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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!

Cathy & Patrick
Kavanagh

Deborah Madigan

Ben Rush

Judith Stroupe

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, October 17th 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

Tour de Pumpkin Bike Ride



The Tour de Pumpkin is back, and just a week away! Interested cyclists can participate in the 50 or 100K race to win prizes, get a t-shirt, receive a post-ride lunch, and enjoy the Hilltop Fall Festival afterwards. Visit our website for more information!

When: Saturday, October 7th

- Registration: 8-9:15am
- Ride: 9:30am

Please RSVP if you would like to participate!

To register, [click here!](#) or contact our Outdoor Programs Director, Gabe Isaac, at gabe@rutherfordoutdoor.org or 828-351-3235.

ROC Hike: Bearwallow Mountain

Join ROC for a guided hike to Bearwallow Mountain! The summit boasts a beautiful grassy meadow and an incredible 360° view, including Mt. Mitchell, Mt. Pisgah, Hickory Nut Gorge, downtown Hendersonville, and upstate South Carolina. You can also find a historic fire lookout tower and grazing cattle at the top.



The trail is an easy hike, about 2 miles round trip, but be sure to bring enough water and snacks for yourself, as well as a camera to capture the awesome views!

You **MUST RSVP** for this event. Contact Maddie, our AmeriCorps Trails Coordinator, at trails@rutherfordoutdoor.org or [click here!](#)

When: Saturday, October 14th at 9am

Where: 4854 Bearwallow Mountain Rd, Hendersonville, NC 28792

ROC Trash Cleanup



Help ROC keep Rutherford County beautiful by joining us on a trash clean-up of the Thermal Belt Rail Trail!

When: Monday, October 23rd @ 9am

Where: 342 Gilboa Church Rd, Rutherfordton, NC 28139

Email trails@rutherfordoutdoor.org or [click here!](#) to sign up!

Volunteer Information Session

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

Spots are limited, so make sure to RSVP soon!

Next Session: October 26th, 5:30-6:30pm

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

RSVP: [Click here!](#)

Heart of the Foothills Dog Walk



Due to the Hilltop Fall Festival, we will be canceling our October Dog Walk! The next walk will be ***November 4th*** at 10 am.

Heart of the Foothills will be tabling at the festival, so if you are still able to volunteer and help them out, be sure to contact them!

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:

All About Pumpkins

October 18th, 5:30-6:30pm

Kiwanis Park

- Where do pumpkins come from?
- How do they grow?
- How do people use pumpkins?

Find out by joining ROC and Kayla
Upton for a fun-filled Early
Explorers Club!





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>



October Volunteer Days



Tuesday, October 3rd:

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, October 19th:

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.

Tuesday, October 11th:

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.

Thursday, October 12th:

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.

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

September Broad River Litter Sweep



We worked hard cleaning Section 4 of the Broad River, pulling tires, inflatables, and drink cans from the water. Thanks to our volunteers for helping out!

TBRT Amazing Race



ROC had a blast running a challenge station at the TBRT Amazing Race last month. Teams took on challenges set up for them along the trail, including our orienteering course! The event was a huge success and lots of fun. Thank you to the volunteers and sponsors who made it possible!



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

ROC Hike: Shortoff Mountain

Thank you to everyone who came to

our guided hike to Shortoff Mountain's summit! We had beautiful weather and an amazing view of the "Grand Canyon of the East" and Lake James at the top of the mountain.

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



ICC Trails Workday



Thank you to the dedicated volunteers who helped us on our ICC Trails workday! The team collected litter, trimmed back overgrowth, and cleared a large tree blocking the path.

[Click here](#) for more information on the ICC Trail system.

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.

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

