



TRANSFORMING LIVES
one mile at a time

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Mile in My Shoes: Run Mentor Position Description

Run Mentors are runners of all abilities, speeds, and motivation with one thing in common - the desire to spread the transformative power of running. While Run Mentors often join MiMS to volunteer their time and to help others, they soon discover that they get back much more than they give. By running side-by-side with Resident Members, Run Mentors have the opportunity to motivate new runners while cultivating relationships that transform their perceptions of homelessness, incarceration, or addiction. Run Mentors commit to showing up to their team one day of the week for the duration of one four month cycle. However, we find Run Mentors get the most out of their experience when they participate in additional ways, such as team social events, races, and learning opportunities.

Run Mentors should:

- show up to each run ready to engage and encourage
- be prepared to run (or not run) based on what a Resident Member needs that day; training expectations should be saved for another time
- leave assumptions at the door; approach getting to know Resident Members with the same curiosity as you would anyone else you run with
- be ready to embrace learning and growth as a part of their MiMS experience
- participate in social events and races-these events offer opportunities to get to know your teammates on a different level, and deepen connections to your team
- embrace and support MiMS' values

Mile in My Shoes is dedicated to ensuring that our volunteers reflect the diverse and vibrant communities we work with. Mile in My Shoes is committed to actively seeking mentors from key communities underrepresented in traditional running spaces. These include, but are not limited to BIPOC, body types that are not included in conventional images of "runners", LGBTQIA+, and people with personal and/or professional experiences in the facilities with which we run. For that reason, we prioritize Run Mentors who reflect these diverse backgrounds.

Time Commitment:

- 1 run per week for a minimum of a full cycle (four months)
- 3-hour season kick-off training
- Various races, social events, and learning opportunities throughout the cycle

Though we accept Run Mentor applications on a rolling basis, most roles will be filled prior to the start of each cycle (March and July). Other opportunities will be filled as they become available. The Run Mentor application is available here: www.mileinmyshoes.mn/weekly-runs

FundRacing

Mile in My Shoes would not exist without the support of our FundRacers. Though not a requirement of your role, we highly encourage participation from our Run Mentors because of the power that comes with being able to share your story about running alongside Members, experiencing the impact firsthand (on our community and yourself). We ask Run Mentors who are not already FundRacing for another campaign, to consider participating in their teams' campaign for the Downtown Run Around or end-of-season race (Victory or Drumstick Dash). Distance Crew Mentors are asked to FundRace with their team as part of the 2025 TC Marathon campaign.