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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](#)[Donate Now](#)

NEWS



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

Christi Boothe

Susan Hewitt

Richard Verde

Van Boothe

Richard Isaac

Grace Webster

Gus Navarro

Tammy Isaac

Jonathan Cook

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 monthly meeting! We will discuss upcoming outings, trail workdays, and all other ROC news.

When: Tuesday, April 18th at 5:30 pm

Where: Barley's Taproom in Spindale

ROC has a NEW Newsletter just for our 2023 Race Series!



Contact Outdoor Programs Director Gabe Isaac at gabe@rutherfordoutdoor.org to join our Race Series email list.

UPCOMING EVENTS

ROC Hike: Drip Falls - Norman Wilder Forest



Join ROC on a short but rewarding hike to Drip Falls near Saluda, NC. At 1.8 miles out-and-back and approximately 300' of elevation gain, this hike is rated a D-4. This trail is located within the Norman Wilder Forest, a 185-acre preserve. Drip Falls is true to its name- much of the year, the water is more of a steady trickle than a roaring waterfall.

After a few good spring rains, Drip Falls will look amazing!

When: Saturday, April 22nd at 10:00 am

Where: US Hwy 126 (N35.2245, W-82.2742) between Tryon and Saluda

What you can look forward to on this hike:

- the breathtaking landscape of the Southern Appalachian foothills
- blooming wildflowers and interesting rock formations
- the company of your fellow hikers
- learning about trail stewardship with Earth Day programming from ROC

[Click Here](#) for more information, including a printable map and driving directions.

The carpool meeting location is the parking lot of the Rutherford Co. Administrative Offices (289 N. Main St in downtown Rutherfordton). We will meet there at 9:15 am on 4/22.

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: Litter Cleanup on the Rail Trail



Want to put your values into action during Earth Month? Come help ROC pick up litter along the Thermal Belt Rail Trail!

We will start at our office in Spindale and split into groups to tackle different sections of the rail trail. Vests, gloves, bags, and grabbers will be provided. Please bring gear if you have it, so we have extra for other volunteers. We encourage folks who do not normally

volunteer with us to come! This is a great opportunity to meet ROC staff, earn volunteer hours, and learn about how to be a good trail steward!

When: Saturday, April 15th from 9 am ~ 12 pm

Where: ROC Office (115 N Oak St, Spindale)

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: Litter Cleanup at Cleghorn Creek

Want to put your values into action during Earth Month? Come help ROC pick up litter along Cleghorn Creek and the Purple Martin Greenway!

We plan to walk the segment of the Purple Martin Greenway near the creek looking for trash. Then, we will take both accesses to Cleghorn Creek and rock hop to retrieve litter. While it is not required, feel free to bring boots, waders, or waterproof shoes to access trash inside the



creek.

Vests, gloves, bags, and grabbers will be provided. Please bring gear if you have it, so we have extra for other volunteers. We encourage folks who do not normally volunteer with us to come! This is a great opportunity to meet ROC staff, earn volunteer hours, and learn about how to be a good trail steward!

When: Sunday, April 23rd from 9 am ~ 12 pm

Where: RSVP Required- Meeting Location TBA

ROC Hike: Florence Nature Preserve



Join ROC on a beautiful hike on the Blue and White trails in the Florence Nature Preserve near Gerton, NC. The Blue and White trails are a part of the Hickory Nut Gorge trail network. This trail is a 3.1 mile out-and-back with approximately 840' of elevation gain. It is a C-3 on our trail difficulty scale.

We will begin by taking the Blue Trail, which follows a tributary of Hickory Nut Creek. Then, we'll connect to the White Trail, which is part of a loop. Along both of these trails, we will see spring foliage like trillium and pink lady slippers. This will also be a great hike for bird enthusiasts.

What you can look forward to on this hike:

- many varieties of wildflowers
- an old homestead
- sustainably constructed trails
- views of the Hickory Nut Gorge
- a creek and several small cascades

When: Saturday, April 29th at 10 am

Where: Upper Hickory Nut Gorge Trailhead (3836 Gerton Hwy)

[Click Here](#) for more information from our website, including a printable map and driving directions.

The carpool meeting location is the parking lot of the Rutherford Co. Administrative Offices (289 N. Main St in downtown Rutherfordton). We will meet there at 9:00 am on 4/29.

You **MUST** RSVP for this event. Contact Brenna, our Trails Coordinator, at

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 +



Earth! We will cover the "three R's" and the hand motions of Leave No Trace. For our hands-on activity, we'll practice sorting some items to recycle and create a key chain to remind us of the 7 principles of Leave No Trace!

When: Wednesday, April 19th 5:30-6:30 pm

Where: RSVP- Location To Be Announced

*if the weather is warm closer to the date, we may meet outside!

Early Explorer's Club programming is targeted at kids ages 5-12.

To get more information, to RSVP, or to sign-up for our Early Explorer's email list to receive updates, contact our Trails Coordinator, Brenna Johnson, at trails@rutherfordoutdoor.org, or 828-351-4068.

April Volunteer Days



Saturday, April 1st:

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, April 11th:

Isothermal Community College Trail Workday: 9 am - 11 am

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

Tuesday, April 18th:

Dittmer-Watts Nature Trails Workday: 9 am - 11 am

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

Tuesday, April 25th:

Buffalo Creek Park Trail Workday: 8 am - 1 pm

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

UPDATES

ROC Hike: Strawberry Gap



Thank you to everyone who came to ROC's guided hike on the Strawberry Gap Trail. And thank you to the person who left their tripod on Blue Ridge Pastures, which allowed us to take a great group photo! The beautiful weather and clear skies were perfect for capturing the breathtaking views.

[Click Here](#) to view the Strawberry Gap Trail hike album on Flickr.

ROC Hike: Little Bradley Falls



Thank you everyone who braved the cold last Saturday to enjoy the beautiful Little Bradley Falls. We all had a great time walking this fun trail, scrambling on rocks, and exploring the falls!

[Click Here](#) to view the Little Bradley Falls hike album on Flickr.

ROC & Carolina Climbers Coalition Trail Building Workday



ROC and Carolina Climbers Coalition joined forces for the construction of a new (soon-to-be) 1.4 mile trail in Buffalo Creek Park. It provides access to a stunning boulder field north of the BCP Loop trail. Combined with a volunteer crew from James Madison University, we had a crew of 16 out making some awesome progress and even getting to play a bit after. Thank you to everyone who came out!

Visit [CCC's website](#) for updates on future workdays to continue building this awesome 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 Gabe Isaac at 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 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 or call 828-351-3235.
- [Click Here](#) for more information on Rutherford County trails.



Rutherford Outdoor Coalition

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Contact Us

