



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!

Jonathan Cook

Betsy and William Ford

Gary Faulkner

Cynthia Smith

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!](#)

January ROC Hikes

Trombatore Trail
Saturday, January 16th



Grab your backpack and join our Trails Coordinator Baily, on a 4.8 mile roundtrip hike in the Hickory Nut Gorge Region! This strenuous trail has multiple up and down elevation changes, but brings you to a grassy bald called Blue Ridge Pastures on top. From here you have spectacular views of Bearwallow Mountain, Little Pisgah Mountain, and Wildcat Rock. On clear days, you can even see Mt. Mitchell from this spot. Trombatore Trail

has more than 1,000 feet of elevation gain, and keep in mind that both the out and back part of this hike are about equally as vigorous!

Bring at least 2 liters of water, lunch, and wear proper hiking shoes. We will stop on the top of Blue Ridge Pastures for lunch, then hike our way back to the start of the trailhead.

The trailhead is on Bearwallow Road, near Fairview, NC. It is directly across the road from the Bearwallow Mountain trailhead. The Trombatore Trail also starts at the same parking area as [Bearwallow Mountain Trail](#).

Date: Saturday, January 16th

Time: 9AM - 2 PM

Location: Bear Wallow Rd, Fairview, NC 28730 (Trombatore Trailhead)

Blue Ridge Parkway Ice Hike Saturday, January 23rd



The one-of-a-kind Blue Ridge Parkway Hike is coming up! The hike is scheduled for Saturday, January 23rd but can be subject to change based on the temperature/weather.

This hike features multiple waterfalls, incredible views of Looking Glass rock and, hopefully, some amazing ice formations.

The hike is approximately 12 miles and with about half of that uphill hiking, but trust us it is worth it! Part of the hike is on the Parkway, which

is typically closed this time of year. The remainder is on forested trails.

A carpool will be meeting at the Food Lion in Columbus at 8:30am. We will be on the far right of the parking area near MyGym. Contact us if you need an alternate meeting location.

The trailhead is past Brevard up the Davidson River area.

Date: Saturday, January 23rd

Time: 8:30

Location: Food Lion, Columbus (250 W Mills St Unit 5 Unit 5, Columbus, NC 28722)

If you would like to RSVP for either hike or have questions, contact Baily Hornstein at trails@rutherfordoutdoor.org or (828) 619-0035.



January Volunteer Days

Saturday January 9th:

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 January 12th:

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

We will be fixing specific muddy patches and clearing overgrown brush on the sides of a section of trail.

Expect to walk about 1 - 2 miles, mostly level terrain.

Tuesday January 19th

Weed Patch Mountain: 8 am - 12 pm

We will be removing any down trees on the trail.

Expect to walk about 3 miles.

Wednesday January 27th

Buffalo Creek Park: 9 am - 1 pm

We will be working on erosion issues, maintaining berms, and clearing

out any leaves from drainage areas.
Expect to walk about 3 miles.

Thursday January 14th

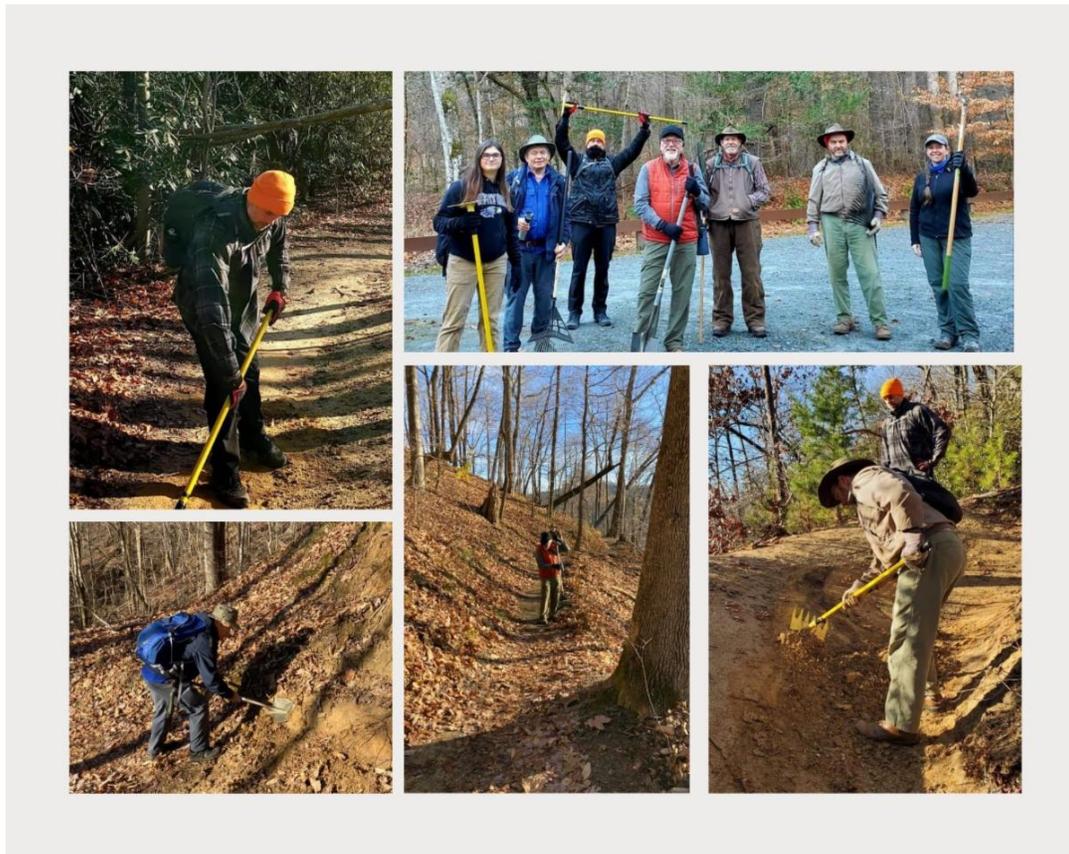
Isothermal Community College Trails: 10:30 am - 1 pm

