



Mn Adult & Teen Challenge

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**Minnesota Adult and Teen Challenge Hosts Run/Walk to Promote Sobriety**  
*Freedom 5K will take place Sept. 23 in St. Paul*

**WHO:** Each year, in celebration of the healing power of physical activity, Minnesota Adult & Teen Challenge hosts the Freedom 5K, a run/walk in support of the organization's efforts to end addiction. Proceeds from the event will benefit Minnesota Adult and Teen Challenge's treatment and prevention programs. This year's presenting sponsor, Bobby and Steve's Auto World Youth Foundation, is a long-term supporter of Minnesota Adult & Teen Challenge.

**WHAT:** Hundreds of Minnesota Adult & Teen Challenge supporters, including individuals, teams, churches, schools and corporations, will join together to help stop addiction. Highlights of the event will include:

- A Kids Zone featuring snacks, face painting, bounce houses, balloon twisting, live entertainment, kids' games and more
- The MnTC Choir singing songs and sharing testimonies of hope
- Prizes that will be given to the top three individual fundraisers, top three fundraising teams and top runners

During last year's event, more than 1,000 people gathered at the Harriet Island Pavilion. Together, they raised more than \$83,000 to support Minnesota Adult and Teen Challenge's efforts to stop addiction.

There will be numerous photo opportunities available, including the start and finish of the race, a balloon release in honor of loved ones lost to substance use, the awards ceremony and testimonials from Minnesota Adult and Teen Challenge participants. Jen Brink-Edwards, the director of communications for Minnesota Adult and Teen Challenge, and Minnesota Adult and Teen Challenge participants will also be available for interviews.

**WHEN:** Saturday, September 23, from 8 a.m. to 1 p.m.

**WHERE:** Harriet Island Pavilion  
200 Dr. Justus O'Hage Blvd.  
St. Paul, MN 55101

**About Minnesota Adult & 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.