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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!

Amanda Byers

Sharon Brown

Jerry Biehl

Kim Moore

Nada Kerstein

Ginger Swan

Deborah Kennedy

Carrie Rutherford

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 \$35 for individuals and 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 at Chimney Rock State Park, Barley's Taproom, Copper Penny, Main Street Coffee, The Scoop, and more.

Click the link below for more details.

[Get Involved](#)



ROC Holiday Party

In lieu of a Monthly Meeting in November or December, join ROC for an evening of celebration

at our annual holiday party in recognition of our amazing volunteers and members! We will reflect on the past months, award ROC's Volunteer of the

Year, and recognize race series runners! Light refreshments and appetizers will be provided. Can't wait to gather with you all!!

When: Tuesday, December 13th at 6 pm

Where: Barley's Taproom in Spindale

UPCOMING EVENTS

ROC Hike: The Pinnacle Trail at Crowder's Mountain



Join ROC on an exciting hike to the highest peak of Crowder's Mountain, near Gastonia, NC. This is a 4.2 mile out-and-back trail that is rated as moderate. There is ~777 ft. of elevation gain on this trail, with a majority being in the last 0.3 miles, which turns into a rock scramble. Although the end of this hike is strenuous, the

panoramic view of Gastonia, King's Mountain, and the Charlotte skyline in the distance is well worth the effort.

When: Saturday, November 12th at 10 am (meeting 8:45 am at carpool location)

Where: Crowder's Mountain State Park

You MUST RSVP for this event. Contact Brenna, our Trails Coordinator, at trails@rutherfordoutdoor.org or call/text 828-351-4068 to RSVP or for more information. If you are interested in carpooling, the meeting spot is the Rutherford Co. Administration Building (289 N. Main St). We are meeting there at 8:45 am 11/12.

ROC Outing: HFAR Dog Walk

Come walk the Thermal Belt Rail Trail with one of the shelter dogs from Heart of the Foothills Animal Rescue in Rutherford County. HFAR is a local no-kill shelter and has many dogs that would love to go for a walk on the trail with



you. Carriers and leashes will be provided. You must be at least 16 years old to walk a dog but all ages are welcome to attend. Dogs will be assigned on a first come, first serve basis in the order of RSVPs.

When: Saturday, November 5th at 10 am

Where: We will meet at 380 US-221, Rutherfordton, NC 28139

You MUST RSVP for this event. Contact Brenna, our Trails Coordinator, at trails@rutherfordoutdoor.org or call/text 828-351-4068 to RSVP or for more information.

ROC Outing: Winter Bird Walk



Calling all bird enthusiasts to join ROC at the River Bend Preserve for a winter birding walk! This walk will be led by ROC's President, Jerry Stensland, an avid birder. Participants will learn some bird identification techniques such as bird calls/songs and physical characteristics. Some species we will be looking out for include the Ruby Crowned Kinglet, Golden Crowned Kinglet, Hermit Thrush, and the Yellow-Bellied Sapsucker. Binoculars are highly recommended in order to get an up close view of the birds.

When: Friday, November 11th at 9 am

Where: River Bend Preserve (more specific location details will be sent to RSVPs)

You MUST RSVP for this event. Contact Brenna, our Trails Coordinator, at trails@rutherfordoutdoor.org or call/text 828-351-4068 to RSVP or for more information.

ROC Race Series 2022

The ROC Race Series continues with

two races in coming up in November. The South of the Mountains 5K Trail Run is on November 5th, and the Elves and Bells 5K is on November 26th.

More than 900 people have participated in at least one race in the series so far!



[Visit the race series page on our website](#) for more information on the Race Series, current standings and how to register for upcoming races.

ROC Hike: Young's Mountain

Join ROC on a stunning hike to the top of Young's Mountain, a popular local trail. This hike is approximately 4.3 miles out-and-back, with a magnificent view of Lake Lure from the summit! This is a strenuous hike with over 1,200 feet of elevation gain. Young's Mountain runs across



437 acres of protected land and is the newest addition to the Hickory Nut Gorge State Trail Network. Between Lake Lure, Rumbling Bald, Weed Patch Mountain, and the lower Hickory Nut Gorge, there is no shortage of amazing views from this trail! Parking is VERY limited at the trailhead, so **carpooling for all RSVPs is required**.

