



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!

Almon Cox

Chris and Amy Brevard

Ron Carpenter

Ron Wallenburg

Dennis Coldren

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>

Couch to 5K Program

This 12-week program began on June 26th. The program is held at the Forest City-Dunbar track on Monday's and Wednesday's at 6 pm.



This program is offered for FREE and all participants that complete the program and want to sign up for the Skirt Chaser 5K held on September 23rd will get a \$5 discount on registration. Email Dana Bradley at dana@rutherfordoutdoor.org or call (864) 324-1188 for more information or to sign up.

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 Dana Bradley at info@rutherfordoutdoor.org or call (828) 625-9983 ext. 505.
- [Click Here](#) for more information on Rutherford County trails.

Upcoming Events:

Friday, July 28th: ROC Group Float on Sections 2 and 3

We will meet at River Creek Campground (217 River Creek Drive, Rutherfordton) at 11 am to drop off boats.

A donation of \$5 is recommended for leaving cars at the campground.



Saturday, August 5th: ROC Walk with Brother Wolf

Come walk a section of the Rail Trail from 9 am to 11 am with one of the shelter dogs from Brother Wolf in Rutherford County. Brother Wolf is a local no-kill shelter and has many dogs that could benefit from a walk on a trail.

Brother Wolf will provide carriers and leashes. You must be at least 16 years old to walk a dog but all ages are welcome to attend.



Meet at Brother Wolf (1364 US-221, Rutherfordton, NC 28139) at 9 am to get matched up with one of the shelter dogs. Please let us know if you would not be able to fit a carrier in your car.

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.

Sunday, August 27th: ROC Group Float on Section 6 of the Broad River

We will meet at 2254 Coxe Road at 9 am to drop off boats. This is a 4-mile section that meets up with the Green River at mile 3. At that point, the river becomes much wider.

We will be taking out on private property near Poors Ford Road. Email Dana Bradley at dana@rutherfordoutdoor.org for more details or to sign up!



Updates:

Little Bradley Falls Hike

On Saturday, July 22nd, ROC led a hike to the beautiful Little Bradley Falls. Getting to the falls required a little effort, but everyone had a great time. The waterfall provided a nice swimming hole for hikers to take a refreshing dip in the water.



[Photos From This Hike](#)

Brother Wolf Walk

Our 1st walk with the Brother Wolf shelter dogs couldn't have gone better. The dogs were very happy to be out on the trail and everyone enjoyed walking them. We will now be partnering with Brother Wolf for a group walk each month, so don't worry if you missed this one.



[Brother Wolf Walk Photos](#)

ROC Fun Float

ROC held the second fun float of the year on section 5 of the Broad River on

Saturday July 15th. It was a perfect day with a great group.

[More Fun Float Photos](#)



Broad River Spring Sweep

On Saturday, June 24, ROC members and volunteers from the community participated in our annual Broad River Spring Sweep. The sweep was a success, collecting over 800 lbs of thrash including 17 tires, 3 patio chairs, and several 5 gallon buckets.

[More 2017 Spring Sweep Photos](#)



ROC Race Series

[Click Here For The
2017 ROC Race Series Schedule](#)

Next Race

Meet Me At The Fountain 5K

July 29, 2017 - 8:00 am
139 E. Main Street, Forest City

[Race Info & Registration](#)



Past Race

Leader of the Pack 5K - May 20th

This race had a huge turnout with a total of 430 people participating!



[Race Results and Photos](#)

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 Hallie Zeedik at trails@rutherfordoutdoor.org or call (828) 625-9983 ext. 505.



Rutherford Outdoor Coalition | www.rutherfordoutdoor.org

STAY CONNECTED:

