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“I look back on all the life changes that have occurred since I started running. There is not one setback, hurdle or other life challenge that has not been overcome by taking that basic sentiment we strove for in the beginning: **keep showing up.**”

Alumnus runner Ryan Navales

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## **This is the story of how a Judge and a group of homeless men started running together, some to save their lives.**

In 2012, Los Angeles Superior Court Judge Craig Mitchell founded The Midnight Runners. That first year, despite seemingly insurmountable obstacles, the group of unlikely athletes participated in the Firecracker 10k, the Los Angeles and Pasadena Rock n' Roll Half Marathons, the LA Marathon, and many other races. They didn't stop there.

In 2013, Judge Mitchell and three of the club's top performers ran in the Accra International Marathon in Ghana, Africa. Since then, the club has grown, and now includes current program participants from The Midnight Mission, alumni from our Recovery and HomeLight Family Living programs, and other members of the community. Last year, 25 members of the club traveled overseas to run the 2015 Maratona Di Roma.

Two to three mornings a week, the runners meet at The Midnight Mission on Skid Row for a run through the city with an important goal in mind: a better life.

“It certainly provides a great balance for me as a judge to realize that in a different setting, the same people that I sent to state prison or to county jail, with the right supportive services in a different context, their lives can be rebuilt,” says Judge Mitchell.