



IMPACT REPORT

Running Together to **Change Perceptions** and **Change Lives**

A Message from Our Executive Director

For a nonprofit founded on in-person connection, built on running side by side several times a week, COVID-19 made 2020 a uniquely challenging year. As residents of homeless shelters and post-incarceration reentry centers, Mile in My Shoes' Members felt the pandemic's forced isolation deeply. But in classic MiMS spirit—what we call the “WOO!”—our volunteer Run Mentors found creative ways to connect with Members, hosting Zoom “workouts in place” and knitting MiMS-colored solidarity bracelets to deliver to shelters.

Meanwhile, recognizing the enduring connection we have with dozens of Alumni Members, MiMS found new ways to support them during this trying time. Staff and volunteers formed mini-teams that ran “alone together” and communicated by text, Zoom, and phone while training for events like Mile in My Shoes' very own Downtown Run Around 5K, which went virtual this summer and didn't miss a step, “hosting” racers from 24 states and six continents!

With our creative change of course allowing us to bring the power of running in community to over 50 program Alumni and 100 volunteers in 2020, we were inspired to see our mission—running together to change lives and change perceptions—stay strong, even from a distance.

Fueled by this success, and by continued support from our growing donor community, in December we hired a Program Director to deepen our program impact, and brought on a part-time Alumni Coordinator to build on the Alumni engagement we saw in 2020. Through the creation of new task forces, we are also ready to focus on issues vital to our mission, including advocating for the rights of our members on a systemic level, and increasing diversity and inclusion at all levels of our organization.

Mile in My Shoes is committed to finding new and creative ways to bring the transformative power of running to people experiencing homelessness and other barriers, and we look forward to sharing our progress with you in 2021!

Mishka Vertin, Executive Director

By the Numbers

Since our program launched in 2014:

462 NEW RUNNERS

462 individuals experiencing homelessness or exiting incarceration have taken their first steps toward transformation with a Mile in My Shoes team.

2,000 FINISH LINES

From 5Ks to marathons, our Resident Members achieve their race goals, leading to success on and off the road.

700+ SETS OF GEAR

700+ sets of new running gear—shoes, shorts, shirts, winter hats—have been given to Members to kickstart or continue their MiMS journey.

373 RUN MENTORS

Run Mentors have run thousands of miles by our Members' sides, many volunteering year after year and changing their perceptions of homelessness and incarceration along the way.



Running Together **Changes Lives**

STABILITY

97% of long-term Alumni report maintaining stable housing and 82% have not been rearrested or violated their probation.

POSITIVE HABITS

140 members have achieved Alumni status by attending at least 20 runs, participating in races and social events, and demonstrating development of positive healthy habits and personal accountability.

HEALTH

85% of MiMS resident members report improved health (e.g., weight loss, quitting smoking, less depression).

CONFIDENCE

100% of Alumni report that MiMS helped them reach a goal they set for themselves.



Power in **Pairs**

Beyond the data are the inspiring stories of our Member-Mentor pairs. Read them in our “These Are My Shoes” series:

www.mileinmyshoes.mn/these-are-my-shoes

“After 16 years [incarcerated], I came out feeling like I had a scarlet letter on my chest. ...Mile in My Shoes changed all that. After 2 or 3 weeks of runs—and these weird hugs—the wall I’d built around myself had come down. My mom said, ‘Wow, I got my son back.’”

—Alumni Member



"We as run mentors are understanding the experiences of those experiencing homelessness, seeing what it is to be in their shoes, and I believe our resident members are also understanding that people in the community want to be there for them."

—Run Mentor

Running Together **Changes Perceptions**

CONNECTION

85% of Resident Members report feeling more connected to their community after participating in MiMS.

EDUCATION

Members and Mentors take part in events that educate our community around issues of homelessness and incarceration.

MOTIVATION

90% of Run Mentors feel more motivated to do more for, or with, people experiencing homelessness.

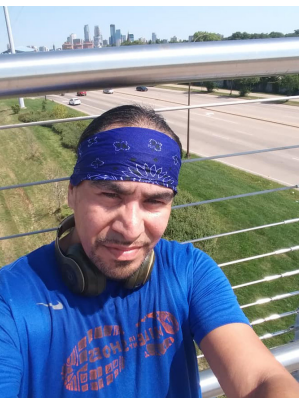


Each summer, our mission of changing lives and perceptions comes together at our very own **Downtown Run Around 5K race**.

In 2020, our "Alone Together" virtual version set records:

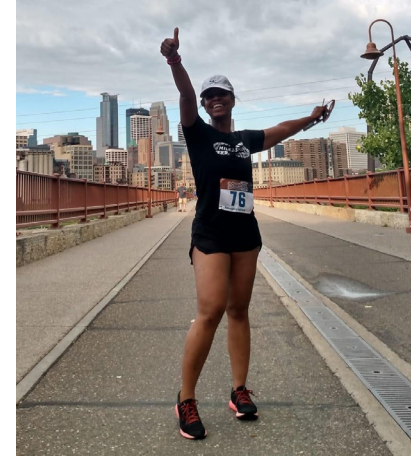
- 587 runners across 24 states and 10 countries
- 50 MiMS Alumni racers
- 21 sponsors

Together, we raised **\$52,000** to directly support our programs.



Community Support: The Extra Mile

Our impact would not be possible without MiMS' growing team of supporters



FUNDRACERS

FundRacers utilize their network of family and friends to spread the mission of Mile in My Shoes while raising critical funds for our programming. FundRacers bring in 50% of our overall individual donations.

2018: 42 FundRacers raised \$36,267

2019: 94 FundRacers raised \$49,332

2020: 29 raised \$27,666 (despite no in-person races)

SPONSORS

Thank you to our generous sponsors in 2020!

Luther Automotive	RBC
Thrivent Financial	Hennepin Healthcare
Polaris Foundation	Performance Running
CBRE	Defining You Pilates and Fitness
Mill City Running	Twin Cities Metals
UBS Field Jackson Hourigan	Treeline Wealth Management
Wagento Creative	Mid-America Real Estate

Thanks to FundRacers, matching donations, grants, and Downtown Run Around proceeds, MiMS has built a stable base of revenue and reserve (even after a COVID-related dip in 2020).

	Revenue	Expenses
2018	\$136,556	\$110,690
2019	\$183,933	\$150,718
2020	\$150,186	\$106,275

Fuel Our Runners

SPONSOR

Your company or organization can sponsor a MiMS team or our annual Downtown Run Around 5K. Email mn.mileinmyshoes@gmail.com to talk about options.

GIVE

Your tax-deductible donation helps us cover race entry fees, buy shoes and gear, and bring the power of Mile in My Shoes to even more people. Donate at www.mileinmyshoes.mn.

FUNDRACE

Raise money for MiMS while training for a race.
www.mileinmyshoes.mn/fundracing

MENTOR

Want to run with us? Sign up to be a volunteer Run Mentor.
www.mileinmyshoes.mn/weekly-runs

Get #MiMSpiration: Follow us on Facebook (@mileinmyshoes) and Instagram (@mileinmyshoes.mn)

