



[Check Events](#)

[View Activities](#)

[Get Involved](#)



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

Become an ROC Member today!

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, November 21st 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

ROC Hike: Strawberry Gap

Join ROC for a guided hike on the Strawberry Gap Trail! The section of trail we will be hiking to the top of Blue Ridge Pastures is 6 miles long out-and-back. At 1,450' of elevation gain, this trail is rated as a B-1.



You **MUST RSVP** for this event.

Some unique features of the Strawberry Gap Trail include: stunning panoramic views of the Blue Ridge Mountains, rock outcroppings, wildflowers, meadows, native trees and shrubs, boulders, and connections to other trails in the Hickory Nut Gap trail network.

Contact Maddie, our AmeriCorps Trails Coordinator, at trails@rutherfordoutdoor.org or [click here!](#)

When: Saturday, November 11th at 10am

Where: [Strawberry Gap Trailhead Parking](#)

ROC Hike: Fonta Flora Trail



Join ROC for a guided hike on the Fonta Flora Trail! This trail winds through the mountains overlooking Lake James near Nebo, NC. It boasts views of the lake and the surrounding mountains. The hike will be about 6 miles and is rated as moderate to difficult, so be sure to bring water and snacks.

When: Saturday, Nov. 18th @ 10am
Where: 5575 NC-126, Nebo, NC 28761

RSVP: email trails@rutherfordoutdoor.org or [click here!](#)

Volunteer Information Session

Want to learn more about our volunteer opportunities? ROC is hosting information sessions to discuss what we do and how you can help us! Sessions will be held monthly, maybe more depending on interest.

Spots are limited, so make sure to RSVP soon!

Next Session: November 9th, 5:30-6:30pm

Where: Spindale House, 119 Tanner St, Spindale, NC 28160

RSVP: [Click here!](#)

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, November 4th 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 +	

Early Explorers Club

November 2023

Animals in Winter

Learn how animals adapt to survive in the colder months!



11/15 @ 5:30 pm | Kiwanis Park,
weather permitting!

RSVP Here!





RUTHERFORD OUTDOOR COALITION'S
PHOTO SERIES

Fall Foliage

OCTOBER 1 - NOVEMBER 20

THIS MONTHS PRIZE: TWO ADULT 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 

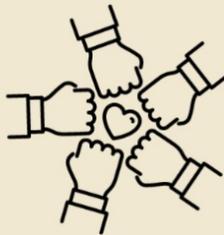
What we do:

- 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>



November Volunteer Days



Tuesday, November 7th:

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, November 9th:

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.

Tuesday, November 28th:

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.

Tuesday, November 30th:

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.

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

Tour de Pumpkin Bike Ride

We had a great turnout for the



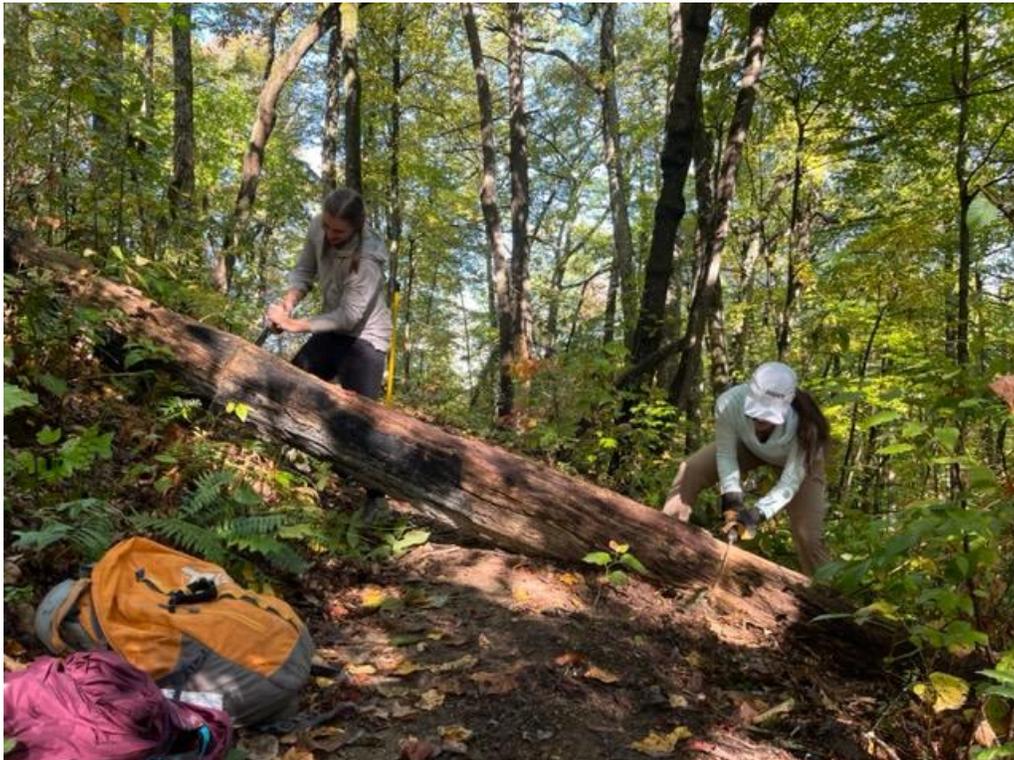
Tour de Pumpkin Bike Ride this year! About 100 cyclists came out to complete the 50K or 100K route and enjoyed the Hilltop Fall Festival afterwards.

A big thank you to all of the volunteers who helped us with setting up, registering riders, and running the ROC tent for the festival!



We hope everyone had a great time, and we look forward to seeing you all next year!

Weed Patch Workday



This month, ROC and volunteers worked on clearing and fixing drainages on the Weed Patch trail.

We also faced off a large tree blocking the trail with only handsaws. Here you can see Gabe, our Outdoor Programs Director, and Maddie, our AmeriCorps Trails Coordinator, working hard to clear the path-- with the help of Joe, the Weed Patch trail boss, who took the photo!

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

[Click here](#) to see more photos on Flickr.

Want to volunteer with ROC? Contact Maddie, our AmeriCorps Trails Coordinator, at trails@rutherfordoutdoor.org or call/text 828-351-3235 to RSVP or for more information.

ROC Hike: Bearwallow Mountain

Thank you to everyone who came to our guided hike to Bearwallow Mountain!

It was a foggy morning and we didn't have much of a view at the summit, but our group had an awesome positive attitude through it all. Plus, we got to see cows and some fall colors!

We hope you all enjoyed yourselves, and we hope to see you at the next hike!

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



Thermal Belt Rail Trail Trash Cleanup



This awesome group of volunteers came out on a chilly Monday morning to

help ROC clean up the Thermal Belt Rail Trail! We spent an hour and a half sweeping the trail and clearing out a large garbage dump.

By the end of the sweep we had about 10 bags full of trash! Thank you to everyone who volunteered their time and contributed to keeping our trail beautiful!

Members Only Full Moon Night Nike and Campout



At the end of the month, we hosted our Members Only Night Hike and Campout as a thank you for our members' support!

Gabe, our Outdoor Programs Director, kicked off the event by leading us on a night hike lit by the full moon. Then we had a chili dinner by the fire with friends! Afterwards, a few of us camped out and had breakfast together in the morning.

We had perfect weather for this fun and relaxing night! We hope everyone had an awesome time! Thank you so much for being a part of ROC and supporting us!

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



Rutherford Outdoor Coalition | PO Box 528, Rutherfordton, NC 28139

[Unsubscribe info@rutherfordoutdoor.org](mailto:info@rutherfordoutdoor.org)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by info@rutherfordoutdoor.org powered by



Try email marketing for free today!