



Adult & Teen Challenge
Northland Minnesota

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Minnesota Adult and Teen Challenge Holds 13th Annual Breezy Point 5K on July 3

Event expected to raise more than \$60,000 for recovery from addiction

DULUTH, Minn. – On Saturday, July 3rd, 2021 Stevie and Sandy Paulson, along with the Northland Campus of Minnesota Adult and Teen Challenge (MnTC), will be hosting the 13th Annual Breezy Point 5K. For thirteen years, the race has started right in the Paulson’s driveway, and has been an important way to help raise funds and awareness for MnTC. Last year, the Breezy Point 5K raised over \$60,000! This year, the event will have a record-breaking attendance of over 400 participants.

“Steve and I are always amazed and humbled by the participation and the outpouring of generosity,” says Sandy Paulson. “To have people gather in a driveway on a summer morning to do a run for a cause like this brings so much pride to our hearts. Unfortunately, almost everyone is connected to someone that has dealt with or is currently struggling with an addiction. We lost somebody. We know the pain. We hope to save others from that pain.”

Registration and pre-race activities begin at 8:00 a.m. Ahead of the race, the MnTC Choir will sing songs and one of the choir members will talk about his battle with addiction and how coming to MnTC has helped him. Stevie will also talk about why he and his wife, Sandy, started the race, how much it means to them, and how much they appreciated everyone’s involvement—from volunteers and racers, to the 80+ sponsors who support the cause. The race starts promptly at 9:00 a.m.

Funds from the Breezy Point 5K help make long-term programming available to people coming to MnTC who do not have the means to pay. The Northland Campus offers licensed treatment and faith-based long-term recovery programs to adult men, as well as outpatient programming to men and women in the local community.

About Minnesota Adult and Teen Challenge

Minnesota Adult & Teen Challenge (MnTC) is a drug and alcohol treatment and recovery program that has been in operation since 1983. With 11 locations throughout the state, MnTC offers a full range of services including long-term recovery and short-term intensive treatment programs as well as extensive prevention services through the organization’s program, Know the Truth (KTT). Each year, Know the Truth speaks in more than 160 high schools and middle schools across the state, sharing personal stories of addiction with students to help prevent substance use.

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