



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!

**Jill Ramsaur and
Family**

**Ed and Kay
Dittmer**

**Donald Blanton and
Theresa Johnson**

**Crystal Stofco and
Family**

Tom Roberson

**Penny and Jason
Miles**

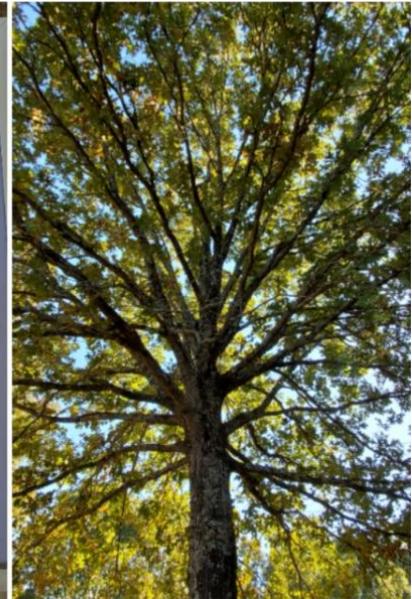
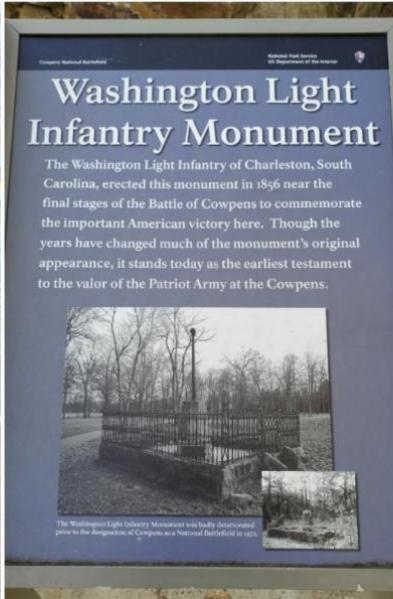
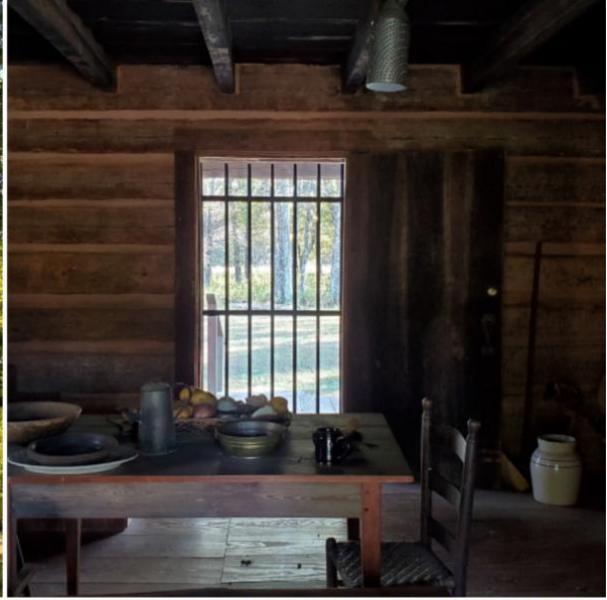
The money we receive from memberships helps us to continue improving local trails, leading group hikes and river floats, and creating new outdoor programs. Membership is only \$20 for individuals, \$35 for families, and \$100 for businesses. We also offer multiple sponsorship opportunities for businesses 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: Cowpens National Battlefield
Friday, June 12th
11 am - 5 pm



Cowpens National Battlefield combines the beauty of nature with a wander through history. There are 6.75 miles of trail on the grounds including 1.2 miles of paved walking trail, 1.75 miles of nature trail, and a 3.8 mile long driving loop.

We will plan to walk the entire paved trail and the nature trail, with pauses along the way to read and reflect on the history of the area. Much of the trail is shaded but please be sure to bring ample water and snacks as the visitor center and facilities are still closed due to Covid-19. Sunblock and bug spray are also recommended.

In order to adhere to social distancing protocols, we will not be carpooling and will instead meet at the Visitor Center Parking lot. The address is: 4001 Chesnee Hwy. Gaffney, SC 29341. We are also currently limiting group sizes to 10 people, so if you're interested in coming please contact Callia asap to reserve your spot!

The auto loop road is closed to vehicles at this time so we will be walking a portion of it. If you would like to walk all of it, please let Callia know so we can plan accordingly to either do so or allow time for you to after the group hike. Please note that the park closes at 5 pm.

****To RSVP or for any questions, please contact Callia Johnson at trails@rutherfordoutdoor.org or call 828-351-4161.**

More park information [here](#).



The ROC Monthly Meeting: 5:30 pm. The meeting will held at South Mountains Christian Camp: 229 Bethel Camp Road Bostic, NC 28018. We will gather at the pool shelter located behind a chain link fence. Restrooms and ample parking are available. There are picnic tables and benches at the shelter but feel

free to bring lawn chairs if you would like, for proper social distancing.

If you would like to come early or stay after the meeting, there are two short trails near the shelter that we are welcome to explore. If you come before 5 pm, please check in at the camp office: 1129 South Mountain Road Bostic, NC 28018. If coming after 5 for the meeting, just head to the pool shelter without checking in.

We will space out and observe social distancing practices.

All are welcome!



June Volunteer Days

Tuesday June 9th:

Buffalo Creek Park Loop. 9 am - Noon.

Erosion control efforts along north loop. Bring your favorite trail tool.

Tuesday June 16th:

Dittmer-Watts Nature Trail Park. 8 am - 11 am
Cutting back mountain laurel along Roller Coaster Trail and covering social trails as we come across them. Bring loppers if you have them.

Saturday June 27th:

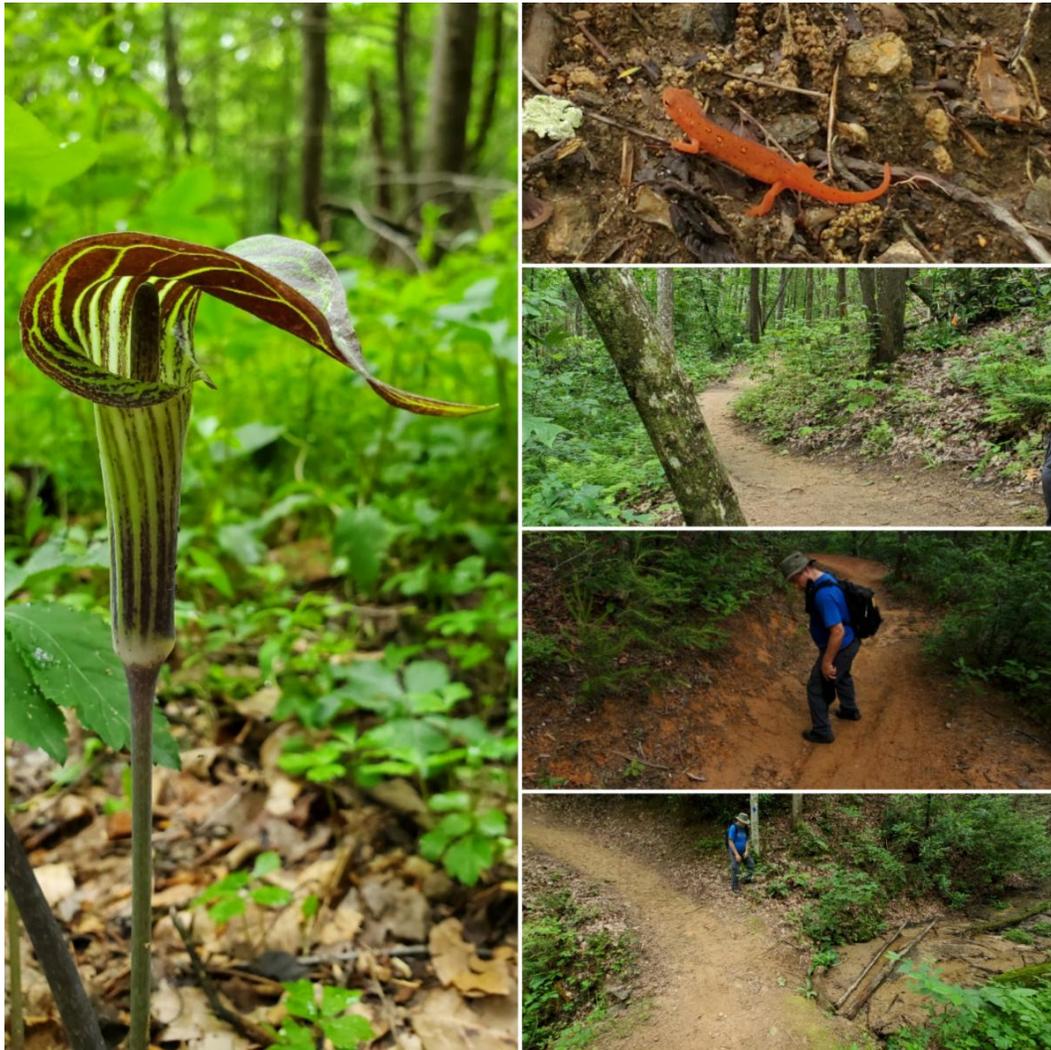
Heart of the Foothills Animal Shelter Dog Walk. 10 am - Noon.

Sign up ahead of time to come walk the shelter dogs and puppies with us!

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: Jack in the Pulpit, an Eastern Newt, healthy trail conditions, Robin standing above some erosion that needs work, a culvert that could use some reinforcement.

Trail Boss, Robin Worcester and Trails Coordinator, Callia Johnson went out this month to inspect the trails after all the rainfall. Thankfully, the trails are still holding up well! No trees were found down and some minimal erosion work is needed.

One thing they did find a lot of, and worked hard to fix, were areas where social trails were being made along the switchbacks. If you're out on our trails and see these, please let us know! If you want to use branches to help cover them we would be grateful. Those social trails trample down the ground cover and vulnerable plants and lead to much worse erosion. Feel free to inform your friends and help us keep the trails in tip-top shape!

[More about Buffalo Creek Park](#)

Updates on Dittmer-Watts Nature Trails



Photos of: Blooming mountain laurel, trees that were removed along the Mountain Vista Trail, flowering deer berry, the scenic mountain vista view, and a fallen tree that was removed along the Raptor Ridge Loop.

ROC and the Town of Lake Lure went out on the trails to remove several downed trees along the Mountain Vista Trail, Rhododendron Trail, Raptor Ridge Loop, and Mountain Laurel Trail. Callia, the Trails Coordinator, also went out to cover social trails that were forming throughout the park. If you see these, please don't take them and use nearby downed branches to cover them if possible. Creating new trails destroys native plants and leads to

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

Updates about the trail at Isothermal Community College



The trails at Isothermal Community College required quite a bit of effort again this month. Thankfully, we had an incredible crew out there helping to return the trails to explore-worthy conditions.



Photos of: The whole crew who helped fix the bridge, assessment of how to get it out of the gully, Jonathan fixing the rope to the bridge for extraction, Bruce guiding the bridge out of the gully, the team securing the bridge back into its rightful place.

The bridge to the entrance of the East Blue Loop trail was washed out during the heavy rainfalls. Dana Bradley, David Greenleaf, Jason Smoak, Almon Cox, Fred Matthews,

Jonathan Cook, Bruce Hunt, and Callia Johnson all worked together to pull the bridge out and get in securely back into place. Thank you to everyone for not only your hard work, but for also being mindful of social distancing during this difficult task!



Photos of: Fred Matthews trimming poison ivy and briers, an example of poison ivy growing into the trail, Bruce Hunt widening the trail corridor, a close-up poison ivy.

Also with the heavy rains has been heavy plant growth. Poison ivy has been growing like crazy along the trails and was encroaching upon them. Fred Matthews, Bruce Hunt, Dana Bradley, Jason Smoak, and Callia Johnson went out to trim back and treat the ivy so that the trails wouldn't be taken over by it! Thank you so much for your help!

[More about the ICC Trail System](#)

ROC Walking Club

The ROC Walking Club started back on Thursday, May 14th.

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).



- **Wednesdays:** 8:30 am at Purple Martin Greenway in Rutherfordton. Park at the new, gravel lot at the corner of S.Main Street and Industrial Avenue.
- **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).
- **Wednesdays:** 8:30 am at Purple Martin Greenway in Rutherfordton. Park at the new, gravel lot at the corner of S.Main Street and Industrial Avenue.
- **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:



