

3/4/22



The ReLENTless Manifesto

I didn't grow up Catholic, but every year, everyone in my family would "give up something for Lent." I usually gave up gum or soda. It was never a forced religious obligation—my parents honestly didn't care that much—but even at a young age, the idea of "going without" struck a chord.

In college, one year, I decided that I would run each and every day during Lent. "I'm running for Jesus," I told my roommates. Even though you could BARELY consider me a Christ-follower at the time, I do believe that God used that time to remind me of His goodness.

The ReLENTless 2800 Challenge (trademark: JonBob 2022) is an idea that hit me on Ash Wednesday. What if 10 dudes could come together to cross the USA in 40 days? (Though not technically 2,800 miles and while not traveling out of their small Cincinnati suburb.) When JonBob came up with the name, I knew it was PERFECT.

Here is why:

2800 divided by 10 (dudes) divided by 40 (days) is SEVEN, which is God's perfect number of completion, #NBD. It's also a decently aggressive amount of distance to push your body every

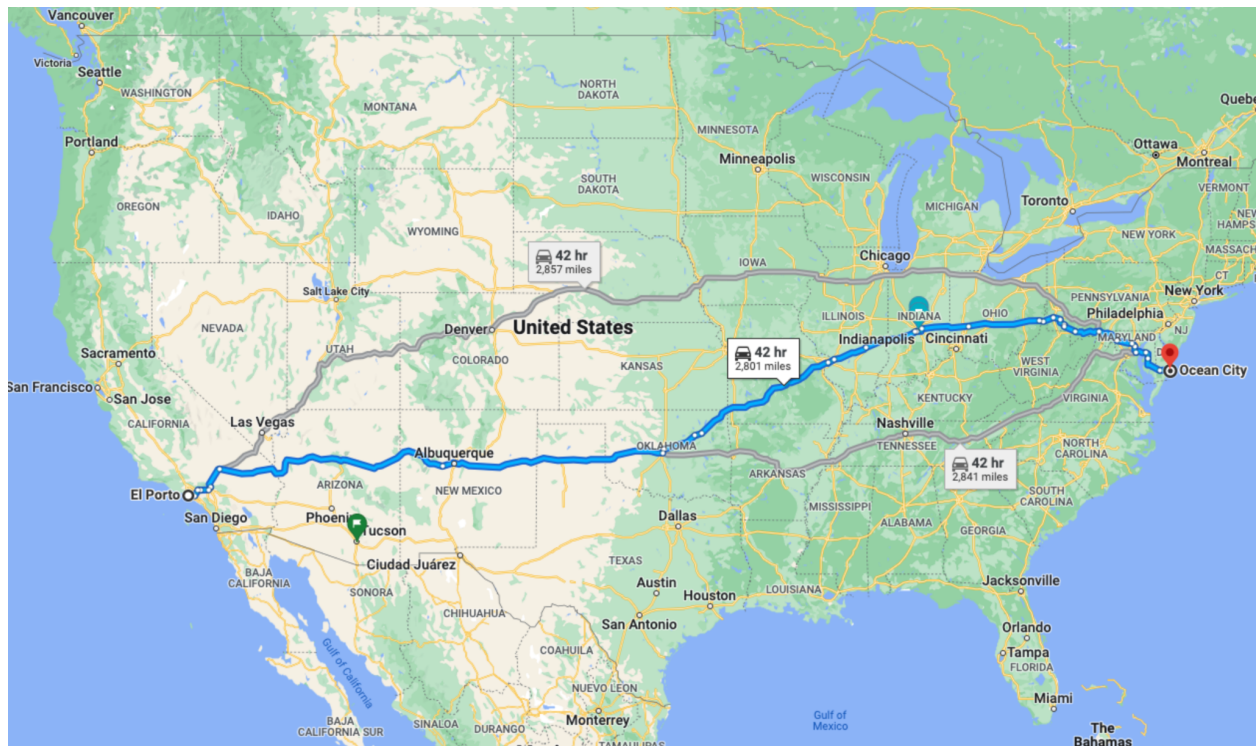
single day for 40 days. While 7 isn't a terribly long bike ride, if you miss 2 days now you're looking at riding 21 miles, which is nothing to sneeze at. In other words, it's relentless.

This morning I woke up and it was cold. But The ReLENTless 2800 reminded me that I should ride my bike to work. 12.5 miles one way. It was a beautiful morning.

Thank you for considering this adventure. I encourage you to push yourself. I do believe it will be difficult. I also encourage you to spend time during each and every activity thanking God for a body that works and His son who ultimately set us free.

Good luck.

DVal



PS: Lent is NOT 40 days, it's 46. Here's why (in case anyone cares):

Lent used to start on the Monday following what is now Ash Wednesday. The three days of the Easter Triduum, Holy (or Maundy) Thursday, Good Friday, and Holy Saturday, were not counted in the 40 days, although they were still fast days. Sundays were counted as days in Lent. That meant 43 fast days.