



## **DEER RUN RETREAT CENTER**

**Mail** 3845 Perkins Road | Thompson's Station, TN 37179

**E-mail** [Contact@DeerRunRetreat.org](mailto:Contact@DeerRunRetreat.org)

**Phone** 615-794-2918 | **Fax** 615-794-5123

*As the deer pants for streams of water, so my soul pants for you, O God. Psalm 42:1*

# FAQ

## **IS DEER RUN AFFILIATED WITH A SPECIFIC DENOMINATION OR CHURCH?**

Deer Run Retreat is a non-denominational, 501(c)(3) nonprofit Christian retreat center which teaches fundamentals of God's word from The Bible. Deer Run Retreat is not owned, governed, or funded by a church or church organization. Deer Run Retreat has a volunteer board of directors and is funded through user fees, individual donations, monthly supporters, and grants.

## **WHAT IS THE SPIRITUAL EMPHASIS OF YOUR RETREAT?**

Deer Run Retreat focuses on creating a positive Christian environment in order to help build strong family relationships. It is a place to learn more about God. We openly promote who God is and share Biblical truths from God's Word through worship, music, prayer, and devotions. Our staff respects each individual's right to make his or her own decision about accepting Christ as his or her Savior.

*Our Mission* is to transform the lives of children, teenagers, and families through a passionate relationship with Jesus Christ and by connecting with one another in a retreat and camp setting.

*Our Vision* takes place by partnering with churches, ministries, and community organizations to create unforgettable retreat and camp experiences that reach, educate, and nurture the next generation of Christ followers by providing spiritual renewal, healing, restoration, inspiration, hope, and adventure.

## **WHEN WILL I RECEIVE ADDITIONAL EVENT INFORMATION?**

Approximately two weeks prior to the event start date, you will receive instructions about check-in plus additional information about the event you are registered for.

## **HOW MUCH SPENDING MONEY SHOULD WE BRING?**

The Camp Store will be open at various times during the Homeschool Family Camp Day and the Father-Son Adventure Weekend for purchasing snacks, drinks, and camp merchandise such as t-shirts, bandanas, and lanyards. Deer Run Camp Bucks may be purchased during the registration process for the Father-Son Adventure Weekend and are used at the Camp Store instead of having to keep up with cash; however, cash is accepted. Deer Run Camp Bucks are non-refundable if not completely used.

## **WHAT HAPPENS IF WE USE ALL OUR DEER RUN CAMP BUCKS?**

If you run out of Camp Bucks, you may purchase more at the Camp Store or you may use cash to purchase items from the store.

## **WHAT IS THE RETREAT'S POLICY IN RESPONSE TO THREATENING WEATHER?**

Deer Run Retreat will continue regularly scheduled activities as much as possible although some activities may be adjusted and held indoors. You will be notified if Deer Run Retreat decides to cancel and/or reschedule an event due to weather.

## **WHAT IS YOUR CANCELLATION POLICY?**

All cancellations must be made IN WRITING. Send cancellation notice by e-mail to [Registration@DeerRunRetreat.org](mailto:Registration@DeerRunRetreat.org) or by US Mail to Deer Run Retreat, 3845 Perkins Road, Thompson's Station, TN 37179. A paid deposit is non-refundable. However, if the cancellation is made at least 60 days prior to the event start date, you will receive full credit towards another event or camp. If you cancel less than 60 days before the event start date, you will not receive the credit unless another guest makes a reservation to fill your space.

## **MY FAMILY IS INTERESTED IN VOLUNTEERING AT DEER RUN RETREAT. HOW CAN WE GET INVOLVED?**

Volunteers are vitally important to this ministry meeting the needs of our guests and helping with upkeep and improvements to the property. Volunteers help throughout the year in areas such as meal preparation and serving meals, landscaping, chopping firewood, construction, summer camps, fund raisers, and various other needs. Contact us by calling 615.794.2918, by e-mail at [Chris@DeerRunRetreat.org](mailto:Chris@DeerRunRetreat.org) or download a PDF with volunteer opportunities from our Web site by going to [www.DeerRunRetreat.org/support](http://www.DeerRunRetreat.org/support), then click on "FAQ" on the left.



## DEER RUN RETREAT CENTER

**Mail** 3845 Perkins Road | Thompson's Station, TN 37179

**E-mail** Contact@DeerRunRetreat.org

**Phone** 615-794-2918 | **Fax** 615-794-5123

*As the deer pants for streams of water, so my soul pants for you, O God. Psalm 42:1*

# FATHER-SON ADVENTURE WEEKEND FAQ

## WHAT IS THE MINIMUM AGE FOR BOYS TO PARTICIPATE IN THE WEEKEND?

There is no age minimum. However, boys under the age of 5 may not be able to participate in all activities; participation is based on their own ability. Note: minimum age for paintball is age 10.

## IS IT OKAY TO BRING A BOY WHO IS NOT MY OWN SON?

Yes, this weekend is designed to build any father-son-type relationship—whether it is father, grandfather, uncle, mentor, etc.

## WILL THE ENTIRE WEEKEND BE FILLED WITH SCHEDULED ACTIVITIES OR WILL WE HAVE SOME FREE TIME TO CHOOSE WHAT TO DO ON OUR OWN?

There are scheduled activities for fathers and sons as well as free time for participants to choose to relax together or enjoy some optional recreation choices.

## ARE FISHING EQUIPMENT AND BAIT PROVIDED?

Deer Run Retreat does not provide fishing equipment or bait. Please bring everything needed for you and your sons. However, a limited supply of fishing worms will be available for purchase at the Camp Store.

## CAN WE BRING OUR OWN ARCHERY EQUIPMENT?

Yes, you may bring your own equipment, but it is not necessary. No cross bows are allowed.

*Note: Deer Run Retreat provides all archery equipment needed and our staff provides training on how to use the equipment.*

## CAN WE BRING OUR OWN PAINTBALL EQUIPMENT?

Yes, you can bring your own paintball equipment, but it is not necessary. Teams will be divided according to playing experience and types of markers so there are no unfair advantages by those who bring their own equipment. *Note: Deer Run Retreat provides all paintball equipment needed and our staff provides training on how to use the equipment.*

## CAN WE BRING OUR OWN PAINTBALL PAINT?

Deer Run Retreat provides all paint for use on our property, so please do not bring your own paint.

The initial paintball play fee includes paint. Additional paint is available for purchase for \$20 a bag (500 rounds) \$60 a case (2000 rounds).

## WHAT OPTIONAL ACTIVITIES ARE AVAILABLE DURING FREE TIME AND WHAT DO THEY COST?

Free time activities which are available at no additional cost are lake time swimming with zipline & aqua park; hiking; horseshoes; rustic frisbee golf; sand volleyball; and wiffleball. Nighttime activities include options for Wii games, campfire & s'mores, night hike, or a movie.

## FREE TIME ACTIVITIES REQUIRING ADDITIONAL CHARGES ARE:

- **Paintball:** \$15 per person for 1 hr play time with 100 rounds of paint or \$25 per person for 2 hrs play time with 200 rounds of paint.
- **45-ft Climbing Tower:** \$10 per person. Simple & advanced routes plus bouldering cave.
- **Leap of Faith:** \$10 per person. A 33-ft cedar pole with a platform at top where you take the "leap of faith" and try to ring a brass bell.



## DEER RUN RETREAT CENTER

**Mail** 3845 Perkins Road | Thompson's Station, TN 37179

**E-mail** Contact@DeerRunRetreat.org

**Phone** 615-794-2918 | **Fax** 615-794-5123

*As the deer pants for streams of water, so my soul pants for you, O God. Psalm 42:1*

# FATHER-SON ADVENTURE WEEKEND WHAT TO BRING

## **General Items**

- A great attitude—expecting great things to happen and to have a memorable and fun weekend!
- Bible, pen, notebook, etc. for worship time & devotional time
- Pillow plus sleeping bag or twin sheets & blanket for each person
- Towel, washcloth & personal toiletries
- Flip flops or sandals for the shower house
- Insect repellent, sunscreen, and rain gear depending on the weather
- Casual clothing & athletic shoes for recreational activities
- Swimsuit, beach towel, & waterproof sandals (if you plan on swimming)
- Flashlight & extra batteries
- Watch & alarm clock
- A camera to capture those memorable moments. Deer Run Retreat will have a photographer on site for part of the weekend and photos will be available for purchase from our Web site or by going to [www.DeerRunPhotos.SmugMug.com](http://www.DeerRunPhotos.SmugMug.com).)

## **WHAT NOT TO WEAR ANYTIME**

Clothing with offensive language or promoting persons, bands, or products which are offensive.

## **WHAT NOT TO WEAR FOR RECREATION**

- NO Open-toe or Open-heel Shoes, Sandals, or Flip Flops
- NO Sleeveless Shirts
- NO Jewelry (since it may get broken or lost)

## **WHAT NOT TO BRING ANYTIME**

- Chewing gum/bubble gum
- Alcoholic beverages, illegal drugs, firearms, and fireworks
- Anything valuable—Deer Run Retreat is not responsible for lost or stolen items.

## **WHAT NOT TO BRING DURING WORSHIP OR RECREATION TIME**

Cell Phones: Do not interfere with yours or another person's retreat experience! Thank you!

## **RECOMMENDATIONS FOR EXTREME RECREATION**

### **Paintball**

- Long Sleeve Shirts or a Jacket
- Pants instead of shorts
- Gloves
- Insect Repellent (Paintball is played in a heavily wooded area.)
- Sturdy Shoes or Hiking Boots

### **Climbing Tower & Leap of Faith**

- Loose-fitting Pants or Shorts (to make climbing easier)
- Short Sleeve or Long Sleeve Shirt instead of sleeveless shirts

## **FOOD STORAGE FOR CEDAR POINT RUSTIC CABINS OR CREEKSIDE CAMPSITES**

If you are staying in either of these facilities, please store food in a tightly closed plastic container to avoid insects and small animals such as raccoons and possums.



## **DEER RUN RETREAT CENTER**

**Mail** 3845 Perkins Road | Thompson's Station, TN 37179

**E-mail** [Contact@DeerRunRetreat.org](mailto:Contact@DeerRunRetreat.org)

**Phone** 615-794-2918 | **Fax** 615-794-5123

*As the deer pants for streams of water, so my soul pants for you, O God. Psalm 42:1*

# **MARRIED COUPLES WEEKEND FAQ**

## **IS THIS WEEKEND FOR US IF WE HAVE A GOOD OR GREAT MARRIAGE AND DON'T HAVE ANY PROBLEMS?**

Most certainly! The weekend is designed to offer new insights and renewal to even the best marriages and relationships. The weekend gives you time away from everyday stress and schedules and time to focus on each other.

## **CAN THIS WEEKEND HELP US IF WE ARE EXPERIENCING DIFFICULT TIMES OR FEEL LIKE THERE IS LITTLE HOPE FOR OUR MARRIAGE?**

Absolutely! The speakers, worship, and other elements of the weekend give you a foundation to rekindle your love and start anew. There is scheduled time with the speakers to ask questions and get some insight on dealing with some hard issues.

## **IS THIS WEEKEND FOR US IF WE ARE AN ENGAGED OR DATING COUPLE?**

Yes, this weekend can be a great way to begin to build a more intimate relationship with each other. Overnight accommodations are not available for dating or engaged couples, but you may register for the weekend without accommodations.

## **IS OVERNIGHT LODGING A PRIVATE ROOM JUST FOR MY SPOUSE AND ME?**

Yes, all accommodations are private rooms and each have a private bath.

## **WILL WE HAVE SOME FREE TIME TO CHOOSE WHAT TO DO ON OUR OWN?**

Yes, couples have time on Saturday afternoon to relax together and choose to stay at Deer Run or spend time off site. A couple of options are nearby historic Leiper's Fork or downtown Franklin, each only 15 minutes from Deer Run. See Deer Run's Web site for other area options: [www.DeerRunRetreat.org/links](http://www.DeerRunRetreat.org/links).

## **ARE THE COUPLE RELATIONSHIP-BUILDING ACTIVITIES PHYSICALLY CHALLENGING?**

In general, most people are physically able to accomplish all of the initiatives. However, all of the initiatives are challenge by choice. Many couples have commented that this is the best part of the weekend experience.

## **IS CHILDCARE PROVIDED ON SITE?**

Sorry, but childcare is not available.



## DEER RUN RETREAT CENTER

**Mail** 3845 Perkins Road | Thompson's Station, TN 37179

**E-mail** Contact@DeerRunRetreat.org

**Phone** 615-794-2918 | **Fax** 615-794-5123

*As the deer pants for streams of water, so my soul pants for you, O God. Psalm 42:1*

# MARRIED COUPLES WHAT TO BRING

- A great attitude—expecting great things to happen and to have a memorable and fun weekend!
- Bible, pen, notebook, etc. for sessions
- Warm clothing including jackets, gloves, long johns & athletic shoes for outdoor activities & hayride
- Loose-fitting pants and sturdy shoes or hiking boots are recommended for the couple relationship-building sessions
- A camera to capture those memorable moments

## **WHAT NOT TO WEAR ANYTIME**

Clothing with offensive language or promoting persons, bands, or products which are offensive.

## **WHAT NOT TO WEAR FOR OUTDOOR ACTIVITIES**

–NO Open-toe or Open-heel Shoes, Sandals, or Flip Flops

–NO Jewelry (since it may get broken or lost)

## **WHAT NOT TO BRING ANYTIME**

- Alcoholic beverages, illegal drugs, firearms, and fireworks
- Anything valuable—Deer Run Retreat is not responsible for lost or stolen items.

## **WHAT NOT TO BRING DURING WORSHIP OR SESSIONS INCLUDING THE COUPLE RELATIONSHIP-BUILDING SESSION**

Cell Phones: Do not interfere with yours or another person's retreat experience! Thank you!