



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](#)

Updates:

ROC Group Float on Broad River Sections 2 and 3

On July 23rd, we had 18 people join us on our group Broad River float on sections 2 and 3 in Rutherford County. This section was full of fun rapids and everyone had a great time. Thank you all for joining us!

More information about the Broad River can be found [here](#).

[Broad River Group Float Photos](#)



Thermal Belt Rail Trail

Things are moving forward with Forest City's plans to install an additional 5 miles of Rail Trail. The new section will extend from Oakland Road to Forrest Hunt Elementary and will give us a total of 13 miles of trail. Forest City has applied for a grant to help fund this project and we should have more updates coming soon.

[Rail Trail Map and Information](#)



Buffalo Creek Park

Heavy rain storms brought down several trees along the trail recently. ROC volunteers have removed these fallen trees and the trail is looking great. This biking/hiking trail offers a 3.5-mile loop with an optional, mile-long extension at the top. Ken's Rock, Bald Mountain Lake, and Lake Lure can be seen from various parts of this beautiful trail.



[Buffalo Creek Park Trail Map and Information](#)

ROC Shirts and Hats

We still have a few ROC shirts and hats for sale. Both items are available for only \$15 each! The shirts are tri-blend, unisex, and are very comfortable. The hats are high quality and have an adjustable buckle in the back.



ROC will have a table set up during FUNC Friday in downtown Rutherfordton this Friday, August 5th, from 7 pm to 10 pm if you would like to come by and look at them. We will also have maps and other information on our local trails available so stop by and see us.

Email Dana Bradley at trails@rutherfordoutdoor.org to place your order. The items we have available are listed below. Order soon to make sure you get the size/color you want!

Hats: 1 Blue 6 Green 7 Charcoal

Shirts: -Small: 2 Blue -Medium: 1 Purple, 2 Navy Blue

-Large: 2 Purple, 1 Navy Blue, 2 Black

More Ways to Participate in

ROC:

- 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 trails@rutherfordoutdoor.org or call (828) 625-9983 ext. 505.
- [Click Here](#) for more information on Rutherford County trails.



ROC Race Series

-We had 127 racers participate in the Meet Me at the Fountain 5K on July 30th!

Upcoming Races:

- **Friday, August 12th: ROC Race Series: Olympiad Dam Run 10K in Lake Lure.**
- **Sunday, August 14th: ROC Race Series: Olympiad Race to the Rock 5K in Chimney Rock.**



[-Register for these Races Online Here](#)

[ROC Race Series 2016](#)

Upcoming Events:

- **Sunday, August 21st:**
ROC Group Hike on the Trombatore Trail in Gerton:
This will be a 5-mile round trip, moderately strenuous hike to an

amazing view of the surrounding mountains. Bring a lunch, water, and your camera. Meet at the County Annex (289 N. Main Street, Rutherfordton) at 8:30 am to carpool.



- **Saturday, August 27th:**
ROC Group Float on the [Broad River](#):

We will be floating section 4 (River Road to Grays Road). This is a fun, beautiful section and we hope you all can join us. We will meet at the bridge at the intersection of River Road and Thompson Lake Road at 9:30 am.

***** Email us at trails@rutherfordoutdoor.org or call (828) 625-9983 ext. 505 to sign up for our volunteer opportunities or group hikes.**

Rutherford Outdoor Coalition | www.rutherfordoutdoor.org

STAY CONNECTED:

