

[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

Jim Anderson

Amy Humphrey

Abigail Morrow

Glenda Lang

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, July 18th at 5:30 pm

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

July Broad River Fun float



Join ROC for a fun day of paddling down the Broad River.

When: Saturday, July 22nd, 9 am ~ 3 pm

Put-in: River Rd (this is private property, so details will be given to RSVPs)

Take-out: 520 Gray's Rd

We will be paddling section 4, pending a check for blockages. Participants will drop off their boats at the River Rd access at 9:00 am. We will then drive most of the vehicles to the take-out on Gray's Rd and carpool back to the put-in on River Rd in one or two vehicles. We hope to get on the water by 10:00 am at the latest. Once we get to the take-out, we will load up boats and shuttle back to our vehicles. Timing on river trips is hard to predict, so our 3:00 pm end time is a 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. Bring a lunch, snacks, plenty of water, and sunscreen!

Please RSVP by contacting us directly. To RSVP, contact our Trails Coordinator, Brenna Johnson, at trails@rutherfordoutdoor.org or 828-351-4068.

ROC Hike: Table Rock

Join ROC on a hike to the summit of Table Rock, famous for its breathtaking bird's-eye view of the Linville Gorge and the Chimneys. At 1.4 miles and 544' of elevation gain, this mile is rated as a D-4. The hike is easy-to-moderate, but some rock scrambling is required closer to the top, so this may not be accessible for children or beginner hikers. Dogs must be on a leash.



For those that prefer a longer hike, there are many trails nearby that connect to the Table Rock Trail, including the Little Table Rock to Spence Ridge route, Devil's Cellar Overlook, and the Mountains-to-Sea Trail. There are also many trailheads along the gravel road we will take to the Table Rock trailhead.

The gravel road to the trailhead may not be accessible for cars with lower clearance, so please plan accordingly. The carpool meetup spot will be at the Rutherford County Administrative Offices in downtown Rutherfordton (289 N. Main St). Details will be sent to RSVPs.

When: Saturday, July 15th at 10 am

Where: Old Table Rock Rd, Morganton, NC (Google Maps)

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.

Please let us know when you RSVP if you want to carpool or are available to shuttle folks, especially if you have an SUV or vehicle good for off-roading.

Image Source: AllTrails

River Access Litter Sweep

Join ROC to clean up some of Rutherford County's most popular accesses to the Broad River! Unfortunately, we have noticed a significant amount of litter accumulate at the Coxe Rd and Gray's Rd accesses in the past few weeks. Since we love to



recreate here, we should do our part to keep the Broad River clean!

Grabbers, trash bags, gloves and vests will be provided. ROC staff will handle trash after the clean up.

When: Monday, July 24th, 8:00 - 9:30 am

Where: 2254 Coxe Rd, Rutherfordton

Please RSVP by contacting us directly. To RSVP, contact our Trails Coordinator, Brenna Johnson, at trails@rutherfordoutdoor.org or 828-351-4068.

ROC Hike: Linville Falls

Join ROC on a hike to the beautiful Linville Falls. The Linville Falls Overlook Trail is approximately 2 miles long with 450' of elevation gain, making it a D-4 on our trail difficulty scale. There are multiple overlooks along this trail, providing multiple viewpoints of Linville Falls.

This trail is well marked and well maintained, making it great for beginner hikers, kids, and dogs. Dogs are welcome on ROC hikes, but must be leashed. Because of its wide accessibility, this trail is very popular, so carpooling is highly recommended.

The carpool meetup spot will be at the Rutherford County Administrative Offices in downtown Rutherfordton (289 N. Main St). Details will be sent to RSVPs.



When: Saturday, July 29th at 10 am

Where: Linville Falls- Trail and Waterfall on Google Maps (Newland, NC 28657)

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.

Image Source: AllTrails

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 +



In July, Early Explorer's Club will be held on the 4th Wednesday instead of the 3rd Wednesday of the month.

Join ROC to learn about the basics of stream ecology and how scientists determine stream health! We will sample for macroinvertebrates (stream-dwelling bugs) and learn how to identify them, among other activities.

Lessons and activities are targeted at kids ages 5-12, so a wide age range of kids can get something out of Early Explorer's Club! We meet at 5:30 pm, so this is a great after-school activity that combines environmental education and play ☐☐☐☐♀

When: Wednesday, July 26th 5:30-6:30 pm

Where: Buffalo Creek Park (2191 State Rd 1314, Lake Lure on Google Maps).

[Click here](#) for more information on Buffalo Creek Park from our website.

To RSVP and join our Early Explorer's email list, contact our Trails and Education Coordinator, Brenna, at trails@rutherforddoutdoor.org or 828-351-4068.

July Volunteer Days



Thursday, July 20th:

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.

Thursday, July 27th:

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: TBA

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

UPDATES

June Broad River Fun Float



Thank you to everyone who came to our first river trip of the year! We had a blast enjoying the wonderful weather and all the Broad River has to offer. Pictured is one of our younger paddlers using the rope swing on Section 5 of the Broad River.

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

Early Explorer's Club: TREEmendous Trees

These Early Explorers had a great time learning about all of the TREErific ecosystem services provided by trees! Here they are sorting "goods from the woods". All of these items come from trees!



Clearing Trees at Buffalo Creek Park



Thank you to the awesome volunteers who came to this month's trail workday at Buffalo Creek Park! We had a great turnout and were able to remove a ton of trees and debris blocking the trail. ROC's Outdoor Programs Director, Gabe Isaac, also got to flex her new chainsaw skills after receiving her certification!

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

[Click here](#) for more information on Buffalo Creek Park.

Want to volunteer with ROC? Contact Brenna, our Trails Coordinator, at trails@rutherfordoutdoor.org or call/text 828-351-4068 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 Brenna, our Trails Coordinator, at trails@rutherfordoutdoor.org or call/text 828-351-4068 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

