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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.

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NEWS



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

Lenora Mathis

George Leifert

Nancy Isenhour

Larry Beasley

Bruce Rome

Dennis Coldren

Steve Govus

Norma Devine

William Brett

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



RUTHERFORD OUTDOOR COALITION'S PHOTO SERIES

Critter Capture

AUGUST 1 - AUGUST 31

THIS MONTH'S PRIZE: \$10 GIFT CARD TO
SCOOP ICE CREAM (ANY 5 LOCATIONS)

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



ROC Monthly Meeting

Date: Tuesday, August 17th

Time: 5:30pm

Location: Barley's Taproom

We are excited to return to **Barley's** for our monthly meetings! Join us to hear about all the latest with ROC -

including recent updates, upcoming events, how you can get involved with our mission, and more!

Feel free to order food and beverage while you connect with new and returning ROC members. All are welcome!

UPCOMING EVENTS

Namaste and Nature: Yoga Class



Join ROC and Yoga 828 for a gentle yoga class in the great outdoors, a unique outdoor adventure combining yoga, meditation, and hiking.

Begin your adventure with an easy, guided nature walk at Walnut Creek Preserve, located in Mill Spring, NC. Settled on 1,530 acres of protected forest, Walnut Creek Preserve features amazing views of the Hickory Nut Gorge, a waterfall, and an extensive trail network.

Elevate your body and mind with Dee O'Brien of Yoga 828 in Lake Lure, NC while surrounded by the beauty of our mountains, rivers, and waterfalls. Dee, a certified yoga instructor expertly incorporates gentle methods for beginners and more experienced learners in her classes. You will learn about poses, movement, and breathing techniques.

Participants will conclude their adventure with a visit to the Anne Elizabeth Suratt Nature Center, a classroom dedicated to conservation education for learning about our native Southern Appalachian plants and animals.

You must pre-register for this event. Tickets are \$10 per person. Participants will meet at Walnut Creek Preserve, located in Mill Spring, NC at 9:00 am on Saturday August 7th.

Please contact Jess Kerr at 828-351-3235 or jess@rutherfordoutdoor.org for more information.

Broad River Fun Float

Make the most of the beautiful summer weather and join ROC on the Broad River Saturday, August 21st at 10am! Join us for a relaxing day on the river paddling and enjoying the outdoors. Please bring water, a lunch, and a kayak or canoe for yourself.



If you are interested in joining us but don't have a boat, we have a few available first come first serve. We will send out an email after people RSVP on more details and where to meet!

Date: Saturday, August 21st

Time: 10am

To RSVP or if you have any questions, please contact Jess Kerr at jess@rutherfordoutdoor.org or 828-351-3235.

August Volunteer Days



Tuesday August 3th:

Weed Patch Mountain: 8 am - 12 pm

We will be removing any down trees on the trail.

Expect to walk about 3 miles.

Tuesday August 10th:

Dittmer-Watts Nature Trails: 8 am - 10 am

We will be trimming overgrown sections of the trail. Expect to walk about 1-2 miles.

Thursday August 12th:

Willow Ridge Back to School Bash: 2 pm

Table event at Willow Ridge's Back to School Bash. Come help us share ROC's mission at our booth and connect with visitors. We will also have a hands-on craft for kids that visit our table.

Saturday August 14th:

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 August 17th:

Isothermal Community College Trails: [8:00 am - 10:00 am](#)

We will be trimming and weed whipping the sides of trails. Expect to walk about 1-2 miles.

Tuesday August 24th:

Buffalo Creek Park: [8 am - 12 pm](#)

We will be improving the tread on switchbacks and fixing erosion issues.

Expect to walk about 3 miles.

Thursday August 28th:

FitFest: [10 am - 2 pm](#)

Table event at FitFest at POPS. Come help us share ROC's mission at our booth and connect with visitors. We will also have a hands-on craft for kids that visit our table. The festival is geared towards encouraging active and healthy lifestyles in county youth.

Contact Jess at jess@rutherfordoutdoor.org or call 828-351-3235 to RSVP or for more information.

UPDATES

Updates on Dittmer-Watts Trails



On Dittmer-Watts Nature Trails, Town of Lake Lure and ROC trimmed back overgrowth on either side of the Mulberry Trail. The crew also cleaned dirty signs on all parts of the trail system to improve the hiking experience for users. To finish it off, we fixed multiple spots of trail with ruts and erosion spots due to rain. Thank you to Jonathan, Ed, Jeff, Baily, and Bruce for your hard work!

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

Updates on Buffalo Creek Park and Weed Patch Mountain



On Buffalo Creek Park, Town of Lake Lure and ROC improved some serious erosion issues caused by the recent rains. The crew filled in large ruts formed on high sloped sections and switchbacks. We also built a few berms and drainages to help divert water off the trail. Thank you to Robin, Jeff, Baily, and Ken for the fun workday!



On Weed Patch Trail, folks went out to trim and weed whip overgrowth and briars from Gray's Rock all the way to the Weed Patch Extension trail! The crew found a handful of down trees, cutting them with handsaws out of the path for bikers and hikers. The crew endured a

long day of hard work and sweat, but had beautiful weather with plenty of views to enjoy. Thank you to Dana, Baily, Jeff, Jason, and Bruce for joining us!

[More about Buffalo Creek Park](#)

Updates on the ICC Trails



At the ICC trails, ROC reinstalled the kiosk sign near the blue trail that had fallen over. Bruce and Baily removed the rotting wood at the bottom of the old holes where the sign was, and secured the sign back in place. Briars were also trimmed back on a small section of the orange trail to keep the walking passage wide and clear for users. Shoutout to Bruce and Baily for your terrific work and efforts!

[More about the ICC Trail System](#)

ROC Broad River Fun Floats



ROC had a fantastic time floating down Section 5 of the Broad River last month! The group had a great time jumping off the rope swing, floating down rapids, and having some friendly squirt gun battles.

Folks were able to go out two weekends in July with lots of paddling, laughing, and relaxing in their kayaks. We spent some time and stopped at the popular spot with the rope swing, and later on at the last section of rapids to kayak, tube, and swim down.

Thank you to everyone that spent the day with us on the river! Look out for future events on the Broad River with ROC on our facebook page or website at rutherfordoutdoor.org!

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 Jess Kerr at jess@rutherfordoutdoor.org or call 828-351-3235.

ROC Bike Club

Come join ROC for bike club on the Thermal Belt Rail Trail starting Thursday July 8th at 8:30am!

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. All are welcome!



For more information or to join, contact Jess at jess@rutherfordoutdoor.org or 828-351-3235.

[Facebook Page](#)

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 Jess Kerr at jess@rutherfordoutdoor.org or 828-351-3235.**
- **[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

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Contact Us



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