

PRESS KIT

RUNNING WITH DEMONS

A DOCUMENTARY FILM

RWD FILM, LLC PRESENTS A TONY ARMER AND J. DECLAN FLYNN FILM "RUNNING WITH DEMONS: A DOCUMENTARY FILM" TODD CRANDELL

ORIGINAL MUSIC BY DAVE RUDE EDITED BY J. DECLAN FLYNN DIRECTOR OF PHOTOGRAPHY DAVE A. BARRETT STORY BY TODD CRANDELL WITH MUSIC FROM TESLA

EXECUTIVE PRODUCER GLENN E. GOLDBERG, GARY DRESDEN AND MICHAEL SCHULMAN PRODUCED BY J. DECLAN FLYNN AND TONY ARMER



SDDS Sony Dynamic Digital Sound
IN SELECTED THEATERS

WRITTEN AND DIRECTED BY J. DECLAN FLYNN AND TONY ARMER

FILMED IN HIGH DEFINITION **DCI DOLBY DIGITAL**

INTERNET KEYWORD: TODD CRANDELL WWW.RUNNINGWITHDEMONS.COM

THIS FILM IS NOT YET RATED

NR NOT RATED
THIS FILM HAS NOT YET BEEN RATED BY THE MPAA

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84 MINUTES

FEATURE LENGTH | DOCUMENTARY | 2010

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The best analogy I can construct vis-à-vis producing and directing this documentary is that of giving birth: the conception was quick, the incubation period was wearisome, and as the film began to mature, seeing the world for the very first time, all you want to do is dress it, feed it, teach it, and love it. Then the protective instincts kick in, and you're afraid to let go.

One of the first things I learned as a filmmaker is that you never finish a film. You just have to know when to let go and walk away. Being a father, this film was like my third child.

Now that Running with Demons is complete, the pride I have in this project is more than I anticipated. The subject matter and the film's theme have personally improved my life, and it's been an honor to be a part of this project. Here's to hoping the world loves it as much as I do.

J. Declan Flynn
Producer, Writer & Director



Sometimes in life you can recognize the moment a decision will alter the course of your career, or even your life. The day Todd Crandell, a long-time friend from back home in Toledo, Ohio, called me about his participation in Ultraman Canada and hinted filming the event, I could foresee the shadow this project would cast before shooting a single frame.

The weeks prior and during Ultraman, and the months after, it became rather evident producing a documentary was apples to oranges when compare to producing a narrative film. Firstly, there's no script! And secondly, because there is no script, the story can and will wrestle with you throughout editing.

This documentary is a darn good film. It's inspirational, and I believe this film will find buoyancy upon a sea of troubled souls searching for hope in helping them reach their own sobriety. I am proud to have been a part of that.

Tony Armer,
Producer, Writer & Director



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DIRECTOR'S STATEMENT



J. DECLAN FLYNN



TONY ARMER

THE DIRECTORS



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SYNOPSIS

Running with Demons is the story of Todd Crandell: a man who for thirteen years of his young life, battled through severe alcohol and drug addictions, precipitated by the loss of his mother to suicide.

Destitute and homeless, Todd began a new journey taking him across the globe competing in the extremes of all endurance races: the 2001 Ironman™ in New Zealand. But unbeknownst to Todd, crossing the finish line would become more symbolic than just finishing a race. It would change his life, and the lives of others.

Fast forward eighteen years, Todd competes in extreme endurance events all over the world, promoting his not-for-profit foundation, Racing for Recovery™, utilizing the Ironman™ and now the Ultraman™: a grueling three-day, 318.6 mile triathlon, to spread his message of hope.

In July 2009, Todd competed in his second Ultraman™ set in the rustic back-country of Pent-icton, British Columbia: the Ultraman™ Canada. It was there over the course of three brutal days, suffering through record summer temperatures, that Todd revealed yet another life-changing struggle: whether to quit Racing for Recovery to save his relationship with his family, or continue saving lives through his foundation; a parallel so resembling Todd's days of becoming sober.

