



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!

Carolyn Panzer

Don and Beth DeBona

Christopher Bryant

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>

Upcoming Events:

Saturday, December 9th: ROC Caesars Head Hike

This is an adventure you do not want to miss. Our last organized hike of the year will take place December 9th at Caesars Head State Park in South Carolina. We will hike close to 11 miles, many of which will be quite strenuous. For those who complete this, the views of the Blue Ridge Escarpment and Raven Cliff Falls will be more than worth it.



We will meet at 8 am at the 289 N Main Street in Rutherfordton, or at 9:30 am at the Caesars Head State Park Visitor center. Please wear cold weather hiking gear, including sturdy shoes. Also plan to bring plenty of water and snacks.

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

Saturday, December 16th: 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 is 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.



Tuesday, December 19th: ROC Holiday Party

In lieu of a monthly meeting, ROC will be having a year end holiday party. Join us at Barley's in Spindale from 5:30 pm to 7:30 pm celebrate all that has been accomplished this year. Light hors d'oeuvres will be provided.



Updates:

ROC Fall Couch to 5K Program

This 12-week program began September 18th and concludes December 6th. There is still time to come out and participate. Sessions are held at the Forest City-Dunbar track on Monday's and Wednesday's at 5:30 pm.



This program is offered for FREE!! Email Dana Bradley at dana@rutherfordoutdoor.org or call (864) 324-1188 for more information or to sign up. Our next program will begin in March, 2018.

ROC Walk with Brother Wolf

On November 5th, ROC held a walk for the shelter dogs at Brother Wolf Sanctuary. Several dogs had great exercise and companionship as participants took them for a stroll along the rail trail.

Our next Walk with Brother Wolf will be on December 16th at 10 am!



Little Bearwallow Hike

On Sunday, November 12th, ROC members hiked to the top of Little Bearwallow Mountain in Gerton. The day was cloudy

and misty, which made for a beautiful hike across streams and waterfalls, while looking over the Hickory Nut Gorge.

Stay tuned to the weekly schedule and newsletter for other upcoming hikes such as this!

[More Photos](#)



ROC Members Only Hike

November 13th, approximately 20 ROC members got a sneak peak of the not-yet-open Weedpatch Mountain extension trail. This 7 mile stretch runs from Eagle Rock to Buffalo Creek Park. We were joined by Peter Barr of Conserving Carolina, along with several rangers from Chimney Rock State Park.



Special hikes such as this one are just some of the many reasons to join ROC! Be sure to check out photographs of this event at the link below.

[Weedpatch Views](#)

Carl Sandburg House Hike

On a brisk November 19th, ROC led a hike at the historic and beautiful Carl Sandburg House in Flat Rock. The estate is wonderfully managed by the National Park Service, and the goats and other animals were a great hit with all in attendance.



See more photos at the link below.

[Event Photos](#)

[Click Here for the 2017 ROC Race Series Schedule and Results](#)

Elves and Bells 5K

The ROC race series concluded with the November 25th Elves and Bells 5K in Spindale.



Thank you to all who participated in the series this year and congratulations to all the age group winners! Stay tuned for the announcement of the 2018 race schedule.

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, 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.



Happy Holidays to All

To all those who have contributed time, effort, or energy to our events and outings this year, thank you!



Rutherford Outdoor Coalition | www.rutherfordoutdoor.org

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