



## 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!**

Scott Lawrence

Jerry Evans

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, January 6th: ROC Chesnut Ridge Hike**

Kick off the new year with a hike! ROC will lead a 5.5 mile hike at the Chesnut Ridge Heritage Preserve near Landrum South Carolina.



We will meet at 9 am at 289 N. Main Street in Rutherfordton. Please wear cold weather hiking gear, including sturdy shoes. Also, make sure to bring water and any desired snacks.

For more information or to RSVP email [trails@rutherfordoutdoor.org](mailto:trails@rutherfordoutdoor.org) or call (828) 351-3235

### **Tuesday January 9th: Buffalo Creek Park Workday**

The leaves have been blown off of the trail at Buffalo Creek Park, so now is a great time to tackle some erosion issues. Join us Tuesday January 9th at 9 am by the park trailhead as we improve the drainage of the trail surface.



Be sure to dress for the weather and to bring water. We will provide the tools and gloves, though you may bring your own if desired.

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

### **Saturday January 13th: 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](mailto:dana@rutherfordoutdoor.org) or call her cell at (864) 334-1188 to sign up.



## Tuesday, January 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, January 20th: ROC Rail Trail Cleanup

On Saturday, January 20th, 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. Boy Scouts from Troop 129 will be joining us to help clean the section from McDonald's to Oakland Road.



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](mailto:trails@rutherfordoutdoor.org) or call (828) 351-3235.

Updates:

## ROC Walk with Brother Wolf

On November 16th, 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.

Stay tuned to our schedule for more upcoming walks with these pups.



## Caesars Head Hike

On Sunday, December 17th, ROC members hiked the snow dusted trails of Caesars Head State Park in western South Carolina. Though the distance was lengthy, everyone was in great spirits throughout. We saw incredible overlooks, waterfalls, ice sheets, and crossed the suspension bridge over the top of the falls.

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

[More Photos](#)



## Buffalo Creek Workday

On December 18th, several ROC volunteers turned out to Buffalo Creek Park to remove downed trees and limbs that had fallen. Much sawing was involved, both by hand and chainsaw. Thanks to those who contribute to the ongoing maintenance and upkeep of this great loop trail.

[More Photos Here](#)



## ROC Holiday Party

We had a great turnout on December 19th for our year end holiday party. We celebrated another great year of ROC and awarded our own Robin Worcester as Volunteer of the Year.

Robin contributed over 50 hours to ROC trail maintenance and events this past year. We rely on generous volunteers like him to achieve many of our goals, so we say THANK YOU!!



## ROC Race Series:

### **Coming Soon!**

Now is the time to start training as the 2018 ROC Race Series schedule will be announced soon. With races spanning from February to November, there are many opportunities to get out and compete or just have fun. See you on the course!



## 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](mailto: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](mailto:trails@rutherfordoutdoor.org) or call (828) 351-3235.



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

## STAY CONNECTED:

