



## 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!**

**Bruce McKinney**

**Laura Brooks and  
Family**

**Barbara Mears**

**Alison Moore**

**Nancy Isenhour**

**Sheila Shipp**

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

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.**

## UPCOMING EVENTS

### **Saturday, September 14th: 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) or call her cell at 828-351-3235 to sign up.



### **Tuesday, September 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, September 21st: ROC Little Bradley Falls Hike**

Enjoy hanging out by a beautiful waterfall on this short hike to Little Bradley Falls near Saluda. Under a dense forest canopy teeming with life, we will make the 2-mile out-and-back journey along a moderate/strenuous trail. There are 2 river crossings, so you should bring river shoes to wade across in or you can simply take your shoes off to cross. The trail runs through the Green River Gamelands, where dogs are welcome, but need to be kept on a leash.



Be sure to pack a lunch, along with some water. We will have lunch at the waterfall and allow everyone time to swim, if they like. Bring a bathing suit or clothes you can get wet if you want to swim.

We will meet at the Rutherford County Administration Building (Annex) located

at 289 N Main Street in Rutherfordton at 10 am and carpool from there to the falls or you can meet us at the trailhead at 10:45 am, if you prefer.

For questions or to RSVP email [trails@rutherfordoutdoor.org](mailto:trails@rutherfordoutdoor.org) or call 828-351-3235.

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## **Saturday, September 28th: ROC Broad River Fall Sweep**



On Saturday, September 28th, ROC will be having our annual Broad River Fall Sweep. We

will be cleaning multiple sections of the Broad River in Rutherford County. Volunteers will drop off their boats at designated areas at 10:00 am. We will then drive most of the vehicles to the take-out spot and carpool back to the put-in location in one vehicle. We hope to get on the water around 10:45 am.

**PLEASE RSVP FOR THIS EVENT.** You will be added an email list where we will assign boats and sections, as well as send out important information.

We need volunteers with kayaks as well as canoes. If you have an extra boat that could be used, please let us know. If you would like to participate but do not have a boat, we will try to arrange a boat for you. Let us know if you have trucks or trailers to help carry kayaks, canoes, or trash. ROC will provide trash bags and a few grabbers.

Bring a lunch and some water with you. We will stop about half way through the clean-up for a lunch break. River shoes or shoes you don't mind getting wet are recommended since we will have to get in the water to get most of the trash.

Email Dana Bradley at [dana@rutherfordoutdoor.org](mailto:dana@rutherfordoutdoor.org) or call 828-351-3235 for more information or to sign up.

# UPDATES

**ROC Heart of the  
Foothills Dog Walk**

On Saturday, August 3rd, 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 September 14th!



## ROC Work Day at ICC

ROC members Dana Bradley, David Greenleaf, and Bruce Rome cleared trees, branches, and overgrown grass and weeds from the trails at Isothermal Community College (ICC) on August 23rd. 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 Walnut Creek Preserve Hike

We did not let the slight drizzle stop us from having a great time exploring at Walnut Creek Preserve on Saturday, August 24th.

The temperature was perfect

and we all enjoyed the beautiful surroundings.



## TLL/ROC Work Days at Buffalo Creek Park

On Thursday, August 29th, and Friday, August 30th, ROC members and community volunteers repaired rain damage and erosion issues at Buffalo Creek Park.

Our volunteers removed a large tree blocking the trail, cleared out drainage ditches, smoothed the trail surface where water had started to erode the trail, and installed several berms to increase water runoff from the trail.



[More about Buffalo Creek Park](#)

## ROC Section 11 and 12 Broad River Float

Thank you to everyone that came on the ROC section 11 and 12 Broad River float on Saturday, August 31st.

The weather was perfect and everyone had a great time

floating down these beautiful sections of river.

[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 Dana Bradley at [dana@rutherfordoutdoor.org](mailto:dana@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 Dana Bradley at [dana@rutherfordoutdoor.org](mailto:dana@rutherfordoutdoor.org) or call 828-351-3235.



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

## STAY CONNECTED:

