



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:



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

**South Mountain
Christian Camp - Steve
and Jennifer Collins**

**Chasity Sims and
Family**

**Sarah Ziomek
Norma Devine and Family**

Lenora Mathis

David Greenleaf

Sheri Barnes

Dean Youngblood and
Family

Pete Link

Dennis and Cathy
Coldren

Freda Jessen

Bruce and Lisa Rome

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, and more.
Click the link below for more details.

[Get Involved!](#)

Upcoming Events:

Sunday, August 5th: ROC Broad River Section 2 and 3 Float

Join ROC as we float 8 miles through Sections 2 and 3 of the Broad River. These sections include several fun rapids along with some of the most secluded and natural portions of the river.



We will meet at 10 am at River Creek Campground, 217 River Creek Drive, Rutherfordton. Note that there is a \$5 suggested parking fee here. After shuttling vehicles to the take-out, we aim to be on the water no later than 11 am.

Be sure to bring plenty of sunscreen and water, along with a lunch. A hat, and clothes you don't mind getting wet, are also good ideas.

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

Friday, August 17th: ROC Bearwallow Sunset Hike

Join ROC and kick off your weekend with a short hike to the summit of Bearwallow Mountain. The stunning, panoramic views on top (along with the grazing

cows) make for an experience you do not want to miss. The hike itself is a short 2-mile round trip. Note that we will return to Rutherfordton at night.

We will meet at the Rutherford County Office Building (Annex), 289 N. Main Street, Rutherfordton at 6 pm to carpool. It is recommended you bring water and any snacks needed along with a flashlight. A light jacket may also be desired, as it is often gusty at the summit.

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



Tuesday, August 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, August 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 864-324-1188 to sign up.



Updates:

ROC Walk With Brother Wolf

On Saturday, July 7th, ROC took several fantastic dogs from Brother Wolf Animal Rescue for a walk on the Thermal Belt Rail Trail. Participants and canines



alike had a blast getting some rays and exercise. If you missed this event, be sure to register for the one August 25th!

[More Photos Here](#)

ROC Broad River Fun Float: Sections 11 and 12

On Sunday, July 15th, ROC led a fun float down sections of the Broad and 2nd Broad Rivers from Cliffside to the Broad River Greenway. This was the first time for most participants seeing the small but exciting rapids on the 2nd Broad before it empties into the main river. We also found time to take a few dips in the water, beating the sweltering sun on this remote and wooded sections of river. Be sure to follow our schedule for more such events!



[Photos](#)

ROC Buffalo Creek Park Workday

On Tuesday, July 18th, a great group of ROC volunteers turned out to Buffalo Creek Park to continue repairing and improving the trail. They battled the oppressive humidity, getting significant work done as a team.



Visitors to the park may notice the routes of off-road vehicles used there recently in hauling gravel to problem spots on the trail. We ask that you please stay on the main trail as we continue rehabilitating and restoring the area around it. Thanks to volunteers and users for helping keep this great resource beautiful and sustainable.

ROC Broad River Section 5 Workday

Sunday, July 29th, a group of determined ROC volunteers took to Section 5 of the Broad River in an effort to clear downed trees. In rapid currents, huge log jams, and large



canopies of trees, this crew significantly cleared the route for paddlers on this section. We were unable to get through one tree completely blocking the river due to mechanical issues, but paddlers can get around the tree by portaging around the large stump on the right side of the riverbank. Otherwise, this section is now floatable. A big thanks goes out to all those involved!

[Photos](#)

ROC Walking Club

If you are looking for a convenient and casual way to squeeze in more exercise, join up with the ROC Walking Club. The group meets on Tuesdays at Summey Park in Forest City at 6:30 pm, Wednesdays at the Purple Martin Greenway in Rutherfordton at 8:30 am, and Thursdays at the Purple Martin Greenway at 6:30 pm.



For more information, contact Dana at dana@rutherfordoutdoor.org or call (864) 324-1188.

[Facebook Page](#)

ROC Race Series:

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

Meet Me at the Fountain 5K

Saturday, July 28th, the ROC Race Series picked back up with the Meet Me at the Fountain 5K in Forest City. With a record turnout of 181 runners, the competition was even hotter than the July morning!



[Photos and Results](#)

Next Races: Lake Lure Olympiad 10K Dam Run & Race to the Rock 5K

The ROC Race Series continues



August 10th and 12th with the races of the Lake Lure Olympiad. Be sure to register early!

More Information Here:

[Dam Run](#)

[Race to the Rock](#)

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 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 or call (828) 351-3235.



Rutherford Outdoor Coalition | www.rutherfordoutdoor.org

STAY CONNECTED:

