



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!

Sean OHare

Scott Lawrence

Gary Faulkner

**Bill Ford and
Family**

Nell Bovender

**Jonathan Cook and
Family**

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!](#)

ROC Holiday Party



The ROC Holiday Party was a total hit! Nearly 40 members, volunteers, and supporters showed up to share in the end of the year holiday cheer.



ROC had the pleasure of awarding our Volunteer of the Year to David Greenleaf. He's the Trail Boss for the ICC Trails and has devoted over 50 hours of his time this past year to ROC workdays

and events. Thank you for all you've done with us, David, and to everyone else for all you do to make ROC the growing, wonderful community organization that it has become!

UPCOMING EVENTS

Saturday January 18th 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 or call her cell at 828-351-3235 to sign up.



ROC Hike: Ice Hike on the Blue Ridge Parkway Sunday January 25th 8 am - 5:30 pm



The one-of-a-kind Blue Ridge Parkway Hike is coming up on Sunday, January 25th! The route features multiple waterfalls, incredible views of Looking Glass Rock, and, hopefully, some amazing ice formations along the way. The trek is approximately 12 miles and about half of that is uphill, but it is worth every step! Part of the hike is on the Blue Ridge Parkway, which is typically closed this time of year. The remainder is on forested trails.

There are 2 meet-up locations to choose from. We will meet at the Rutherford County Administration Building (289 N. Main Street, Rutherfordton) at 8 am and the Food Lion in Columbus (250 W. Mills Street, Columbus) at 8:30 am. We will be on the far right of the parking area near MyGym. Let us know which location you are meeting us at or if you need an alternate meeting location.

Be sure to dress for the weather and expect possible windy conditions. Wear sturdy and gripping footwear! Make sure to have enough water and any

snacks you may want.

Click below for a map created by Carolina Mountain Club of their version of this hike.

https://www.carolinamountainclub.org/hiking/maps/0001_map.pdf

Here a few images from previous trips:

<https://www.flickr.com/photos/136739257@N04/albums/72157665426228096>

Contact Callia at 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, January 21st. All are welcome!



January Volunteer Days

Saturday January 11th: ICC Trails. Noon - 3 pm

Thursday January 16th: Buffalo Creek Park. 9 am - 1 pm

Saturday January 18th: Heart of the Foothills Dog Walk 10 am - 11:30 am

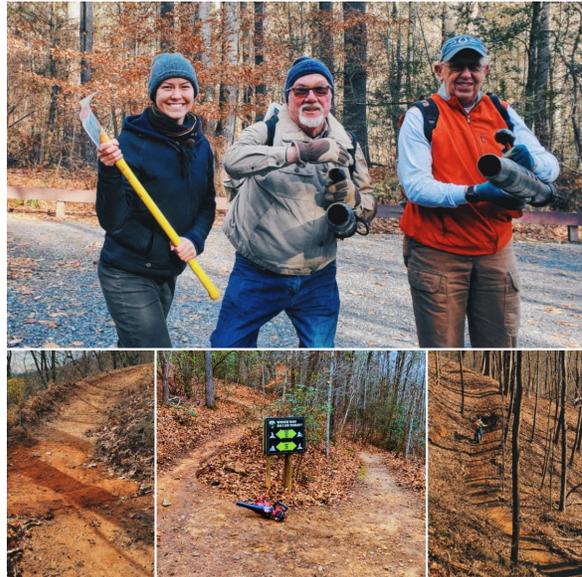
Saturday January 18th: Dittmer-Watts Nature Trail Park. Noon - 3 pm

Contact Callia at trails@rutherfordoutdoor.org or call 828-351-4161 to RSVP or for more information.

UPDATES

ROC Workdays at Buffalo Creek Park

ROC and Town of Lake Lure Volunteers worked on the trail three times this month; Tuesday December 3rd, Friday December 6th, and Monday December 16th. We removed the built-up leaves along the Buffalo Creek Park Loop. When the leaves pile up, they retain water and make the trail very slippery and dangerous for bikers as well as hikers.



A huge thank you to Bruce Rome, Ken Gollither, Ben Carswell, Callia Johnson for working until you literally ran out of gas! And thank you, as always to Robin Worcester for his time dedicated to keeping an eye on these trails so we know what work needs to be done!

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 about Buffalo Creek Park](#)

ROC Workday at Dittmer-Watts Nature Trails

ROC and the Town of Lake Lure volunteers worked together on Saturday December 7th to remove tree roots from the Mountain Laurel Trail. Over time erosion moves dirt and exposes roots, making trails trickier to navigate. Thanks to volunteers like Ed Dittmer, Jonathan Cook, David Dyer, Bill Ford, Garrett Murphy, and Callia Johnson this trail won't be tripping anyone up any time soon ;)

Join us next time for our workday!



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

Saturday December 14th ROC Heart of the Foothills Dog Walk

Eight wonderful 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 tales wanting to be taken out, so come join us next month! The next walk is scheduled for Saturday, January 18th. Thank you to everyone who came this month.



ROC Work Day at ICC

On Saturday December 14th, 12 ROC volunteers went out to the trails at Isothermal Community College and became destroyers of the briars! The thorny plants grow quickly, especially in the Spring time, and eventually would take over the tallest trees and grow across the trails. Thanks to Ken, David, Tay, Elizabeth, Ron, Jason, Adam, Jason, Jonathan, Dana, Karsyn, and Callia they won't win this time. Go wander the ICC Trails to get your post-holiday fitness on - the thorny briars will be the last thing *grabbing* your attention now!



[More about the ICC Trail System](#)



ROC Hike on Trombatore Trail Sunday December 15th

The ROC crew who wandered on Trombatore Trail for the December hike had absolutely perfect weather after a week full of rain. The scenery was beautifully lush, the sunshine kept everyone warm while enjoying the stunning views, and new human and pup friends were made all along the way. Make sure to not miss out on next month's venture!

[More about the Trombatore Trail](#)

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](#)

2019 RACE SERIES SEASON END

The ninth season of the ROC Race Series is now finished. This year, there were a record-breaking number of participants, with over 1550 different



people participating in at least one race! Six of the twelve races this year had more participants than last year's races.

Thank you to everyone who volunteered and ran, we hope to see you again next year!

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 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 or call 828-351-4161.

- [Click Here](#) for more information on Rutherford County trails.

Rutherford Outdoor Coalition | www.rutherfordoutdoor.org

STAY CONNECTED:

