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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!

David Dyer

Carrie Taylor

Kate Read

Steve Cross

Lyn Weaver

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: May 17th, 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!

UPCOMING EVENTS

ROC Hike: Tree ID Hike on the Rumbling Bald Trail

Join ROC for a Tree Identification Hike on Thursday, May 5th on the Rumbling Bald Trail! It will be led by Rob Messick, a native of North Carolina who has taught tree identification at the Blue Ridge Naturalist (UNCA), the Organic Growers School (2018), and the Southeastern Permaculture Gathering. He has been involved with efforts to examine and verify old-growth forests in national forests and some private tracts in the southern Blue Ridge region and some outlier mountain ranges since the 1990s. A consolidation and official publication of old-growth field work by over 20 primary contributors in the region is due in July 2022 in a book titled *Imperiled: The Encyclopedia of Conservation*. We are so excited to have him lead this hike for us!



This is a 1.5 mile easy to moderate loop. We will meet at the trail head at 10 am. The address is 827 Boys Camp Road, Lake Lure, NC 29746.

Date: Thursday, May 5th

Time: 10 am

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

Bird Walk at Morse Park

Calling all bird enthusiasts to join ROC at Morse Park in Lake Lure on May 12th at 8:30 am for a birding walk! This walk will be led by our President, Jerry Stensland, an avid birder. Binoculars are 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 Morse Park



parking lot at 8:30 am.

The address is 2948 Memorial Highway
Lake Lure, NC 28746

Date: Thursday, May 12th

Time: 8:30am

You must RSVP to this event. Please email Sam Brooks at trails@rutherfordoutdoor.org or text/call

(828)-202-9811.

ROC Hike at the Green River Game Lands



Join ROC for a hike at the Green River Game Lands! This will be a moderate to strenuous hike of about 6 miles featuring several steep inclines and stream crossings.

We will meet in the parking lot at 8 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.

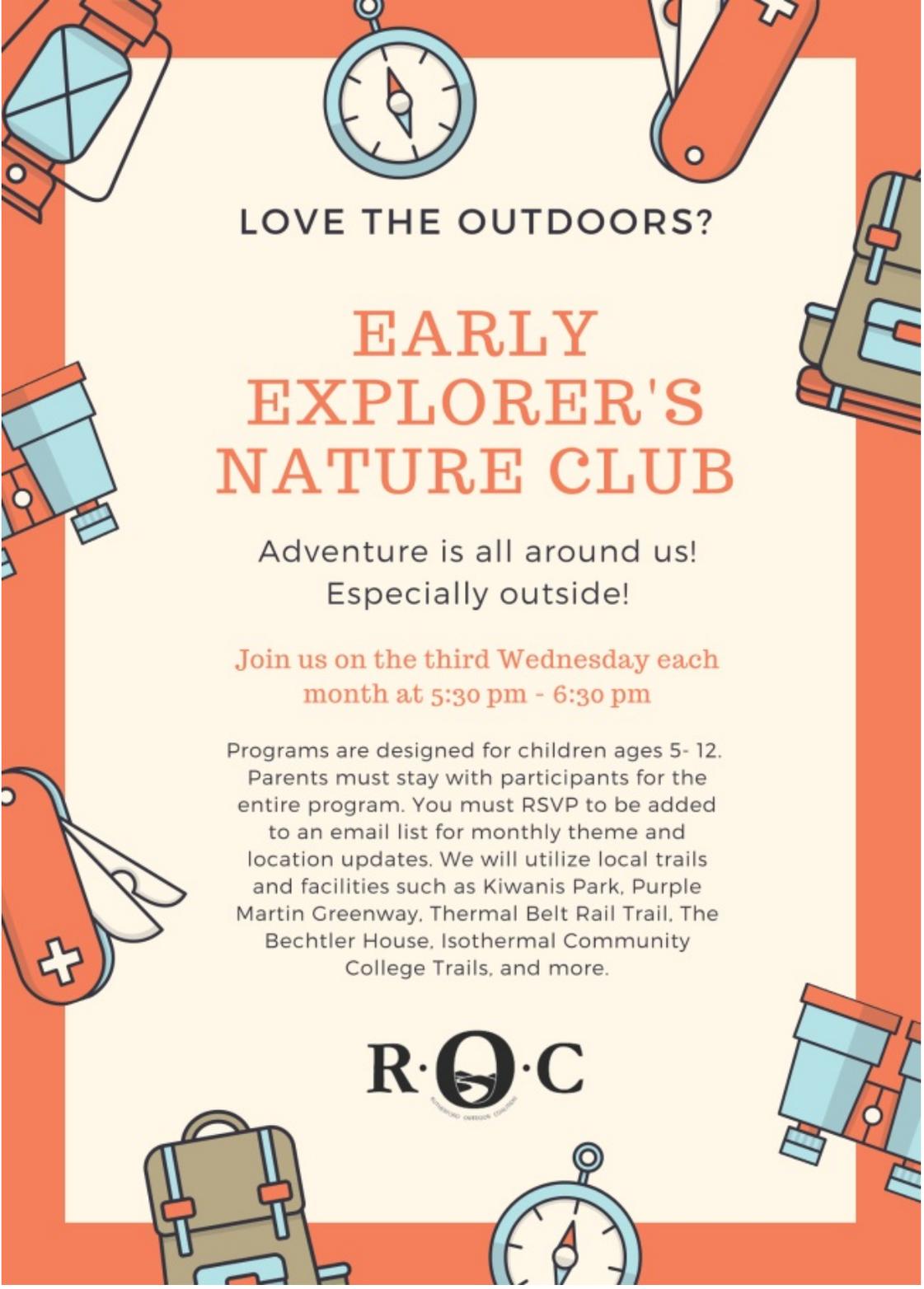
Parking will be in a small gravel parking lot off of Green River Cove Rd, near Wilderness Cove Tubing and Camping. To get directions to this location, use this [**Interactive Map**](#) from the ROC website.

Click on the Green River Cove Trailhead to get GPS directions. The parking lot is across the road from the trailhead.

Date: Saturday, May 14th

Time: 8 am

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



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, or 828-351-3235. You can also check out the places we've visited and what we've discovered by following us on Facebook!

May Volunteer Days



Tuesday May 3rd:

Weed Patch Mountain: [8 am - 1 pm](#)

We will be improving the trail tread and removing any downed trees.

Saturday May 7th:

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 May 10th:

Isothermal Community College Trails: [8 am - 12 pm](#)

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

Wednesday, May 18th:

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

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

Tuesday May 24th:

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

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

Contact Sam at trails@rutherfordoutdoor.org or call 828-202-9811 to RSVP or for more information.

UPDATES

Updates on Dittmer-Watts Trails



ROC had a fantastic workday at Dittmer-Watts! Volunteers spent the morning removing four trees from the Creekside Cliff, Mulberry, and Raptor Ridge Trails. They also fixed some holes in the trail to get rid of major tripping hazards. Thanks to much to our AMAZING volunteers for helping us maintain our local trails for everyone to enjoy!

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

Updates on Buffalo Creek Park and Weed Patch Mountain



ROC volunteers had a great time on our latest workday at Buffalo Creek Park! A tree was removed that was a major safety threat to mountain bikers and some eroded sections of the trail were repaired. Thanks SO much to our volunteers for helping us ensure a safe experience on the trail for hikers and bikers!



ROC and the Town of Lake Lure had a great joint workday with

Conserving Carolina's Rock Crushers at Weed Patch Mountain!
Volunteers repaired a good section of the trail tread with rock armoring and drainage repair to prevent further erosion issues. Thanks so much to our volunteers and Conserving Carolina's for helping us maintain this amazing trail!

[More about Buffalo Creek Park](#)

Updates on the ICC Trails



ROC volunteers had an excellent workday at ICC! A small tree lying across the trail was removed and the rest of the workday was spent fixing up the trail tread on the newly built section of the Blue Trail. We are so incredibly grateful for our amazing volunteers and all their hard work!

[More about the ICC Trail System](#)

Cleghorn Creek Clean-Up on the Purple Martin Greenway

ROC volunteers hit the Purple Martin Greenway and cleaned up 4 bags of trash and a tire out of Cleghorn Creek! It was the first of our two spring litter pickups with Keep Rutherford County Beautiful and a perfect day to clean up part of our local watershed! Thanks so much to our amazing volunteers for coming

out to help!!!



Thermal Belt Rail Trail Spring Litter Sweep

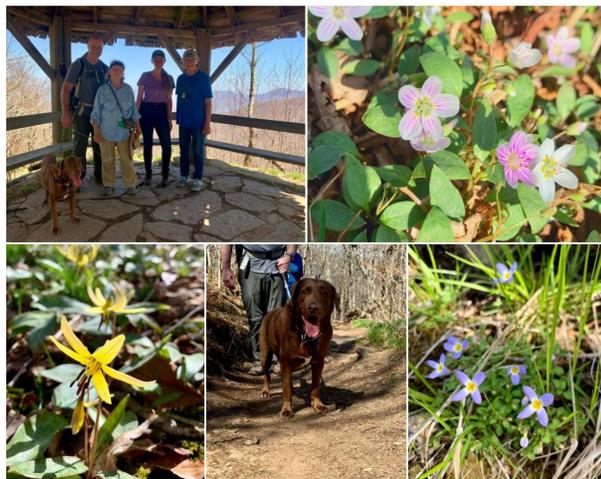


ROC volunteers cleaned up the Thermal Belt Rail Trail for our second Spring Litter Sweep with Keep Rutherford County Beautiful! Unfortunately, there was a lot more litter alongside the trail than expected, and volunteers filled up three bags in less than 0.5 miles. Please help us keep the Rail Trail enjoyable for everyone by disposing of your trash properly and participating in litter clean ups when you can!

Wildflower Hike at Craggy Gardens

ROC had a wonderful time at Craggy Gardens! The flowers had just started blooming and it was perfect weather for an enjoyable hike. Check out Craggy Gardens during the upcoming months as more flowers start to bloom!!!

This is an easy to moderate 1.9 mile hike off the Blue Ridge Parkway. It's a popular destination, so it's recommended to get there early to grab a parking spot!



Bird Walk in Rutherfordton

We had quite the turnout at our latest Birding Walk in Rutherfordton! While many birds hid themselves from our sight, we were still able to identify lots of species from their songs and calls! It was so much fun to listen and learn with a

fantastic group of people!



ROC Hike at Chimney Rock State Park

ROC had a fabulous time at Chimney Rock State Park this weekend! Exclamation Point rewarded us with sweeping views of the entire Hickory Nut Gorge, and the gorgeous Hickory Nut Falls was the perfect end to our visit!

If you haven't visited the Park we highly recommend a trip! ROC members get a discount on admission!



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 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 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 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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