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:

Welcome to all of our new and returning ROC members!

Mike Stephenson  Vance Stenier and Family  Gary Griffith
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 our new AmeriCorps Trails Coordinator, Trevor Freeman!

Trevor is excited to step into this role and help us improve trails in Rutherford County. He can be reached by email at trails@rutherfordoutdoor.org.

Upcoming Events:

ROC Fall Couch to 5K Program

This 12-week program will run from September 18th through December 6th. The program will be held at the Forest City-Dunbar track on Monday's and Wednesday's at 5:30 pm.

This program is offered for FREE!! Email Dana Bradley at dana@rutherfordoutdoor.org or call (864) 324-1188 for more information or to sign up.

Saturday, September 30th: ROC Crowders Mountain Hike

We will hike from the state park visitor center to Crowders Mountain. The hike is
moderate to strenuous in places and will be approximately 6 miles round trip. On top, you will be greeted by an amazing view of the Piedmont, and the skyscrapers of Charlotte will be easily visible on a clear day. This is where we will eat a picnic lunch. The return trip offers the option of backtracking or attempting a shorter, rocky ridge line trail back down.

Parking is an issue this season with high visitation rates to the park. Shuttles are offered from the nearby Dixie Village Shopping Center where they depart hourly. The cost is $2.50 round trip per person.

Dogs are welcome in the park but not on the shuttles so for anyone wanting to bring their pet, you will need to arrange to be dropped off at and picked up from the visitor center.

A carpool will meet at the Rutherfordton Annex at 8:45 am. (289 N. Main Street, Rutherfordton).

Bring water, a lunch, and sunscreen. Wear layers and sturdy shoes.

Email Trevor Freeman at trails@rutherfordoutdoor.org or call (828) 351-3235 for more details or to sign up!

11th Annual Tour de Pumpkin

Click Here to register today!
Only $20 to pre-register...best deal around!

Some great reasons to participate:
*Great end-of-the-season roller coaster rides (4,440 feet of climbing on 100K, 2,200 on 50K)
*Few cars, abundant scenery
*Event tech t-shirt, guaranteed to first 125 entrants - (TSHIRT NOTE for Women: We offer a women's cut (short sleeves and gathered at the waist). Those shirts run a full size smaller so order one size larger. If you don't want the women's cut then order the unisex shirt in your normal size.)
*Post-ride meal *Door Prizes *All proceeds benefit Rutherford Housing Partnership & Trail Development in Rutherford County (NEW!)

Ride starts at 9:30 am. Registration 8 am - 9:15 am.
Day-of registration cost is $25

WHEN: October 7, 2017
WHERE: Rutherfordton, NC - ROC will have a registration booth on Main
Sunday, October 8th: ROC Broad River Fall Float

We will be floating section 5 of the Broad River, a 5 miles segment. This will be a prime opportunity to see the changing leaf colors. We will meet at the put-in at 520 Grays Road at 10:00 am. At 10:15 we will drive vehicles to the take-out.

Email us at trails@rutherfordoutdoor.org or call (828) 351-3235 to sign up.

Saturday, October 14th: ROC Walk with Brother Wolf

Come walk a section of the Rail Trail from 10 am to 12 pm with one of the shelter dogs from Brother Wolf in Rutherford County. Brother Wolf is a local no-kill shelter and has many dogs that could benefit from a walk on a trail.

Brother Wolf will provide carriers and leashes. You must be at least 16 years old to walk a dog but all ages are welcome to attend.

Meet at Brother Wolf (1364 US-221, Rutherfordton, NC 28139) at 10 am to get matched up with one of the shelter dogs. Please let us know if you would not be able to fit a carrier in your car.

Since there is 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 864-324-1188 to sign up.

Updates:

**ICC Trails**

We would like to give special thanks to Ron Wallenburg for his volunteer work trimming briars and removing two fallen trees from the trail system.
The trails look great! Thanks, Ron!

**ICC Trail Information**

Buffalo Creek Park

Over the course of two days volunteers worked to clear an array of trees which had fallen along the trail due to the winds of Hurricane Irma. We want to give special thanks to Almon Cox for his help removing the many trees from the extension trail.

We will host another workday on Monday, September 25th at 8:30 am to tackle erosion issues.

Contact us at trails@rutherfordoutdoor.org or call (828) 351-3235 if you would like to help.

**Buffalo Creek Park Information**

August Brother Wolf Walk

We had a great turnout for our Brother Wolf walk on August 5th. We had enough volunteers to walk every dog at the facility.

Thank you to everyone that came out to help us walk these sweet, shelter dogs.

We are partnering with Brother Wolf for a group walk each month, so
don't worry if you missed this one. Our next one will be on October 14th at 10 am.

**Brother Wolf Walk Photos**

**ROC Broad River Fall Sweep**

The Fall Sweep was a success with a truckload of trash being removed from the river. Many large objects including buckets, a pallet, and a freezer door were removed, as well as smaller objects like cans and bottles.

Thank you to everyone that came out to help us clean the river!!

**Fall Sweep Photos**

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**ROC Race Series:**

[Click Here For The 2017 ROC Race Series Schedule]

**Next Race**

Skirt Chaser 5K

September 23, 2017 - 8:00 am
McNair Field, Forest City

[Race Info & Registration]

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**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, Trevor Freeman 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.