When: Saturday, November 19th at 10 am (meeting at the carpool spot at 9:15 am)

Where: 305 Buffalo Creek Rd, Lake Lure, NC 28746

You MUST RSVP for this event. Contact Brenna, our Trails Coordinator, at trails@rutherfordoutdoor.org or call/text 828-351-4068 to RSVP or for more information. If you are interested in carpooling, the meeting spot is the Rutherford Co. Administration Building (289 N. Main St). We are meeting there at 9:15 am 11/19.



RUTHERFORD OUTDOOR COALITION'S
PHOTO SERIES
Fall Foliage

OCTOBER 1 - NOVEMBER 20

THIS MONTHS PRIZE: TWO ADULT PASSES TO
CHIMNEY ROCK AT CHIMNEY ROCK STATE PARK

TO ENTER:
UPLOAD YOUR PHOTOS TO FACEBOOK OR INSTAGRAM & USE
#RUTHERFORDOUTDOOR
1 ENTRY PER PERSON PER DAY

All may participate and share their photos but only ROC
Members are eligible to win prizes.
To become a member of ROC head to
www.rutherfordoutdoor.org



ROC EARLY EXPLORERS CLUB

NOVEMBER MEETING

Learn how to identify
interesting rocks &
minerals and make a
crystal wire wrap necklace!

WHEN: WEDNESDAY, NOVEMBER 16TH

5:30 - 6:30PM

WHERE: SPINDALE HOUSE

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 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 Executive 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!

November Volunteer Days



Saturday, November 5th:

Heart of the Foothills Dog Walk: 10 am - 12 pm

Come walk shelter dogs and puppies with us!

Expect to walk about 2 miles on mostly level terrain.

Tuesday, November 15th:

Isothermal Community College Trails Workday: 8 am - 11 am

We will be removing downed trees, cutting back overgrowth, and picking up trash. Expect to walk about 2 miles.

Date TBD:

Buffalo Creek Park Loop Workday: 8 am - 12 pm

We will be improving drainage, removing downed trees, and filling in eroded areas of the trails. Expect to walk at least 2 miles.

Date TBD:

Dittmer-Watts Nature Trails Workday: 8 am - 10 am

We will be improving drainage and trimming overgrowth. Expect to walk at least 1 mile.

Date TBD:

Weed Patch Mountain Workday: 8 am - 1 pm

We will be loosening trail markers, removing downed trees, and trimming overgrowth. Expect to walk at least 2 miles.

Contact Brenna, our Trails Coordinator, at trails@rutherfordoutdoor.org or call/text 828-351-4068 to RSVP or for more information.

UPDATES

ROC Outing: Hilltop Fall Festival



A BIG thank you to our wonderful volunteers who tabled for ROC at the Hilltop Festival in Rutherfordton! They helped us recruit new volunteers, spread the word about upcoming events, and sell ROC merch to fund future conservation activities in Rutherford County!

ROC Hike: Hawksbill Mountain



ROC's Hawksbill Mountain hike was a success! We had a great time on this strenuous but beautiful hike. The view of the fall colors on the Linville Gorge was breathtaking! Thank you to those who participated.

ROC Outing: Heart of the Foothills Dog Walk

Thank you so much to

everyone who came to October's Heart of the Foothills Animal Rescue dog walk with ROC! Everyone had fun with this rowdy group of puppies. Another AmeriCorps Member, Angel, helped us leash train these pups! Her host site is the Great Smoky Mountains National Park in Cherokee, NC. We're so glad she could make it!



Weed Patch Mountain Workday



We had an awesome turnout at last week's Weed Patch workday. Dana Bradley and some other folks from the Town of Lake Lure came to help us out! Volunteers worked on trimming back A LOT of overgrowth, removing downed trees, and loosening trail markers. We enjoyed the cool weather and the view of the beautiful fall colors from Grey Rock. A big thank you to everyone who came to help maintain this awesome trail!

[Visit Our Website](#) for more information on Weed Patch Mountain.

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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Rutherfordton, NC 28139
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Contact Us



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