

Contact Us

Written by

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For questions contact us, info@footmechanicsrace.com or call 888.600.4997 ext. 4.

RACE MISSION

- To promote running generally as a means to health and fitness for all ages
- To inspire individuals to take that first step toward health and fitness with a one mile race (everyone can do it!)
 - To educate all runners in training, nutrition, shoes, injury prevention, strength programs via seminars, promo materials & training sessions
 - To create a race that appeals to the extremely talented as well as the individual who either thought they could never run or never run again
 - To provide shoes & orthotics to those young athletes who cannot afford them through a charitable donation to Feet in Need
 - To support veterans returning home from duty through a charitable donation to Salute, Inc.
- To showcase and advertise downtown St. Charles' businesses and beauty