



“My singular goal is to help everyone obtain,
attain and sustain the sobriety they deserve.”

-Todd Crandell

RACING for Recovery



Todd Crandell, License Professional Clinical Counselor (LPCC-S) and Licensed Independent Chemical Dependency Counselor (LICDC-CS), has dedicated his personal and professional life to helping substance abusers re-channel their destructive behaviors into positive, life-affirming action. By sharing personal stories about the perils of substance abuse, best practices in prevention and how to lead a holistic lifestyle, Crandell offers a positive alternative to those struggling to overcome a life of addiction. His 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. However, through his pursuit of extreme physical fitness and personal well-being, he found a productive outlet for his once-negative energies, transforming himself into a world-class athlete and champion for sobriety.

In his pursuit of recovery, he applied his energy to pursue the most grueling sport imaginable, the Ironman™ triathlon: A 2.4 mile swim, 112 mile bike, and 26.2 mile run. Crandell ran his first triathlon in 1999 and has never looked back. He has since completed over 83 IRONMAN® and Ultraman



triathlons in 15 countries on six continents, but that isn't his proudest accomplishment. In the process of rebuilding his life, Crandell realized traditional recovery programs weren't always enough to help people refocus their addictive drives into positive actions that break the abuse cycle.

Crandell's experiences and inspirational efforts led to the formation of Racing for Recovery™ in 2001, a federally approved 501 c-3 non-profit organization dedicated to helping people from all walks prevent and overcome addiction. A multi-faceted empowerment group, Racing for Recovery offers weekly support group meetings that are available to everyone who has been affected by addiction, which includes both the individual who is suffering from the choices of using drugs and their friends and families, along with the public at large. The meetings provide an inviting, educational, supportive, encouraging and caring environment that each side of addiction benefits from. Racing for Recovery has been featured on CNN, ESPN, the New York Times and Runner's World Magazine, and is known throughout the world.

Todd Crandell has chronicled his powerful mental and physical journeys in his books *From Addict to Ironman* (2006), *There's is More than One Way to get to Cleveland* (2013), and *Choices and Consequences* (2019). These lay the foundation of Crandell's intensive out-patient group that focuses on the emotional issues and low self-esteem that leads to a choice to drug use or self-harm and how to attain and sustain sobriety through a balanced and holistic lifestyle. In addition, his story has been highlighted in the documentaries *Addict* (2003) and *Running with Demons* (2012) and award-winning *Pure Euphoria* (2020).

A prolific and dynamic presenter, Crandell regularly speaks across the country to school districts, corrections facilities, drug treatment centers, community groups and other organizations. Leading with one simple message – "With Sobriety, Anything Is Possible" – Crandell's mission is to prevent all forms of substance abuse by promoting a lifestyle of fitness and health. As someone who has been to the depths of despair, battled addiction, contemplated suicide, yet overcame and found the willpower to succeed, Crandell is able to form an intimate connection with his audience, inspiring and changing lives at every event.



WITH SOBRIETY, **ANYTHING IS POSSIBLE**



WE'RE RIGHT THERE WITH YOU. EVERY DAY.

Founded by Todd Crandell in 2001, Racing for Recovery works to improve quality of life for addicts and their loved ones by promoting a lifestyle of health, fitness and sobriety. Every day. Our life-saving mission includes free ongoing support for those recovering as well as their loved ones. Other support opportunities include Team Racing for Recovery™ and an active online community support system, including real-time social media conversations via Facebook, Twitter and YouTube for peer support anywhere, at any time. Additional prevention and recovery services, such as counseling, speaking engagements, interventions and court-ordered assessments are also available.

OUR HOLISTIC APPROACH

PREVENTION THROUGH HEALTHY LIFESTYLE PROMOTION

Racing for Recovery isn't just another rehab program. We are a comprehensive healing and prevention center focused on treatment, support, education, wellness and community. Our mission is to prevent all forms of substance abuse by promoting a lifestyle of fitness and health for all those affected by addiction. People on the road to recovery, as well as their family members, are welcome to participate in our center's comprehensive offerings. If you're ready to break the addiction cycle and lead a lifestyle of recovery, we're right there with you.

PROVEN SOLUTIONS

CREATING BALANCE AND PURPOSE THROUGH POSITIVE ALTERNATIVES

COUNSELING SERVICES

Racing for Recovery provides the tools to understand why addiction has control over you and how you can overcome it. Pinpointing the trauma, predispositions and other factors associated with addiction will arm you with the knowledge and power to change for the better.



SUPPORT GROUPS

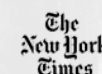
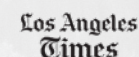
Anyone affected by addiction is invited to join in the discussion at our weekly Racing for Recovery support group meetings. Topics of discussion include substance abuse issues, recovery, exercise and leading a healthy and productive lifestyle.

EXERCISE GROUPS

We offer a creative, holistic approach to life balance. Relieve stress through group workouts, yoga, soul core, chiropractic and more. Create a healthy new lifestyle through positive alternatives. Ohio Medicaid is accepted for exercise services.



RACING FOR RECOVERY HAS BEEN FEATURED



Learn more about our services by reading through our website and watching our videos at www.racingforrecovery.org.

CALL US TODAY TO START A JOURNEY OF HOLISTIC HEALING

419.824.8462 | 6202 Trust Dr., Holland, Ohio 43528



Racing for Recovery™ is a federally approved 501(c)(3) non-profit organization.