turns walking him and had a great time. The dog's name was Chance and he is in the process of being adopted now.



We are partnering with Brother Wolf for a group walk each month, so don't worry if you missed this one. Our next one will be on September 5th at 9 am.

[Brother Wolf Walk Photos](#)

## ROC Group Float on Sections 2 and 3

On Thursday, August 17th, we floated sections 2 and 3 of the Broad River. We had a great group and had tons of fun playing in the rapids.



[Group Float Photos](#)

ROC Race Series

## [Click Here For The 2017 ROC Race Series Schedule](#)

### Next Race

Skirt Chaser 5K

September 23, 2017 -  
8:00 am  
McNair Field, Forest City



[Race Info & Registration](#)

### Past Races

Olympiad Dam Run 10K - August 11th

Olympiad Race to the Rock 5K -  
August 13th



These races both had a great turnout and provided tough, yet beautiful, courses for participants.

[Olympiad Dam Run 10K Results and Photos](#)

[Olympiad Race to the Rock Results and Photos](#)

## 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) 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 us at [trails@rutherfordoutdoor.org](mailto:trails@rutherfordoutdoor.org) or call (828) 625-9983 ext. 505.



Rutherford Outdoor Coalition | [www.rutherfordoutdoor.org](http://www.rutherfordoutdoor.org)

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