

2023 Hammer Down Marathon Relay FAQ's

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 26.2ish 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 16th, 2023, at 7:00am. It begins and ends at MayDay Brewery, 521 Old Salem Rd., Murfreesboro, TN 37129.

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://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

Is there medical support?

No. Each team is responsible for the members of their own team. If medical attention is needed, **please call 911.**

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 MayDay Brewery.

Are roads closed along the route?

That's an excellent question! The answer is no. 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, streams, and rivers, no. 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 MayDay Brewery and begins at 6:30am. The course is paved and showcases the beautiful scenery of Murfreesboro. 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?

Run when you want and stop when you don't. That's when another runner on your team will magically appear and begin running. When they're done, they'll stop and another of your teammates will take over. Before you know it, you will have covered about 26 or so miles!!

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.