

Adoration Ultra: Captain's Guide

What: An Adoration Ultra usually begins at morning mass, is directly followed by Eucharistic Adoration, then a run to the next closest parish that has Adoration that day. The runner(s) continue to run to other parishes spending time in Adoration (typically 30 minutes each). In each run group there is usually one person holding a flag that on one side says "Eat my flesh John 6:51-56" and on the other side says "Drink my blood John 6:51-56" or the entire group is wearing shirts that say the same thing. Once the runner(s) have run more than 26.2 miles, they have completed an "Adoration Ultra".

Why: For the first 1500 years of Christianity, all of Christendom knew the Eucharist was the true body and blood of Christ. This is a beautiful gift Jesus gave us to unify ourselves with him. If you ask most Christians today (including Catholics) they either have never heard of it or do not know why we believe this. In order to understand some of the reasons we do, here are a few positive outcomes of an Adoration Ultra:

- 1) **An expression of love & gratitude.** Imagine if you ran around town with a giant flag that said "I love my wife" after she made you breakfast. Would she feel appreciated? Adoration Ultra was inspired by a feeling of gratitude. I wanted to use the gift of legs that can run that were given to me to show appreciation to Him.
- 2) **Expression of Faith.** Back to the example of showing gratitude towards your wife. Maybe some people say - man, that guy must really love his wife, I better step my game up. Passionate acts are infectious. They inspire us all to take advantage of the gifts we have been given. One of the primary comments I received after my first Adoration Ultra is people felt like they were given a wake up call and felt inspired to put their faith as a priority.
- 3) **Evangelization & Unification.** When I first did this on my own I knew I wanted to share my faith through running, but how? Consider, what is the ONE THING that if done correctly makes everything else easier or obsolete? Unified faith in the true presence of Christ in the Eucharist is that thing. When we run with a giant flag or shirt that says "Eat my flesh" people ask questions. This is an opportunity to educate and unite our brothers and sisters to Christ's one true church.
- 4) **Quality time with Christ.** Personally, I hear Christ most loudly when I am running, after I have received the Eucharist and during Adoration. During an Adoration Ultra prepare yourself to have conversations with God Himself.

How:

Building a route:

- 1) Determine a mileage range you are willing to run.
- 2) Go to [Google Maps](#), search "Catholic Church" and zoom out.
- 3) Pick a starting parish that you can easily attend Mass in the morning followed by 30 minutes of Adoration.

- 4) From there, get directions to the next parish you'd like to run to, then the next one and so on. Make sure you change the directions to walking directions.

Additional notes:

- You could always call/email the parish for a special Mass and Adoration if they do not have it at the desired day and time, but it is much easier to pick a starting point that already has it and at a good time.
- When picking a date, it is easiest to pick a day where most parishes have Adoration already. For Charlotte that day is Friday.
- As a back up you can adore Christ's presence in the Tabernacle.
- Once your route is complete you can send the directions to your phone then share with anyone who plans on supporting you or running with you.

Supplies:

- 1) Flag: Here are the order details from signs.com. You can copy this anywhere. Maybe have people chip in \$10-\$20 to participate and get the flag paid for.



60" x 36" Spirit Flags
Adoration Ultra
Delivered on: 1/16/2024

- 2) Fuel: If you have anyone that will be at each stop I'd stock their vehicle with nutrients. Otherwise, I'd order something on doordash midway each run. Definitely each before walking into Adoration so your stomach can settle while you are in Adoration. Make sure to fast at least one hour before receiving The Eucharist at morning Mass.
- 3) Clothes: Doing this the right way is very difficult without a support person/crew. Without one, I'd plan on wearing the same thing throughout. With one, I would pack a change of running clothes for each leg. Then, I'd also have a couple of button ups that are easy to slip on during Adoration out of respect.
- 4) Charger: Again, without a support crew get a battery pack to charge your phone and carry it in a hydration vest. With a crew, just have someone charge it in the car while you are in Adoration. Using the navigation on your phone sucks up the battery (mine died and I ran an extra mile).

Promotion:

- 1) To bring attention to this and recruit others to join, share the articles under "Featured In" On the AdorationUltra.com while contacting local parishes and your Diocesan News company.
- 2) Pick a day/time and share it with your local parishes to invite others to join you.