

2022 Hammer Down Marathon Relay FAQ's

- Hammer Down for Habitat Poker Run is Sat., Sept. 17.
- Website: <https://www.rchfh.org/hammer-down/>
- Runners start at 7am at Hop Springs Beer Park: 6790 John Bragg Hwy, Murfreesboro
- Cars and motorcycles start at 8am at the Habitat Office: 850 Dr. Martin Luther King Jr. Blvd, Murfreesboro, for 100-mile "Poker Run" through middle TN.
- ALL end up at Hop Springs Beer Park for lunch, games, entertainment, prizes and more, 11:30-2:30
- ALL are welcome including car & motorcycle clubs, running groups, and individuals. Tickets at Eventbrite.com (type in Hammer Down)
- Discount tickets for First Responders (Contact melissa@rchfh.org for ticket link)



What is the Hammer Down Marathon Relay?

It's fun and fellowship. It's laughing and snacking. It's running and walking. It's hydrating and sweating. It's a team of 4...or more or less...runners sharing 26.2 miles in any segment distances they like. There are no exchange zones; just change runners whenever you feel like it. But most of all, it's a good cause; building a Habitat for Humanity home in Legacy Pointe.

When and where is the relay?

Saturday, September 17th, 2022, at 7:00am. It begins and ends at Hop Springs Brewery, 6790 John Bragg Hwy, Murfreesboro, TN 37127.

Do you get any cool stuff?

Yes, the coolest!! Hammer Down Relay Runners each get an event T-shirt, event tote bag, Marathon Medal, poker hand (for prizes!), a tasty boxed lunch, and entertainment.

How do you create a team?

Wave your magic wand, say "abracadabra", and poof!! You've created a team. Better yet, go to [HAMMER DOWN – Habitat for Humanity \(rchfh.org\)](https://www.rchfh.org) and click "Register Your Running Team" and you'll be taken to the Eventbrite registration page. Click the green "Tickets" button and select Individual or Team.

How do you join a team?

Invite a couple of your friends to join you and go to the registration sight. It's that simple.

How many people can be on a team and are walkers welcome?

4 is recommended and walkers are welcome.

Is the relay chip-timed?

No. It's purely for fun and to raise money for the Rutherford County Habitat for Humanity and help build a house in Legacy Pointe.

Can you run the marathon as an individual instead of with a team?

Absolutely!! But there's no complaining if you encounter one-too-many hills.

How much does it cost to register and run the relay?

\$35 per runner or \$140 per 4-person team. That includes the run + event at Hop Springs: lunch + entertainment + poker hand/prizes + t-shirt + tote bag + Marathon "Hammer" Medal + games & more prizes!

Is there medical support?

No. Each team is responsible for the members of their own team. We will provide each team with an emergency contact number, but of course, if it is something that needs more attention, we will want to call 911. This course is made up of lots of country roads with beautiful scenery, but we will want to remember that families live on these roads. There will be potential for dogs to "want to run" with us, so please plan accordingly. We will want to be kind to those families with our noise and respect for their property.

Do all runners need to register and pay prior to race day?

Yes. All members of your team must be registered, sign the waiver, and pay before the event begins.

What about packet pickup?

Packet pickup begins 30 minutes prior to the start of the relay, at 6:30am, at Hop Springs.

Are roads closed along the route?

That is an excellent question! The answer is no. They are clearly marked, though. And if you make a wrong turn, the upside is you get extra miles.

Are there port-a-potties along the course?

No. We recommend a large tree or barn.

Will there be water on the course?

Other than in ponds, no. Since you will be using your own vehicle to move your team along, we suggest you stock plenty of water and nutrition in your vehicle. You might want to add a roll of TP too! Definitely bring wipes.

Will we run rain or shine?

Yes, unless there is lightning. Use your best discretion when it comes to inclement weather.

What should I know about arrival on race day?

The packet pickup for runners is at Hop Springs and begins at 6:30am. The course follows country roads with beautiful scenery but remember, families live along these roads so be kind. Be friendly to those families and respect their property. There may be a dog or two that wants to run with you, so you may want to bring a doggie treat.

How does the race work?

Quite nicely if you follow the arrows along the route...and if it doesn't snow.

Do you have to run all of your legs?

Not at all. This is a fun fundraiser. Make it up as you go along. Just have fun!

Can runners wear headphones or earbuds?

Runners can wear anything they want, as long as they wear shorts and tops as necessary. So, yes, music is perfectly fine!

What happens after the race?

Fun, food, fellowship, music, prizes, drawings, and more!! It's a family-fun after event party so bring the rest of your family to enjoy a few hours together.

