



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](#)

[Become a Member](#)

[Donate](#)

News:



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

George Schultz

Dean Youngblood and
Family

Karen Johnson

Bill Ford and Family

Bill Brett

Josh Edgerton and
Family

Jimi Moore and Family

Frances Lockwood

Donna DiMatteo

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>

Fallen Trees at Buffalo Creek Park

In early June several trees were down and blocking the trails at Buffalo Creek Park. There were 5 large trees down blocking 10 sections of trail. Over several days, ROC crews worked to clean up the mess. The trails are now clear and ready for everyone's enjoyment.



[Fallen Tree Photos at BCP](#)

Purple Martin Greenway

Phase 2 of the Purple Martin Trail is now open, complete with a picnic shelter and access to Cleghorn Creek. Phase 3 is underway, as well as plans for a second picnic shelter, purple

martin bird houses and public art. The Purple Martin Trail is located just south of downtown Rutherfordton off of 221.

[More Info on the Purple Martin Greenway](#)



Upcoming Events:

Broad River Spring Sweep

Saturday, June 24 - 9:30 am

ROC's annual Broad River Spring Sweep is this weekend. We will be cleaning multiple sections of the Broad River in Rutherford County.



*All extra boats are full for this event. Volunteers with their own boats can still sign up! Please email us at trails@rutherfordoutdoor.org if you would like to attend.

[More Information](#)

Couch to 5K Program

Another 12-week Couch to 5K program is set begin on June 26th.

The program will be 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.



Updates:

ICC Volunteer Day

ROC and Turner Construction teamed up to work on the ICC Trails. The group installed and painted posts and replaced old trail markers for the trail-wide signage update. Thank you to Turner Construction for the donated time and materials!

[ICC Trails Info](#)



Buffalo Creek Park Volunteer Day

On June 13th, volunteers worked on tread repair and erosion control on several parts of the Buffalo Creek Park Loop Trail.

[Buffalo Creek Park Info](#)



Catawba Falls Hike

On Sunday, June 4th, ROC led a hike to the beautiful Catawba Falls. This easy to moderate trail follows the Catawba River with many smaller cascades along the way.

[Photos From This Hike](#)



[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.

Trail Boss and River Steward Programs



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

Rutherford Outdoor Coalition | www.rutherfordoutdoor.org

STAY CONNECTED:



