



## 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!**

**Jennifer Smoak**

**Carrie Rutherford**

**David Hislop**

**Vera Michael**

**Mark Windfeldt**

**James Guillory**

**Sharon Wisner**

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!](#)**

## UPCOMING EVENTS

### November Hikes



### **South Mountains State Park: Chestnut Nob Trail w/ (optional) High Shoals Falls**

On Thursday, November 12th, ROC will host a hike led by Trails Coordinator, Baily, on

Chestnut Nob Trail at South Mountains State Park. The hike is about 2.3 miles to the summit (4.6 miles round trip), where there is a beautiful overlook of the Jacob Fork Gorge. At 1.2 miles into the hike, there is a scenic view of High Shoals Falls and Hugo Rock, where it continues upward along the mountain. The trail has an elevation gain of about 1,000 feet to the top, with some rocky footing. There will be a short, optional trip after the Chestnut Nob Trail to see High Shoals Falls, which is only about a half mile away. This waterfall leads into Connelly Springs, a lovely river right along the trail!

South Mountains is about 50 minutes away from Rutherfordton, and we will meet at the Jacob Fork parking area inside the park at 10am. We will hike up the trail, and stop to take lunch at the top. Make sure to bring at least 2 liters of water, bugspray, sunscreen, and a lunch.

Location: South Mountains State Park, at the Jacob Fork parking area.

Date: Thursday, November 12th

Time: 10am - 2pm

## **Weed Patch Mountain Trail**

Come join our Trails Coordinator on a fantastic hike down Weed Patch Mountain in the Lake Lure area on Saturday, November 21st! Starting at Eagle Rock, we will hike our way down Weed Patch Trail and Buffalo Creek Park, about 10 miles total distance. Along the way there are views in between trees of Lake Lure, Rumbling Bald, and the surrounding area. The hike will be mostly downhill, descending from 3,600 ft to 950 throughout the whole trip.

We will meet at the Buffalo Creek Park parking lot at 8am and shuttle to Eagle Rock from there. Make sure to bring at least 3 liters of water, bugspray, sunscreen, and a lunch.

Location: Meet at Buffalo Creek Park (trailhead/parking lot)

Date: Saturday, November 21st

Time: 8am - 3pm

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



**The ROC Monthly Meeting**  
**5:30 pm on Tuesday November 17th.**

**The meeting will held at Crestview Park in Rutherfordton, NC (Park St. Rutherfordton, NC 28139).**

**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!**



## **November Volunteer Days**

### **Saturday November 14th:**

**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.**

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### **Monday November 23rd:**

**Isothermal Community College Trails. 10:30 am - 1 pm.**

**Expect to walk about 2 miles, mostly level terrain. We will be clearing any down trees and picking up trash.**

### **Tuesday November 3rd:**

**Buffalo Creek Park Loop. 8 am - Noon.**

**Expect to walk about about 3 miles. We will be installing signage, working on erosion issues, maintaining berms, and clearing out any leaves from drainage areas.**

### **Wednesday November 18th:**

**Weed Patch Mountain Trail. 8 am - 1 pm.**

**Expect to walk about 5 miles. We will be removing any down trees on the trail.**

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### **Tuesday November 10th**

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

**Expect to walk about 1 - 2 miles, mostly level terrain. We will be removing down trees on the trails and looking to see if the beaver dam is back!**

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

## November ROC Photo Series!



## RUTHERFORD OUTDOOR COALITION'S PHOTO SERIES

**Rocks and Boulders**  
NOVEMBER 1 - NOVEMBER 30

**THIS MONTH'S PRIZES: \$10 GIFT CERTIFICATE  
TO NUTRITION HUB, \$10 GIFT CARD TO  
COPPER PENNY, AND A LARGE PIZZA AT  
BARLEYS**

**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](http://www.rutherfordoutdoor.org)

**Happy November Everyone!**

**This month's theme for the ROC Photo Series is Rocks and Boulders!**  
**Don't forget to tag us and use [#rutherfordoutdoor](https://www.instagram.com/rutherfordoutdoor)**



## Updates on ROC's Camping Trip



Photos of: (top right); Neil, Jess, Jeff, and Bruce. (bottom left); Terri, Neil, Jason, Dana, Bruce, and Baily.

**ROC had a perfect weekend for camping early October! The campfire started by David made the chillier temperature hardly noticeable, and it lasted the whole night thanks to the firewood Terri and Neil brought. Jeff made delicious chili beans and supplies to make the best homemade ice cream as well! In the morning, Bruce drank a cup of coffee for the first time in 35 years (he said he hadn't missed much). A big thank you to Alex Bell for providing us with a beautiful camping spot next to the Broad River!**

## Updates on the Rail Trail Litter Clean Up



**ROC partnered with Keep Rutherford County Beautiful for a Thermal Belt Rail Trail litter clean up Saturday, October 17th. In total we covered about 6 miles of trail, picking up trash on the side of the road, in the trees, and everywhere in between. We had a great turnout, with 20 volunteers helping out to keep the Rail Trail clean and litter free. Thank you to all who were able to come!**

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





Photos of: Bruce Hunt throwing a tree off the trail, Jeff Hodge chainsawing a down tree and Robin Worcester helping to carry wood, Dana Bradley, and Trails Coordinator Baily Hornstein.

**ROC and Town of Lake Lure joined forces for two awesome workdays this month! They went out to do some erosion control, digging out drainages, improved some previously built berms, and removed five trees that were blocking the trail! Thank you Robin, Dana, Jeff, Bruce, and Baily for your work at Buffalo Creek Park and Weed Patch!**

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

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





Photos of: Bruce Rome, Bruce Hunt, Dana Bradley, and Robin Worcester; Bruce Hunt and Robin; Baily Hornstein; Dana Bradley

**ROC and the Town of Lake Lurewent out to Dittmer-Watts Nature Trail Park to remove a beaver dam and prevent any future water problems on the trail.**

**ROC members Bruce Hunt, Bruce Rome, Dana Bradley, and Robin Worcester located the dam and cleared briars surrounding it. We were able to dig and break up the sticks and mud apart of the dam to open up the stream again. It was a muddy but great workday! Thank you everyone for your help!**

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

**Updates about the trail at Isothermal Community College**



Photos of: Bruce cutting a pine branch, Fred clipping some briars, Jeff using his chainsaw to clear a pine from the trail, Bruce moving cut branches, and David mowing the very tall grass.

**Our Trails Coordinator and ROC members cleared multiple down trees blocking the orange and blue trails at Isothermal Community College so that it remains passable! With the help of Jeff and his chainsaw, we were also able to clear a larger pine tree that fell on a section of the blue trail. Thank you so much for your time Bruce Rome, Bruce Hunt, Jeff Hodge, Fred Matthews, and David Greenleaf!**

[More about the ICC Trail System](#)

### **Updates on ROC Hikes: Wildcat Rock and Babel Tower**





**ROC members joined our Trails Coordinator, Baily Hornstein, on a hike to a fantastic view at the top of Wildcat Rock! We walked for about a mile to our first stopping point, Little Bearwallow Falls, where Doug Elliot showed us his handmade poplar backpack while we rested. After about another mile more of hiking, we reached the summit of Wildcat Rock where we had lunch with a view. Thank you to everyone that joined us for the hike!**

**The second hike was led by ROC Member Bruce Byers to Babel Tower, a trail leading to a stunning view of the Linville Gorge area! Hikers were able to soak in the views after scampering to the top of Babel Tower for a relaxing lunch stop at about a mile and a half in. The recommendation from Bruce and Jason to check out Weismann Overlook was well worth it, only about a 5 minute drive from the trailhead and a short walk to a breathtaking view of the Linville Gorge!**

**Both October hikes turned out great, hope to see everyone on the next one!**





## ROC Walking Club

The 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:

- **Tuesdays:** 4:30 pm at 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:** 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. 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](#)

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

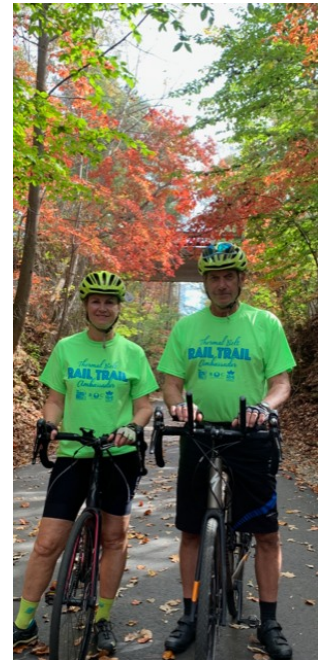


Photo of: Steve and Betty Gilbert.



