



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](#)

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NEWS



Welcome to all of our new and returning ROC

members and sponsors!

**Neal Waldrop and
Family**

Charles Thrift

**Steve and Sara
Crowley**

Michael Croussore

**Michael Suttle and
Family**

Caleb Cone

Susan Collins

**Buz Bozogany and
Family**

Ruth Hils

Brandon DeGroff

Than Boyum

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: Shortoff Mountain Trail in the Linville Gorge

Saturday March 7th

8 am - 6 pm



This 8 mile out and back trail is rated as difficult. The first 1.5 miles has about 1,200 feet in elevation gain but then the rest of the trail is quite level with spectacular views overlooking the gorge. More trail info [here](#).

****If you're considering participating in our overnight Linville Camping trip in May, this would be good practice and exposure to a comparatively easy portion of the Linville Gorge****

Please be sure to wear sturdy shoes and bring hiking poles if you use them - the trail has loose rocks, some running water, and slippery mud in places. Wear layers, bring snacks and water. There are no bathrooms on our way so be prepared to get close to nature and respect Leave No Trace Principles.

Click to read more [here](#).

Plan to meet at the Rutherfordton Annex Building located at 289 N Main St. by 8 am to carpool. Parking up at the trailhead is extremely limited and the road is a private dirt road that requires conscientious maneuvering (Callia's Toyota made it up there just fine). Please contact Callia asap if other driving arrangements need to be made.

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



The ROC Monthly Meeting will be held at Barley's Taproom at 5:30 pm on Tuesday, March 17th. All are welcome!

Saturday March 28th ROC Heart of the Foothills Dog Walk

Meet at Heart of the Foothills Animal Rescue (previously known as Brother Wolf) at their new location, 380 Hwy. 221 N., Rutherfordton, NC 28139 at 10 am to get matched up with one of the shelter dogs. We will walk the dogs for 2 miles on the Thermal Belt Rail Trail.

Since there are a limited number of dogs available, you must pre-register for this event. Email Dana Bradley at dana@rutherfordoutdoor.org or call her cell at 828-351-3235 to sign up.



March Volunteer Days

Thursday March 12th: Buffalo Creek Park. 9 am - Noon

Saturday March 14th: ICC Trails with Thomas Jefferson Classical Academy Students. Noon - 3 pm

Thursday March 26th: Dittmer-Watts Nature Trail Park. 9 am - Noon

Contact Callia at trails@rutherfordoutdoor.org or call 828-351-4161 to RSVP or for more information.

UPDATES

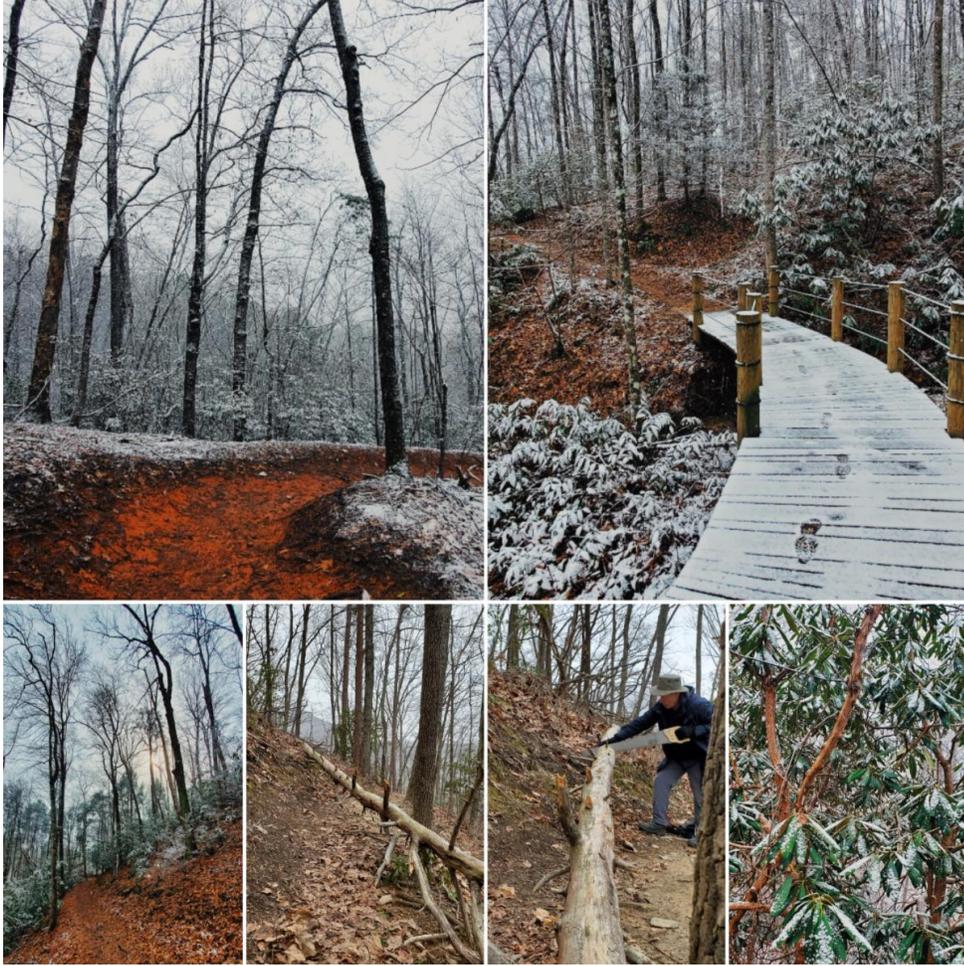
Saturday February 22nd ROC Heart of the Foothills Dog Walk

Yet again we had another record number of volunteers who participated in the monthly dog walk! The dogs get to go for a 2-mile wander on the Thermal Belt Rail Trail with their human volunteers. There are many more dogs available and just wagging their tails wanting to be taken out, so come join us next month! The next walk is scheduled for Saturday, March 28th. Thank you to everyone who came this month.





ROC Workday at Buffalo Creek Park



ROC and Town of Lake Lure Volunteer got lucky this month. Despite the torrential downpours and freeze/thaw cycles that Mother Nature presented us, the trails at Buffalo Creek Park held up well! Trail Boss, Robin Worcester and Trails Coordinator, Callia Johnson only found one tree down during their inspection and were able to remove it with their hand saws. Next month we'll get back to work on keeping the erosion control measures in tip-top shape. Come join us!

[More about Buffalo Creek Park](#)

ROC Workday at Dittmer-Watts Nature Trails



ROC and the Town of Lake Lure had a wonderful day for trail work on Sunday February 9th. Kurt Howell, David Dyer, Dana Bradley, Garrett Murphy, and Callia Johnson dug out trenches for water to flow off the trail and soaked up the sunshine while doing so. Thank you so much for all your help keeping these trails so nice for everyone to use!

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

ROC Work Days at ICC

The trails at Isothermal Community College went through the wringer this month with all of the rain - three bridges ended up getting washed out! Thankfully we have incredible volunteers who came out on three separate days to help get the bridges re-installed and the trails back to explorable condition.

This work wouldn't have been



possible without the generous donation of timber and supplies made by Almon Cox - Thank you very much!



Thank you so much also to: David

Greenleaf, Fred Matthews, Jonathan Cook, Jason Chesnutt, newcomer Bruce Hunt, Jason Smoak, Karsyn Smoak, Parker Smoak, Dana Bradley, and Callia Johnson for your collective efforts, ideas, and teamwork!

More photos: [here](#)

[More about the ICC Trail System](#)

ROC Hike: Crowders Mountain State Park
Pinnacle and Turnback Trails
Sunday Feb. 23rd



The 4.4 mile loop up to the top of Crowders Mountain offered incredible views of Charlotte, Kings Mountain, and all around. The short hike up was filled with conversation, sunshine, and a little rock-hopping. At the summit the group spent over an hour exploring the terrain, taking in the views, and snapping photos. Despite being an immensely popular park and trail, the group was able to find places to hang out without feeling crowded. It was a great day. Thank you David, Chuck, Gary, Ken, Pilar, Theresa, Donald, Callia, Jason, Jason, and Dana for the excellent hiking company!

See more photos [here](#)

More about [Crowders Mountain State Park](#)

ROC Walking Club

The times and dates are listed below.

May 1st - August 31st:

- **Tuesdays:** 6:30 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
- **Thursdays:** 6:30 pm at Purple Martin Greenway in Rutherfordton



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
- **Thursdays:** 4:00 pm at Purple Martin Greenway in Rutherfordton



The walks are led by our Outdoor Programs Director, Dana Bradley. 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 Dana at 828-351-3235.

[Facebook Page](#)

ROC RACE SERIES

[Click Here for the 2020 ROC Race Series Schedule and Race Results.](#)

2020 Race Series Begins!

**Saturday, February
29th: Box Creek
Wilderness 10K**

Presented by the
Union Mills Learning
Center, this race has
stunning scenery. It

runs along the Second Broad River, the CSX Railroad, around the base of the Rocky Face Mountain and through the Box Creek Wilderness area.

[Race Information](#)

**Saturday, March
21st: Bear Foot 5K**



14th Annual Bear Foot 5K and 1/2 Mile Fun Run.
Must register by Feb 28 to be guaranteed a hoodie
Proceeds go to the Sunshine Elementary School.
Fun Run is for children 5th grade and under.
This year we will have a separate GORUCK Rucking Division for the first time.

[Race Information and Registration](#)

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 828-351-4161.

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 828-351-4161.
- [Click Here](#) for more information on Rutherford County trails.

Rutherford Outdoor Coalition | www.rutherfordoutdoor.org

STAY CONNECTED:

