



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](#)

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NEWS



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

**Jason Smoak and
Family**

**Amanda Demeusy
and Family**

John and Beth Spicuzza

Pete Link

**Richard and Kathleen
Berlick**

Karissa Parker

Joe Philyaw

**William Saladino and
Family**

**Sharon Wisner and
Family**

**David Hislop and
Family**

Carrie Rutherford

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. We also offer multiple sponsorship opportunities for businesses to help expend and enhance recreational opportunities in Rutherford County.

Members get discounts at Chimney Rock, Barley's Taproom, Copper Penny, Main Street Coffee, Impact Fitness, and more.

Click the link below for more details.

[**Get Involved!**](#)

Thermal Belt Rail Trail - Clean Up and Grand Opening

**Saturday, October
12: ROC Rail Trail
Clean Up**

Thank you so much to everyone who came out and participated in the Thermal Belt Rail Trail Clean-up from Spindale to Gilkey and along Rock Road

in Rutherfordton. We had ROC members, Girl Scouts from Troop 13221, and Boy Scouts from Troop 129 all helping to keep Rutherford County beautiful!



[**More Photos from the Rail Trail Clean Up**](#)

**The Thermal Belt
Rail Trail Grand
Opening**

Saturday, October 19, the towns of Forest City, Spindale, Rutherfordton, Ruth, and Gilkey were able to celebrate the Official Grand Opening of the Thermal Belt Rail Trail. So many



people, municipalities, and hard work went into making this community resource a successful reality.

The over 13.5 miles of paved trail connects Gilkey all the way to Forest City and offers walkers, runners, bikers, and families a fun and convenient way to enjoy the outdoors.

[More Information about the TBRT](#)

[More Photos of the TBRT](#)

UPCOMING EVENTS

**Saturday, November 16th:
ROC Mills Creek Hike at
Lake James.**

Come hiking with us over at beautiful Lake James on November 16th! ROC's AmeriCorps member and Trails Coordinator, Callia Johnson, will be helping anyone who's interested in learning how to



take better pictures! She can show you how to use the controls and settings on both cameras as well as camera phones and can give out information about easy editing techniques. This is still a wonderful hike for those not interested in taking photos, as well!

The Mill's Creek Trail is a 3.2 mile long loop that is rated as easy. It offers beautiful views of Lake James and we'll end at the beach to watch the sun set.

If you would like to carpool, please meet by Noon at the Rutherfordton Annex located at 289 N Main St. If you would prefer to meet us at Lake James, please meet us by 1pm at the Paddy's Creek/Beach parking lot.

Contact Callia at trails@rutherfordoutdoor.org to sign up.

Saturday, November 23rd: ROC Heart of the Foothills Dog Walk

Meet at Heart of the Foothills Animal Rescue (previously known as Brother Wolf) at their new location, 380 Hwy. 221 N., 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 Thermal Belt Rail 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 828-351-3235 to sign up.



There will be no ROC monthly meetings in November or December, but join us for a ROC Holiday Party on Tuesday, December 17th, from 5:30 to 7:30 pm at Barley's in Spindale.

Light hors d'oeuvres will be served and we will present the award for ROC Volunteer of the Year.



ROC Holiday Party

When: Tuesday, December 17

Time: 5:30 – 7:30 pm

Where: Barley's Taproom (the other side)

Light hors d'oeuvres will be provided.

Come help us celebrate all that has been
accomplished this year!

UPDATES

Tour de Pumpkin

The 14th Annual
50K and
100K bike
tours were
on Saturday,
October 5th.



Over 140
participants rode in the tours with all proceeds benefiting Rutherford
Housing Partnership & Youth Cycling in the county.

[More Photos from the Tour de Pumpkin and Hilltop Fall
Festival](#)

ROC Heart of the
Foothills Dog Walk

On Saturday, October 19th, ROC volunteers enjoyed a walk on the Thermal Belt Rail Trail with the dogs from Heart of the Foothills Animal Rescue, previously known as Brother Wolf.

