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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!

Gus Navarro

Jessica Miller

Grace Webster

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, May 16th 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: Crabtree Falls



Join ROC on a fun hike to Crabtree Falls, located near Little Switzerland, North Carolina. The trail to this 70' high cascade is popular year-round, but it is particularly crowded during spring when wildflowers bloom along the trail and at the falls' base. Crabtree Falls is accessible via a 2.6-mile loop trail off Blue Ridge Parkway mile marker

339. At approximately 577' of elevation gain, this trail is rated a D-4. The walk from the parking lot to-and-from the beginning of the loop adds approximately 0.5 miles to the 2.6-mile loop. The trail is steep and rocky in a few sections, but it is definitely worth it for the beautiful views of Crabtree Falls, which can be seen from multiple points on the loop.

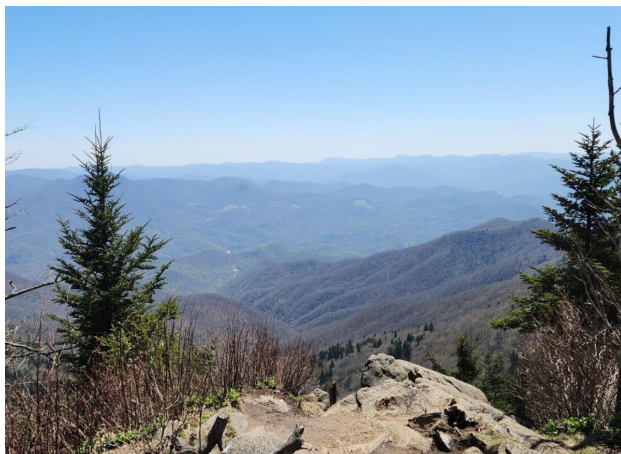
The National Park Service advises against walking on the slippery rocks near the bottom of the falls. Dogs are allowed on the trail but must be on a leash.

When: Saturday, May 13th at 10 am

Where: Crabtree Falls parking lot, Blue Ridge Parkway mile marker 339.5, Little Switzerland (1 hour from Rutherfordton)

You MUST RSVP for this event by contacting us directly. 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 if you plan on carpooling when you RSVP.**

ROC Hike: Waterrock Knob & Plott Balsam Trail (to wreckage)



Join ROC on an exciting hike to the Waterrock Knob overlook, Browning Knob, and the plane crash site located off the Plott Balsam Trail. Rated at a D-3, this hike will be approximately 2.5 miles out-and-back with around 800' of elevation gain.

We will be hiking to the peak of Waterrock Knob at 6,273', where we will get a beautiful view of the several mountain ranges. The trail to Waterrock Knob is mostly paved with a lot of elevation gain over a short distance. Then, we will backtrack a bit and take the Plott Balsam trail to Browning Knob. The Plott Balsam Trail is a rugged backcountry trail that is moderately strenuous with some technical elements. This trail is less maintained than the trail to Waterrock Knob, and it is prone to washouts that can be hazardous to some hikers. After reaching Browning Knob, we will walk a couple hundred yards off trail to the site of a plane that crashed into the Plott Balsams in 1983.

The trails are accessed via the Waterrock Knob Visitor's Center, which is at the highest elevation of all Blue Ridge Parkway visitors centers. On the way, attendees get the added benefit of enjoying a beautiful drive through multiple overlooks! Dogs are allowed on the trail but must be on a leash.

When: Saturday, May 27th at 10 am

Where: Waterrock Knob Visitor Center, Blue Ridge Parkway mile marker 451.2 (1 hour and 50 min. from Rutherfordton)

You MUST RSVP for this event by contacting us directly. 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 if you plan on carpooling when you RSVP.**

Image Source: AllTrails

ROC Members-Only Campout: Pinkbeds, Pisgah Forest

Join ROC on a scenic hike through

the Pink Beds in the Pisgah Forest near Brevard, NC. It traverses a stream along its relatively flat route. There will be many varieties of wildflowers to enjoy, as well as (hopefully) blooming rhododendrons and mountain laurel. We will hike approximately a mile into the loop trail to the campsite. Weather permitting, we will build a bonfire and make s'mores. We will not have time to complete the loop as a group, but we encourage folks who want to explore the area further to complete the rest of the 5.1-mile loop on their own time. You can also explore the nearby Sliding Rock and Looking Glass Falls.

