



IMPACT REPORT

**Running Together to Transform
Ourselves, One Another, and Our
Community.**

The Motion Center

355 Randolph Ave, Suite 200
Saint Paul, MN 55102

Get #MiMSpiration:

Facebook (@mileinmyshoes)
Instagram (@mileinmyshoes.mn)

A message from Team Union Gospel Mission member, Godana:

The first time I entered the recovery program at Union Gospel Mission it was 2017, and I was not ready—I wanted to do recovery on my own terms. But it doesn't work that way. When I returned last year, people could tell I was different. This time, I was doing recovery for myself, not for anyone else.



Being part of Mile in My Shoes is a big part of doing things differently this time. Keeping to myself or to people I'm comfortable with has caused me to put up a wall, to protect myself. But after being here about three weeks, I worked up the courage to ask one of the team Members, Chad, about the group out there stretching. I really just thought it was going to be about fitness. The first morning I went out and everyone hugged me—I'm not going to lie, that threw me a little bit! It was more hugs at one time than I'd ever had in a day! Immediately I was overwhelmed by the love and total acceptance I felt. **It was instant: "we accept you in." I didn't realize that it was about so much more than running, but about a sense of belonging, about love.**

Talking with Mentors on our runs, I've learned that they get as much joy out of this as I do. Understanding that this is mutual has been really important to me. The Mentors are choosing to be here with us, and we are choosing to be here too. We are all here to get better. Even more than anyone saying this, I can feel it.

Running with MiMS has me looking at other areas of my health now, too. I needed something like this to help me quit smoking, which I've been working on and making progress. Being a part of this team is actually part of a lifestyle change—I'm going to be a runner now. **A runner is someone who is conscious of their health, but it's also about being part of a community.** I want to get to the point where I want to run on my own. But for now, I want to run with Mile in My Shoes.

About Us

Mile in My Shoes uses the power of running to bring together people from diverse backgrounds to build connections, boost wellness, spark social change, and center people traditionally excluded from running spaces. Our program links volunteer Run Mentors with Resident Members who are transitioning from incarceration, substance use, homelessness, and military service.

OUR IMPACT BY THE NUMBERS

Since our program launched in 2014:



New Runners

Participants transitioning from homelessness, substance-use recovery, incarceration, and military service have all taken their first steps toward transformation with Mile in My Shoes. As part of their welcome, MiMS has distributed over 1,000 sets of free running gear.



Alumni Incentives

As Resident Members become Alumni Members after 10+ runs with their team, they receive Alumni run shirts, GPS watches, headlamps, and other gear to help them make running a lifelong pursuit.



Finish Lines

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



Run Mentors

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

RUNNING TOGETHER TRANSFORMS LIVES



“When I think about it, my involvement with MiMS and Team Nokomis, as well as committing to the races, actually did more to keep me from falling through the cracks again than anything else.” —Alumni Member

POSITIVE HABITS

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

HEALTH

100% of MiMS Resident Members report improved health (e.g., weight loss, quitting smoking, less depression).

LEADERSHIP

Every MiMS team has at least one Alumni Mentor, reflecting our Members' pursuit of leadership opportunities.

RUNNING TOGETHER TRANSFORMS OUR COMMUNITY

CONNECTION

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

EDUCATION

— **Members and Mentors** take part in MiMS “Voices of...” advocacy events that educate our community about incarceration, recovery, homelessness, and veterans.

SOCIAL ACTION

— **100%** of Run Mentors report becoming more civically engaged in issues surrounding homelessness, recovery, veterans, and criminal justice since volunteering with MiMS.

POWER IN PAIRS



Beyond the data are inspiring stories of our Member-Mentor pairs.

Read them in our “These Are My Shoes” series:
www.mileinmyshoes.mn/these-are-my-shoes

“To be honest, I was nervous about running with people with such different life experiences than mine - it’s way out of my comfort zone. In the end, I realized that everyone on my team was just...a person. Everybody has struggles. Everybody wants connection. In that way, we are all the same.” —Run Mentor

DOWNTOWN RUNAROUND



Each summer, our community-building vision comes together at our very own Downtown Run Around 5K. In 2023:

650

People ran in person, with another 50 joining us virtually from as far as Australia.

300

Free entries were given away to BIPOC runners and people sharing lived experience with our Members.

\$80,000

Was raised for our program, including support from 30 sponsors.

COMMUNITY SUPPORT: THE EXTRA MILE

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

FUNDRACERS

FundRacers tap into their networks of family and friends to crowd-raise money for MiMS as they train for races like the Twin Cities Marathon, City of Lakes Half, Downtown Run Around, and more.

64% of our overall individual donations are brought in by FundRacers!

SPONSORS

Thank you to our generous sponsors in 2023!

Long Run Leadership	Hennepin Healthcare	Vanco
Anderson Realty	Great Southern Bank	Defining You Pilates
RBC	Polaris	Movement Studio
SFM	Johnny Pops	IDC Spring
Mill City Running	HireAHand	IDC Automatic
Performance Running Gym	Endurance Sports	Bitter Buffalo
Edina Realty Foundation	Blaze Credit Union	Expectancy Coffee
Luther Auto	Twin Cities Orthopedic	Motion Physical Therapy
Cox Insurance	Organic Lawns by Lunseth	

Thanks to our FundRacers, individual donations, matches, grants, and Downtown Run Around proceeds, MiMS has built a stable base of revenue and reserves.

	Revenue	Expenses
2021	\$243,476	\$225,087
2022	\$289,308	\$279,168
2023	\$356,344	\$382,317

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



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