If you missed this event, be sure to register for the next one on November 23rd!



ROC Work Day at ICC

ROC members removed five large garbage bags full of trash along the trails on Friday October 25th. Additionally, they trimmed back vegetation along the pathways to make them easier to walk.



Thank you all for your efforts to keep the ICC trail system looking great! The ICC trails are rated as easy and there are around 3 miles of trails to explore through wooded areas and pastures, along creeks, and even through a bamboo patch.

[More about the ICC Trail System](#)

ROC Workday at Dittmer-Watts Nature Trails

ROC and the Town of Lake Lure joined forces with

volunteers to tackle some water erosion along the Creekside and Dogwood trails on Wednesday October 23rd. They removed berms and installed several rolling grade dips.

Thank you to everyone who helped improve these wonderful trails!

[More about the Dittmer-Watts Nature Trail Park](#)



ROC Workday at Buffalo Creek Park

ROC and several volunteers came out on Tuesday October 29th to aid in maintaining the trails at Buffalo Creek Park.

A large, fallen tree was removed and erosion issues were worked on along the blue loop trail. These popular trails get a lot of use and require consistent maintenance - please let us know if you'd like to join the efforts!

A huge thank you for all that showed up and helped us out on our workday!

[More about Buffalo Creek Park](#)



ROC Walking Club

The times and dates are listed below.

May 1st - August 31st:

- **Tuesdays:** 6:30 pm at the Rutherford County Farmer's Market parking lot located at the corner of Park Square and Pryor Street in Forest City (behind the new pavilion, POPS).
- **Wednesdays:** 8:30 am at Purple Martin Greenway in Rutherfordton
- **Thursdays:** 6:30 pm at Purple Martin Greenway in Rutherfordton



September 1st - April 30th:

- **Tuesdays:** 5:30 pm at the Rutherford County Farmer's Market parking lot located at the corner of Park Square and Pryor Street in Forest City (behind the new pavilion, POPS).
- **Wednesdays:** 8:30 am at Purple Martin Greenway in Rutherfordton
- **Thursdays:** 4:00 pm at Purple Martin Greenway in Rutherfordton

The walks are led by our Outdoor Programs Director, Dana Bradley. The club walks together for 30 minutes to an hour depending on location, but you can feel free to walk more or less if you like. This is a great opportunity to interact with others from the community that enjoy walking. Walk at your own pace, enjoy the scenery, and make some new friends.

For more information or to join, visit our ROC Walking Club page at <https://www.facebook.com/groups/184160622179015/> or call Dana at 828-351-3235.

[Facebook Page](#)

ROC RACE SERIES

[Click Here for the 2019 ROC Race Series Schedule and Race Results.](#)

RACE SERIES RECAP:

**Saturday, October
5th: Purple Martin
7K**

The Purple Martin 7K had a great turnout with 187 people participating.

[More Purple Martin 7K Photos](#)



**Saturday, October
26th: South of the
Mountains 5K Trail Run**

The South of the Mountains 5K was a great race and 132 people participated.

[More South of the Mountain 5K Photos](#)

UPCOMING RACES:

**Saturday,
November 9th:
The Master's
Academy Go
the Extra Mile
5K**



Pre-registration is \$25 for adults and \$20 for students; race day is \$30 and \$25. There will be a free concert afterwards to celebrate Veteran's Day.

ONLINE registration closes at 5 PM on November 1st.

[Race Details and Registration](#)

Saturday, November 30th: Elves and Bells 5K

All proceeds go to children in need in the Rutherford area for the holiday season. Pre-registration is \$25 and race day is \$30. Free

long-sleeved shirt and beanie are guaranteed for runners registered by November 14th.

[Race Details and Registration](#)

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 Callia Johnson at trails@rutherfordoutdoor.org or call 828-351-4161.
- [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 Callia Johnson at trails@rutherfordoutdoor.org or call 828-351-4161.



Rutherford Outdoor Coalition | www.rutherfordoutdoor.org

STAY CONNECTED:

