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

News:

Welcome to all of our new and returning ROC members and sponsors!

Joseph Morris  Bruce McKinney  Alison Moore
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 $20 for individuals, $35 for 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, Barley’s Taproom, Copper Penny, Main Street Coffee, and more. Click the link below for more details.

Get Involved!

Upcoming Events:

**Tuesday, September 18th: ROC Monthly Meeting**

Our monthly meetings are held on the third Tuesday of each month. Come out to Barleys in Spindale at 5:30 to learn about ongoing and future ROC projects and to meet members and volunteers.

**Saturday, September 22nd: ROC Broad River Fall Sweep River Clean-up**

On Saturday, September 22nd, ROC will be having our annual Broad River Fall Sweep. We will be cleaning multiple sections of the Broad River in Rutherford County. Volunteers will drop off their boats at designated areas at 10:00 am. We will then drive most of the vehicles to the take-out spot and carpool back to the put-in location in one vehicle. We hope to get on the water around 10:45 am.

PLEASE RSVP FOR THIS EVENT. You will be added an email list where we will assign boats and sections, as well as send out important information.

We need volunteers with kayaks as well as canoes. If you have an extra boat that could be used, please let us know. If you would like to participate but do not have a boat, we will try to arrange a boat for you. Let us know if you have trucks or trailers to help carry kayaks, canoes, or trash. ROC will provide trash bags and a few grabbers.
Bring a lunch and some water with you. We will stop about half way through the clean-up for a lunch break. River shoes or shoes you don't mind getting wet are recommended since we will have to get in the water to get most of the trash.

Facebook Event

For more information or to sign up, email dana@rutherfordoutdoor.org or call (828) 351-3235.

Saturday, September 29th: ROC Walk With Brother Wolf

Meet at Brother Wolf (1364 US-221, Rutherfordton, NC 28139) at 10 am to get matched up with one of the shelter dogs. We will walk the dogs for 2 miles on the Thermal Belt Rail Trail.

Since there are a limited number of dogs available, you must pre-register for this event. Email Dana Bradley at dana@rutherfordoutdoor.org or call her cell at 828-351-3235 to sign up.

Sunday, September 30th: ROC Members-Only Walnut Creek Preserve Hike

Join ROC on a moderate, 5-mile hike through the Walnut Creek Preserve in Mill Spring. This is a members-only hike so if you are not a member yet, be sure to sign up before September 30th! The hike will include Walnut Creek Falls and scenic views of the mountains. Don't miss your chance to see the trails in this beautiful preserve!

Contact Dana Bradley at dana@rutherfordoutdoor.org or call 828-351-3235 to register for this hike or check your membership status.

Updates:

ROC Broad River
Sections 2 and 3 Float

On Sunday, August 5th, ROC led a fun float down sections 2 and 3 of the Broad River. The higher water levels made for a very fun day on the river!

Photos

ROC Broad River Section 4 and 5 Workday

Sunday, August 12th, a group of ROC River Stewards worked to clear a past through several trees that had fallen on Sections 4 and 5 of the Broad River. This crew significantly cleared the route for paddlers on these sections. A big thanks goes out to all those involved!

Photos

ROC Buffalo Creek Park Workday

On Tuesday, August 21st, Dana Bradley and Robin Worcester repaired several eroded areas at Buffalo Creek Park

Visitors to the park may notice the routes of off-road vehicles used there recently in hauling gravel to problem spots on the trail. We ask that you please stay on the main trail as we continue rehabilitating and restoring the area around it. Thanks to volunteers and users for helping keep this great resource beautiful and sustainable.

More Information on Buffalo Creek Park

ROC Walk With Brother Wolf

On Saturday, August 25th, ROC volunteers took the dogs from
Brother Wolf Animal Rescue for a walk on the Thermal Belt Rail Trail. Participants and canines alike had a great time. If you missed this event, be sure to register for the next one on September 29th!

More Photos Here

**ROC Walking Club**

Starting September 1st, the times for the ROC Walking Club will change to accommodate the changing sunset times. The times and dates are listed below.

**September 1st - March 31st:**

- Tuesdays: 5:30 pm at the Summey Park walking track in Forest City
- Wednesdays: 9:30 am at Purple Martin Greenway in Rutherfordton
- Thursdays: 4:00 pm at Purple Martin Greenway in Rutherfordton

**April 1st - August 31st:**

- Tuesdays: 6:30 pm at the Summey Park walking track in Forest City
- Wednesdays: 8:30 am at Purple Martin Greenway in Rutherfordton
- Thursdays: 6:30 pm at Purple Martin Greenway in Rutherfordton

The walks are led by our Outdoor Programs Director, Dana Bradley. The club walks together for 30 minutes but you can feel free to walk longer if you like. This is a great opportunity to interact with others from the community that enjoy walking. Walk at your own pace, enjoy the scenery, and make some new friends.

For more information or to join, visit our ROC Walking Club page at [https://www.facebook.com/groups/184160622179015/](https://www.facebook.com/groups/184160622179015/) or call Dana at 828-351-3235.

Facebook Page

**ROC Race Series:**
Click Here for the 2018 ROC Race Series Schedule

Lake Lure Olympiad 10K Dam Run & Race to the Rock 5K

These races both had a great turnout. Congratulations to all the finishers!

Race Photos and Results:

10K Dam Run
Race to the Rock 5K

Next Race:

Purple Martin 7K

Come out on Saturday, October 6th for the next race in the series! Most of the race course will be held on the Purple Martin Greenway and it should be a fun race.

Race Details and Registration

Ways to Participate in ROC:

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 us at trails@rutherfordoutdoor.org or call (828) 351-3235.
- Click Here for more information on Rutherford County trails.

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.

If you are interested in learning more about volunteer opportunities, contact us at trails@rutherfordoutdoor.org or call (828) 351-3235.