Bring any camping gear you may need for one night. ROC can lend gear, but supplies are limited and first-come, first-serve. Food will be provided Friday evening and Saturday morning. When you RSVP, please let us know if you have any dietary restrictions. A packing list will be sent to RSVPs. Dogs are allowed on the trail but must be on a leash.

Image Source: AllTrails



When: Friday, May 19th at 4 pm-
Saturday, May 20th at ~12 pm

Where: Pink Beds parking lot, Pink Beds Ln, Pisgah Forest, NC (1.5 hours from Rutherfordton)

The deadline to RSVP is Wednesday, May 17th at 4 pm.

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

Visit our website to become a member.

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 +



SPIN-TENNIAL BIKE FEST

& 100K Challenge

June

17

2023



115 N Oak Street
Spindale NC

EVENT START 8AM





WHAT IT'S ALL ABOUT:
FAMILY-FRIENDLY ALL-AROUND FUN,
COMMUNITY & OUTDOORS

WHAT IT WILL HAVE:
PERSONAL BIKE CHALLENGE/100K,
CAMARADERIE, GAMES, FOOD & DRINKS, INFO
TABLES, & MORE!

Whether you're looking for a relaxing social event or to physically challenge yourself, Spintennial has something for everyone! Register for the 100K or personal best challenge on your bike to get a t-shirt and biker snap band, have your photo with your distance, and maybe win some cool prizes. All are welcome to join the fun, but only registrants are eligible for prizes at the end of the day!

Registration ends June 3, 2023
Scan the QR Code to Register Now:





EARLY EXPLORER'S CLUB: ALL ABOUT POLLINATORS!

WHERE: RUFF'TON ROOTS

WHEN: MAY 17TH, 5:30-6:30 PM



Join ROC to learn all about pollinators- including common pollinators in the Blue Ridge foothills, pollinator-friendly plants, and the benefits of pollinators. May's Early Explorer's Club meeting will be held at the Ruff'ton Roots pollinator garden with a lesson led by staff at Quail Forever.

When: Wednesday, May 17th 5:30-6:30 pm

Where: Ruff'ton Roots (128 Hospital Dr, Rutherfordton)

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.

May Volunteer Days



Saturday, May 6th:

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.

Sunday, May 7th and May 14th:

Broad River Chainsaw Workdays: 8 am - 1 pm

Calling all chainsaw-certified volunteers to help clear downed trees on sections 5 & 6 of the Broad River.

Tuesday, May 16th:

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, May 23rd:

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.

Thursday, May 25th:

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.

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

ROC Hike: Florence Nature Preserve



Thank you to everyone who came ROC's hike at the Florence Nature Preserve. The weather was beautiful, the flowers were blooming, and we had a GREAT turnout! Some flowers we spotted were the rare pink lady slipper and spotted lady slipper, as well as some flame azaleas, eastern sweetshrub (also known as Carolina all-spice), sweet betsy trillium, spotted trillium, lesser periwinkle, fire pink, wild hydrangeas, and multiple varieties of wild buttercup, irises, and violets. We will post more information about the wildflowers we saw on our Facebook and Instagram pages. And please stay tuned for more photos from this hike!

Litter Cleanup on the Thermal Belt Rail Trail



Thank you to all the volunteers who came out to help us clean up trash off a beloved local trail!

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.

Early Explorer's Club: Leave No Trace!

In April, Early Explorer's Club students learned about how to Leave No Trace while enjoying the outdoors. They also learned about long trash takes to degrade and how to recycle. We finished the lesson by making some cute keychains to remind us of the Leave No Trace

principles wherever we go!



ICC Trail Workday



Thank you to the awesome folks who came to our workday on the ICC trails last week! We worked on trimming briars, cutting down dead trees, and picking up trash.

[Click here](#) to view the photos from our ICC trail workday on Flickr.

[Visit our website](#) for more information on the Isothermal Community College Trail system.

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

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Contact Us

