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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.

[Visit Our Website](#)

[Become A Member](#)

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# NEWS



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

Vance Steiner

Jonathan Cook

Steve Collins

Charles Costanzo

Cindy Smith

James Minshew

Neil Fruhwirth

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 expand 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: March 15th, 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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### Birding Hike at ICC

Calling all bird enthusiasts to join ROC at ICC Thursday, March 3rd at 8:30 for a birding hike! This hike will be led by our President, Jerry Stensland, an avid birder and our Trails Coordinator, Sam Brooks, a bird enthusiast. We will be going out on the trails so suitable footwear is strongly recommended.



Binoculars are also highly recommended in order to get an up close view of the birds. Come learn how to identify birds by sight and sound!

We will meet in the Foundation parking lot at 8:30 am.

**Date:** Thursday, March 3rd

**Time:** 8:30am

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: Green River and Bear Branch Loop

Join ROC for a hike at the Green River Game Lands! The Green River and Bear Branch Loop is a moderate to strenuous 8.1 mile loop with an elevation gain of around 1,800 feet. This trail features gorgeous views of the Green River and the surrounding forested area. There are several stream crossings and steep inclines.



We will meet in the parking lot at 9 am. This is a long hike that will take several hours. Be sure to bring plenty of water, snacks, and a lunch to eat on the trail.

Parking will be in a small gravel parking lot off of Green River Cove Rd, near Wilderness Cove Tubing and Camping.

**Date:** Thursday, March 10th

**Time:** 9 am

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: "Hiking 101" at High Shoals Falls



Interested in getting into hiking but not sure where to start? Join ROC for a "Hiking 101" introduction at High Shoals Falls with our Executive Director Jess Kerr and Trails Coordinator Sam Brooks! We will go over how to choose trails best suited for you, how to navigate while on the trail, what to wear, what to pack, basic safety precautions, and more!

High Shoals Falls Loop Trail, located in South Mountains State Park, is a 2.4 mile loop trail rated as easy. The trail features an 80 foot waterfall, a mountain vista, and beautiful woodland habitat.

We will meet at the trailhead at 10 am. The High Shoals Falls trailhead is located in the Jacob Fork Parking Area at 3001 South Mountain Park Ave. Connelly Springs, NC 28612. There is NO cell phone service at the trailhead or in the parking lot.

**Date:** Thursday, March 24th

**Time:** 10 am

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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## Yoga Hike at Bearwallow Mountain

Join ROC and the Mindful Yoga Studio for a beautiful out and back 2 mile hike and outdoor yoga experience at Bearwallow Mountain. After an easy 0.8 mile hike to the beautiful mountaintop meadow, Kim Tevis with the local Mindful Yoga Studio will lead participants in a yoga session designed to elevate your mind, body, and spirit while surrounded by beautiful scenery.



This event is suitable for anyone who is interested in joining, and will incorporate methods for beginners as well as those who are more experienced.

You must pre-register for this event.

Tickets are \$15 per person. Participants will meet at the Bearwallow Trail Head at 4854 Bearwallow Mountain Rd, Hendersonville, NC 28792 at 10 am.

**Date:** Saturday, March 26th

**Time:** 10 am

Please contact Jess Kerr at 828-351-3235 or [jess@rutherfordoutdoor.org](mailto:jess@rutherfordoutdoor.org) for more information or to register.

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# Broad River Spring Celebration

March 20th  
2-5pm



Help us celebrate  
World Water Day, 50  
years of the Clean  
Water Act, and  
recognize the Broad  
River watershed  
relationships that tie  
us together!



Hosted by

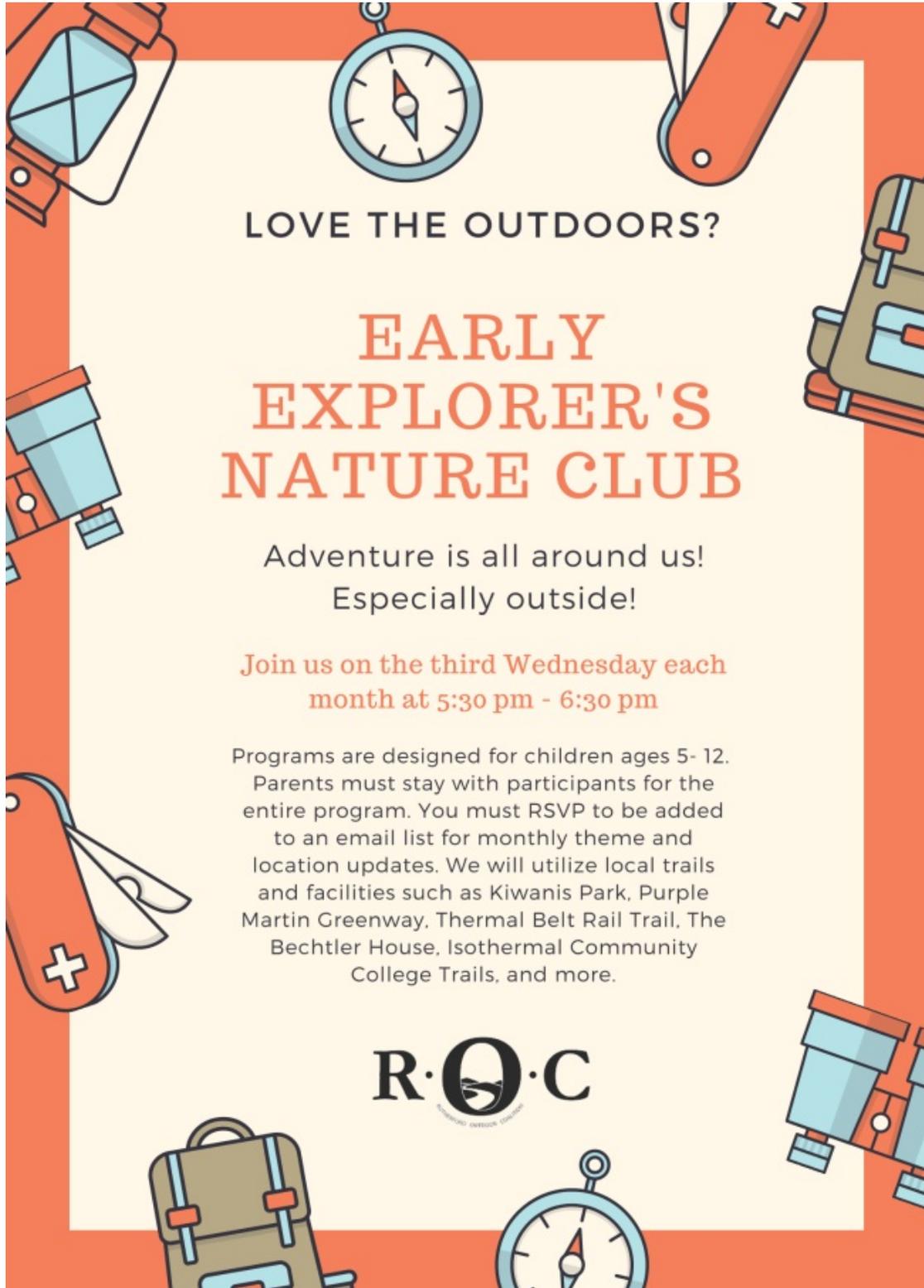


Join us on Sunday March 20th as we celebrate World Water Day and recognize the Broad River watershed relationships that tie us together! Come learn about our river from the Broad Riverkeeper, enjoy fellowship and outdoor games with Rutherford Outdoor Coalition, and participate in a Dreaming Stone celebration of the sacred gift of water at the Broad River.

Get ready for World Water Day (the following Tuesday) on March 22nd, and the 50th anniversary of the Clean Water Act! Let's embrace these special dates by connecting to our sustaining waters from which we all swim, drink, and fish.

All are Welcome, Appropriate for families with children. This is an outdoor event, rain or shine. Please wear sturdy shoes for our hike to the river.

You must RSVP for this event. To sign up, use this link:  
[https://mountaintrue.org/event/broad-river-spring-celebration-in-rutherfordton-nc-3-20-22/?fbclid=IwAR2RVw1yyxota-sSBpaEJt67e\\_8aqCK6aqnhGiX781Y2SFNpO6bK\\_gw5g1o](https://mountaintrue.org/event/broad-river-spring-celebration-in-rutherfordton-nc-3-20-22/?fbclid=IwAR2RVw1yyxota-sSBpaEJt67e_8aqCK6aqnhGiX781Y2SFNpO6bK_gw5g1o)



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**  
RIVER ORANGE 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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## March Volunteer Days



### **Saturday March 5th:**

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.**

### **Wednesday March 9th:**

Weed Patch Mountain: [10 am - 3 pm](#)

**We will be improving the trail tread. This will be a joint workday with Conserving Carolina volunteers.**

### **Monday March 14th:**

Thermal Belt Rail Trail: [9 am - Noon.](#)

**We will be trimming back branches to improve visibility at two intersections of the Rail Trail (Broyhill and Rock Rd.). Expect to spend 2 to 3 hours on the trail.**

### **Tuesday March 15th:**

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 March 22nd:**

Isothermal Community College Trails: [10 am - 2 pm](#)

**We will be continuing to work on the new trail reroute and improving the trail tread.**

**Tuesday March 29th:**

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

**We will be trimming overgrown sections of the trail. Expect to walk about 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 had another successful workday at Dittmer-Watts! Volunteers had a busy morning on the Roller Coaster trail. A potentially hazardous tree hanging across the trail had to be removed, along with a large downed tree that was lying across the trail! As always, we are beyond grateful for our volunteers and all the work they do in maintaining our trails!

## 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 the Town of Lake Lure had a great workday at Weed Patch Mountain! Our incredible volunteers spent a morning removing a large hazardous tree that was leaning across the trail. This was a tree that turned out to be trickier than expected, luckily we have some amazing volunteers that were able to take care of it!

[More about Buffalo Creek Park](#)

[Updates on the ICC Trails](#)



ROC had a fantastic workday at ICC! Our amazing volunteers worked to create new trail that reconnected the Blue Trail East. Some sustainability improvements will be made on the next Trail Workday, but this section is open to trail users who can now hike the Blue Trail East without crossing into the neighboring property. We are so excited about this development and can't wait to finalize it! Thanks so much to our volunteers who came out and made this possible!

[More about the ICC Trail System](#)

## ROC Ice Hike on the Blue Ridge Parkway



ROC had a fabulous time on our Annual Ice Hike on the Blue Ridge Parkway! The hike featured beautiful ice formations, waterfalls, and scenic views the entire way! A fantastic group of people came out for this one-of-a-kind look at the Blue Ridge Parkway. Thanks to all for a wonderful day!

## Trombatore Trail Hike

ROC had a great hike on the Trombatore Trail! This hike featured lots of elevation changes with some steep hills.

The trail led to the Blue Ridge Pastures, which features a beautiful panoramic view of the Hickory Nut Gorge. Thanks to everyone who came out for this amazing hike!



## 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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