

# ROCK-SOLID MEN'S RETREAT



STERN MOUNTAIN

MARCH 26-28, 2021



*Greetings Brothers,*

The ***Solid Rock Men's Retreat*** will be held on the weekend of **March 26-28, 2021** at **Stern Mountain** near Chattanooga, TN. This is a weekend event designed to recharge your depleted soul through challenging messages, inspirational music, deep conversations, outdoor recreation, and brotherhood!

You can choose to come for the entire weekend, for the day, or even just a few hours. If you stay for the weekend you must plan on tent camping. If you are not into camping you can commute, it's that close. To discover more details about the weekend, check out the following information packet and make plans to attend. Hope to see you at the retreat!

*Here's to Building on THE Solid Rock!*



Marty Miller, Found & President  
*Blueprint for Men, Inc*  
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***Blueprint for Men, Inc.*** is a 501(c)(3) nonprofit ministry that seeks to provide leadership and guidance for men who want to live the way God intended it to be. A life of true meaning, fulfillment, and purpose. Through a wide variety of resources and programs we seek to educate and encourage men who dare to step up and become the men God intended them to be... better husbands, better fathers, and better disciples of Christ!

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## 1 OVERVIEW and FAQs

### Overview

The ***Rock-Solid Men's Retreat*** is a weekend outdoor event designed to lift your spirits and ground your soul through challenging messages, inspirational music, deep conversations, outdoor recreation, and brotherhood!

### FAQs

#### Why should I attend the retreat?

Because we all need to be on fire for God, our families, and our churches

#### When does the retreat take place?

March 26-28, 2021

#### Who should attend the retreat?

Ordinary men from the age of 13 to 93 that desire to become extraordinary men of God through developing a closer walk with God and fellowship with brothers seeking the same.

#### Where does the retreat take place?

The retreat will take place at Stern Mountain, located at 578 Mountain Rd, Cleveland, TN. The property is mostly forested, with fields around the house and barn.



## What is Stern Mountain like?

This private property consists of 600+ acres (1 square mile) of fields and forest that ranges from moderately hilly to very steep terrain. The picture below is from the highest ridgetop with expansive 360-degree views.



## What are the accommodations?

Those staying for the entire weekend will be camping in the fields and forests near the barn. There is a restroom in the barn. No showers... very basic!

## Can we commute for the retreat or just come out for the day?

Yes. You can attend the entire event without camping.

## What about meals?

Saturday lunch and supper are provided. Campers should prepare all other meals. Please inform of food allergies.

## What are the plans for security and emergencies?

The property is gated so no one enters without permission. Several staff and participants have first responder training and will have first-aid supplies on hand.

## Cell phone signal?

Cell phone signal is spotty!

## What about Covid-19?

Our men's retreat this year is being held outside, in part as a precaution during the Covid-19 pandemic. We will NOT be requiring masks for this event but will be asking that the following precautions be taken.

1. If you have any symptoms, or know that you were exposed recently, we ask that you not attend
2. If you have recently been in a situation where you could have been exposed to Covid-19 we ask that you either not attend OR that you attend and wear a mask. (examples: flying, recently attended a large gathering where social distancing and masks wearing wasn't followed)

3. We will be providing hand sanitizer and will be asking all attendees to sanitize hands regularly.
4. We will encourage social distancing (6 ft) guidelines. There will be ample room to spread out, weather permitting, so that distancing can be readily achieved.
5. We ask that each attendee be respectful to others. Those who need or choose to wear masks are encouraged to do so and are to be respected. Those who choose not to wear a mask are to be respected.
6. If you are in a high-risk category AND you are not comfortable with these precautions we advise that you not attend.

We look forward to the day when these rules/precautions are no longer necessary!

#### What is the cost for the weekend?

There are several packages to choose from which are listed below.

##### Camping

- \$50 Full Weekend

##### Commuter

- \$40 Saturday only

#### What should I bring?

##### Commuters

Plan on wearing comfortable outdoor clothing and hiking shoes. Please bring a camp chair and bible for meetings. A hammock might be nice for taking a nap. Water and snacks might be nice. For some of the activities you should bring a small daypack with survival/outdoor stuff. A headlamp is helpful after the sun goes down. We are men. Be prepared!

##### Campers

See following gear list

#### How do I register?

Register and pay on *Eventbrite*, Deadline March 22, 2021. The link is at [www.blueprintformen.org](http://www.blueprintformen.org)  
Complete the registration paperwork (release and medical) and bring to the retreat

#### What if I still have questions?

Contact Marty Miller at 423-322-8491 or Tom Pyke at 423-313-1807. Try texting before calling!

## 2

## RETREAT LEADERSHIP

### Retreat Speaker

### Grant Graves

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GRANT GRAVES is a veteran educator, gifted speaker, and author. His career path includes teaching from elementary through college and more recently as a corporate sales and marketing trainer. He loves working out, listening to books and podcasts, and spending time with his wife Riley and their daughter Libby. Recently he released his first book, “Fearless: Finding Courage in the Character of God”. His dream is to one day hear Jesus say, “Well done, my good and faithful friend.”

### Retreat Organizer

### Marty Miller

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MARTY MILLER is a veteran educator, outdoor professional, and a leader of men. He is the founder and president of *Blueprint for Men* which provides men’s ministry leadership for the *Georgia-Cumberland Conference* and beyond. Through retreats, rallies, and small groups the *Blueprint for Men* network continues to impact a growing number of men across the country. Marty and his wife, Gale, are the proud parents of two adult children and three grandchildren. Life is good!

### Retreat Coordinator

### Tom Pyke

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TOM PYKE is a veteran business operations manager, seasoned outdoorsman, and a leader of men. He has guided and supported *Blueprint for Men* since its inception serving as the ministry secretary and much more. Tom’s greatest joy is to lead small groups where men experience a daily walk with God and become the men God designed them to be. He and his wife, Trina, have raised 5 boys to manhood and enjoy traveling from Montana to Kentucky visiting their grandkids. Life is good!

### 3 SCHEDULE

#### Friday

3:00 pm	Check-in and Camp Set-up
6:00	Supper
7:00	Group Meeting
8:30	Outdoor Skills
10:00	Quiet

#### Saturday

8:00 am	Breakfast
9:00	Outdoor Skills
10:30	Group Meeting
12:00 pm	Lunch
2:00	Outdoor Skills
4:00	Group Meeting
5:30	Supper
7:00	Ignite the Fire Challenge
9:00	Circle of Men
11:00	Quiet

#### Sunday

8:00 am	Breakfast
9:30	Closing Ceremony
10:30	Depart

## 4 GEAR LIST

### Clothing

- Comfortable set of clothes and shoes
- Durable set of clothes and shoes/boots
- Rain Jacket
- Warm jacket or hoody
- Cap

### Equipment

- Sleeping bag + Pillow
- Sleeping mat or hammock
- Tent/Tarp
- Daypack
- Toiletries
- Water
- Snacks
- Toilet Paper

- Pen/pencil
- Bible
- Medications
- First Aid Kit
- Camp chair
- Headlamp/Lantern
- Axe and fire building supplies

## 5. REGISTRATION

Register and pay on Eventbrite, Deadline March 22, 2021. The link is at [www.blueprintformen.org](http://www.blueprintformen.org)  
Complete the registration paperwork below (release and medical) and bring to the retreat. If you have special needs, please contact the retreat leader by email or phone. Thanks!

- Release Form – complete and bring to the event
- Medical Form – complete and bring to the event



**BLUEPRINT FOR MEN, INC**  
**Release Form**

Participant Name: \_\_\_\_\_

Date of Activity: \_\_\_\_\_ to \_\_\_\_\_, 20 \_\_\_\_\_

**Please read Release Form Carefully**

I am aware that during my participation in *Blueprint for Men* sponsored adventure activities, certain risks and dangers may occur. These include, but are not limited to: the hazards of being in a wilderness or natural area, on a physical fitness course (i.e. increased heart rate, sudden pulse rate increase, general heart risk [especially for those with past heart conditions], and death), the forces of nature, and other dangers inherent in being in or near a pool, lake, river and other recreational areas.

In consideration of my voluntary election to engage in activities sponsored by *Blueprint for Men*, I do hereby assume all risks and to the fullest extent permitted by law do hereby agree to defend and hold harmless *Blueprint for Men*, their representatives, officers, employees, agents, successors, or beneficiaries from and against any and all personal injury, causes of action, losses, cost, liability, actions, debts, claims, damages, expenses, and demands of every kind and nature whatsoever, including attorney fees and court costs, which I now have or which may arise from or in connection with my presence or participation in any activities arranged for me except for gross negligence or willful acts of *Blueprint for Men*, its employees, agents or contractors.

Further, I agree to indemnify *Blueprint for Men* for any causes of action, losses, cost, attorney fees, liability, actions, debts, claims, damages, expenses, and demands of every kind and nature whatsoever which I now have or which may arise from or in connection with my presence or participation in any activities arranged for me except for losses caused by gross negligence or willful acts of *Blueprint for Men*, its employees, agents or contractors.

This agreement shall be binding upon me, my heirs, executors and administrators. I have been informed of the risks of participating in any and all activities and my participation in these activities is completely voluntary and I assume all risks associated therewith.

By signing below I agree to allow *Blueprint for Men* to use any pictures or video footage of this program for its promotional purposes.

SIGNED, this \_\_\_\_\_ day of \_\_\_\_\_, 20 \_\_\_\_\_

(Minors [anyone under the age of 18] must have their parent or guardian sign on their behalf.)

NAME: \_\_\_\_\_ SIGNATURE: \_\_\_\_\_  
(Please print full name) (If minor, signature of parent or guardian)

## BLUEPRINT FOR MEN HEALTH STATEMENT FORM

The proposed activity provided by *Blueprint for Men* requires participation in physical exercises which are, by their nature, physically demanding. Many of the activities will challenge you, and cause surges in blood pressure and pulse rates. It is imperative that you are free of any heart related or other diseases. Therefore, all participants must be free of medical or physical conditions which might create undue risks to themselves or any others in the group who depend on them. Good physical condition will increase your enjoyment of the outdoor activities. If there is any doubt about your ability to safely participate in this experience, you should consult with a physician. (NOTE: If you have had any heart related problems you will need to have a release form from a physician in order to participate in the program.)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_ Gender: \_\_\_\_\_

Emergency Contact Person: \_\_\_\_\_ Relationship: \_\_\_\_\_

Home Address: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

### HEALTH HISTORY (circle appropriate response)

Current General Health Condition:	Excellent	Good	Fair	Poor
Have you had or do you currently have any heart problems?			Yes	No
Do you frequently suffer from pains in your chest?			Yes	No
Do you often feel faint or have spells of dizziness?			Yes	No
Has a doctor ever told you that you have high blood pressure?			Yes	No
Do you have arthritis, joint or back problems that are aggravated by exercise?			Yes	No
Have you had any operations or serious injuries?			Yes	No
Do you have any physical disabilities or chronic recurring illness?			Yes	No
Do you have Epilepsy?			Yes	No
Do you have Diabetes?			Yes	No
Are you allergic to any medication, insects or pollen?			Yes	No
Are you currently sick and/or using medication?			Yes	No
Do you have any prescribed meal plan or dietary restrictions?			Yes	No
Are there any activities to be limited/discouraged by physician's advice?			Yes	No
Please describe any "yes" answers above: _____				

Do you carry health insurance? \_\_\_ Yes \_\_\_ No

Carrier: \_\_\_\_\_ Policy \_\_\_\_\_

### REPRESENTATION AND EMERGENCY AUTHORIZATION

This health history is correct so far as I know, and I believe that my health is satisfactory to participate in adventure activities. I hereby give permission to the medical personnel selected by *Blueprint for Men* to order injection and/or anesthesia and/or surgery for me. Such authorization for emergency treatment shall also include but is not limited to, charges incurred for the providing of aid and arranging evacuation if *Blueprint for Men* or its agents determine that such evacuation is necessary and desirable. I further agree to assume responsibility for the costs of any specialized means of evacuation and of any medical care and acknowledge any restrictions placed on my activities.

Signature of Participant \_\_\_\_\_ Date \_\_\_\_\_

Signature of Witness \_\_\_\_\_

Church Bulletin Announcement:

Attention Men: You are invited to attend the ***Rock-Solid Men's Retreat*** at Stern Mountain on the weekend of March 26-28, 2021. This outdoor event will recharge your depleted soul through challenging messages, inspirational music, deep conversations, outdoor recreation, and brotherhood! Full weekend or day commuter options available. Camping accommodations only. Grant Graves will be the main speaker. For complete details and registration at [www.blueprintformen.org](http://www.blueprintformen.org) or contact Marty Miller at 423-322-8491