



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!

Nell Bovender

Abigail Morrow

Larry Beasley

Darcie Tumey

Greg Tumey

Ron Carpenter

Larry Norton

Scott Withrow

Bruce Hunt

Pete Link

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.

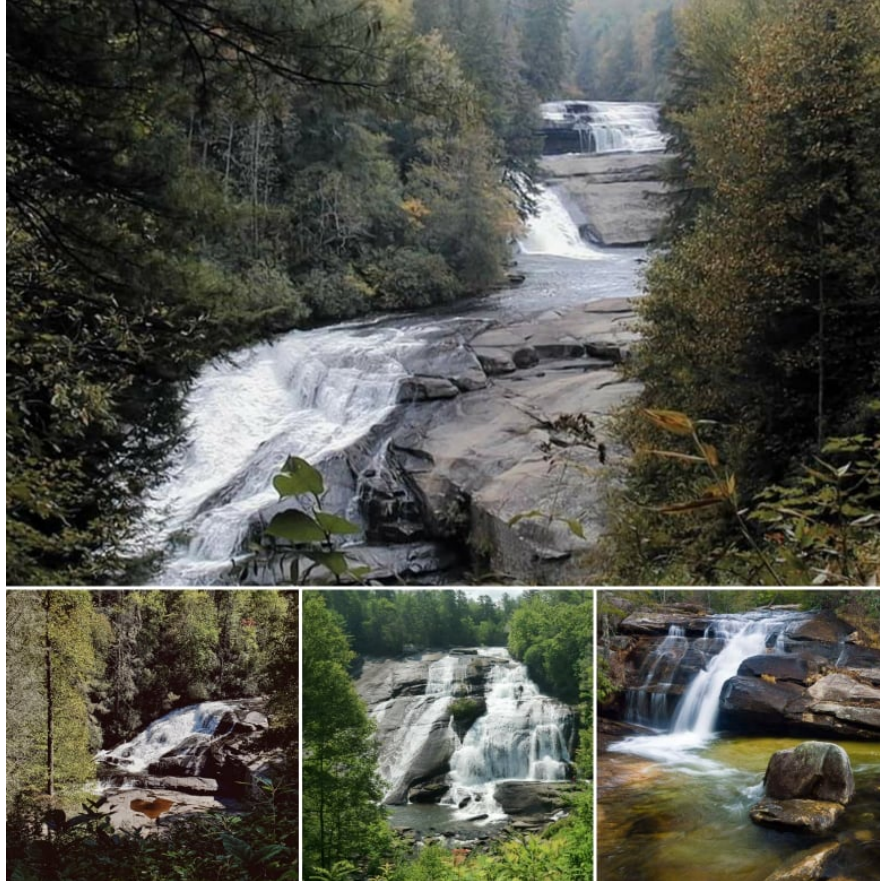
[Get Involved!](#)

UPCOMING EVENTS

ROC Hike: DuPont State Recreational Forest

Thursday, July 23rd

10 am - 5 pm



DuPont State Recreational Forest is a bit of a waterfall wonderland. There are 6 waterfalls on the 10,473 acre property. For our hike, we'll be going to 4 of the 6 and if afterwards, you're up for the other two, we can give you directions to them! (One is a short walk away from a second parking area).

We will plan to walk about 10 miles total. There isn't too much elevation gain but two parts will require a small bit of effort. If people aren't up for the whole 10 miles, there's an option to see 2 -3 waterfalls with the group and then head back to the parking lot. If you choose this option, it would be about 3.5 - 4 miles round trip.

Much of the trail is shaded but please be sure to bring ample water and a lunch as the visitor center and facilities are still closed due to Covid-19. Sunblock and bug spray are also recommended.

There's opportunity to go to the base of some of the falls, if the water is low enough. So if you're interested in doing that be sure to bring appropriate footwear so you don't slip and fall.

If it's hot out and the water is nice enough, bring your swimsuit for a dip at Grassy Creek Falls!

We'll also pass by a cemetery with graves dating back to the 1880s and go through a beautiful covered bridge. Bring your cameras!

In order to adhere to social distancing protocols, we will not be carpooling and will instead meet at the Visitor Center. Face masks are recommended. The address is: 1398 Staton Rd. Cedar Mountain, NC 28718.

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

More park information: <https://www.dupontstaterecreationalforest.com/>

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



The ROC Monthly Meeting

5:30 pm on Tuesday July 20th.

The meeting will held at Charles Deviney Park in Spindale. 225 Greer St. Spindale, NC 28160.

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!**



July Volunteer Days

Saturday July 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.

Tuesday July 14th:

Buffalo Creek Park Loop. 8 am - Noon.

Loosening the trail markers after the Spring tree growth. Bring a Phillips screwdriver or battery-powered drill.

Expect to walk about about 3 miles, mostly downhill.

Thursday July 16th:

Isothermal Community College Trails. 11 am - 2 pm.

Loosening the trail markers after the Spring tree growth. Bring a Torx/star screwdriver or battery-powered drill.

Expect to walk about 2 miles, mostly level terrain.

