



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](#)

Upcoming Events:

Blue Ridge Parkway Hike

~~January 22nd, 8:30 am~~

POSTPONED DUE TO WARM WEATHER



This hike will be rescheduled if the Parkway closes and we get some cold weather.

ROC is leading a one-of-a-kind hike on the Blue Ridge Parkway that features multiple waterfalls, incredible views and, we hope, some awesome ice formations. Please RSVP at trails@rutherfordoutdoor.org.

[More Info About This Hike](#)

ROC Race Series

The 2017 ROC Race Series is set to begin on Feb 18th, with the Box Creek 10K in Union Mills. Register online [here](#).



[2017 ROC Race Series](#)

Updates:

Outdoor Programs Director

A new position was created by ROC to help get people outdoors and active. The Outdoor Programs Director position is funded by generous grants from the RHI Legacy Foundation and the Rutherford Community Clinic. ROC is happy to announce that the new position has been filled by Dana Bradley, who has served as the county Trails Coordinator for the last 2 years. We are happy she will be able to continue working with us to promote outdoor recreation in Rutherford County.



As part of this new position, she will be creating new outdoor programs, leading group activities, and partnering with local schools to ensure that people of all ages have the opportunity to learn about and participate in outdoor activities.

You can reach Dana at her new email address:
dana@rutherfordoutdoor.org

[Full Press Release](#)

Buffalo Creek Park Trail

Plans and funding for repairs to Buffalo Creek Park Trail have been set in place. If all goes well and as planned, the closed section of the trail will be reopened by early spring.



Little Bearwallow Falls Hike

We had a great group of AmeriCorps members for our hike to Little Bearwallow Falls on Friday, Dec 9th. This is a great trail with a lot of rock features. If you are looking for a workout with a view, this is the trail for you.



[More Photos From This Hike](#)

DuPont State Forest Hike

The hike on Saturday, Dec 17th, to Dupont State Forest was a short one, as it was a rainy day. ROC will host this hike again in the spring.



[More Photos From This Hike](#)

Florence Nature Preserve Hike

On Monday, Dec 26th, ROC hiked 4 miles in the Florence Nature Preserve. It was a misty day, but we



hiked off some of those extra holiday dinner calories.

[Florence Nature Preserve Photos](#)

Thermal Belt Rail Trail Ride

Your lovely ROC gals rode 10 miles on the Rail Trail this past Wednesday, Jan 4th. We had one other participant who rode off before we could snap a photo.



[Thermal Belt Rail Trail Photos](#)

Buffalo Creek Park Volunteer Day

On Tuesday, Jan 17th, ROC held a volunteer day at Buffalo Creek Park to spread leaves over the fireline to help prevent erosion.



[Buffalo Creek Park Photos](#)

[Ways to Participate in ROC](#)

Trail Boss and River Steward Programs

ROC still needs Trail Bosses for the Thermal Belt Rail Trail for section 4.



**Section 4: Rock Rd.
to U.S. 64 (0.9 miles)**

- 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.

Rutherford Outdoor Coalition | www.rutherfordoutdoor.org

STAY CONNECTED:

