



## 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 and sponsors!**

Pete Link

Donald Murphy and  
Family

Sallie Smith

Frannie Watkins

Lou Wilmot

Kari Ledbetter

Timothy Fulton and  
Family

Daisy Laws

Laura Wittwer 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. 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!](#)

## Tour de Pumpkin

Tour de  
Pumpkin

Saturday,  
October 5th

14th Annual bike  
tours, 50K and  
100K



Only \$20 to pre-register...best deal around!

Some great reasons to participate:

- Great end-of-the-season roller coaster rides (4,440 feet of climbing on 100K, 2,200 on 50K)
- Few cars, abundant scenery
- Event tri-blend t-shirt, guaranteed to first 125 entrants - (TSHIRT NOTE: All shirts ordered will be unisex shirts. We offer a women's cut for preregistered people only for those that prefer it. Please send us a separate email if you prefer the women's cut. The women's cut has short sleeves and gathered at the waist. Those shirts run a full size smaller so order one size larger.)
- Post-ride meal
- Door Prizes

All proceeds benefit Rutherford Housing Partnership & Youth Cycling in the county.

Ride starts at 9:00 am. Registration is 7:30 am - 8:45 am. Day-of registration cost is \$25

ONLINE REGISTRATION ENDS AT NOON THURSDAY BEFORE THE RIDE.

## [Tour de Pumpkin Information and Registration](#)

# UPCOMING EVENTS

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

The Rail Trail is a great resource for many people in Rutherford County, but needs some periodic work to keep it pristine. On

Saturday, October

12th, ROC will clean up litter and debris along the trail and we need volunteers from the community to help us. We will divide into groups and each group will cover about a mile of trail. This clean-up will coincide with the Keep Rutherford County Beautiful County-wide Litter Sweep happening throughout the weekend.

We will be meeting at 10 am in the left side parking lot at the McDonald's in Spindale, 810 W. Main Street, Spindale, NC. Volunteers should dress appropriately for the weather and bring water and snacks as needed. ROC will provide gloves, trash bags, and a few grabbers. Volunteers can bring their own gloves/grabbers, if desired.

Come help us keep the Rail Trail beautiful and safe for everyone! This is also a great opportunity for anyone that has volunteer hours that need to be met.

For more information or to RSVP, email Callia Johnson at [trails@rutherfordoutdoor.org](mailto:trails@rutherfordoutdoor.org) or call (828) 351-4161.



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## **Sunday, October 13th: ROC Babel Tower Hike**

Come enjoy great views of the Fall leaf colors!

This strenuous, three-mile adventure starts from the Linville

Gorge's western rim and heads down to a craggy stone spire known as Babel Tower. With views of Hawksbill Mountain, Table Rock, and more all around and Linville River below, this is a hike you do not want to miss! There are many views along the way and the rhododendron blooming along the trail right now makes it even more scenic.



This hike will be led by ROC member, Bruce Byers. It is 3 miles round-trip, but is considered strenuous due to the rocky trail and a couple of rock scrambles to get on top of Babel Tower.

There is a nice view from below, as well, and anyone that does not feel comfortable climbing up to Babel Tower can wait at the viewing point below.

Hiking boots or shoes with a tough sole are recommended due to the rocky nature of this trail. Bring water and a lunch with you. We will eat lunch on top of Babel Tower and enjoy the views.

The road leading to the parking area has large bumps and some deep ruts, so you will need to drive slow.

Meet at the Rutherford County Administration Building located at 289 N. Main Street, Rutherfordton at 9 am to carpool. Contact Callia at [trails@rutherfordoutdoor.org](mailto:trails@rutherfordoutdoor.org) to sign up.

## **Tuesday, October 17th: 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, October 19th: ROC Heart of the Foothills Dog Walk**

Meet at Heart of the Foothills Animal Rescue (previously known as Brother Wolf) at 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 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](mailto:dana@rutherfordoutdoor.org)

# UPDATES

## ROC Heart of the Foothills Dog Walk

On Saturday, September 14th, 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 October 19th!



