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

News:

ROC Membership Drive

ROC is having a membership drive! 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. Members
get discounts at Chimney Rock, Barley's Taproom, Copper Penny, Main Street Coffee, and more. Click the link below for more details.

http://www.rutherfordoutdoor.org/get-involved

Welcome to all of our new ROC members!

Mary Jane Downs  
Robin Smith  
Chris Olsen  
Steve & Betty Gilbert  
Bill & Elizabeth Parke  
Sheila Shipp

Christy Bare  
Ron Dalton  
Mike Cornelia  
Pete Link  
Ed & Kay Dittmer

Ron Huntsberger  
Deirdre Lightsey  
Dorothy Houlditch  
Don and Sally Lesher  
Lucy Hooper  
Janice McFarland

Upcoming Events:

Roan Mountain Hike

Sunday March 26th - 8:30am

This hike will be between 6-8 miles. Hike is moderate to strenuous with some steep climbs. The majority of the hike will be on open balds with the most incredible views anywhere. We will meet at the Rutherfordton Annex (289 N. Main Street, Rutherfordton) at 8:30am and carpool to the trailhead. Please RSVP and send questions to trails@rutherfordoutdoor.org or call (828) 625-9983 ext 505

More Info About This Hike

April Fool's Day Float

Saturday, April 1 - 11:00 am

Our first scheduled group float of
the year will take place on the Broad River from Lake Hauser to the Broad River Greenway. More information coming soon. Mark your calendars and watch for updates on Facebook and by email.

If you would like to be added to ROC's Broad River Paddlers' email list for direct emails about all river events and updates email trails@rutherfordoutdoor.org.

More Info About This Float

**Rail Trail Spring Clean-Up**

Saturday, April 29 - 10:00am

Join your community in keeping the Rail Trail beautiful!

All volunteers will meet at the left side parking lot of the McDonald's in Spindale at 10 am. Volunteers will be split into groups and assigned to 1 mile sections. Trash bag and gloves will be provided.

If you would like to participate or have questions please contact Hallie Zeedik at trails@rutherfordoutdoor.org or call (828) 625-9983 ext. 505

**Broad River Spring Sweep**

Saturday, May 27 - 10:00 am

Save the Date!

The Broad River Spring Sweep has been scheduled! Please watch for Facebook posts and Emails for more information on the Spring Sweep coming soon.
Chimney Rock Hike
TBA: Late April-Early May

The Chimney Rock Hike will be free to all ROC Members.

More Information coming soon.

ROC Race Series

2017 ROC Race Series Schedule

Next Race
12th Annual Bear Foot 5k and Fun Run

March 18, 2017 - 8:30 am

The Bear Foot 5K and 1/2 Mile Fun Run takes place at Sunshine Elementary 231 Toney Road Bostic, NC 28018

Race Info & Registration

Past Race Update
Box Creek Wilderness

We had 37 participants in the Box creek Wilderness 10k on February 18th.

Race Results and Photos

Updates:
Couch to 5k Program

A big applause to everyone that has participated!
The Couch to 5k program has been a huge success! We have had over 60 people sign up and show up even in bad weather. Keep up the good work everyone! Looking forward to seeing you all at the ROC Race Series events!

It's not too late to sign up for this program. Email Dana Bradley at dana@rutherfordoutdoor.org or call (864) 324-1188.

South Mountains Game Lands Hike

What an amazing hike!
We had a huge turnout for our South Mountains Game Lands hike Sunday, February 26th. Thank you to our hike leader Burwell Buyers, and to everyone who came to explore with us.

Hike Photos

Buffalo Creek Park Volunteer Day

Volunteers help wrap up the final touches to the repaired dozer line at Buffalo Creek Park on March 14th. All of the leaves that were collected to help prevent erosion have been put in place. Thanks to everyone who participated!

General Photos of Buffalo Creek Park

Dittmer-Watts Nature Trail
New signs were installed at the Dittmer-Watts Trails last weekend. Stop by and check out the updates!

Dittmer-Watts Trail Info

Ways to Participate in ROC

Trail Boss and River Steward Programs

- 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 Hallie Zeedik at trails@rutherfordoutdoor.org or call (828) 625-9983 ext. 505.

- 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 Hallie Zeedik at trails@rutherfordoutdoor.org or call (828) 625-9983 ext. 505.