



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](#)

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NEWS



Welcome to all of our new and returning

ROC members and sponsors!

Jeffrey Hodge	Terri Ringo - Lifetime Member!	Stephen Genter and Family
Tammy Proctor-Harris	Robin Street	Lenora Mathis
Dan Heheman and Family	Eric Hamberger and Family	Sarah Ziomek
Norma Devine and Family	George Leifert	Bruce and Lisa Rome
Dennis and Cathy Coldren	Chasity Sims and Family	Sheri Barnes

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!](#)

Welcome to the Team, Jess!



**RUTHERFORD OUTDOOR
COALITION
WELCOMES**

**OUTDOOR PROGRAMS
DIRECTOR**

Jess Kerr

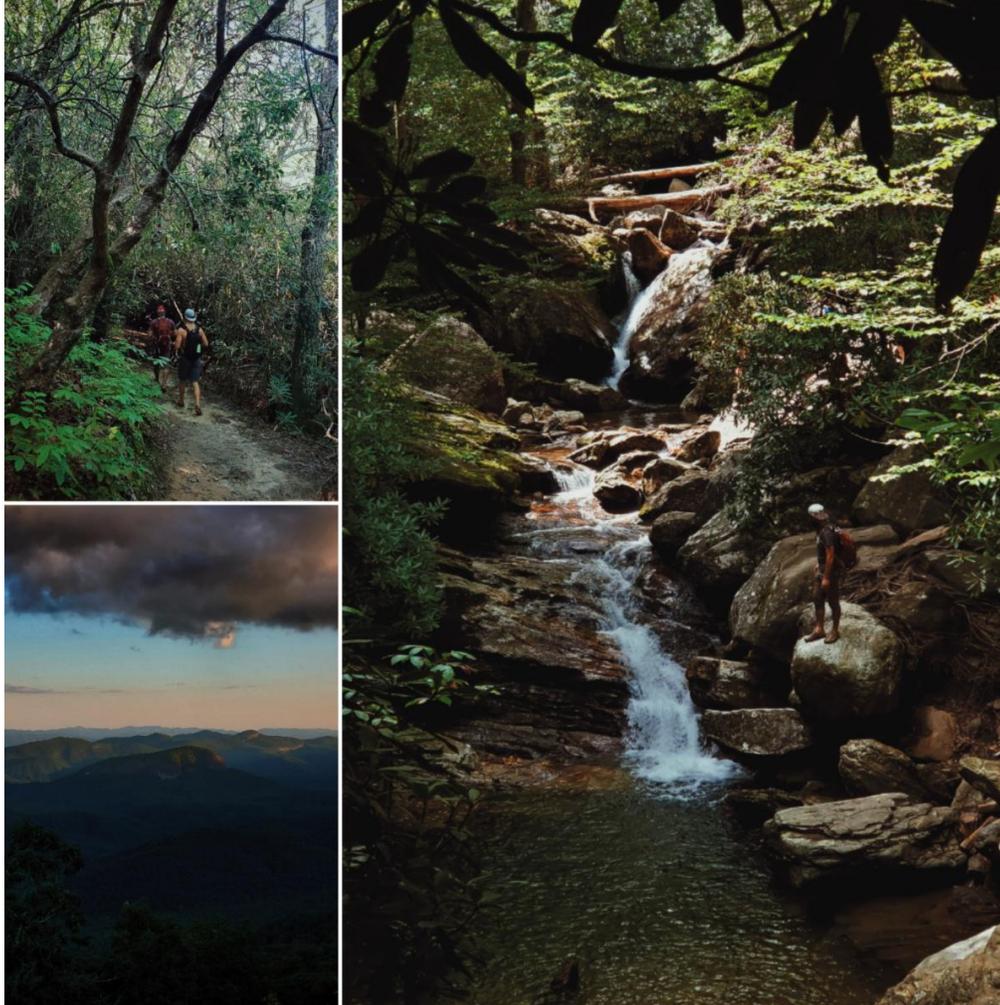
A WNC native, Jess grew up exploring the natural wonders that attract so many to the region. Her love of nature led her to the University of North Carolina at Asheville to study environmental studies, concentrating in management and policy. During her studies she developed a particular passion for environmental education and connecting people to the outdoors. In this interest, she completed her North Carolina Environmental Education Certification and has held a variety of related positions in outdoor programming, including becoming a participant in the North Carolina Aquarium's first Baja Island Ecology Educator Program. She has worked as a naturalist in a state park, chemist in a water quality lab, and most recently as a two-term environmental educator at the Foothills Equestrian Nature Center through AmeriCorps Project Conserve. There she was able to manage outdoor programs, summer camps, and the organization's outreach programs to local schools. She is excited to draw on these experiences in her next chapter as ROC's new Outdoor Programs Director and can't wait to become a part of ROC's deep roots in the community. When she is not outside, leading a hike or teaching a program, you can find her enjoying live music, traveling, finding dogs to pat, creating art and spending time with her black lab puppy, Bear.



Jess begins her new position on August 4th, 2020.

UPCOMING EVENTS

**ROC Hike: Graveyard Fields to Skinny Dip Falls on the
Blue Ridge Parkway
Thursday August 20th
8:30 am - 1:30 pm**



Join our new Outdoor Programs Director on a short hike to a beautiful swimming spot!

We'll meet at the Graveyard Fields parking lot and take a 2 mile hike through the forest on the Mountains to Sea Trail over to Skinny Dip Falls. At the falls we'll swim, lounge, have lunch, and just enjoy the day. Then we'll head back to the parking lot. After we're done, if anyone wants to stay and hike the Graveyard Fields Loop they are welcome to do so but it will not be a guided hike.

The hike into the waterfall is relatively easy with mostly elevation loss, which also means the hike out will regain elevation, so be sure to wear appropriate shoes. The hike is rated moderate and will be 4 miles round-trip with about 625' of elevation change.

Please be sure to bring swimwear, bug spray, sunblock, at least 2 liters of water, and lunch.

In order to adhere to social distancing protocols, we will not be carpooling and will instead meet at the Graveyard Fields Parking Lot. The address is: Graveyard Fields, Canton, NC 28716. Mile Marker: 418.8

We are currently limiting group sizes to 10 people, so if you're interested in coming please contact Callia asap to reserve your spot! Face masks are recommended.

More information: [Skinny Dip Falls & Graveyard Fields](#)

****To RSVP or for any questions, please contact us at trails@rutherfordoutdoor.org or call 828-351-3235.**



The ROC Monthly Meeting

5:30 pm on Tuesday August 28th.

**Crestview Park:
Park St. and Parkway Drive in
Rutherfordton, NC 28139**

We will space out and observe social distancing practices.

All are welcome!



August Volunteer Days

Saturday August 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.**

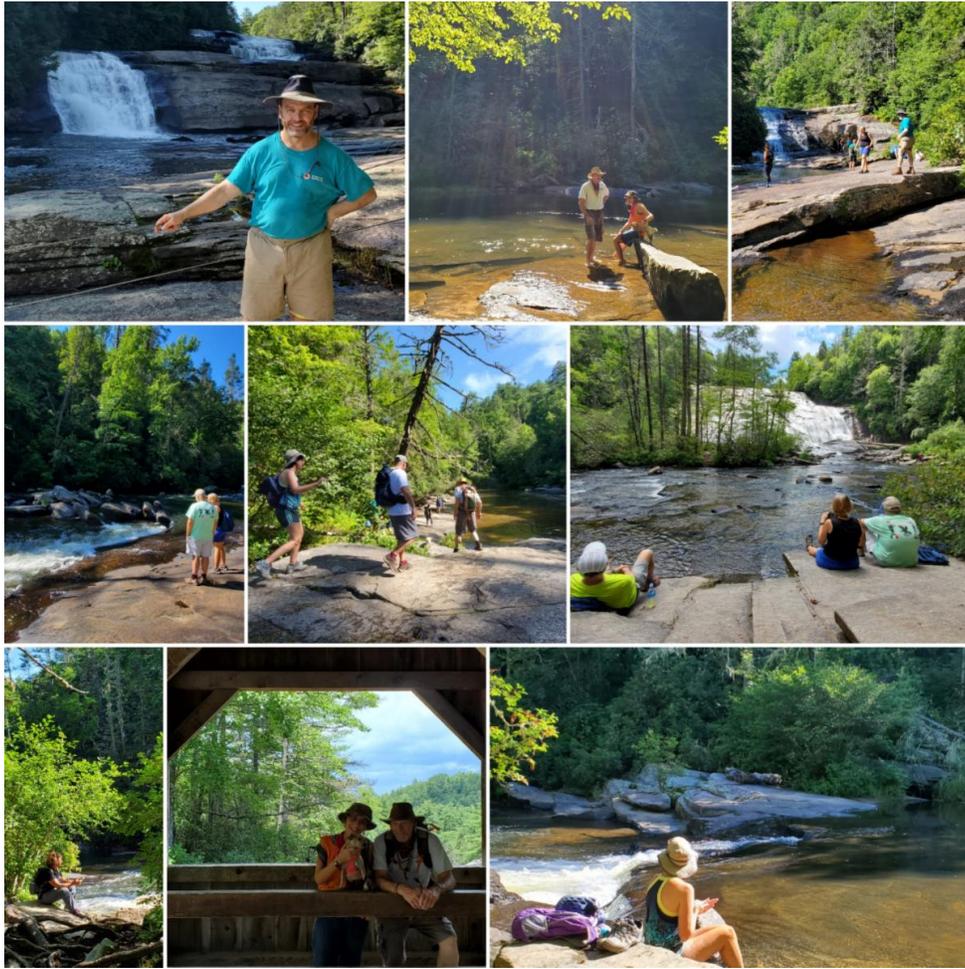
Wednesday August 26th:

**Dittmer-Watts Nature Trail Park. 8 am - 11 am.
Root removal and trail tread improvements. Bring your favorite trail tool and gloves!
Expect to walk about 1 - 2 miles, mostly level terrain.**

Contact us at trails@rutherfordoutdoor.org or call 828-351-3235 to RSVP or for more information.

UPDATES

ROC Hike: DuPont State Recreational Forest



Photos (by row, from top to bottom) of:
Bruce Hunt standing at the bottom of Triple Falls; Jeff Hodge, Shannon McCool and little Jack enjoying a splash in the river; the group social distancing at the base of Triple Falls; Rob and Linc McDaniel enjoying the river views; Carolynn Skiro, Chuck Thrift, and Bruce Hunt hiking along the river; Ron Huntsberger, Linc and Rob McDaniel enjoying the view at High Falls; Pilar Pace having a peaceful moment along the water's edge; Shannon McCool, little Jack, and Jeff Hodge hanging out at the Covered Bridge; Carolynn Skiro relaxing by the water.

DuPont State Recreational Forest is a bit of a waterfall wonderland. On our hike we visited Triple Falls from several vantage points, walked to Hooker Falls on the brand new trail to the bottom of it, hung out at High Falls, and enjoyed the views from the Covered Bridge before the thunderstorms rolled in. We had a few new faces in our group and really enjoyed conversing with one another while exploring the beautiful park. Thank you to Carolynn Skiro, Linc and Rob McDaniel, Shannon McCool, Jeff Hodge, and little Jack, Pilar Pace, Ron Huntsberger, Chuck Thrift, Nina Schlei, and Callia Johnson for the wonderful morning hike.

Newly Under Our Care: Weed Patch Mountain Trail



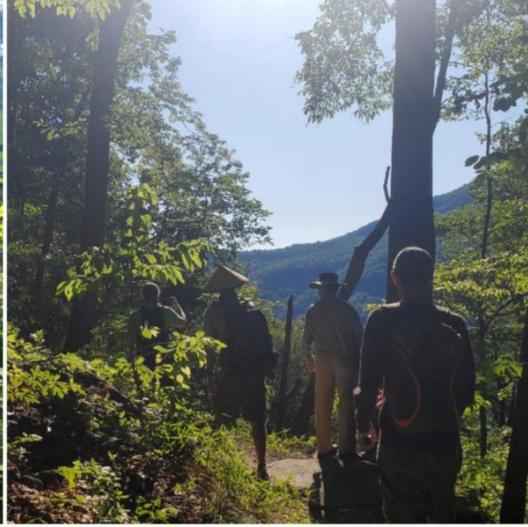
Photos (by row, from top to bottom) of:

Jeff Hodge and Bruce Hunt taking in the view up at Eagle Rock; Adam Thomas and Robin Worcester cutting a renegade branch down; Bruce Hunt at "the cave"; Dana Bradley doing her signature pose up at Eagle Rock; Jeff Hodge, Bruce Hunt, and Robin Worcester at Pancake Rock; a tiny snapping turtle that was crossing the trail; Jeff Hodge and Robin Worcester helping to clear away a large fallen tree near the end of our hike.

ROC and Town of Lake Lure are now partnering to take care of Weed Patch Mountain Trail! This award-winning hiking and mountain biking trail is such a gem of the Hickory Nut Gorge and we are thrilled to begin having workdays up there. This past month we loosened the screws for the trail markers along the 7.5 mile-long trail. During our hike, we encountered several trees down, a baby snapping turtle, and stunning views. Thank you to Adam Thomas, Jeff Hodge, Robin Worcester, Bruce Hunt, Dana Bradley from Town of Lake Lure, and Trails Coordinator Callia Johnson for helping out on the long but rewarding workday! If you would like to hike the trail or join on our workdays, please let us know!

[More about Weed Patch Mountain Trail](#)

Updates on Buffalo Creek Park



Photos of (clockwise from top left): Robin Worcester cutting back overgrowth along the trail; the crew enjoying an overlook along the way; one of the switchbacks that will need some erosion work done next month; Robin cutting over-reaching briars.

With all the rain we've had this Spring, the trees have been growing! We went out and loosened all the screws in all the trail markers along the BCP Loop and the Extension up to Weed Patch. Thank you to newcomer Austin Webb for joining us along with Adam Thomas, Robin Worcester, Bruce Hunt, Dana Bradley from Town of Lake Lure, and Trails Coordinator Callia Johnson.

[More about Buffalo Creek Park](#)

Updates on Dittmer-Watts Nature Trails



Photos (top to bottom, left to right) of:
 Ken Gollhofer, Dana Bradley, and Jeff Hodge standing in at the front of the dam as water rushes through where they're cutting it down; Bruce Rome creating a drainage to clear the flooded trail of standing water; Ken Gollhofer and Bruce Hunt working away at removing the dam; the before photo of the dam and backed-up water/newly created pond; and the after photo showing the water down to a much more normal level.

ROC and the Town of Lake Lure got into some muck and mud this month over at Dittmer-Watts Nature Trail Park! A beaver friend made a large dam across the drainage along the lower portion of Mountain Vista Trail causing the water to overflow and flood the trail. With the breaking down of the dam, we hope the beaver will relocate to a more suitable part of the park for its next home.

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

[Updates about the trail at Isothermal Community College](#)

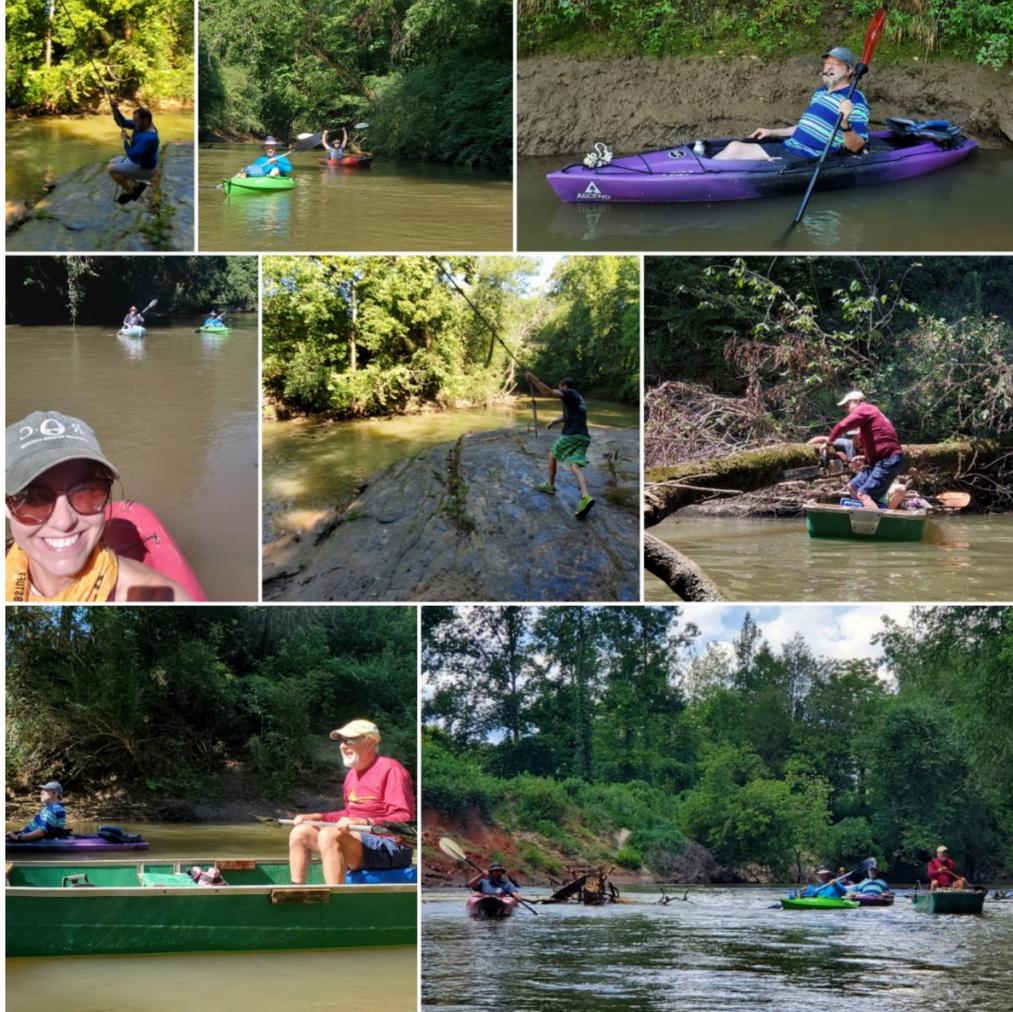


Photos (from left column to the right) of:
Overgrowth of Kudzu along the East Blue Trail in the first two photos;
Bruce Hunt working on the Orange Trail; one of the trail markers with
loosened screws.

David Greenleaf, Bruce Hunt, and Callia Johnson walked all of the trails over at Isothermal Community College this month to relieve the trees of their tightly screwed in trail markers. Hopefully we'll be good to go for the remainder of this growing season!

[More about the ICC Trail System](#)

ROC River Outing



Photos (by row, from top to bottom):

Bruce Hunt swinging in on the rope swing; Bruce Hunt and David Greenleaf paddling; Larry Beasley enjoying his 'river cigar'; Callia Johnson with Jeff Hodge and Bruce Hunt floating behind her; David Greenleaf about to jump in at the rope swing; Pete Link and David Greenleaf cutting a blockage out; Larry Beasley and Pete Link floating down the river; David Greenleaf, Bruce Hunt, Jeff Hodge, Larry Beasley, and Pete Link paddling down the home stretch of Section 5.

We had a last minute outing on Section 5 of the Broad River this month! We cleaned up a couple hard-to-get-by spots, jumped in at the rope swing way too many times to count, and had an excellent day in good company.

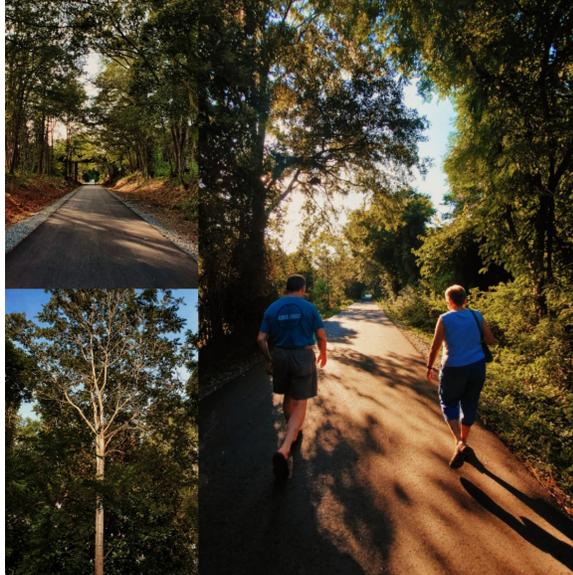
More about the [Broad River Paddle Trail](#)

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:

- **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 us at trails@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 us at trails@rutherfordoutdoor.org or call 828-351-3235.

- [Click Here](#) for more information on Rutherford County trails.

Rutherford Outdoor Coalition | www.rutherfordoutdoor.org

STAY CONNECTED:

