



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!

Joe and Ida Buchanan

Sandy Austin

Johnny and Gerry Lingo

**Burwell Byers -
Lifetime**

**Steve Ogg and
Family**

**Robin Canterbury and
Family**

Ray Gaj and Family

**Patricia Derbyshire-
Kean**

Neil Fruhwirth

Doug Miller

Tara Mauney 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.

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:

Sunday, May 6th: ROC Paris Mountain State Park Hike

As the warm-weather season dawns, make plans to join ROC for this beautiful and rewarding hike. We will see 3 lakes/reservoirs, vibrant spring flowers, and many historic structures and cultural resources. This will be a lengthy trek at approximately 13 miles. The trail is not overly challenging, but the duration of the hike and sections with prolonged climbs mean this will be a strenuous day.



Please prepare accordingly with sturdy, comfortable shoes, plenty of water, and snacks and/or a lunch. We will meet at 8 am in the parking lot of the Rutherford County Office Building, 289 North Main Street, Rutherfordton.

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

Saturday, May 12th: ROC Broad River Spring Sweep

Join ROC as we paddle and clean possibly multiple sections of the Broad River on what should be a fun workday. Please RSVP in advance so that we can coordinate volunteer efforts. More details TBA.



We will meet at the put-in locations at 10 am and aim to be on the water by no later than 10:30 am. Expect at least 3

hours to complete the float and please bring a lunch/water. You should dress for possibly getting in the water at various point so river shoes are recommended.

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

Tuesday, May 15th: 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, May 26th: 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 Greenway.

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.



Sunday, May 27th: ROC Crabtree Falls Hike

The sounds of rushing water and the forest surround you on this short hike to the 60-foot Crabtree Falls. You will experience some of the best that the Pisgah National Forest and the Blue Ridge Parkway have to offer. At 2.5-miles, the hike is described as moderate, though some of the trail is steep and rocky.

We will meet at the Rutherford County Office Building, 289 N. Main Street, Rutherfordton, NC at 10 am to carpool. Be sure to dress in lothes you don't mind getting wet as we will likely be splashed by the falls. Bring plenty of water and pack a lunch or snacks as well.

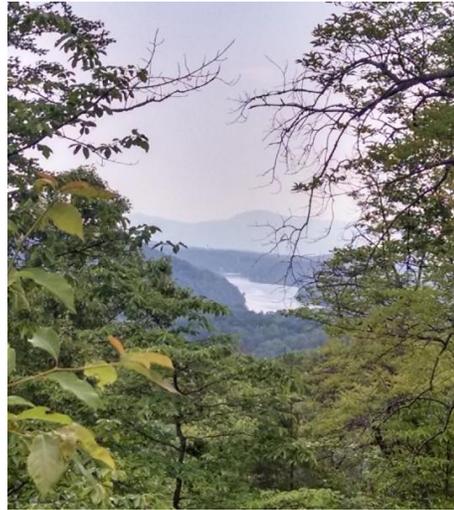


For more information email trails@rutherfordoutdoor.org or call (828) 351-3235. Please RSVP in advance and let us know you are

attending.

Tuesday, May 29th: ROC Buffalo Creek Park Invasives Workday

Hikers, bikers, and nature enthusiasts; join ROC as we partner with Conserving Carolina to treat invasive species in Buffalo Creek Park. We will use herbicides to treat both Princess Tree (*Paulownia tomentosa*) and Tree-of-Heaven (*Ailanthus altissima*). This is a great chance to work for a worthy cause while also learning insights into our natural environment.



We will meet at the Buffalo Creek Park trailhead at 10 am. For your protection, we require you to wear long pants, long-sleeves, and close-toed shoes. All the necessary tools and protective equipment will be provided. Also, be sure to bring snacks or a lunch and plenty of water. You may desire a backpack to carry your supplies.

For more information and 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.

Broad River Section 5 Float

On April 8th, ROC led a fun float on Section 5 of the Broad River. We had a large turnout, and a diverse group of paddlers. The day was certainly eventful, with many going into the water, but everyone was in good spirits throughout. We look forward to getting on the water again, especially as the temperatures rise.



[More Photos Here](#)

ROC Walk with Brother Wolf

Saturday, April 14th ROC led a walk with the fantastic dogs from Brother Wolf Animal Rescue. Participants took six of these good boys and girls on a stroll along the Purple Martin Greenway in Rutherfordton. If you missed this event, be sure to register in advance for the next one.



[More Photos Here](#)

ROC ICC Girl Scout Workday

On April 14th, ROC joined with two local girl scout groups of different troops and ages to clean up and beautify the trails at Isothermal Community College. These wonderful volunteers and their families worked for several hours removing trash, trimming trees, and preparing to plant native species along the Blue Trail.



ROC Pink Beds Hike

On April 22, Earth Day, a group of guests

enjoyed the unique mountain swamp environment of Pink Beds in the Pisgah National Forest. We capped off the hike with a visit to the Cradle of Forestry to learn more about the rich history of conservation in the area.

[More Photos](#)



ROC Summits and Full Moon Hike

Sunday, April 29th ROC guests enjoyed a fantastic experience ascending the peaks of the Trombatore Trail and Bearallow Mountain. We were entranced by trilliums and amazed by the stunning vistas on top of the mountain balds. We capped the hike off watching the full moon rise over Bearallow and the herd of cows grazing on top.



[Pictures](#)

ROC Race Series:

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

Miles for Messiah 5K

The Miles for Messiah 5K, benefiting the youth of Pleasant View Community Church, kicked off on a busy April 14th. Youth was on full display as two 14-year-old's finished 1-2 in a field of nearly 100!

[Results](#)



LLCA Raptor 5K

April 28th was a beautiful day for the LLCA Raptor 5K in Lake Lure. The 127 registered runners helped support the athletic department of the Lake Lure Classical Academy.



[Results](#)

Next Race: Leader of the Pack 5K

The ROC Race Series continues May 19th with the Leader of the Pack 5K. This race supports the RCS Education Foundation. 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.



Rutherford Outdoor Coalition | www.rutherfordoutdoor.org

STAY CONNECTED:

