



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

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 or camp start date, you will receive instructions about check-in plus additional information about the event or camp you are registered for.

HOW MUCH SPENDING MONEY SHOULD WE BRING?

The Camp Store will be open at various times during the Father-Son Adventure Weekend and the Fall Family Camp 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 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, though activities may be adjusted and held indoors. You will be notified if Deer Run Retreat decides to cancel and/or reschedule a event or camp due to weather.

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 Liz@DeerRunRetreat.org or download a PDF with volunteer opportunities from our Web site at www.DeerRunRetreat.org/support.shtml and click on "FAQ" on the left.



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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.



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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 onsite for part of the weekend & photos will be available for purchase from our Web site.)

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.



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FAMILY CAMP FAQ

IS FAMILY CAMP APPROPRIATE FOR ALL AGES?

Families with children of all ages will enjoy the weekend activities and find something for each of them.

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 will be some scheduled activities for all families as well as free time for families to choose to relax or enjoy some optional recreation choices.

ARE ALL FAMILIES REQUIRED TO PARTICIPATE IN THE FAMILY TALENT SHOW?

Yes, all families are required to offer their version of talent within a 90 second time limit. Creative options range from songs, storytelling, and skits to various musical instruments. The more creative, the better. Have fun with your family as you show off your "talent." All shows must be "clean" and family-oriented.

DOES OUR ENTIRE FAMILY NEED TO PARTICIPATE IN ALL ACTIVITIES TOGETHER OR CAN PART OF OUR FAMILY PARTICIPATE IN AN ACTIVITY WHILE OTHER MEMBERS OF THE FAMILY DO SOMETHING ELSE?

There are scheduled times when all families participate together such as "Who's Got Talent," the "Amazing Family Challenge," and Family Worship. Other times during the weekend, there is free time for families to choose from optional activities for their family whether they spend time together or with other families.

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 with swimming, zipline and aqua park; hiking; horseshoes; rustic frisbee golf; sand volleyball; crafts; big field games; and wiffleball. Nighttime activities include options for board or Wii games; campfire, hayride & s'mores; night hike & stargazing, or a movie.

FREE TIME ACTIVITIES REQUIRING ADDITIONAL CHARGES ARE:

- **Paintball:** \$25 per person. Includes equipment & 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 will take the "leap of faith" and try to ring a brass bell.

IS THE FAMILY COMPETITION PHYSICALLY CHALLENGING? CAN FAMILY MEMBERS CHOOSE NOT TO PARTICIPATE IN A CERTAIN ACTIVITY?

Some of the family competitions do require physical challenge, but not every member of each family is required to participate in each challenge. Families are greatly encouraged to stay together during the challenges to offer support and affirmation.

ARE MEAL TIMES SCHEDULED OR ARE THERE CERTAIN TIMES WHEN THE DINING HALL IS OPEN FOR OUR FAMILY TO EAT WHEN WE CHOOSE?

Meal times are scheduled at specific times and families can eat together. The dining hall will be open only during scheduled meal times. The Camp Store will be open for snacks during the weekend as well.

IS CHILDCARE PROVIDED ON SITE?

Sorry, but childcare is not available.



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FAMILY CAMP WHAT TO BRING

General Items

- A great attitude—expecting great things to happen and to have a memorable and fun weekend!
- Items needed for “Who’s Got Talent” family talent show
- Bible, pen, notebook, etc. for worship time
- Pillow plus sleeping bag or twin sheets & blanket for each person
- Towels, washcloths & 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 onsite for part of the weekend & photos will be available for purchase from our Web site.)

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)
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FAQ

MARRIED COUPLES WEEKEND

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 what to stay at Deer Run or go to nearby historic Leiper's Fork or downtown Franklin which is only 15 minutes away.

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.



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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

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WAIVER POLICY

A Family Waiver of Liability Notice is **required** for family events and camps.

The completed form is due as soon as possible and no later than 14 days before the event or camp date.

If you are registering less than 14 days before the event or camp date, the form is due as soon as possible. If you are not able to mail it to us prior to the event date, then bring the completed form with you to check-in. Note that the check-in process goes more quickly for you if we receive the form in advance.

Please mail (DO NOT FAX) the completed form to Deer Run Retreat, 3845 Perkins Road, Thompson's Station, TN 37179.

Church Groups: Please send forms in alphabetical order.

CANCELLATION POLICY

All cancellations must be made IN WRITING and received in the Deer Run office at least 14 days prior to the event or camp start date. Send a cancellation notice to Registration@DeerRunRetreat.org or by U.S. mail to Deer Run Retreat, 3845 Perkins Road, Thompson's Station, TN 37179.

Any paid deposit or paid balance may be transferred to another Deer Run event or summer camp week for members within the same household. No refunds will be given. If requested, you can receive a tax deductible donation receipt for the amount paid if the payment is not being transferred to another event or camp.