



## 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!**

Brian Hasty

Scott Lawrence

Ruth Hills

David Caldwell

Ted Enright

Charles Thrift

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!](#)

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## Emberglow Outdoor Resort



**We are excited to announce a new member benefit to ROC Members! Emberglow Outdoor Resort will provide a 10% discount to members that present their card when booking a stay.**

**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!**

**We are so excited for this wonderful addition to the outdoor recreation community in our area! Check out their website for more information!**

ROC is looking for

# ***OFFICE FURNITURE DONATIONS***



**ROC is seeking donations for two accent chairs or a small loveseat to improve our office space and allow visitors to be comfortable when they stop by!**

If you have furniture you would like to donate, please contact [jess@rutherfordoutdoor.org](mailto:jess@rutherfordoutdoor.org)

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**ROC Monthly Meeting**





**Date:** Tuesday, March 16th

**Time:** 5:00pm

**Location:** Crestview Park

**Feel free to order food from your favorite local restaurant and bring your dinner!**

**We will space out and observe social distancing practices. All are welcome!**

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## UPCOMING EVENTS

### **ROC Hikes:**

#### **South Mountains State Park: High Shoals Falls Saturday, March 13th**

Located at South Mountains State Park, High Shoals Fall Loop is a 2.4 mile trail featuring a stunning 80 foot waterfall, a gorgeous creek, and a mountain vista throughout. This loop has an elevation gain of about 500 feet and is a moderate hike. After about 1 mile and a handful of stairs, you will reach the a viewing deck of the falls.



**Make sure to bring at least 2 liters of water, snacks, and wear proper hiking shoes.**

**The trailhead is located at the Jacob Forks Parking Area at South Mountains State Park.**

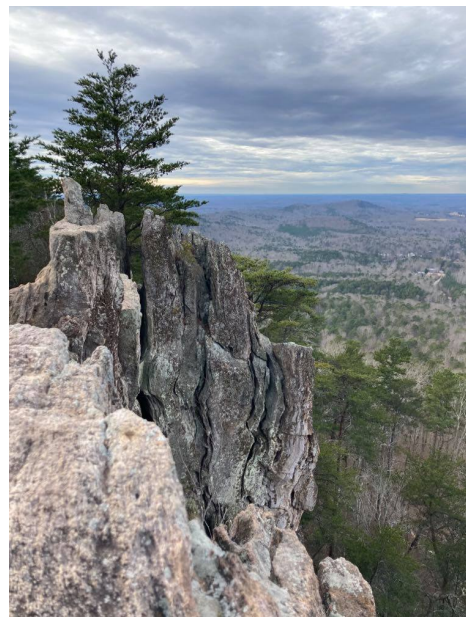
**Date:** Saturday, March 13th

**Time:** 9AM - 12 PM

**Location:** South Mountains State Park, 3001 S Mountain Park, Connelly Springs, NC 28612

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**Crowder's Mountain  
State Park:  
Pinnacle Trail  
Saturday, March 27th**



Enjoy all that spring has to offer with a hike to the pinnacle, the highest point in Gaston County at 1,705 feet! This trail is a 4 mile roundtrip hike, starting at the visitor center and finishing at the summit of the pinnacle. This hike is strenuous and steep at many points on the way up with a total elevation gain of around 900 feet, but leads to beautiful panoramic overlooks at the top. From the top you can see amazing views of Crowders Mountain and Charlotte on a clear day.

Bring at least 2 liters of water, snacks, and wear proper hiking shoes. We will stop at the summit to relax, take in the views, and snap some pics before heading back down.

The start of the trailhead is located at the Visitor Center at Sparrow Springs Access of Crowders Mountain State Park.

**Date:** Saturday, March 27th

**Time:** 9 am - 12 pm

**Location:** 522 Park Office Ln, Kings Mountain, NC 28086

Contact Baily at [trails@rutherforddoutdoor.org](mailto:trails@rutherforddoutdoor.org) or call 828-619-0035 to RSVP or for more information.

