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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!

David Dyer

Charles Moose

Angie Cullen

Tara Mauney

Joe Philyaw

Nando Araza

Jeffrey Neal

Dawn Nantz

April Walker

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

### Broad River Spring Sweep

On Saturday, June 5th, ROC will be having our annual Broad River Spring Sweep! We will be cleaning multiple sections of the Broad River in Rutherford County. Volunteers will drop off their boats at designated areas at 10:00 am. We will then drive most





of the vehicles to the take-out spot and carpool back to the put-in location in one vehicle. We hope to get on the water around 10:45 am.

PLEASE RSVP FOR THIS EVENT. You will be added an email list where we will assign boats and sections, as well as send out important information. We need volunteers with kayaks as well as canoes. If you have an extra boat that could be used, please let us know. If you would like to participate but do not have a boat, we will try to arrange a boat for you. Let us know if you have trucks or trailers to help carry kayaks, canoes, or trash. ROC will provide trash bags and a few grabbers.

Bring a lunch and some water with you. We will stop about half way through the clean-up for a lunch break. River shoes or shoes you don't mind getting wet are recommended since we will have to get in the water to get most of the trash.

**\*\*You can email Jess Kerr at [jess@rutherfordoutdoor.org](mailto:jess@rutherfordoutdoor.org), or call 828-351-3235 for more information or to sign up.**



## ROC Monthly Meeting

Date: Tuesday, May 11th

Time: 5:30pm

Location: Barley's Taproom

**FYI: We are meeting the second Tuesday of the month instead of the 3rd for May!**

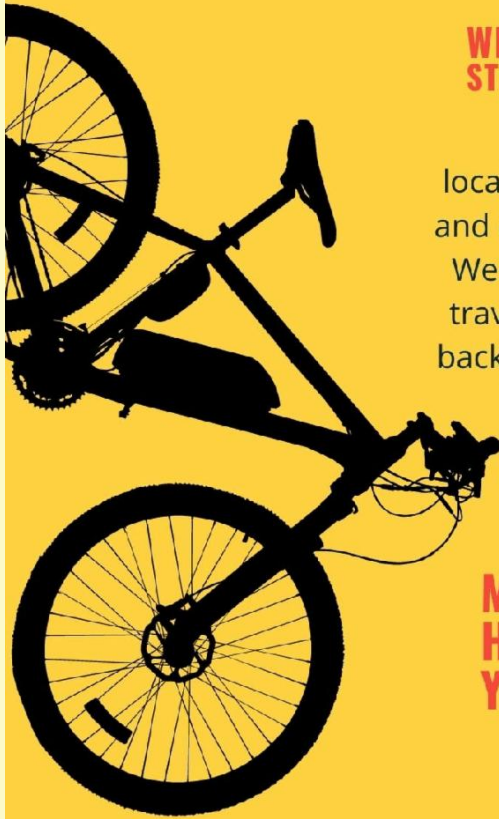
# ROC GROUP BIKE RIDES



**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](http://www.rutherfordoutdoor.org) | [jess@rutherfordoutdoor.org](mailto:jess@rutherfordoutdoor.org) | 828-351-3235

## UPCOMING EVENTS

### ROC Hikes

#### Montreat Hike

ROC president Jerry Stensland will be leading an awesome loop hike at Montreat! Located near Black Mountain, this hike is about 9 miles long with multiple views. Forked Ridge Knob and Graybeard



Mountain are two of the fantastic sights along the loop. This is a strenuous hike with about 2,500 feet of elevation gain, recommended for experienced hikers only.

We will meet at the Rutherford County Office Building at 289 N. Main St. Please bring at least 2 liters of water, lunch, and proper hiking shoes/clothes.



For more info see the AllTrails page:

<https://www.alltrails.com/explore/trail/us/north-carolina/big-piney-ridge-loop-trail-to-forked-ridge-knob-and-graybeard-mountain>

**Date:** Sunday, May 2nd

**Time:** 8:30am

**Location:** Rutherford County Office Building, 289 N Main St.

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

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## **Young's Mountain: ROC Members Only Hike**

Our Trails Coordinator, Baily Hornstein, will be leading a hike to Young's Mountain on Saturday, May 15th at 10am. This hike is about 4 miles roundtrip, with a magnificent view of Lake Lure from the summit!



This is a strenuous hike, ascending 1,200 feet in elevation to the top. Young's Mountain runs across 437 acres of protected land and is the newest addition to the Hickory Nut Gorge State Trail Network. Between Lake Lure, Rumbling Bald, Weed Patch Mountain, and the lower Hickory Nut Gorge, there are no shortage of views from this trail!

Please make sure to bring at least 2 liters of water, a lunch, and wear proper hiking shoes.

Since there is limited parking available, you must RSVP for this hike. We will meet at the parking lot for the Rutherford County Humane Society Thrift Store, off of Buffalo Creek Road in Lake Lure and carpool to the trailhead.

**Date:** Saturday, May 15th

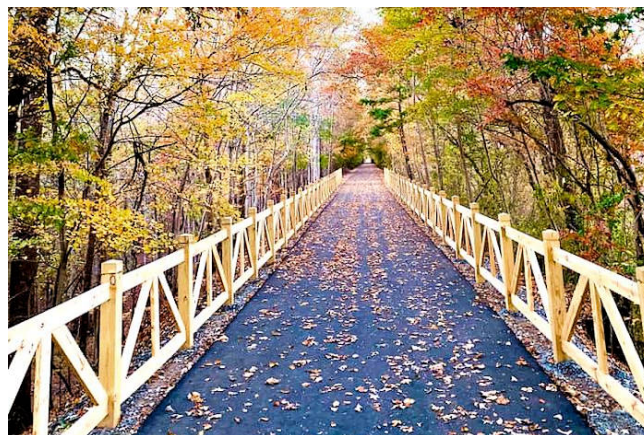
**Time:** 10am - 1pm

**Location:** 305 Buffalo Creek Rd, Lake Lure, NC 28746

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

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## **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:** Friday, May 14th

**Time:** 5:30-6:30pm

**Location:** 172 Park Sq, Forest City, NC 28043

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

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## **May Volunteer Days**





**Tuesday May 4th:**

Dittmer-Watts Nature Trails: 8 am - 10 am

**We will be repairing drainage areas and will be working in muddy sections of the trail. Expect to walk about 1-2 miles.**

**Thursday May 6th:**

Isothermal Community College Trails: 8:00 am - 10:00 am

**We will be trimming and weed whipping briars overgrown on the trails. Expect to walk about 1-2 miles.**

**Tuesday May 11th:**

Weed Patch Mountain: 8 am - 12 pm

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

**Friday May 14th:**

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 May 15th:**

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 May 25th:**

Buffalo Creek Park: 8 am - 12 pm

**We will be felling/removing invasive trees along the sides of the trails and repairing erosion issues and water drainages.**

**Expect to walk about 3 miles.**

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 on Buffalo Creek Park and Weed Patch Mountain



On Buffalo Creek Park, Town of Lake Lure and ROC removed about 8 invasive princess trees on the south loop. Members also fixed up some light drainage issues and installed a sign at the trailhead as well. Thank you to Robin, Jeff, Dana, Bruce, and Timothy for your hard work!

On Weed Patch Trail, we removed one tree blocking a maintenance access and cleared two trees near Gray Rock! We were able to stop at Gray's Rock to enjoy the spectacular view while working on the trail. Thank you to Dana, Jeff, Baily, and Bruce for joining us!

[More about Buffalo Creek Park](#)

## Updates on the ICC Trails





At the ICC trails, ROC picked up more garbage hidden off the side of the blue trail. Jonathan, Jeff, Bruce, and Baily found a pile of tin cans, a large clump of insulation, and other miscellaneous pieces of trash that we cleaned up. Jeff removed a down tree as well, keeping the trails safe and passable. Thank you to everyone who came out to help, we had a great time!

Bruce and Jeff worked on the trails in their free time as well to clear 2 down trees from the rainstorm we had last month. Thank you so much for the dedication and hard work to ROC.

An extra thank you to Jonathan, his sister, and niece who went out on the trails on their own to fill up 2 bags worth of trash! ROC greatly appreciates you spending personal time helping out with our trails.

[More about the ICC Trail System](#)

## **April Backpacking Trip**





**ROC traveled to Shortoff Mountain this past month for a weekend getaway! We set up camp near a wonderful overlook of the Gorge and Table Rock, and traveled on a fun day hike. When we returned from our hike, everybody helped build a campfire and relaxed from the long day. The weather could not have been better the whole trip, and the sky was even clear enough to see plenty of stars at night. Thank you to Bruce, Neal, Steve, Sara, Misti, Matt, Phil, Wilton, Austin, and Baily for attending!**

## **ROC Bike Club**

Come join us for a fun bike ride on the Thermal Belt Rail Trail every Thursday 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](mailto:trails@rutherfordoutdoor.org) or (828) 619-0035.

[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.**





# Rutherford Outdoor Coalition

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Contact Us

