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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!

Bruce Hunt

Donald Blanton

Arthur Mills

Crystal Stofko

**Dan and Marsha
Hegeman**

Jennifer Owen

Jeff Hodge

**Kathy and Steve
Genter**

Nell Bovender

Shannon McCool

Ricky Green

Ed and Kay Dittmer

**John and Kiowa
Cilone**

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, July 20th



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

Broad River Fun Float

Make the most of the beautiful summer weather and join ROC on the Broad River Saturday, July 10th

and 17th 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, July 10th and 17th

Time: 10am

To RSVP or if you have any questions, please contact Baily Hornstein 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.

Date: Wednesday, July 7th

Time: 6:30 - 7:30pm

Location: 172 Park Sq, Forest City, NC 28043

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

July Volunteer Days



Wednesday July 7th:

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

6:30 pm - 7:30 pm

Expect to walk about 2 miles, mostly level terrain.

Wednesday July 7th:

Weed Patch Mountain: 8 am - 12 pm

We will be removing any down trees on the trail.

Expect to walk about 3 miles.

Saturday July 10th:

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.

Tuesday July 13th:

Dittmer-Watts Nature Trails: 8 am - 10 am

We will be cleaning signs and trimming overgrown sections of the trail.

Expect to walk about 1-2 miles.

Thursday July 15th:

Isothermal Community College Trails: 10:00 am - 12:00 pm

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

Tuesday July 20th:

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.

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

UPDATES

Updates on Dittmer-Watts Trails



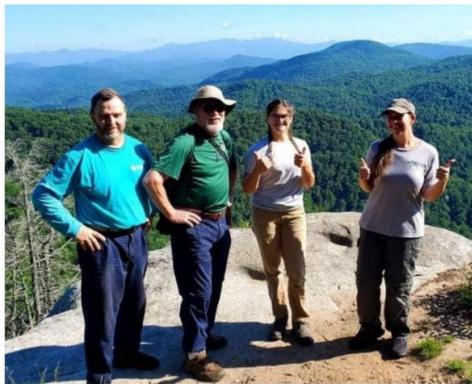
On Dittmer-Watts Nature Trails, Town of Lake Lure and ROC trimmed back overgrowth on either side of the Mulberry Trail. The crew also cleared branches and debris in the way on the Mountain Laurel trail. We were lucky enough to have Cindy's dog Rigs join us for smiles and friendly pets while resting! Thank you to Jonathan, Ed, Jeff, Baily, Bruce, and Cindy 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 removed a handful of invasive princess trees to prevent falling widow makers and make the trail safer for users. Robin braved some surprise Yellow Jackets nesting in one particular tree to clear it! A big shoutout to Ken as well who went out on his personal time to brush the entire trail. Thank you to Robin, Jeff, Baily, Ken, Cindy, and Dana for the fun workday!



On Weed Patch Trail, folks went out to trim and weed whip overgrowth and briars from Eagle Rock all the way to Gray's Rock (about 4 miles)! The crew also removed two down trees blocking the trail and one on

the maintenance access. The crew endured a long day of sweat, but had beautiful weather with plenty of views to enjoy. Thank you to Dana, Baily, Ken, and Bruce for joining us!

[More about Buffalo Creek Park](#)

Updates on the ICC Trails



At the ICC trails, ROC trimmed and weed whacked the sides of the entire trail system this past month! The briars and other large plants that were crowding the trail are cleared and out of the way for hikers and runners. Shoutout to Jonathan, Bruce, Jeff, and Baily for your terrific work and efforts!

[More about the ICC Trail System](#)

ROC Broad River Spring Sweep



ROC led a successful river clean up, floating sections 5 and 6 of the Broad River this past month! Teams of volunteers cleaned over 600 pounds of trash including over 20 tires, aluminum cans, plastic, and glass bottles.

ROC River Stewards will continue to scout the river throughout the summer to keep it clean and free from obstacles. We will be hosting fun floats over the next couple of months as well, so stay tuned for upcoming trips!

Thank you to everyone that spent the day with us on the river!

ROC Hike to Bearwallow Mountain



ROC hiked up Bearwallow Mountain to catch the sunset this past month, and we were not disappointed with the view! During the hike to the summit we identified quite a few different species including Jack' O Lantern mushrooms, Indian pipes, Columbine flowers, and whorled loosestrife.

At the top of the mountain we hung out and relaxed while the sun was setting, taking in the Blue Ridge Mountains and the grand scenery that Bearwallow has to offer.

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 at trails@rutherfordoutdoor.org or call 828-619-0035.

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, 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](#)

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

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Contact Us



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