We will be fixing a muddy section of the trail.

Expect to walk about 1-2 miles, mostly level terrain.

Contact Baily at trails@rutherfordoutdoor.org or call 828-619-0035 to RSVP or for more information.

Updates on Buffalo Creek Park and Weed Patch Mountain



On the extension of Weed Patch Mountain Trail, ROC and Town of Lake Lure raked and blew off the rest of the leaves so the trail remains safe for bikers and water drains properly. Jeff also helped clear a down tree hanging over the trail. The trail looks amazing and ready to ride!

On Buffalo Creek Park we began at the top of the trail and split into two groups to conquer both the North and South routes of the loop. We continued to rake leaves out of drainage areas, smooth out

erosion spots on much of the switchbacks, and clear the trail of any small branches and roots to aid bikers. Marco was able to join us for his first workday after recently moving to the area, and got to experience a winter day in Lake Lure. Much appreciation to Robin, Dana, Jeff, Marco, Baily, Ken, and Bruce for the stellar maintenance work done!

[More about Buffalo Creek Park](#)

Updates on Dittmer-Watts Nature Trails



Photos include (from left to right); Ed dragging a large part of a tree off the trail; Jeff sawing through a down tree; Tim cutting a tree.

ROC had a great turnout for our first workday of December at Dittmer-Watts Nature Trails! The morning consisted of removing five trees off the trail so they remain passable. Thank you to Tim Nates, Robin Worcester, Ed Dittmer, Jonathan Cook, Baily Hornstein, Zack Burgess, Jeff Hodge, and Dana Bradley for all of your help!

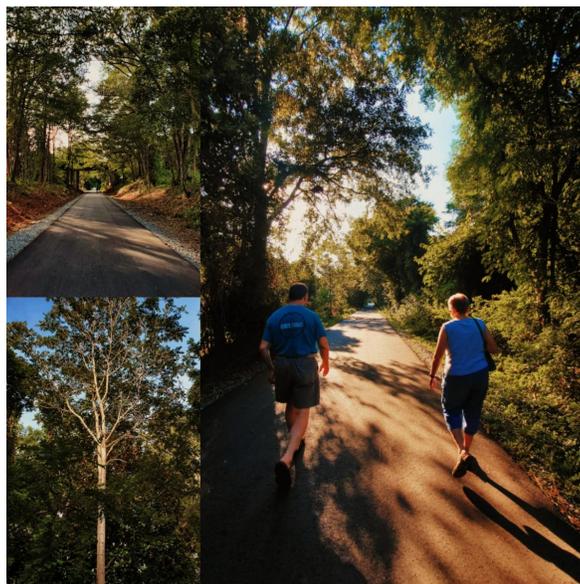
[More about the Dittmer-Watts Nature Trail Park](#)

Updates about the trail at Isothermal Community College



ROC had one last workday before the holidays at the ICC Trails. We removed one tree off the trail and hiked the rest of the trail system to confirm that everything is clear! Much appreciation to Jeff, Bruce, Ben, Jeff, and Baily for taking care of everything on the trails!

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 Baily Hornstein at 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 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 or call 828-351-3235.
- [Click Here](#) for more information on Rutherford County trails.



Photo of; Steve and Betty Gilbert.

Rutherford Outdoor Coalition | www.rutherfordoutdoor.org

STAY CONNECTED:

