



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](#)

Updates:

ROC Trombatore Trail Hike

On August 21st, we led a group hike on the Trombatore Trail in Gerton. We all enjoyed the views so much we decided to continue the fun and hike to the top of Bearallow Mountain afterwards. Another perfect day to be on the trails!

[Hike Photos](#)



ROC Group Broad River Float: Section 4

On August 27th, we had 19 people and 2 dogs join us on our group Broad River float on section 4 in Rutherford County. All participants were armed with water blasters and we had a great time on this beautiful section of the river. Thank you all for joining us!



More information about the Broad River can be found [here](#).

[Broad River Group Float Photos](#)

Thermal Belt Rail Trail

On August 27, 40 members of the Church of Jesus Christ of Latter-day Saints in Forest City collected trash on the Rail Trail from Spindale to Ruth. They removed 12 large trash bags and 1 tire from the trail. Thank you all for donating your time to help keep our trail looking great!



[Rail Trail Map and Information](#)

Rail Trail Bench Sponsorship

- The new benches along the Rail Trail can now be sponsored for a \$1000 donation.
- All the money goes to improve local trails and your information will be displayed on a plaque mounted on the bench.



Email us at trails@rutherfordoutdoor.org for more information.

More Ways to Participate in ROC:

- 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.



ROC Race Series

-We had 166 racers participate in the

Olympiad 10K Dam Run on August 12th and 154 participate in the Race to the Rock 5K on August 14th!

Upcoming Races:

- **Saturday, October 1st:** Overmountain Victory 5K in Rutherfordton.

[Register here](#)

[ROC Race Series 2016](#)



Upcoming Events:

- **Friday, September 16th:**
ROC Group Sunset/Harvest Moon Hike to Bearwallow Mountain:

We will meet at the county office building (289 N. Main Street, Rutherfordton) at 5 pm to carpool. Don't miss this chance



- **Saturday, September 24th:** **ROC Broad River Fall Sweep:**

We will meet at 9:30 am at designated locations and plan to get started by 10:30 am. These clean-ups are always a ton of fun and you will be helping to ensure that our river stays beautiful! Email us for more details or to sign up.

*****Email us at trails@rutherfordoutdoor.org or call (828) 625-9983 ext. 505 to sign up for our volunteer opportunities or group hikes.**

Rutherford Outdoor Coalition | www.rutherfordoutdoor.org

STAY CONNECTED:

