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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!

Penny Miles

Darlene Anderson
Epley

Deborah Torrence

Catherine DuBois

Una Mannion

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

The monthly meetings are canceled for November and December. There will be a volunteer appreciation party in December, stay tuned for details!

UPCOMING EVENTS

ROC Hike to Hawksbill Mountain

Join us for a beautiful hike to the summit of Hawksbill Mountain on November 6th at 9 am!

This is a 2.4 mile out and back trail that is moderate, with some rocky terrain and an elevation gain of 695 feet.



The hike to the summit of Hawksbill Mountain gives hikers a panoramic view of the Linville Gorge almost 2,000 feet below. It is a short but strenuous hike because of the elevation gain. The hike takes you through a hardwood forest before a rocky climb surrounded by rhododendrons. This takes you to the summit and offers amazing views of the Linville Gorge and surrounding forest.

Trailhead access and parking is off of a gravel forest service road off Table Rock Lake Rd.

Date: Saturday, November 6th

Time: 9am

To RSVP or if you have any questions, please contact Sam Brooks at trails@rutherforddoutdoor.org or (828)-202-9811.



ROC Hike to Wildcat Rock Overlook

Join us for a beautiful hike to Wildcat Rock Overlook!

This 4 mile out and back trail is strenuous, with many log and rock stairs as the trail gains elevation.

The trail starts with a strenuous climb to Little Bearwallow Falls, which is a small but beautiful waterfall. The trail continues and becomes much more difficult past the falls, becoming more rugged, narrow, and steep and features more than 130 rock stairs. Scenic cliffs and rock faces can be seen as you continue to Wildcat Rock. This leads to the Wildcat Rock Overlook Trail, a 0.1 mile spur trail with over 90 rock stairs. The spur trails reaches the top of Wildcat Rock and offers an amazing view of the Upper Hickory Nut Gorge.

Parking is at the Upper Hickory Nut Gorge Trailhead. Use the crosswalk across Highway 74A to get to the Wildcat Rock Trail. We will meet at the

trailhead kiosk near some log stairs. Address for parking is 3823 Gerton Hwy, Gerton, NC 28735.

Date: Saturday, November 20th

Time: 9 am

To RSVP or if you have any questions, please contact Sam Brooks at trails@rutherfordoutdoor.org or (828)-202-9811.



RUTHERFORD OUTDOOR COALITION'S PHOTO SERIES

Fall Foliage

OCTOBER 1 - NOVEMBER 20

THIS MONTHS PRIZE: A \$10 GIFT CERTIFICATE
TO AMP NUTRITION

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



LOVE THE OUTDOORS?

EARLY EXPLORER'S NATURE CLUB

Adventure is all around us!
Especially outside!

Join us on the third Wednesday each
month at 5:30 pm - 6:30 pm

Programs are designed for children ages 5- 12.
Parents must stay with participants for the
entire program. You must RSVP to be added
to an email list for monthly theme and
location updates. We will utilize local trails
and facilities such as Kiwanis Park, Purple
Martin Greenway, Thermal Belt Rail Trail, The
Bechtler House, Isothermal Community
College Trails, and more.

R·O·C
RESEARCH OUTDOOR CLUB

Kiddos in your life that love to spend time outside? Join our Early Explorers Club!

We are so excited to announce nature programs designed for youth! Programs are designed for ages 5-12, feature hands-on activities, and include lessons that connect to state standards to support science topics that students are learning in the classroom. Outings and lessons will be lead by our Outdoor Programs Director, a certified NC Environmental Educator.

What to look forward to in our club:

- Visiting parks and forests
- Studying plants and other wildlife

- Learning about saving the environment
- Meeting various animals and insects
- Finding lifelong friends
- Health benefits that result from time spent outdoors

For more information or to sign-up, contact our Outdoor Programs Director, Jess Kerr at jess@rutherfordoutdoor.org, or 828-351-3235. You can also check out the places we've visited and what we've discovered by following us on Facebook!

November Volunteer Days



Wednesday November 3rd:

Buffalo Creek Park: 8 am - 12 am

We will be improving the tread on switchbacks and fixing erosion issues. Expect to walk about 3 miles.

Tuesday November 9th:

Weed Patch Mountain: 8 am - 12 pm

We will be removing any down trees on the trail.

Expect to walk about 3 miles.

Saturday November 13th:

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 November 16th:

Dittmer-Watts Nature Trails: 8 am - 10am

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

Tuesday November 30th:

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

We will be trimming overgrown sections of the trail, cleaning litter, and removing fallen trees. Expect to walk 1-2 miles.

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 removed a downed tree that was completely blocking the trail and cut back overgrown briars. The wind storm had caused the tree to fall, along with several branches that we moved off the trail. Volunteers had a productive workday in making the trail accessible again.

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

Updates on Buffalo Creek Park and Weed Patch Mountain



ROC and Town of Lake Lure had an awesome workday at Buffalo Creek Park. The bad weather had caused some major issues on the trail. Some of the crew worked on 2.7 miles of extensive erosion repairs while the rest of the crew removed a MASSIVE oak tree that had fallen across two sections of the trail!



On Weed Patch Mountain Trail, Town of Lake Lure and ROC

volunteers set out to chainsaw some downed trees. The crew took care of 7 trees that were blocking the trail, along with some smaller trees in-between. Much thanks to our volunteers for always being willing to work hard and help out on our trails!

[More about Buffalo Creek Park](#)

Updates on the ICC Trails



On the ICC trails, ROC volunteers cut back some severely overgrown sections on the Blue Trail and removed invasive plants that were growing nearby. This included bamboo leaning across the trail and Callery pears that were spreading too close to the trail tread. It is always a good workday when invasive species are removed from our trail systems.

[More about the ICC Trail System](#)

Tour de Pumpkin



On October 2nd, ROC hosted the annual Tour de Pumpkin, our 50k and 100k bike ride through Rutherford County.

More than 140 people came out to enjoy the ride! The fall weather was perfect for our cyclists, and we all enjoyed a fabulous lunch catered by Barley's. We really enjoyed getting to meet the riders- a great group of folks!

Thank you to our volunteers for making this event run so smoothly and to everyone who came out for the ride!

Special thanks to our presenting sponsor RHI Legacy Foundation, our featured sponsors, Barley's Taproom & Pizzeria, and Rutherford Regional Health System and the rest of our sponsors, Moose Ventures and Main Street Coffee & Ice Cream!

Fryingpan Mountain Lookout Tower Hike

ROC had a wonderful time hiking the Fryingpan Mountain Lookout Tower! It was the perfect day for a fall hike, and the the fall foliage was absolutely beautiful. ROC all hiked to the top of the tower which had a spectacular 360 view of the surrounding Blue Ridge Mountains and Pisgah Forest! It was a great hike with some great people!



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@rutherforddoor.org or call 828-351-3235.

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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Rutherfordton, NC 28139
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Contact Us



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