## ROC Work Days at ICC

ROC members got two successful work days in on the trails at Isothermal Community College this month. September 13th, the members were victorious at the battle of the brambles. The new AmeriCorps member, Callia Johnson, performed her spider dance - come along for a chance at witnessing the next performance.



September 27th, the crew relieved the trees of the nearly ingrown trail markers. Bess, Fred, David, Dana, Jason, and Callia completed the work in record time while enjoying some wonderful weather.

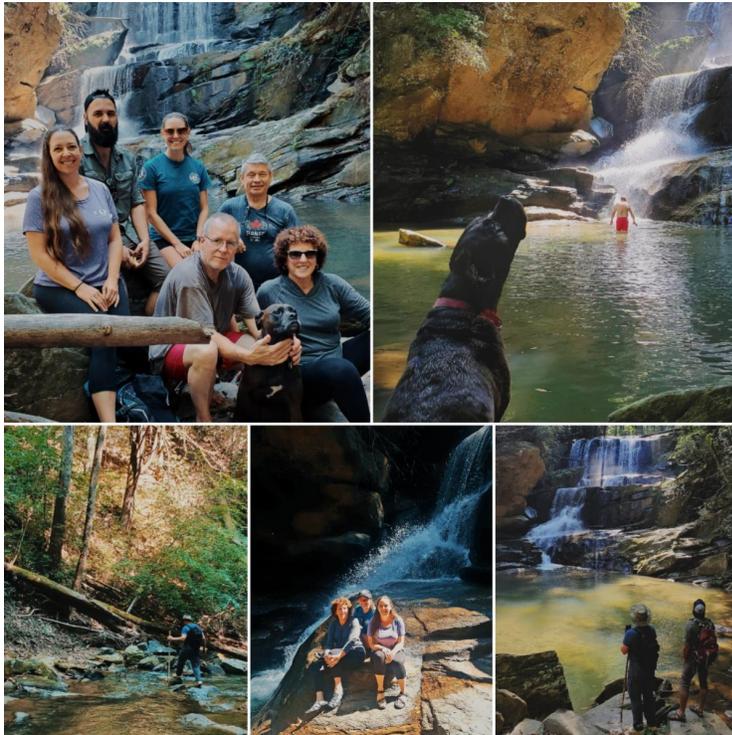
Thank you all for your efforts to keep the ICC trail system looking great!

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 Little Bradley Falls Hike

The weather was perfect, the waterfall was stunning, and there were pups bounding all around! We couldn't have asked for a better day for our September 21st venture to Little Bradley Falls.



Come join us on our next hike!

[More Pictures](#)

## ROC Broad River Fall Sweep

Thank you to everyone that came on the ROC Broad River Fall Sweep on September 28th.

Sections 2, 3, 4, and 6 have all been cleaned thanks to our lovely volunteers! We estimate about 40 tires and 20 bags of trash were fished out of the Broad River.



Join us in Spring for the next clean up!

[More Pictures](#)

## 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:**

**Friday, August 9th:  
Lake Lure  
Olympiad: 10K Dam  
Run**

The Olympiad 10K Dam Run had a great turnout with 218 people participating.

[Olympiad 10K Dam Run Photos and Results](#)



**Sunday, August  
11th: Lake Lure Olympiad: Race to the Rock 5K**

The Lake Lure Olympiad weekend ended with the ultimate racing challenge, the Race to the Rock 5K. It was a great race and 158 participated.

[Olympiad Race to the Rock Photos and Results](#)

**UPCOMING RACES:**

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



Pre-registration is \$25 and race day is \$30. Shirts are guaranteed for runners registered by September 21st.

ONLINE registration closes at 5 PM on October 4th.

[Race Details and Registration](#)

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

All proceeds go to help send economically disadvantaged children and youth to summer camp. Pre-registration is \$25 and race day is \$30. Free shirt and backpack are guaranteed for runners registered by October 22nd.

[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](mailto: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](mailto:trails@rutherfordoutdoor.org) or call 828-351-4161.

Rutherford Outdoor Coalition | [www.rutherfordoutdoor.org](http://www.rutherfordoutdoor.org)

## STAY CONNECTED:

