



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!

Land Environmental
Group (Kurt Howell)

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.

[Get Involved!](#)

Upcoming Events:

Saturday, March 3rd: 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 Purple Martin 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 (864) 324-1188 to sign up.



Saturday, March 10th: ROC Gorges State Park Hike

After our last attempt at this hike was rained out, we will give it another shot March 10th. The hike is approximately 12 miles with some strenuous sections. Be sure to dress for the weather and wear sturdy hiking shoes. Also, bring plenty of water, and snacks or a lunch.

We will meet the County Office Building, 289 N Main Street, Rutherfordton at 7:30 am to carpool.

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



Saturday, March 17th: ROC South Mountains State Park Hike

Join us as we explore the beauty of South Mountains State Park, the 2017 NC

state park of the year! This is also a great time to log miles for the [100 mile challenge](#). On this demanding 12+ mile hike, many of the trails will be moderately strenuous with large elevation changes.



We will meet at the Rutherford County Office Building, 289 N. Main Street, Rutherfordton, NC at 9 am to carpool. Be sure to dress for the weather and bring plenty of water! Pack a lunch or snacks as well.

For more information email trails@rutherfordoutdoor.org or call (828) 351-3235. Please RSVP in advance and let us know you are attending.

Tuesday, March 20th: 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.



Friday, March 23rd: ROC Rumbling Bald Hike

Come join us for something different; a short evening hike at the Rumbling Bald climbing access at Chimney Rock State Park. The trail is an easy 1.25 miles, offering views of the magnificent surrounding cliffs, boulders, and budding spring foliage. With the sunset coming at 7:45 pm, we will offer a second or even third lap depending on the group interest and pace.



We will meet at the Rutherford County Office Building (289 N Main Street Rutherfordton) at 5:30 pm to carpool. We plan to arrive at the trailhead by 6:15 pm. Be sure to wear comfortable shoes and bring any water and snacks you need.

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

Updates:

Muddy Sneakers

As many of you know, ROC has partnered with Muddy Sneakers. Muddy Sneakers is a non-profit organization that takes 5th grade students out to local trails to learn science in an outdoor setting.



Our Outdoor Programs Director, Dana Bradley, now works as the Lead Instructor for Muddy Sneakers in Rutherford County as part of her position. She has been an instructor with them since August, 2017.



There are 5 schools in Rutherford County that currently take part in the Muddy Sneakers program and we hope that number continues to grow each year. Weather, forces and motion, matter, energy, and terrestrial ecosystems are some of the subjects students learn about on their expeditions.

[More Muddy Sneakers Pictures](#)

Dittmer-Watts Workday

On February 6th, ROC volunteers and AmeriCorps members turned out to Dittmer-Watts Nature Trail Park to improve the trail surface on steep sections.

If you would like to help in any upcoming workdays and learn a bit about trail design and maintenance, contact Trevor at (828) 351-3235 or email trails@rutherfordoutdoor.org

[More Photos Here](#)



ROC ICC Trail Workday

On February 19th, ROC members and volunteers worked to clear downed trees on the Blue Trail at Isothermal Community College. A special thanks goes out to Ron Wallenburg who donated both his time and chainsaw to the effort.

[More Photos](#)



ROC Race Series:

[Click Here for the 2018 ROC Race Series Schedule](#)

Box Creek Wilderness 10K

There was a great turnout February 24th for the first race of the year in the ROC race series. Participants ran in either the 10K or 5K non-points race.



[Results](#)

Next Race: Bear Foot 5K

The ROC Race Series continues March 24th with the Bear Foot 5K. This race supports Sunshine Elementary School. Be sure to register in advance.



[More information here](#)

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, contact Trevor Freeman at 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 or call (828) 351-3235.



STAY CONNECTED:

