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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](#)

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NEWS



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

Jane Weast

Carrie Rutherford

Robert Byers

Tim Will

Dennis Coldren

Kimberly Horvath

Joshua Bryant

Dorothy Houlditch

**Steve and Betty
Gilbert**

Sandy Austin

Linda Jean Harrill

Chris Eason

Nell Bovender

Jimi and John Moore

Cindy Dotson

**Steve Garrison 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

NEWS

ROC Monthly Meeting

Date: Tuesday, April 20th



Time: 5:00pm

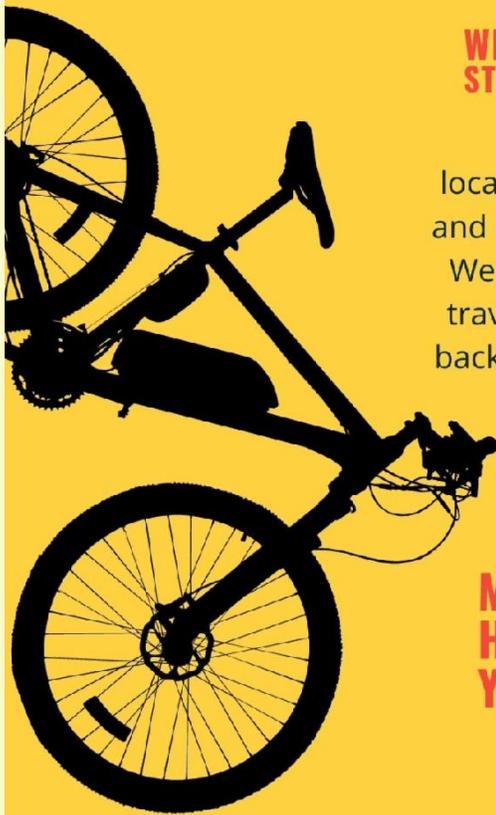
Location: Barley's Taproom

ROC GROUP BIKE RIDES



**WEEKLY ON THURSDAYS, 5:30PM
STARTING APRIL 1ST**

We will meet at the ROC Office, located at 115. N. Oak Street in Spindale, and connect to the Thermal Belt Rail Trail. We will spend an hour total on the trail, traveling approximately 5 miles out and back, and gather at Barley's after our ride to socialize. All are welcome!



**MEET FELLOW CYCLISTS,
HAVE FUN, AND IMPROVE
YOUR HEALTH!**

www.rutherfordoutdoor.org | jess@rutherfordoutdoor.org | 828-351-3235



RUTHERFORD OUTDOOR COALITION'S
PHOTO SERIES

Spring Flowers

APRIL 1 - APRIL 30

THIS MONTH'S PRIZE: A \$25 GIFT CARD TO
BUBBA O'LEARY'S GENERAL STORE

TO ENTER:
UPLOAD YOUR PHOTOS TO FACEBOOK OR INSTAGRAM & USE
#RUTHERFORDOUTDOOR
1 ENTRY PER PERSON PER DAY

All may participate and share their photos but only ROC
Members are eligible to win prizes.
To become a member of ROC head to
www.rutherfordoutdoor.org

UPCOMING EVENTS

ROC Spring Litter Sweeps:

These clean-ups will coincide with the county-wide Keep Rutherford County Beautiful Spring Litter Sweep happening throughout the month. 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.

Saturday, April 10th at 10am - 12pm

Thermal Belt Rail Trail:

ROC will clean up litter and debris along the trail and we need volunteers from the community to help us. 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. We will divide into groups and each group will cover about a mile of trail.



Saturday, April 17th at 10am - 12pm

Cherry Mtn. Street

ROC will clean up litter and debris along a one mile stretch of Cherry Mtn St. and we need volunteers from the community to help us. This section of road crosses the Second Broad River - much of the litter in this section will wash into the river if we don't remove it! We will be meeting at 10 am in the parking lot at James F. Crowe Park, located at 267 Crowe Park Drive, Forest City, NC 28043.

For more information or to RSVP, email Jess Kerr at jess@rutherforddoutdoor.org or call (828) 351-3235.

ROC Hikes

Bearwallow Mountain Sunset Hike

Our Outdoor Programs Director, Jess Kerr, will be leading a hike at Bearwallow Mountain on Saturday, April 24th at 6pm to catch the sunset! This trail is a 2 mile round trip hike, with a grassy meadow at the peak and a 360 degree view including Mt. Mitchell and Mt. Pisgah. There is a historic fire lookout tower and grazing cattle on the mountaintop as well. At about a 500 ft ascent, Bearwallow Mountain has a handful of switchbacks on the way up and is rated moderate.



Bring snacks for hanging out at the top of the mountain as well as extra layers, because it will get chilly throughout the evening. Also carry a

headlamp or flashlight for hiking down the trail when it gets dark.

Date: Saturday, April 24th

Time: 6pm

Location: Bear Wallow Rd, Fairview, NC 28730

Shortoff Mountain Backpack/Camping Trip



ROC will be having a two day, one night backpacking trip Saturday, April 17th - Sunday, April 18th at Shortoff Mountain!

Located in the Linville Gorge area, there are beautiful vistas

of Lake James and the surrounding Gorge with the Linville River below.

After passing a handful of rock outcroppings, there are great views of Table Rock mountain as well. This is a 5 mile roundtrip hike, with an elevation gain of about 1,200 ft. Once we arrive at the campsite (about 1.5 miles in) there are a handful of options for day activities including hiking to table rock and back, checking out the mountains to sea trail, or just hanging out around camp and relaxing.

Necessary items to bring include a backpack, tent/hammock, sleeping bag, sleeping pad, water, and food for lunch, dinner, breakfast the next day and snacks. There are clean water sources near the campsites to drink from, but we recommend bringing a filter if you have one. Sturdy hiking shoes should be worn, and bringing a rain jacket is recommended. If there is an item you do not have, please let us know and we may be able to provide an extra one!

To get to the trailhead, take Wolfpit Road all the way up until you reach the parking lot (about 2 miles).

Date: April 17-18th

Time: Saturday, 10am - Sunday 10am

Location: Wolfpit Road, Morganton NC 28655

****To RSVP or for more info, please contact Baily at trails@rutherfordoutdoor.org or (828) 619-0035.**

**ROC Walk with the
Rutherford County
Chapter of the**

Autism Society

Come walk the Thermal Belt Rail Trail with our Outdoor Programs Director and members of the Rutherford County Chapter of the Autism Society of North Carolina. The Chapter provides support to local individuals with autism and their families.



The Autism Society of North Carolina improves the lives of individuals with autism, supports their families, and educates communities.

Meet at 172 Park Sq, Forest City, NC 28043 at 5:30 pm. Upon arrival, please sign-in with Jess. Masks may be removed on the Rail Trail if adequate social distancing is possible. We will walk for a total of 2 miles. The trail is flat and is rated as easy.

You **MUST** pre-register for this event. Email us at jess@rutherfordoutdoor.org or call 828-351-3235 to RSVP.

April Volunteer Days



Saturday April 3rd:

Heart of the Foothills Dog Walk. **10 am - Noon.**

Come walk shelter dogs and puppies with us!

Expect to walk about about 2 miles, mostly level terrain.

Thursday April 8th:

Isothermal Community College Trails: **9:00 am - 11:00 am**

We will be cleaning up a pile of insulation along the side of the blue trail. Expect to walk about 1-2 miles.

Saturday April 10th:

ROC Spring Litter Sweep: **10 am - 12 pm**

We will be cleaning up trash along the Thermal Belt Rail Trail. Expect to walk about 2 miles.

Tuesday April 13th:

Weed Patch Mountain: 8 am - 12 pm

We will be removing any down trees on the trail.

Expect to walk about 3 miles.

Friday April 16th:

ROC walk with the Rutherford County Chapter of the Autism Society:

5:30 pm - 6:30 pm

Expect to walk about 2 miles, mostly level terrain.

Saturday April 17th:

ROC Spring Litter Sweep: 10 am - 12 pm

We will be cleaning up trash along the Thermal Belt Rail Trail. Expect to walk about 2 miles.

Tuesday April 20th:

Buffalo Creek Park: 8 am - 12 pm

We will be felling/removing invasive trees along the sides of the trails.

Expect to walk about 3 miles.

Contact Baily at trails@rutherfordoutdoor.org or call 828-619-0035 to RSVP or for more information.

UPDATES

Updates on Buffalo Creek Park and Weed Patch Mountain



On Buffalo Creek Park, Town of Lake Lure and ROC removed a very rotten tree on the side of the trail, ensuring that bikers and hikers are safe when passing through that section. Despite the rain they encountered, Jeff, Robin, Bruce, and Baily all helped out to clear this dangerous hazard!

ROC and Town of Lake Lure also traveled to Weed Patch Trail to remove 3 down trees and install new signage! We were able to stop at Gray's Rock to enjoy the spectacular view while working on the trail. Thank you to Robin, Dana, Jeff, Ken, Baily, and Bruce for joining us!

[More about Buffalo Creek Park](#)

Updates on Dittmer-Watts Nature Trails



At the Dittmer-Watts trails, ROC and the Town of Lake Lure removed a beaver dam that was causing some serious drainage problems. Bruce, Jonathan, Dana, and Baily got dirty shoveling up sticks and mud to allow water to flow smoothly!

The Lake Lure Classical Academy also came out to help maintain the trail, learning how to divert water off the trails by making drainages. We also worked on scraping off leaves and other organic material to fix muddy sections. Thank you to the class from Lake Lure Classical Academy as well as Robin, Baily, and Jess for keeping Dittmer-Watts looking beautiful!

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

Emberglow Trail Workday



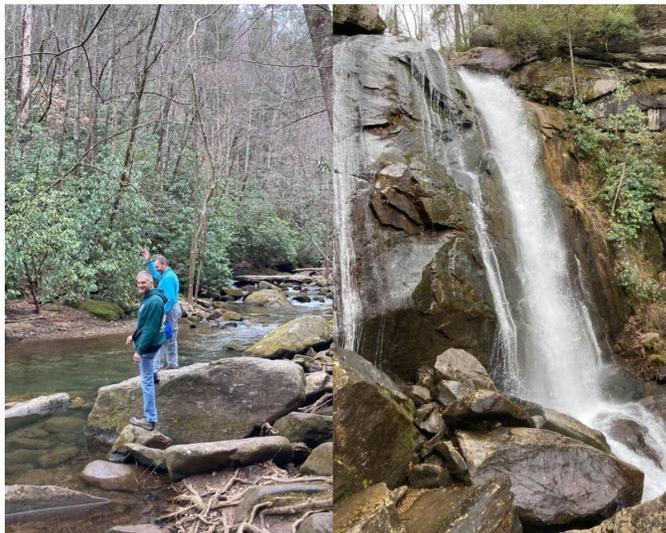
ROC had the opportunity to visit Emberglow Outdoor Resort this past month to finish building a section of hiking and biking trail! Bruce and Baily worked hard and sweat throughout the day cutting up large stumps and saplings in the middle of the trail.

Emberglow Outdoor Restort, nestled on 72 acres in Mill Spring, NC features memorable lodging experiences: camp sites, tree houses, yurts, RV's, and vintage campers. In addition, the site features wonderful amenities including a dog park, pond, multi-use trail system, resort-style pool, live music stage and community fire pit, sand volleyball, playground and more!

Emberglow Outdoor Resort will provide a 10% discount to members that present their card when booking a stay. Check out their website for more information! <https://emberglowoutdoorresort.com/>

March Hike

ROC traveled to South Mountains State Park this past month to get some hiking in! We took High Shoals Falls Loop, a two mile trail up and around the gorgeous waterfall located there. We stopped to check out some neat rock formations, enjoyed the creek, and of course stopped to take pictures by the waterfall. Thank you Bruce, Sara, Bram, and Baily for attending!



ROC Bike Club

Times and dates are listed below:

Thursday's at 5:30pm

We will meet at the ROC Office located at 115 N. Oak Street in Spindale, and connect to the Thermal Belt Rail Trail. We will spend an hour total on the trail, traveling approximately 5 miles out and back, and gather at Barley's after our ride to socialize. All are welcome!

For more information or to join, contact Baily at trails@rutherfordoutdoor.org or (828) 619-0035.

[Facebook Page](#)



WAYS TO PARTICIPATE IN ROC

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 Baily Hornstein

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 Baily Hornstein at trails@rutherfordoutdoor.org or call 828-619-0035.**
- **Click Here for more information on Rutherford County trails.**

Trail Ambassador Program

If you are out enjoying the Thermal Belt Rail Trail, look out for our fantastic group of volunteers who are walking, running, and biking the trail to assist other users. If you have any questions or concerns about the trail or local information, a Trail Ambassador would be happy to help!

Just look for the bright green shirts, like Steve and Betty are wearing, to ask questions on where to stop for lunch, where the nearest bike repair station is located, or anything else you are looking to do!

- **If you are interested in learning more about becoming a Trail Ambassador, contact Jess Kerr at jess@rutherfordoutdoor.org or call 828-351-3235.**



- [Click Here](#) for more information on Rutherford County trails.

Rutherford Outdoor Coalition

PO Box 1349
Rutherfordton, NC 28139
828-351-3235

Contact Us



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