



## 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](#)

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## NEWS



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

**Dana Bradley**

**Frances Lockwood**

**Peggy Bair**

**Jeff Brookshire**

**Jonathan Cook**

**David Roberts**

**Sheila Dobbins and  
Family**

**Renate Musgrave**

**Jack and Marylu  
Williams**

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.

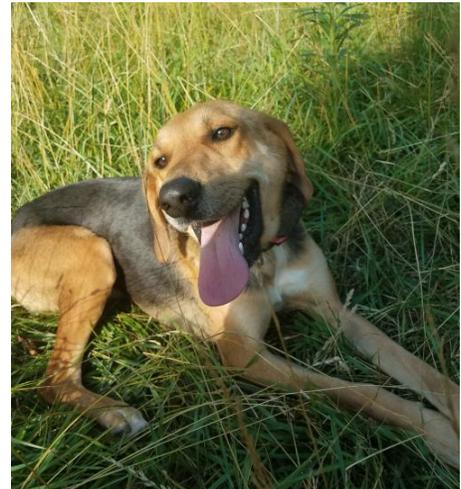
[Get Involved!](#)

## UPCOMING EVENTS

### **Saturday February 22nd ROC Heart of the Foothills Dog Walk**

Meet at Heart of the Foothills Animal Rescue (previously known as Brother Wolf) at their new location, 380 Hwy. 221 N., 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](mailto:dana@rutherfordoutdoor.org) or call her cell at 828-351-3235 to sign up.



**ROC Hike: Pinnacle and Turnback Trails at Crowders Mountain**  
**Sunday February 23rd**  
**9 am - 5 pm**



**This 4.4 mile loop is rated as moderate and offers incredible rock formations, lots of opportunities for exploration at the summit, and stunning views all around - even of the Charlotte skyline! Great for newer hikers, families, and anyone interested in excellent photographic opportunities.**

**We'll be following the Pinnacle and Turnback trails for this hike. There is a total elevation gain of 787 feet over the course of 2 miles.**

**Plan to meet at the Rutherfordton Annex Building located at 289 N Main St. by 9 am to carpool or meet us at the Crowders Mountain Visitor's Center located at 522 Park Office Ln. Kings Mountain NC 28086 at 10 am.**

**\*If you missed the photography instruction hike and would like any pointers about how to use your camera or take better photos - Callia will be along to answer all of your questions!**

**For photos of what to expect on the hike, click [here](#)**

**\*\*To RSVP or for any questions, please contact Callia Johnson at [trails@rutherfordoutdoor.org](mailto:trails@rutherfordoutdoor.org) or call 828-351-4161\***

**Contact Callia at [trails@rutherfordoutdoor.org](mailto:trails@rutherfordoutdoor.org) or 828-351-4161 for more information.**



**The ROC Monthly Meeting will be held at Barley's Taproom at 5:30 pm on Tuesday, February 18th. All are welcome!**



## February Volunteer Days

Saturday February 8th: Buffalo Creek Park. Noon - 3 pm

Sunday February 9th: Dittmer-Watts Nature Trail Park. Noon - 3 pm

Saturday February 22nd: Heart of the Foothills Dog Walk 10 am - 11:30 am

Saturday February 22nd: ICC Trails. 1 pm - 4 pm

Contact Callia at [trails@rutherfordoutdoor.org](mailto:trails@rutherfordoutdoor.org) or call 828 - 351 - 4161 to RSVP or for more information.

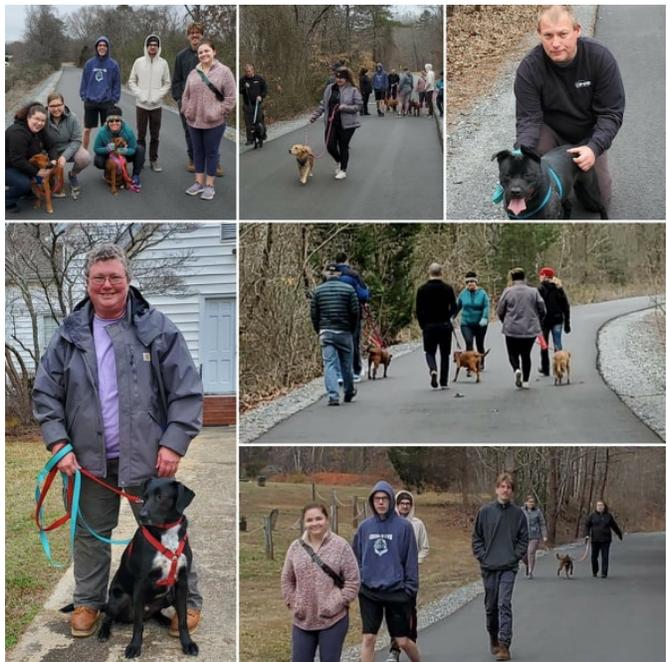
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# UPDATES

## Saturday January 18th ROC Heart of the Foothills Dog Walk

We had a record number of volunteers participated in the monthly dog walk! The dogs get to go for a 2-mile wander on the Thermal Belt Rail Trail with their human volunteers. There are many more dogs available and just wagging their tails wanting to be taken out, so come join us next month! The next walk is scheduled for Saturday, February 22nd. Thank you to everyone who came this month.





## **ROC Workdays at Buffalo Creek Park**

**ROC and Town of Lake Lure Volunteers worked on the trail three times again this month; Thursday January 9th, Thursday January 16th, and Tuesday January 21st. We removed some fallen trees that were blocking the loop and performed erosion control on some of the upper switchbacks. We even found a bird's nest with four eggs in it! We're getting closer to Spring!**





Thank you to Bruce Rome, Robin Worcester, Jonathan Cook, Ken Gollither, and Callia Johnson for all of your help this month!

These popular trails get a lot of use and require consistent maintenance - please let us know if you'd like to join the efforts!



More photos found [here](#)

[More about Buffalo Creek Park](#)

## **ROC Workday at Dittmer-Watts Nature Trails**



**ROC and the Town of Lake Lure had almost 30 volunteers show up for the trail workday at Dittmer-Watts Nature Trail Park on Saturday January 18th! Students from Thomas Jefferson Classical Academy were a huge part of that group and helped out massively. They came with so much energy and demonstrated**

excellent teamwork! Everyone had smiles on their faces and all the laughter made the day go by quickly. Thank you so much to newcomer Sherry for joining us, Robin, Ed, Garrett, Devin, and everyone from TJCA for an excellent day! We're being grateful for your help.

Many more photos [here](#)

[More about the Dittmer-Watts Nature Trail Park](#)

## ROC Work Day at ICC

Thank you to David, Janet, Jenny, Victoria, and Callia for a day of mud-slinging trail work yesterday at Isothermal Community College! The roots were relentless but the sunshine was out and there was laughter all around. 🤪

We also had a surprise visitor from the Rutherford Weekly - so keep an eye out for that upcoming feature!



More photos [here](#)

[More about the ICC Trail System](#)

## ROC Hike: The Ice Hike on the Blue Ridge Parkway



The hike up to the Parkway was a tad arduous but the crew that made it to the hike on Saturday January 25th were duly rewarded! Beautiful ice formations, crisp, sunshiny air, flowing waterfalls and 12 miles of great companionship were some of the highlights of this excursion. We're glad you all made it out for this unique hike!

See more photos [here](#)

### **ROC Walking Club**

The times and dates are listed below.

#### **May 1st - August 31st:**

- **Tuesdays:** 6:30 pm at the Rutherford County Farmer's Market parking lot located at the corner of Park Square and Pryor Street in Forest City (behind the new pavilion, POPS).
- **Wednesdays:** 8:30 am at Purple Martin Greenway in Rutherfordton
- **Thursdays:** 6:30 pm at Purple Martin Greenway in Rutherfordton



**September 1st - April 30th:**

- **Tuesdays:** 4:30 pm at the Rutherford County Farmer's Market parking lot located at the corner of Park Square and Pryor Street in Forest City (behind the new pavilion, POPS).
- **Wednesdays:** 8:30 am at Purple Martin Greenway in Rutherfordton
- **Thursdays:** 4:00 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.

[Facebook Page](#)

## ROC RACE SERIES

[Click Here for the 2020 ROC Race Series Schedule and Race Results.](#)

### 2020 Race Series Begins!

**Saturday, February 29th: Box Creek Wilderness 10K**

Presented by the Union Mills Learning Center this trail has stunning scenery. It runs along the Second Broad River, the CSX Railroad, around the base of the Rocky Face Mountain and through the Box Creek Wilderness area.



[Race Information and Registration](#)

**Saturday, March 21st: Bear Foot 5K**

14th Annual Bear Foot 5K and 1/2 Mile Fun Run.  
Must register by Feb 28 to be guaranteed a hoodie  
Proceeds go to the Sunshine Elementary School.  
Fun Run is for children 5th grade and under.  
This year we will have a separate GORUCK Rucking Division for the first time.

[Race Information and Registration](#)

## WAYS TO PARTICIPATE IN ROC

### 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 Callia Johnson at [trails@rutherfordoutdoor.org](mailto:trails@rutherfordoutdoor.org) or call 828-351-4161.

### 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 Callia Johnson at [trails@rutherfordoutdoor.org](mailto:trails@rutherfordoutdoor.org) or call 828-351-4161.
- [Click Here](#) for more information on Rutherford County trails.

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

## STAY CONNECTED:

