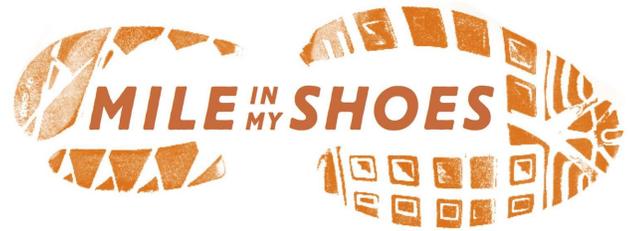


WHAT IS MILE IN MY SHOES?

Mile in My Shoes builds community, boosts health and wellness, and sparks social action by bringing the power of running to people experiencing homelessness and other barriers. **Our mission: running together to change perceptions and change lives.** As our runners say, "Every mile changes you."



WHO IS MILE IN MY SHOES?

- **Volunteer "Run Mentors"** who want to share their love of running and build bonds across our Twin Cities community
- **Residents of shelters and transitional housing ("Resident Members")** who want to get fit, meet new people, and make a positive impact

HOW DOES IT WORK?

Based at Minneapolis and St. Paul shelters for people experiencing homelessness and recent incarceration, MiMS' teams of Resident Members and Run Mentors run together three times a week and take part in local races, from 5Ks to marathons. Thanks to donors and partners, we are able to outfit every Resident Member with new shoes and running gear.

HOW CAN I GET INVOLVED?

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.

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

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

Get #MiMSpiration: Like, follow, and see us on Facebook, Twitter, Instagram: @mileinmyshoes



WHY WE RUN

Since launching in 2014, MiMS has helped:

- 300+ people experiencing homelessness, exiting the prison system, and recent refugees lace up a pair of new running shoes and **run their first mile**
- 170+ members run a 5K race, 22 run a half-marathon, and 14 run a full marathon
- 90+ members reach alumni status, completing between 20 and 200 runs each
- Dozens of members connect to housing and employment opportunities
- Over 300 Run Mentors—volunteer runners from across the Twin Cities—connect with people experiencing homelessness and other barriers

CHANGING PERCEPTIONS AND LIVES

100 percent of Resident Members say they see themselves differently than when they began Mile in My Shoes, and **85 percent** feel more connected to their community and neighbors.

100 percent of Run Mentors feel motivated to do more for or with people experiencing homelessness, and **88 percent** say they better understand issues of homelessness and incarceration.

IN OUR OWN WORDS: MILES OF IMPACT

Resident Members

“After 16 years [incarcerated], I came out feeling like I had a scarlet letter on my chest. I honestly didn't believe there were good people in the world. Mile in My Shoes changed all that. After 2 or 3 weeks of runs—and those hugs—the wall I'd built around myself had come down. My mom said, 'Wow, I got my son back.'” - **Alumni Member, Team VOA Southside**

“MiMS has reminded me that no matter my situation, I can DO something ... and that has helped me move forward.” - **Resident Member, Team Sarah's**

Volunteer Run Mentors

“Before MiMS I ran alone and was one of the most judgmental people you would ever meet. Then I signed up with MiMS and I learned that homeless people are not lazy and that refugees and those recently incarcerated are looking for new beginnings. I learned that we are all full of hope and love. Before MiMS I knew *why* I ran: for me. But now I know *what I run for*: I run for love, hope, and as many chances as you need. - **Run Mentor Joe R.**

“As ignorant as it may sound, MiMS has helped me to really humanize people experiencing homelessness or getting out of prison. MiMS is a testament to the powerful impact that a good community, and a little exercise, can have to give understanding about one another and hope for the future.” - **Run Mentor Rachel**