

[Check Events](#)[View Activities](#)[Get Involved](#)

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!

Neil Fruhwirth

Donna DiMatteo

Cindy Smith

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, August 15th at 5:30 pm

Where: Barley's Taproom in Spindale

ROC has a 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

Broad River Litter Sweep



Due to unpredictable weather, ROC is finally having their first Broad River Sweep of the year! Join us for a fun day of cleaning up the popular Section 5 of the Broad River.

When: Saturday, August 19th at 9 am

Put-in: Gray's Rd Access (520 Gray's Rd, Rutherfordton)

Take-out: Coxe Rd Access (2254 Coxe Rd, Rutherfordton)

[Click here](#) to get more information on these river accesses on ROC's website.

We will be paddling section 5, which is mostly shaded, calm, and slow-moving with a few fun class 1 rapids and picking up trash along the way. We will stop for lunch about halfway through the float at a large boulder with a rope swing.

Participants will drop off their boats at the Gray's Rd access at 9:00 am. We will then drive most of the vehicles to the take-out on Coxe Rd and carpool back to the put-in on Gray's Rd in one or two vehicles. We hope to get on the water by 10:00 am at the latest. ROC will provide trash bags and grabbers. Once we get to the take-out, we will consolidate our trash bags, which will be taken by ROC staff. We will then load up boats and shuttle back to our vehicles. Timing on river trips is hard to predict, so a 3 pm end time is our rough estimate.

Please RSVP if you would like to participate. You will be added to an email list where we will assign boats (if you do not have your own) and send out important information. When you RSVP, let us know if you have any extra boats or need a boat. Also, let us know if you have trucks or trailers to help carry kayaks and canoes. Trash sweeps tend to take longer than normal floats, so bring a lunch, snacks, plenty of water, and sunscreen!

Please RSVP by contacting us directly. To RSVP, contact our Outdoor Programs Director, Gabe Isaac, at gabe@rutherforddoutdoor.org or 828-351-3235.

ROC Hike: Wildcat Rock

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. This trail is STEEP in parts and can be slippery, especially on the stone steps at the base of Little Bearwallow Falls. The Wildcat Rock Trail is part of the Upper Hickory Nut Gorge trail network (so you can trail-hop if you like); it is also very well constructed and maintained, making it very enjoyable to hike.



When: Saturday, August 12th at 10 am

Where: 3836 Gerton Hwy, Gerton, NC 28735

You **MUST RSVP** for this event by **contacting us directly**. Contact Gabe, our Outdoor Programs Director, at gabe@rutherforddoutdoor.org or call/text 828-351-3235 to RSVP or for more information.

Image Source: AllTrails

Heart of the Foothills 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. We will let you know if there is not a dog

available for you. We still encourage you to join us!

When: Saturday, August 5th at 10 am

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

[Click here](#) to learn more about Heart of the Foothills Animal Rescue.

Since there are a limited number of dogs available, **please RSVP by contacting us directly.** To RSVP, contact our Outdoor Programs Director, Gabe Isaac, at gabe@rutherfordoutdoor.org or 828-351-3235.

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 +	



RUTHERFORD OUTDOOR COALITION'S PHOTO SERIES

Critter Capture


AUGUST 1 - AUGUST 31

THIS MONTH'S PRIZE: 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

Volunteers Needed!

help us offer meaningful outdoor experiences in Rutherford County and keep natural areas looking beautiful 

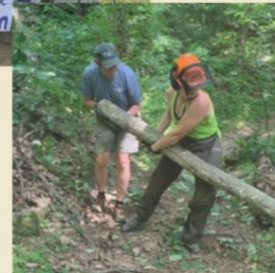
What we do:

- build & maintain local trails
- environmental education
- clean up local spaces
- create maps for Rutherford Co. trails
- lead guided hikes and outings
- organize annual events like our Race Series, Tour de Pumpkin and River Sweeps



Volunteer Opportunities:

- River Stewards
- Trail Bosses
- Trail Ambassadors
- Shelter Dog Walking
- Tabling Events
- Office Support



To learn more about these opportunities, contact our Trails Coordinator at trails@rutherfordoutdoor.org

Visit our Website:

<https://rutherfordoutdoor.org/get-involved>



August Volunteer Days



Saturday, August 5th:

Heart of the Foothills Animal Rescue Dog Walk: 10 am - 11 am

Come leash train and socialize some adorable shelter pups!

Tuesday, August 15th:

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, August 22nd:

Buffalo Creek Park Trail Workday: 8 am - 2 pm

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

To Be Announced:

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

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

To Be Announced:

Weed Patch Mountain Workday: 8 am - 3 pm

We will have two workdays on the Weed Patch Mountain Trail to weed whack and use hand tools to cut overgrowth. Expect to walk at least 2 miles. Please stay tuned for the dates.

Want to volunteer with ROC? Contact Gabe, our Outdoor Programs Director, at gabe@rutherfordoutdoor.org or call/text 828-351-3235 to RSVP or for more information.

UPDATES

July Broad River Fun Float



We had a great time floating the Broad River and enjoying the beautiful weather! Thanks to everyone who came.

[Click here](#) to view the rest of the photos from this river trip on Flickr.

Early Explorer's Club: Stream Studies

For this month's Early Explorers Club meeting, students learned about the different ways to assess stream health- physical, biological, and chemical. We played in the creek, found some macroinvertebrates (stream-dwelling bugs), and tested the pH of the water. We concluded that the water quality of Buffalo Creek looks pretty great!



[Click here](#) to view the rest of our photos from this event on Flickr.

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

Contact our Outdoor Programs Director Gabe Isaac at gabe@rutherfordoutdoor.org to join our Early Explorers Club email list!

Teaching Outdoor Living Skills at Dreaming Stone Camp



Our Outdoor Programs Director, Gabe, led a lesson at Dreaming Stone Arts & Ecology Camp on outdoor living skills. The kids learned the essentials they need while hiking and how to build a shelter in an emergency!

[Click here](#) to view the rest of our photos from this event on Flickr.

ROC Hike: Table Rock

Thank you to everyone who came to our guided hike to Table Rock's summit! We had a great time appreciating the amazing views all along the trail- like the rock formations, wildlife, plants, and small glimpses of the view awaiting us at the top.

[Click here](#) to view the rest of the photos from this hike on Flickr.



River Access Cleanup



Thank you to the dedicated volunteers who came to clean up the Coxe Rd and Gray's Rd Broad River accesses!

Clearing Trees on Weed Patch



Thank you to our awesome volunteers, Town of Lake Lure staff, and Chimney Rock Park Ranger Joe Hiatt for working hard to keep the Weed Patch Mountain Trail in tip top shape! The trail crew cleared several trees, loosened trail markers, and cut back overgrowth.

[Click here](#) to view the album from this trail workday on Flickr.

[Click here](#) for more information on the Weed Patch Mountain Trail.

Want to volunteer with ROC? Contact Gabe, our Outdoor Programs Director, at gabe@rutherfordoutdoor.org or call/text 828-351-3235 to RSVP or for more information.

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.

Want to volunteer with ROC? Contact Gabe, our Outdoor Programs Director, at gabe@rutherfordoutdoor.org or call/text 828-351-3235 to RSVP or for more information.

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

PO Box 1349
Rutherfordton, NC 28139
828-351-3235

Contact Us

