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## 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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Website](#)

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## NEWS



## Welcome to all of our new and returning ROC members and sponsors!

Penny Marshall

Neil Fruhwirth

Blake Francis

Joey Strickland

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](#)

## NEWS



### ROC Monthly Meeting

Date: January 18th, 2022

Time: 5:30 PM

Location: Barley's Taproom

We are excited to return to **Barley's** for our monthly meetings! Join us to hear about all the latest with ROC - including recent updates, upcoming events, how you can get involved with our mission, and



more!

Feel free to order food and beverage while you connect with new and returning ROC members. All are welcome!

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## UPCOMING EVENTS

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### ROC Hike: Chestnut Knob Trail

Come hike the Chestnut Knob Trail with ROC Saturday, January 8th! This is a 5.3 mile out and back trail rated as moderate to strenuous.

This trail is located in South Mountains State Park. It is a steep wooded trail that leads to amazing view overlooking the Jacob Fork River Gorge Overlook, with a distant view of the beautiful 80 foot High Shoals Falls. The trail continues from here to the Chestnut Knob Overlook.



We will meet at the High Shoals Falls trailhead parking lot at 9 am. There will be no cell service at the trailhead, but following your GPS should take you to the correct parking lot. The address to the parking lot is South Mountains State Park, 3001 S Mountain Park, Connelly Springs, NC 28612.

**Date:** Saturday, January 8th

**Time:** 9am

You must RSVP to this event. Please email Sam Brooks at [trails@rutherfordoutdoor.org](mailto:trails@rutherfordoutdoor.org) or text/call (828)-202-9811

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### ROC Hike: Trombatore Trail

Join ROC on a hike on the Trombatore Trail Saturday, January 29th at 9 am! This is a moderate to strenuous 4.8 mile out and back trail that leads to the Blue Ridge Pastures.

The hike features a few up and down elevation changes through a gorgeous forest that will still offer plenty of views even in the winter! The Blue Ridge Pastures features a panoramic view of the Hickory Nut Gorge and Bearwallow Mountain.

We will meet at the trailhead at 9 am. The trailhead is shared with the

Bearwallow Mountain Trailhead. The address is 4854 Bearwallow Mountain Rd, Hendersonville, NC 28792. Park on the graveled area on the shoulder of the road, next to the steep hillside. Parking is limited, so carpooling is encouraged. This can be arranged by contacting Sam Brooks at the email and phone number below.

**Date:** Saturday, January 29th

**Time:** 9 am

You must RSVP for this event. Please email Sam Brooks at [trails@rutherfordoutdoor.org](mailto:trails@rutherfordoutdoor.org) or text/call (828)-202-9811

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LOVE THE OUTDOORS?

# EARLY EXPLORER'S NATURE CLUB

Adventure is all around us!  
Especially outside!

Join us on the third Wednesday each  
month at 5:30 pm - 6:30 pm

Programs are designed for children ages 5- 12.  
Parents must stay with participants for the  
entire program. You must RSVP to be added  
to an email list for monthly theme and  
location updates. We will utilize local trails  
and facilities such as Kiwanis Park, Purple  
Martin Greenway, Thermal Belt Rail Trail, The  
Bechtler House, Isothermal Community  
College Trails, and more.

R·O·C  
RESEARCH OUTDOOR CLUB

## **Kiddos in your life that love to spend time outside? Join our Early Explorers Club!**

We are so excited to announce nature programs designed for youth! Programs are designed for ages 5-12, feature hands-on activities, and include lessons that connect to state standards to support science topics that students are learning in the classroom. Outings and lessons will be lead by our Outdoor Programs Director, a certified NC Environmental Educator.

What to look forward to in our club:

- Visiting parks and forests
- Studying plants and other wildlife

- Learning about saving the environment
- Meeting various animals and insects
- Finding lifelong friends
- Health benefits that result from time spent outdoors

For more information or to sign-up, contact our Outdoor Programs Director, Jess Kerr at [jess@rutherfordoutdoor.org](mailto:jess@rutherfordoutdoor.org), or 828-351-3235. You can also check out the places we've visited and what we've discovered by following us on Facebook!

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## January Volunteer Days



### Tuesday January 11th:

Dittmer-Watts Nature Trails: [8 am - 10am](#)

**We will be trimming overgrown sections of the trail. Expect to walk about 1-2 miles.**

### Saturday January 15th:

Heart of the Foothills Dog Walk. [10 am - Noon](#).

**Come walk shelter dogs and puppies with us!**

**Expect to walk about 2 miles, mostly level terrain.**

### Tuesday January 18th:

Buffalo Creek Park: [8 am - 12 am](#)

**We will be improving the tread on switchbacks and fixing erosion issues. Expect to walk about 3 miles.**

### Tuesday January 25th:

Weed Patch Mountain: [8 am - 12 pm](#)

**We will be removing any down trees on the trail.**

**Expect to walk about 3 miles.**

### Thursday January 27th:

Isothermal Community College Trails: [8:00 am - 10:00 am](#)

**We will be trimming overgrown sections of the trail, cleaning litter, and removing fallen trees. Expect to walk 1-2 miles.**

Contact Sam at [trails@rutherfordoutdoor.org](mailto:trails@rutherfordoutdoor.org) or call 828-202-9811 to RSVP or for more information.

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# UPDATES

## Updates on Dittmer-Watts Trails



ROC and the Town of Lake Lure had an excellent workday at Dittmer-Watts! Volunteers worked on removing dead trees that had the potential to fall on to the trail. These trees can be especially hazardous when they are broken and hanging over the trail. In total, volunteers took down six of these potentially hazardous trees on the edge of the Creekside Cliff and Mountain Vista Trails. Thanks so much to our hard-working volunteers who help us keep our trails safe for everyone to use!

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

## Updates on Buffalo Creek Park and Weed Patch Mountain





ROC had a productive workday at Buffalo Creek Park! Volunteers cleared the leaves off of the trail tread. This helps out mountain bikers and hikers that use this trail with visibility issues. Leaves cover up rocks and roots and create a tripping hazard that could usually be avoided. Blowing the leaves off the trail allows people to see where they're going and creates a safer and better trail experience for its users. As always, we are so so thankful for the hard work of our volunteers that maintain our trails! We are also thankful for Jake, our trail dog, for keeping the morale high and making everyone laugh.





ROC and Town of Lake Lure had a great workday at Weed Patch Mountain! Our amazing volunteers had a very productive workday in making the trail accessible. In total, five trees were removed from the emergency access areas and the trail. One tree overhanging the trail was particularly hazardous, but thanks to our amazing volunteers it is now safely off the trail!

[\*\*More about Buffalo Creek Park\*\*](#)

## **Updates on the ICC Trails**





On the ICC trails, ROC volunteers cut limbs that had fallen on to the trail on the Orange, Yellow, and Blue Trails. Our dedicated volunteers worked on keeping the trails accessible! Volunteers also picked up multiple pieces of trash on the trail. Remember to always practice leave no trace and keep nature natural!

[More about the ICC Trail System](#)

## **Hike at Lake James State Park**



ROC had a great hike at Lake James State Park! The Sandy Cliff Overlook Trail is a short and easy stroll, perfect for a picnic or relaxing walk with some beautiful scenery! The Lake Channel Overlook Trail, next to Sandy Cliff, is a little bit longer at 1.5 miles, but still an easy trail

that leads to a gorgeous overlook of Lake James and the Linville Gorge. If you're looking for a relatively quick and easy hike, head to Lake James State Park and check out the Lake Channel Overlook Trail!

# **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 Jess Kerr at [jess@rutherfordoutdoor.org](mailto:jess@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 Jess Kerr at [jess@rutherfordoutdoor.org](mailto:jess@rutherfordoutdoor.org) or 828-351-3235.**
- **[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](mailto:jess@rutherfordoutdoor.org) or call 828-351-3235.**
- **[Click Here](#) for more information on Rutherford County trails.**





# Rutherford Outdoor Coalition

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Contact Us



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