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**March Volunteer Days**



**Wednesday March 10th:**

**Dittmer-Watts Nature Trail Park. 8 am - 10 am.**

**We will be removing the beaver dam that has returned to our trails!  
Expect to walk about 1 - 2 miles, mostly level terrain.**

**Thursday March 18th:**

**Weed Patch Mountain: 8 am - 12 pm**

**We will be removing any down trees on the trail.  
Expect to walk about 3 miles.**

**Tuesday March 23rd:**

**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.**

**Thursday March 25th:**

**Isothermal Community College Trails: 11:30 am - 1:30 pm**

**We will be scouting the trail for any down trees or litter to clean up.  
Expect to walk about 1-2 miles, mostly level terrain.**

**Saturday March 20th:**

**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.**

**Contact Baily at [trails@rutherfordoutdoor.org](mailto:trails@rutherfordoutdoor.org) or call 828-619-0035 to RSVP  
or for more information.**

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## UPDATES

### **Updates on Buffalo Creek Park and Weed Patch Mountain**





**On Weed Patch Mountain, ROC and Town of Lake Lure beautified the sides of a set of log steps coming up from the creek! We carried and set rocks in place to prevent erosion on the side of the stairs. Bruce, Baily, and Ken also managed to push a giant stump off the trail and out of the way for bikers and hikers.**

**On Buffalo Creek Park Bruce, Robin, and Baily hiked the South side of the loop and continued up the extension of Weed Patch to smooth out the trail. We removed any leaves from water drainages and filled in gaps on switchbacks being worn down by riders. Thank you Robin, Ken, Bruce, Baily, and Jeff for consistently maintaining and improving our trails!**

**[More about Buffalo Creek Park](#)**

### **Updates on Dittmer-Watts Nature Trails**

**ROC and the Town of Lake Lure tackled some muddy sections of trail on our February workday! We improved erosion issues and removed branches blocking a picnic table on the Mountain Vista trail.**

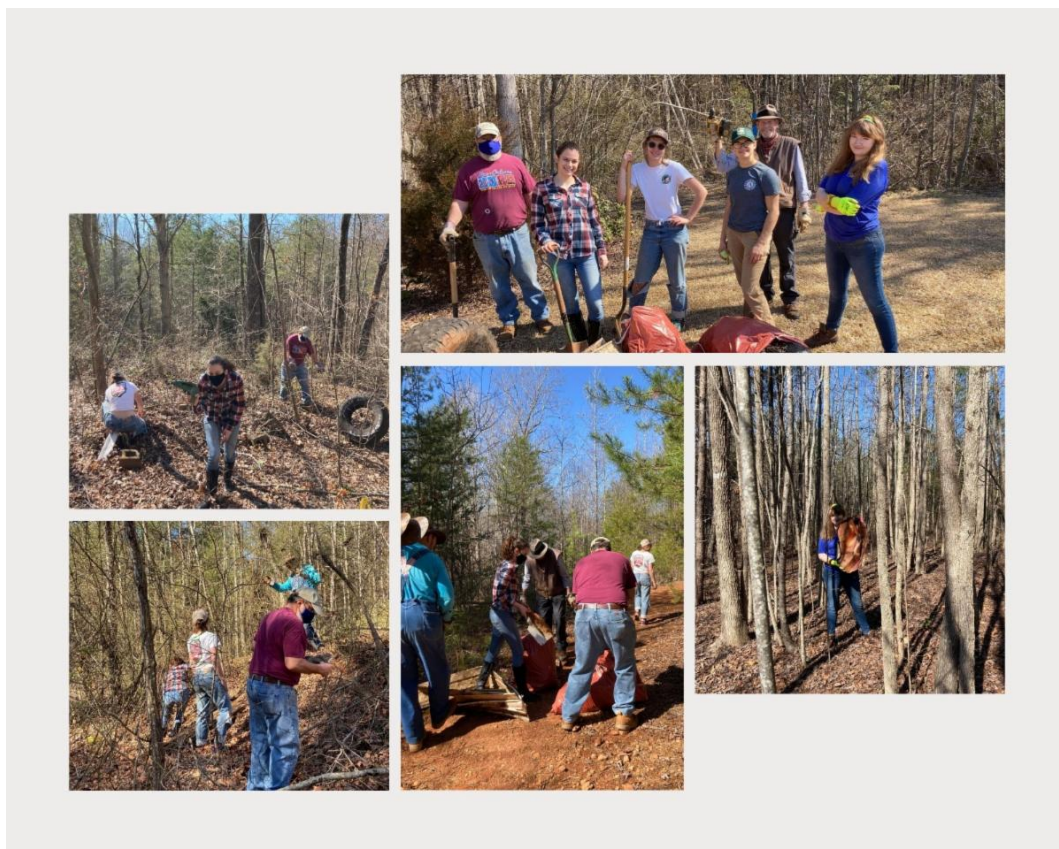
**Thank you to members Jonathan, Baily, Robin, Ed, Jeff, Bruce, and Dana for keeping Dittmer-Watts a beautiful trail system!**





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

## **Updates about the Trails at Isothermal Community College**





**ROC had a great workday removing large chunks of trash off the blue trail! We discovered all sorts of garbage including an old stop sign, a squirt gun, an old tire, and lots of siding/shingles. Carrying out all the litter we picked up was a bit of a challenge, but it was eventually cleared from the trail!**

**Thank you Jonathan, Jeff, Bruce, Baily, Jess, Zaida, and Anya for keeping the trail clean!**

[More about the ICC Trail System](#)

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## **February Chainsaw Training**

**ROC would like to thank Dennis Helton for providing ROC with an invaluable training this past month! We could not be more appreciative of our amazing instructor and the knowledge he was able to share with everyone.**

**A group of ROC members who regularly work on our trails took a full two day Chainsaw Training Course to be better prepared for any trail/river work that presents itself. During this course we learned different techniques for sawing fallen and hung up trees that we may find out on our trails. We also learned and got to practice cutting down trees that are dead or need to be removed.**

**Thank you so much to Jerry, Bruce, David, Jeff, Baily, Jess, Robin, and Neal for participating in this training to improve the safety and success of ROC!**

**A giant shoutout to Almon, Ken, and Jeff as well for your generous contributions that allowed ROC to offer this training.**



## February Hike Recap

ROC went out to Trombatore Trail for a lovely 5 mile hike last month! Despite the cold, the clear day was perfect for seeing numerous peaks in the Hickory Nut Gorge region. We also passed a handful of soothing creeks, making it easy to appreciate the nature surrounding us. Thank you for exploring the area with ROC, we hope you will join us again for another hike in the future!



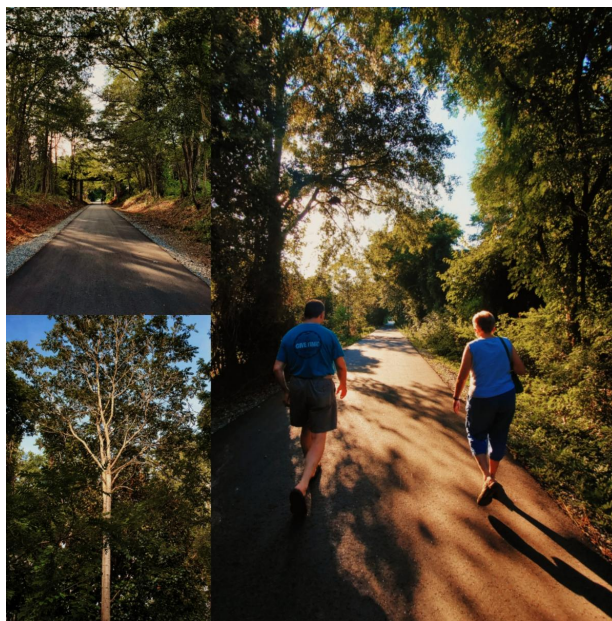


## ROC Walking Club

Times and dates are listed below:

### May 1st - August 31st:

- **Tuesdays:** 6:30 pm at the Thermal Belt Rail Trail. Park in 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).
- **Thursdays:** 6:30 pm at Purple Martin Greenway in Rutherfordton. Park at the new, gravel lot at the corner of S.Main Street and Industrial Avenue.



### September 1st - April 30th:

- **Thursdays:** 4:00 pm at Purple Martin Greenway in Rutherfordton. Park at the new, gravel lot at the corner of S.Main Street and Industrial Avenue.

The walks are led by our Outdoor Programs Director and Trails Coordinator. 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 us at 828-351-3235.

[Facebook Page](#)

## Volunteer Opportunities

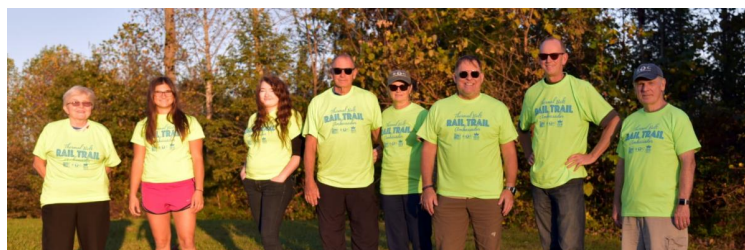


Volunteering is a great way to build skills, meet people, and give back to the community all while having fun. We invite and encourage individuals and groups of all backgrounds and ages to get involved and help grow a stronger community.

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](mailto:trails@rutherfordoutdoor.org) or call 828-619-0035.

## 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](mailto: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](mailto:jess@rutherfordoutdoor.org) or call 828-351-3235.
- [Click Here](#) for more information on Rutherford County trails.