Friday July 17th:

Weed Patch Mountain Trail. 8 am - 5 pm.

Loosening the trail markers after the Spring tree growth. Bring a Phillips screwdriver or battery-powered drill.

Expect to walk about 7.5 miles, mostly downhill.

Tuesday July 21st:

Dittmer-Watts Nature Trail Park. 8 am - 11 am.

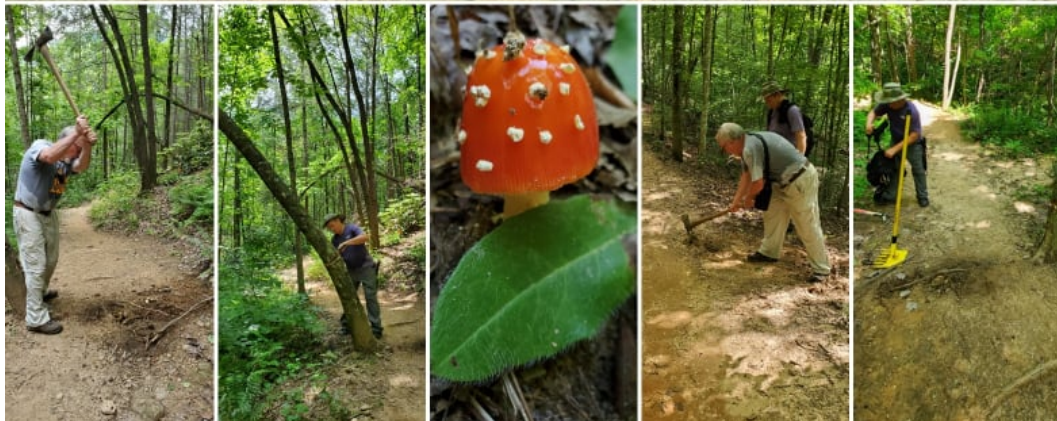
Root removal and trail tread improvements. Bring your favorite trail tool and gloves!

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

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

UPDATES

Updates on Buffalo Creek Park



Photos of: Ken Golliher and Robin Worcester smoothing out a switchback; Ken removing a large root from the trail; Robin sawing a tree that was about to uproot though the trail, a cute mushroom, Ken

and Robin cleaning out a drainage, and Robin smoothing out the trail.

Trail Boss, Robin Worcester, volunteer Ken Golliher, and Trails Coordinator, Callia Johnson went out this month to do some erosion control along the norther part of the loop. They dug out drainages, added a couple rolling grade dips, removed some trip-hazard tree roots, and cut down a tree before it tore up the trail. Thank you Ken, Robin, and Callia for you work at Buffalo Creek Park!

[More about Buffalo Creek Park](#)

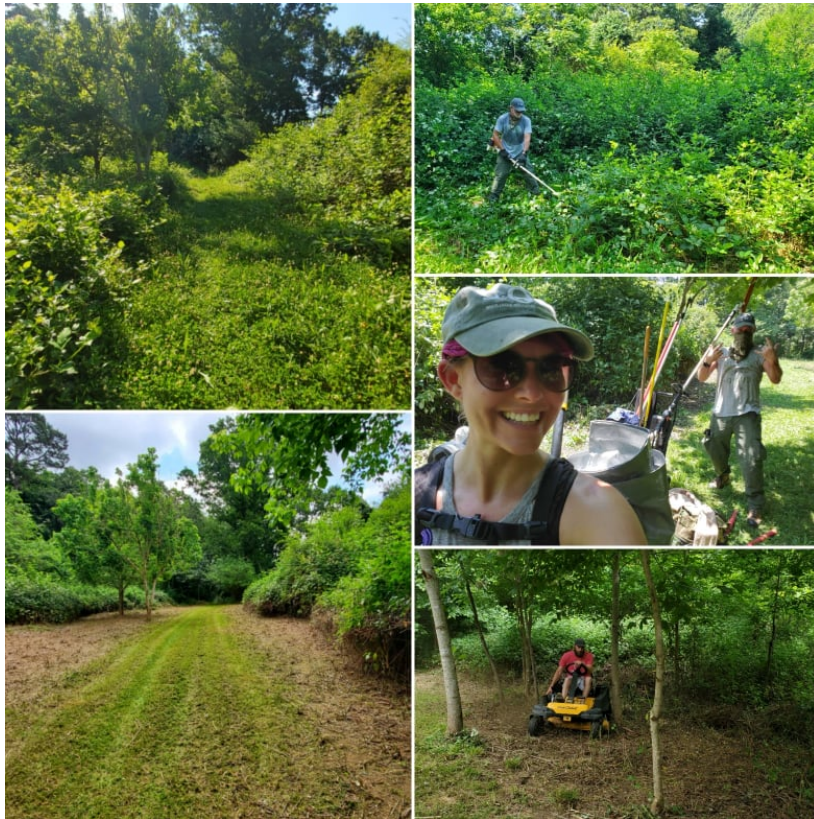
Updates on Dittmer-Watts Nature Trails



Photos of: Robin Worcester; New member Jeff Lodge, AmeriCorps Member Hannah Stuart, Ken Golliher, and Robin Worcester on Roller Coaster Trail; Hanna trimming overgrown Mountain Laurel; Jeff sawing a tree off the trail; the whole group excited for a day of fun work!

ROC and the Town of Lake Lure went out on Roller Coaster Trail to trim back the Mountain Laurel so the trail remained passable. Along the way, new ROC member Jeff Lodge helped saw a tree that was sticking out into the trail. It was a great workday and planned perfectly between the morning and afternoon rainfall! Thank you everyone for your help!

Updates about the trail at Isothermal Community College



Photos of: Before and after the cutting of the blackberry briars; Adam cutting into the thicket, Callia and Adam with their tools for the day; David Greenleaf mowing down the briars so they don't come back this season.

A huge thank you to Adam Thomas, Cole Higgins, David Greenleaf, and Callia Johnson for putting in over 6 hours of effort cutting back the blackberry briars along the Orange Trail at ICC. Left unchecked, the briars take over all other vegetation including the trees and would engulf the trail. So we really appreciate your time and help in keeping them cut back!

[More about the ICC Trail System](#)

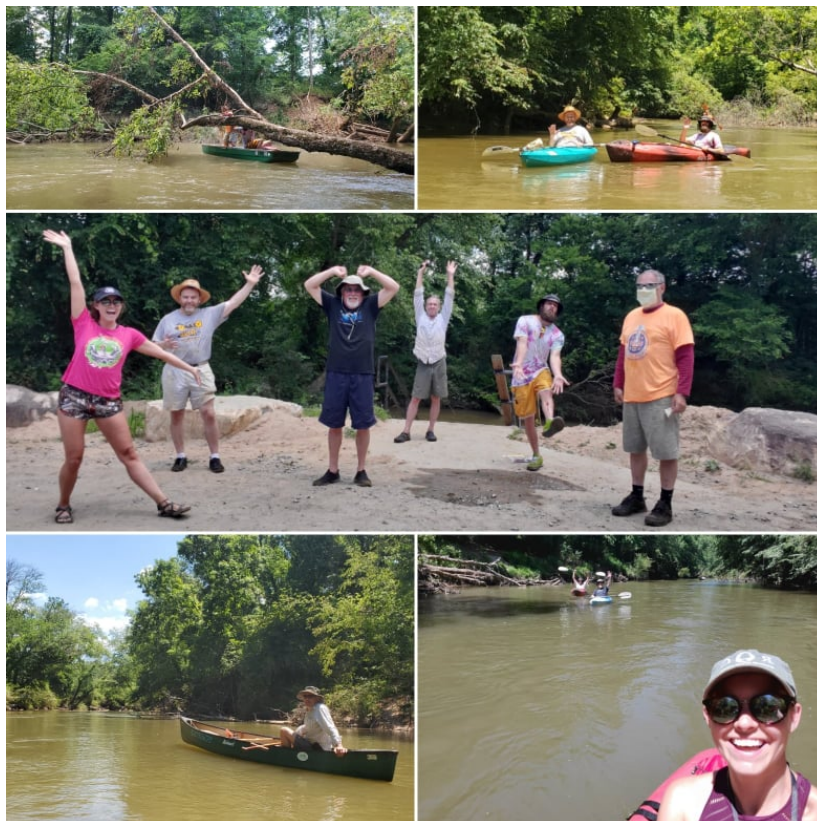
Updates about the Broad River Paddle Trail and Spring Sweep

ROC had several days out on Section 5 of the Broad River this month!



June 3rd: Callia Johnson, Dana Bradley, and Larry Beasley scouted

Sections 4 and 5 to determine which one to clean for the Spring Sweep. During the scout they encountered several large trees down on both sections and rescued an Eastern Hognose from the water! In case you're not a herpetologist or snake enthusiast, Hognose snakes are non-venomous and non-aggressive. They're usually much smaller than this swimming one and prefer to live on land. As always, if you see a snake, the best thing you can do for yourself and the snake is leave it alone.



June 13th: Callia Johnson, Bruce Hunt, Ken Golliher, David Caldwell, David Greenleaf, and Pete Link floated Section 5 to saw out some of

the tree-barriers before the big Spring Sweep! Thank you all for your incredible work!



June 20th: 17 people showed participated in this year's Spring Sweep! The water was higher and faster than normal, so much of the trash was swept down river or was unreachable, but this amazing crew still managed to pull about 10 garbage bags, several mops and buckets, and 1 tire out of the river. Thank you so much to our volunteers; Jessie Kerr, Jason Smoak, Dana Bradley, Babs Mensch and her grandson, Leo, Neil Fruhwirth, Joe Buchanan, Larry Beasley, Joelle Karout, Ron Wallenburg, Bruce Hunt, Adam Beasley, Jeff Hodge, Shannon McCoel, Pete Link and his grandson, Colin, and Callia Johnson.

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

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 Callia Johnson 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 Callia Johnson 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:

