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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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## NEWS



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

Betsy Pryor

Leslie Dinga

Bobby Felker

Carolyn Young

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 expend 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 Monthly Meeting

Join ROC for our first meeting of the year! We will discuss upcoming outings, trail workdays, and all other ROC news.

**When:** Tuesday, January 17th at 5:30 pm

**Where:** Barley's Taproom in Spindale

## ROC Hike: Eagle Rock via Weed Patch



Join ROC on an exciting hike on a relatively new trail connecting Weed Patch Mountain to Eagle Rock. At 2.1 miles out-and-back and 645' of elevation gain, this trail is rated as D-3. The grade is fairly gentle but becomes a steeper rock scramble in some parts. Not only does this hike offer beautiful views from Eagle

Rock, but there are also stunning rock formations and boulders.

**When:** Saturday, January 14th at 10 am

**Where:** 1911 Shumont Rd, Black Mountain, NC 28711

\*Carpool meeting location is the parking lot of the Rutherford Co. Administrative Offices (289 N. Main St in Rutherfordton). We will meet there at 9:00 am on 1/14.

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

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## 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, January 7th 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](mailto:trails@rutherfordoutdoor.org) or call/text 828-351-4068 to RSVP or for more information.

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## ROC Hike: Wildcat Rock Trail



Join ROC on a guided hike on the Wildcat Rock trail, an out-and-back hike near Gerton, NC. This trail is 3.5 miles round trip with approximately 1,105' of elevation gain, so it is rated a C-3. The Wildcat Rock Trail is known for its beautiful views, challenging rock scrambles, and climbing areas. During the winter, ice formations are common on rock faces along the trail.

**When:** Saturday, January 21st at 10 am

**Where:** 3836 Gerton Hwy, Gerton, NC 28735

\*Carpool meeting location is the parking lot of the Rutherford Co. Administrative Offices (289 N. Main St in Rutherfordton). We will meet there at 9:00 am on 1/21.

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

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**We're using a new trail rating system!**

## Trail Rating Code Key

**Distance**

**Elevation**

D = less than 3 miles    1 = + 1200'

C = 3.1 to 5 miles        2 = 900 to 1200'

B = 5.1 to 8 miles        3 = 600 to 900'

A = 8.1 to 12 miles      4 = less than 600'

AA = 12.1 +



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**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, Gabe Isaac at [gabe@rutherfordoutdoor.org](mailto:gabe@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**



### **Saturday, January 7th:**

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

Come walk shelter dogs with us! Expect to walk about 2 miles on mostly level terrain.

### **Tuesday, January 10th:**

#### **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.

### **Thursday, January 12th:**

#### **Dittmer-Watts Nature Trails Workday: 9 am - 10 am**

We will be improving drainage on rolling grade dips and removing downed trees. Expect to walk at least 1 mile.

### **Date TBD:**

#### **Isothermal Community College Trails Workday: Time TBD**

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

### **Date TBD:**

#### **Weed Patch Mountain Workday: Time TBD**

We will be removing downed trees. Expect to walk at least 2 miles.

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

## **UPDATES**

### **ROC's 2022 Holiday Party**



Thank you to everyone who came to ROC's annual Holiday Party! We enjoyed spending quality time with our volunteers and their families. Our Volunteer of the Year award was presented to Jonathan Cook.

Congrats, Jonathan!

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## ROC Hike: Rumbling Bald Loop



Thank you to everyone who came to our guided hike of Rumbling Bald Loop. We saw some pretty gneiss rock formations (get it?). Gneiss, pronounced like "nice", is a type of metamorphic rock that is common throughout the United States.

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## ROC Hike: Cowpens National Battlefield

Thank you to everyone who came to ROC's last guided hike of 2022 at

Cowpens National Battlefield. We had a great time learning about the history of the area as well as the significance of the battle fought here. We also enjoyed the outdoors on the Cowpens Nature Trail, which took us through the surrounding forest. The weather was beautiful, which was a plus!



## ICC Workday: Trimming Trees!



Thank you to Trail Bosses Jeff and Bruce for their hard work at this month's ICC workday! They removed dead trees from the trail corridor to keep users safe.

## 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 Gabe Isaac at [gabe@rutherfordoutdoor.org](mailto:gabe@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 Gabe Isaac at [gabe@rutherfordoutdoor.org](mailto:gabe@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 Gabe Isaac at [gabe@rutherfordoutdoor.org](mailto:gabe@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

