



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!

Sheila Dobbins and Family

Tim Will and Family

Martin Jones and Margaret King

**Steve and Kathleen
Genter**

Clay Kearns

**Carl Morrison 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.

<http://www.rutherfordoutdoor.org/get-involved>

Upcoming Events:

Sunday, November 5th: ROC Walk with Brother Wolf

Come walk a section of the Rail Trail from 10 am to 12 pm 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 10 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, November 12th: ROC Florence Nature Preserve Hike

This will be a strenuous 3+ mile loop hike. We will make it to both overlooks at the Florence Nature Preserve, finishing with beautiful views of the upper Hickory Nut Gorge from Rattlesnake Knob. Bring plenty of water, snacks, warm layers, rain gear if needed, and sturdy shoes.



We will be meet at the Florence Nature Preserve parking area at 11 am. (3836 Greton Hwy, Gerton, NC 28735). A large stone chimney is the indicator you are in the correct place. Parking is limited, so a carpool can be arranged for those interested.

If you would like to attend or more information email trails@rutherfordoutdoor.org or call 828-351-3235

Monday, November 13th: ROC Members Only Eagle Rock Hike



We know everyone is eager to see the new trail that connects Buffalo Creek Park to Eagle Rock. Although the new trail is not yet open to the public, ROC has obtained special permission to lead a hike there.

On Monday, November 13th, ROC will be hosting a members-only hike from Eagle Rock down to Buffalo Creek Park. This will be a 10-mile, moderate/strenuous hike led by Peter Barr with Conserving Carolina. The hike is mostly downhill with about 1,500 feet of climbing that is spread out over several sections.

We will all ride together in a 20-passenger van, so there is a limit of 20 people who can join us on this exciting hike.

You must be a current ROC member to attend. If you are not a member yet and want to join, you can click the link at the top of the newsletter to sign up.

To register, email Dana Bradley at dana@rutherfordoutdoor.org.

Saturday, November 18th: ROC Rail Trail Cleanup



The Rail Trail is a great resource for many people in the county, but needs some periodic work to keep it pristine. On November 18th, we will clean up litter and debris along a short section from West Street to North Oak Street in Spindale.

Meet at 9 am in the McDonalds parking lot, 810 W Main Street, Spindale, NC. Remember to dress appropriately for the weather and bring water and snacks as needed. We will provide gloves and trash bags, though you may bring your own gloves/grabbers if desired.

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

Sunday, November 19th: ROC Carl Sandburg House Hike

Join us as we visit Carl Sandburg Home, an NPS National Historic Site, near Flat Rock, North Carolina. We will hike approximately 4 miles to the top of Glassy Mountain, see the residence of the famous poet, his favorite writing nook, a mausoleum, and the goat barn still in use. The house is also available to tour for an admission fee. This is a less-strenuous hike that is great for families!



We will meet at the Rutherford County Human Resource Building (289 N. Main Street, Rutherfordton) at 10 am and drive to the site. Please dress for the weather in layers, and bring plenty of water as well as snacks or a lunch. Sturdy shoes are also advised.

For information or to RSVP please contact trails@rutherfordoutdoor.org or call 828-351-3235

Tuesday, November 28th: ROC Meeting

We are moving the date of our November meeting to the 4th Tuesday of the month since many people will be out of town for Thanksgiving during our regular meeting date.



Stick around after the meeting to hear updates about Spindale's Bicycle and Pedestrian Plan and give your input.

Updates:

ROC Fall Couch to 5K Program

This 12-week program will run from September 18th through December 6th. The program will be held at the Forest City-Dunbar track on Monday's and Wednesday's at 5:30 pm.



This program is offered for FREE!! Email Dana Bradley at dana@rutherfordoutdoor.org or call (864) 324-1188 for more information or to sign up.

ICC Trail Cleanup

On Tuesday, October 10th, ROC members and volunteers worked to clean and prune the trails at Isothermal Community College. Another member assisted at a later date by clearing a large tree down across one section.



We will host periodic workdays in the future to maintain these easily accessible trails. Stay tuned for further opportunities.

Contact us at trails@rutherfordoutdoor.org or call (828) 351-3235 if you would like to help.

[Buffalo Creek Park Information](#)

Hawksbill Mountain Hike

October 15th was a beautiful day for a ROC hike to the top of Hawksbill Mountain overlooking the Linville Gorge.



We stood in awe for some time admiring the views and testing our nerves on the rocky ledges before venturing down, and on to Linville Falls.

If you missed this, be sure to check out our upcoming hikes, especially as we near peak leaf color season.

[Hawksbill and Linville](#)

ROC Broad River Fun Float

October 21st was the perfect day for the last float of the year as the temps were warm and the water flowing.

Man and Man's best friend alike floated section 5 of the Broad River, fished, and even removed an old keg from the river along the way.



We eagerly look forward to getting onto the water again in the spring!

[Event Photos](#)

ROC Race Series:

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

Next Race

South of the Mountain Trail Run 5K

November 4, 2017 -
10:00 am
South Mountain Christian
Camp, Bostic NC



[Race Info & Registration](#)

Elves and Bells 5K

The last event of the year in
the ROC race schedule!

9 am at Spindale United
Methodist Church, Spindale,
NC.



Registration begins at 7:30 am or at the link below:

<https://runsignup.com/Race/NC/Spindale/ElvesandBells5kandFunRun>

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, 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.



