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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!

Mark Snyder

Vanessa Boris

Cindy Watts

Lucia Denney

Glenn Holley

Nancy Isenhour

Dottie Vincent

Kathy Patrick

Barbara Mears

Erin Linville

Donald & Marlene
Murphy

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, September
21st

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 Fall Sweep

It's that time of year again! We need you to help show your love for the Broad River and clean waterways by coming out and showing your support at our Broad River Fall Sweep!

On Sunday, September 19th, ROC will be having our annual Broad River Fall 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.



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

ROC Hike to Crabtree Falls

ROC will be welcoming our new AmeriCorps Trail Coordinator this September! We are excited to her first guided hike, a trip to Crabtree Falls! Join us and visit the tallest waterfall on the Blue Ridge Parkway on September 11th, at 9am.

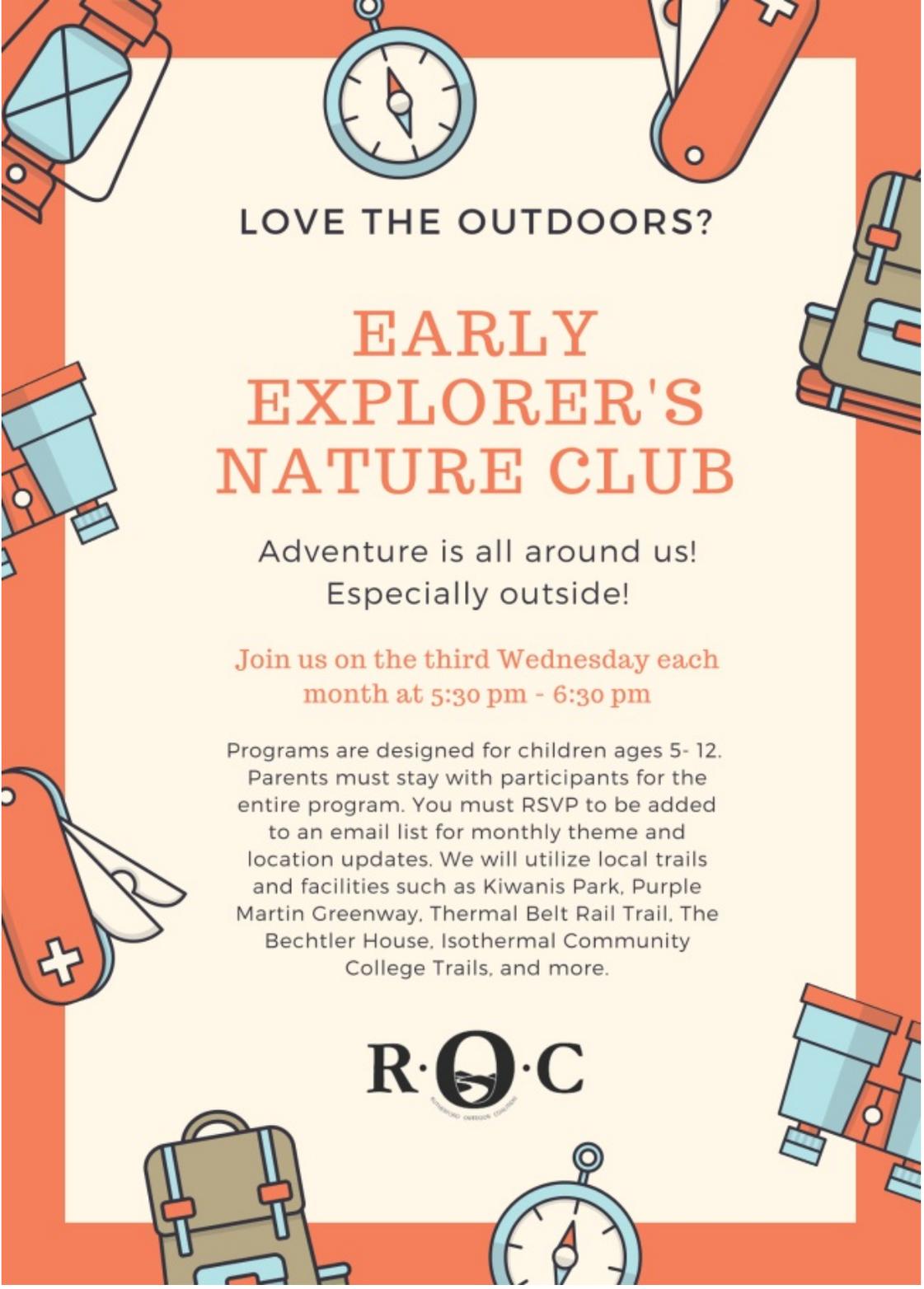


The scenic 2.5-mile loop trail to Crabtree Falls is moderate to strenuous with a steep incline and rocky terrain. From the trailhead in the parking lot behind the campground entrance, the trail descends .9 mile to the falls through a mixed oak-hickory forest. Hikers also will pass through a thicket of rosebay rhododendron. At the base of the trail is spectacular Crabtree Falls, where water cascades over a 60-foot rock cliff. Many types of ferns and wildflowers thrive in the hollow, benefiting from the waterfall's cool spray.

Date: Saturday, September 11th

Time: 9am

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



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
RECREATION 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!

September Volunteer Days



Wednesday September 8th:

Weed Patch Mountain: [8 am - 12 pm](#)

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

Tuesday September 16th:

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.

Wednesday September 22nd:

Dittmer-Watts Nature Trails: [8 am - 10am](#)

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

Saturday September 18th:

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.**

Sunday September 19th:

Broad River Fall Sweep: [10 am - 3:30 pm](#)

We will be removing litter from the Broad River.

Thursday September 23rd:

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.

Saturday September 25th:

Thermal Belt Rail Trail Fall Cleanup: 10am - 12pm

We will be cleaning sections of the Thermal Belt Rail Trail, removing litter.

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 cleared down trees on the Dogwood and Mountain Laurel trails. Volunteers also helped the make the paths more clear with thoughtful weed-eating. To finish it the day, we fixed multiple spots of trail with ruts and erosion spots due to rain.

[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 erosion issues caused by the recent rains. The crew also removed several down trees.



On Weed Patch Trail, folks went out to remove several down trees that had fallen during the recent storms from Hurricane Fred. In total,

there were roughly 15 trees down. The crew endured one of the toughest, longest days on Weed Patch in some time. We are so grateful for the volunteers that are so dedicated to keeping Weed Patch clear and beautiful for others.

[More about Buffalo Creek Park](#)

Updates on the ICC Trails



At the ICC trails, ROC cleared storm damage resulting from Hurricane Fred. A few trees were down on the trail, and we were happy to get these removed. Litter was also removed from the trail to keep it looking beautiful and clean for users. Shoutout to Jess, Jeff, and Jonathan for your terrific work and efforts! We were also thrilled to meet volunteer trail maintenance doggo in training Jake! You know we love dogs at ROC!

[More about the ICC Trail System](#)

ROC Namaste and Nature



ROC had a fantastic time at Walnut Creek Preserve for our Namaste and Nature hike! We had a wonderful turn-out and lots of new friends.

Folks were able to connect with each other and our roots in the earth with the mountains as a beautiful backdrop for meditation. We visited the Preserve's gorgeous trails, Fire Pink Trail, Rhododendron Trail, and more, followed by the welcoming sounds of a waterfall at the end of our visit.

Thank you to everyone that spent the day with us on the river! Look out for future events on our Facebook page or website at rutherforddoutdoor.org as well!

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.

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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