

[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!

Ross Martin

Joshua Bryant

Ben Rush

Amy Helton

Neal Waldrop

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, September 19th at 5:30 pm



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



Contact Outdoor Programs Director Gabe Isaac at [gabe@rutherfordoutdoor.org](mailto:gabe@rutherfordoutdoor.org) to join our Race Series email list.

## UPCOMING EVENTS

---

### 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, September 2nd 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](mailto:gabe@rutherfordoutdoor.org) or 828-351-3235.



Come compete in the TBRT Amazing Race! Up to 40 teams of 4 will be part of a 7-challenge Amazing Race on our very own county gem, the Thermalbelt Rail Trail.

There will be outdoor fun, themed challenges along the trail, and prizes for teams and participants at the end of the race. ROC is both a sponsor and challenge station for this one-of-a-kind event!

**It's only one week away, so don't hesitate...**  
**[CLICK HERE TO REGISTER NOW!](#) or to learn more.**

**When:** Saturday, September 9th at 9:30 am

**Where:** Teams will meet at Pavilion on Park Square (POPS) in Forest City

If you're not interested in participating but want to help out ROC (and get a super *amazing* tee-shirt), we need volunteers! Contact Outdoor Programs Director, Gabe Isaac, at [gabe@rutherfordoutdoor.org](mailto:gabe@rutherfordoutdoor.org) or 828-351-3235 to register as a volunteer today.

## Broad River Litter Sweep



September is YEAR OF THE TRAIL Month for Rutherford County among fun events happening around the county, is ROC's River Sweep!

We will be meeting at Gray's Road River Access to clean up a section of the Broad River. By participating, you are helping us keep our rivers clean, healthy and fun for outdoor activities as well as promoting environmental awareness!

**When:** Saturday, September 16th at 9am

**Meeting Location:** Gray's Rd Access (520 Gray's Rd, Rutherfordton) @ 9am



**Take-out:** TBD

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

We plan to paddle section 4, 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 clean-up, when we find a good pull-off location.

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.

Trash sweeps tend to take longer than normal floats, so bring a lunch, snacks, plenty of water, and sunscreen!

**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. **NOTE:** Due to the variability of river programs, location and details are subject to change. A reminder e-mail with updated details on meet time and location will be sent out the day before the clean-up, so make sure to RSVP!

**Please RSVP by contacting us directly.** To RSVP, contact our Outdoor Programs Director, Gabe Isaac, at [gabe@rutherfordoutdoor.org](mailto:gabe@rutherfordoutdoor.org) or 828-351-3235.

---



# **GOT RIVERFRONT LAND?**

**ROC is looking for someone with Riverfront Land along the Section 4 of the Broad River (River Rd to Gray's Rd) to let us take-out early for our September 16th River Sweep.**

**If you have land in this section and are willing to help ROC and volunteers clean up the river by using it on this clean-up day, contact Outdoor Programs Director, Gabe Isaac, at [gabe@rutherfordoutdoor.org](mailto:gabe@rutherfordoutdoor.org).**

---

## **Early Explorers**



# **Where Am I?**

**Find out with ROC's Early Explorers: Orienteering!**

contact [gabe@rutherfordoutdoor.org](mailto:gabe@rutherfordoutdoor.org) for more information or to RSVP your child

Learn to navigate with ROC! Come join us as we use traditional and modern methods of finding our way around.

**When:** Wednesday, September 20th at 5:30pm



**Where:** TBD, weather depending

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

---

## ROC Hike: Shortoff Mountain (c-1)

Join ROC on a guided hike at the beautiful Shortoff Mountain in Linville, NC.

From the top of Shortoff Mountain (elevation 2,883 ft.), soak in some of the most spectacular views in the North Carolina mountains, with sweeping vistas of the Linville Gorge and Lake James. The Linville Gorge Wilderness Area, also known as the Grand Canyon of the East, is one of the wildest, most rugged gorges in the eastern United States. It's outdoor paradise for hikers!

This 4.5-mile round-trip hike gains 1,321 ft. in elevation. The first mile of the hike is strenuous as you climb the mountain on the rocky trail with switchbacks, but it's safe and easy to follow. The last 1.25 miles is a mostly level trail across the broad summit, with plenty of spots for panoramic views. It's a great option for a winter hike since it's a very sunny hike.



**When:** Sunday, September 24th at 9 am

**Where:** Wolf Pit Rd, Nebo, NC 28761

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

---

**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 +

**MARLENE  
MURPHY**


is ROC's the August  
2023 Photo Contest

*Winner!*





# Volunteers Needed!

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

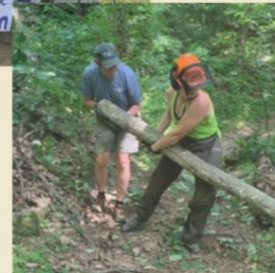
## What we do:

- 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](mailto:trails@rutherfordoutdoor.org)

Visit our Website:

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



---

## September Volunteer Days





### **Saturday, September 2nd:**

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

Come leash train and socialize some adorable shelter pups!

### **Tuesday, September 12th:**

**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.

### **To Be Announced:**

**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 (possible invasive species, such as Kudzu), 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](mailto:gabe@rutherfordoutdoor.org) or call/text 828-351-3235 to RSVP or for more information.

## **UPDATES**

### **August Broad River Clean-Up**





The weather was great for the August River Sweep on Saturday, the 19th. We got what trash we could along the river and we excited to not have bucket-loads!

Thanks to everyone who came to the aid of our fresh water!

---

## ROC Hike: Wildcat Rock

ROC was at Wildcat Rock in Gerton, NC - barely beating the heat of August. The view at the top was worth it, though, looking out over the landscape below from the overlook at Wildcat Rock.

We enjoyed having everyone who participated out there with us. So glad you joined!



## Weedpatch Mountain & Buffalo Creek Park



Weedpatch Mountain and Buffalo Creek Park are looking good, thanks to all of our awesome trails' volunteers! Braving the heat of summer, volunteers cut downed or dangerous tress, cleared overgrowth, and ensured the trails were navigable by foot and by bike.

To the left is one of the many beautiful views along this strenuous trail, well worth the climb.



To the right is a sneak peek of new trail markers to the Lake Lure trails...can you find it?

Stay tuned to hear more about what these new markers mean for our trails!



[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](mailto:gabe@rutherfordoutdoor.org) or call/text 828-351-3235 to RSVP or for more information.

---

---

## Water Sampling with MountainTrue



ROC has been taking weekly water samples for [MountainTrue](#)'s swim-guide all summer. The 30th of August was the sampling day of the summer.

It's been awesome working with them and being a part of helping spread the word about water quality, especially in our local bodies of water.

Learn more about the MountainTrue swim-guide [HERE](#).

---

## 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](mailto: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](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

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

Contact Us

