



Todd Crandell PC (Professional Counselor) and LCDC III (Licensed Chemical Dependency Counselor III) is the founder and Executive Director of Racing for Recovery™, a federally 501 c 3 non-profit foundation with the mission of preventing all forms of substance abuse by promoting a lifestyle of fitness and health for all those affected by addiction.

Todd's own 13-year struggle with drugs and alcohol nearly destroyed his life, devastating relationships with family and friends and shattering the promise of a professional hockey career. He quit using drugs and alcohol on April 15, 1993, and has been sober ever since. In the process of rebuilding his life, Todd realized traditional recovery programs weren't enough. He needed something more. He chose the most grueling sport imaginable, the Ironman Triathlon – 2.4 mile swim, 112 mile bike, 26.2 mile run. Todd ran his first triathlon in 1999 and has never stopped. He has completed sixteen full-length Ironmans all over the world. His experience running these events and inspiring others on their road to sobriety led him to form Racing for Recovery™ in 2001. He also has completed the invitation only (35 participants) 2008 Ultraman in Hawaii which is a 3 day test of endurance consisting of a 6.2 mile ocean swim, 90 mile bike ride (Day 1), 171 mile bike ride (Day 2) and 52.4 mile run (Day 3).



Racing for Recovery™ now sponsors support meetings and racing events across the United States to promote a lifestyle of fitness and sobriety. Todd and Racing for Recovery™ have been featured on CNN, FOX, ABC, CBS, and NBC News, ESPN's SportsCenter, ESPN2's Cold Pizza, The New York Times, Sports Illustrated.com,

Runner's World and Triathlete Magazines, the nationally-syndicated Mitch Albom Radio Show, and a number of other radio, newspaper and magazine interviews across the United States and throughout the world.

His book, "From Addict To Ironman," co-written with John Hanc, gives an unflinching account of his addiction and recovery and has motivated thousands in their fight to overcome drug and alcohol addiction. Todd Crandell regularly speaks to groups and individuals to convey one important message: "With sobriety anything is possible."

Sponsors include Nuun Active Hydration, Blue Seventy Wetsuits, Wicked Fast Sports Nutrition, Griffen Bikes, DeSoto Sport, PureFit Nutrition Bars and Louis Garneau.

Todd holds a Master of Counseling degree from Spring Arbor University and a Bachelor of Business degree from Lourdes College. He lives and trains in Sylvania, Ohio, with his wife, Melissa, their two sons, Konor and Mason, and daughters Skylar and Madison.

For more information, please visit www.RacingforRecovery.com.

"With Sobriety Anything is Possible"

