

## The Story Behind RUNCatholic

Making time for Jesus in Eucharistic Adoration has always been deeply important to me. Every week, my mom and I spend a Holy Hour together before Our Lord. It became one of the most meaningful parts of our week—a quiet hour of prayer, peace, and simply being with Jesus.

Over time, we noticed something beautiful: the hour before ours was also reserved by another mother and daughter. One day, I happened to wear some Oklahoma State University gear along with my chapel veil. The other mom recognized the OSU connection immediately, smiled, and gave me the silent “call me” hand sign across the chapel. That simple moment led to a conversation. The conversation led to friendship. And the friendship led to a realization:

We both loved running.

We both loved our Catholic faith.

But we couldn’t find a place where the two truly came together—for both kids and adults. We dreamed about a community where people could:

- grow in holiness,
- build authentic friendships,
- pursue fitness with purpose,
- and keep Christ at the center of it all.

Somewhere along the way, one of us finally said:

“You’re on fire. I’m on fire.

You’re great at running, coaching, and inspiring people.

I can help rally families and build the vision.

Should we do this?

Think we can actually do this?”

And the answer was simple:

“Okay. I’m in.”

And that’s how RUNCatholic began.

Not from a business plan.

Not from a marketing strategy.

But from prayer, friendship, Eucharistic Adoration, and a shared desire to help people run toward Christ together.