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!

Richard Law and Family
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

Upcoming Events:

**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.

**Saturday, October 15th: ROC Hawksbill Mountain Hike**

Join us as we see the amazing views from the peak of Hawksbill Mountain in the Pisgah National Forest. This hike is slightly less than 2 miles. If we have time afterwards, we may opt to drive 11 miles to the Linville Falls Visitor Center and make a 1.5 mile round-trip hike to the spectacular falls.

To carpool meet the Rutherfordton Annex at 9:00 am. (289 N. Main
We will meet at the trailhead at 10:30 am. 35.914517, -81.878500 // N35 54.871 W81 52.710 (Table Rock Rd)

Bring water, a lunch and sunscreen. Wear layers and sturdy shoes. For more info or to RSVP email trails@rutherfordoutdoor.org or call (828) 351-3235

Tuesday, October 17th: ROC Monthly Meeting

Come join us at 5:30 pm at Barley’s in Spindale for our monthly meeting. Here is a chance to learn the ins-and-outs of ROC activities and find out what we have planned for the future.

Sunday, October 21st: ROC Broad River Fall Leaf 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 in Rutherfordton 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.

Updates:

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.
Buffalo Creek Park

On September 25th, ROC members and volunteers worked to combat trail erosion along several sections of Buffalo Creek Park. We want to give special thanks to Bill Ashman for his help in this endeavor.

We will host periodic workdays in the future to maintain this challenging trail. Stay tuned for further opportunities.

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

Buffalo Creek Park Information

Crowders Mountain Hike

September 30th was a beautiful day for a hike to the top of the rocky monadnock that makes up Crowders Mountain State Park.

The park was packed, and the weather was clear and warm. If you look closely, you can see Charlotte rising in the distance and hawks flying all around.

If you missed this, be sure to check out our upcoming hikes, especially as we near peak leaf color season.

Crowders Mountain Views

11th Annual Tour de Pumpkin

Saturday, October 7th was a great day for the Tour de Pumpkin 50K and 100K bike tour.

Special thanks goes to ROC members and volunteers, who helped to set up the courses and staff the tent all day at the Hilltop Fall Festival in Rutherfordton where the bike tour was held.

Event Photos
Overmountain Victory 5K

The weather was perfect for the Overmountain Victory 5K on Saturday!

Congratulations go to our own Dana Bradley who competed in the 5K and ran her fastest time!

Race Photos

Next Race

South of the Mountain Trail Run 5k

November 4, 2017 - 10:00 am
South Mountain Christian Camp, Bostic NC

Race Info & 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, Trevor Freeman at trails@rutherfordoutdoor.org or call (828) 351-3235.

- Click Here for more information on Rutherford County trails.

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**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.