While the ONLY film crew permitted such unprecedented access in the 25-year history of the Ultraman™ the film crew follows Todd along every brutal mile, Todd shares a unique and stark glimpse into the life of an ex-addict who's battling with yet another addiction: saving people's lives, and the cost endured to him and his family, while continuing to face the demons from his past that continue to haunt him.

PROTRACTED

BRIEF

“Am I sacrificing my family to help someone else? You know, I have. I didn't intentionally do this...”

Running with Demons is an inspirational documentary about Todd Crandell, a substance abuse survivor who, after competing in his first Ironman in New Zealand discovers a new purpose in life, crafting a unique, holistic approach to drug and alcohol recovery through his non-profit foundation, Racing for Recovery™.

Although his efforts to save lives by conveying his global message of hope via extreme endurance events like Ironman™ and the Ultraman™ garners success, it also fuels trouble back home, and forces Todd to rethink his true purpose.

01:00:10:00

01:00:20:00

01:00:30:00

01:00:40:00

01:00:50:00

June 14, 2009

Tony Armer and J. Declan Flynn develop a team to explore the viability of creating a documentary film. A budget is created, crew contracted, and funds raised.

July 1-28, 2009

Preparations for Ultraman™ Canada are underway. Film pre-sales negotiated with ESPN, A&E and other cable networks in conjunction with film's website, social networking, and crew contracts. Tony Armer flies back home to Toledo, Ohio to interview Todd Crandell prior to the race.

July 29 - August 4, 2009

A film crew of 4 fly to Penticton, British Columbia and follow Todd along an arduous 3-day, 318.6 mile journey through the rustic back country of Penticton, British Columbia.

August 5-10, 2009

J. Declan Flynn begins logging over 40 hours of high-definition footage. Post-production officially begins.

September 4-30, 2009

Additional interviews are recorded with Todd and various professionals in the substance abuse prevention community.

February 28, 2010

Todd Crandell is interviewed and recorded for over 9 hours at Indie Studios, St. Petersburg, Florida.

May 1-8, 2010

First rough-cut of the film is complete, just in time for the May 8th test-screening in Sylvania, Ohio - Todd's hometown. The film played to over 400 people and was well received.

July, 2010

Third rough-cut of the film is complete and screens for an additional 300 people at the Muvico Theaters in downtown St. Petersburg, Florida.

August 2010 - January 2011

Post-production continues. J. Declan Flynn completes last rough-cut and announces picture-lock. Tony Armer and J. Declan Flynn prepare the costs for completing the film, and raise additional funds.

March, 2011

Final touches are applied to film while new music is being scored by Dave Rude, lead-guitarist with Tesla.

April - May, 2011

Running with Demons is completed.

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TIMELINE OF EVENTS



Todd Crandell

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RUNNING WITH DEMONS

FONT: "CRACKED"

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PRODUCTION NOTES

PRE-PRODUCTION

Tony Armer and J. Declan Flynn had only weeks to wrangle a crew, write contracts, organize a corporation, create a budget, make travel arrangements, and raise enough funds to send a small crew from Florida to western Canada. After successfully recruiting Dave A. Barrett, a Tampa Bay-based cinematographer specializing in sports cinematography, a veteran NFL Films™ shooter, and securing the rest of the funds necessary to secure travel, the small 4-man film crew flew to Penticton, British Columbia and began scouting the race course and preparing their equipment.

PRODUCTION

The rustic terrain of western Canada proved to be a challenge for the film crew. Pacing Todd by vehicle was prohibited, so the film crew split into 2-teams and "leap-frogged" Todd's position along the course. While Tony Armer and Dave A. Barrett filmed Todd's 6.2 mile swim on Lake Skaha, cameramen Scott Reus and Dave Haas captured B-Roll. Once the bike and running phases commenced, the team split the course, filming in 1080P high-definition with the Sony® CineAlta HDW-F900 at 24 fps and higher frame rates to capture Todd's action.

POST-PRODUCTION

J. Declan Flynn began the process of capturing and logging more than 40 hours of high-definition footage, utilizing the versatility and power of Apple® Final Cut Pro Studio® on a dual 3.2GHz Quad-Core Intel® Xeon® Mac Pro® with the AJA Kona LHI HD capture system. The legendary rock band, Tesla and four of their song titles, "Fallin' Apart", "The First Time", "Breakin' Free" and "I Wanna Live," were selected for the soundtrack, which was scored for the film by Tesla's lead guitarist, Dave Rude.

Dave A. Barrett, Cinematographer

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RUNNING WITH DEMONS

Running Time: 84 minutes

Language: English

Genre: Documentary / Drama

Format: High Definition

Aspect: 1.78:1 (16:9 Widescreen)



TODD CRANDELL

Todd Crandell is the Founder and President of Racing for Recovery™, a 501(c)(3) non-profit foundation with the mission of preventing substance abuse in adolescents and individuals by offering a positive alternative to those currently battling addiction.

Becoming an Ironman™ was a transforming act for Todd, but unlike most, Todd had already traveled a long road. Todd's story could have ended on the finish line, but he realized that becoming an Ironman™, or even finishing a 5K could be a powerful force for change in the lives of others as well.

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Todd's own 13-year struggle with drugs and alcohol nearly destroyed his life. 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, so he chose the most grueling sport imaginable, the Ironman™ Triathlon: a 2.4 mile swim, 112 mile bike, and a 26.2 mile run. Todd ran his first triathlon in 1999 and has never stopped. To date Todd has completed 19 full-length Ironman races, and in 2008 completed the Ultraman™ World Championships in Hawaii followed by the Ultraman™ Canada in 2009. The Ultraman™ is a 3-day test of endurance including a 6.2 mile swim followed by a 90 mile bike ride, on day-one, a 171.2 mile bike ride on day-two, and on day-3, a 52.4 mile run.

Racing for Recovery™ sponsors support group meetings and racing events across the country promoting a healthy lifestyle of fitness and sobriety, and has been featured on CNN, Fox, ABC, CBS, and NBC, also ESPN's Sports Center, ESPN2's Cold Pizza, along with a number of magazines and radio shows. 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 drugs and alcohol addiction.

Todd holds a Bachelor's degree in Business from Lourdes College and a Master of Counseling degree from Spring Arbor University and is a licensed Chemical Dependency Counselor III. He lives and trains in Sylvania, Ohio, with his wife, Melissa and their four children: Skylar, Konor, Madison and Mason.

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CAST BIOGRAPHIES



DARWIN HOLT

Darwin Holt is an extreme triathlete who has numerous Ironman and Ultraman to his credit. He first met Todd Crandell during the Ultraman Hawaii in 2008, and agreed to be on Todd's crew for 2009 in Canada. Darwin is a high school teacher and lives in Alberta, Canada. Darwin has also ran the Lost Soul 100 mile run and the Furnace Creek 508. Darwin's uncanny ability to crawl into Todd's psyche during the 2009 Ultraman Canada played a key-role in Todd's success, and they remain friends to this day.



SCOTT HORNS

Scott Horns is also an extreme triathlete with 13 international Ironman triathlons to his credit, and qualified for the World Championships in Hawaii. Scott is a certified USA Triathlon Coach, USA Cycling Coach and an EMT-B. Scott is a graduate of the University of Toledo and will complete his M.S.S in Sports Medicine from the U.S. Sports Academy in 2011. Scott is the owner of Bella Multisport Coaching and a father of two. Scott and his family live in Perrysburg, Ohio.



TONY ARMER

Originally from Toledo, Ohio, it was in high school where Tony first developed a love for filmmaking, which evolved an established television and film career since 1997. His work experience includes Hollywood feature films, documentary features, independent features, television pilots and music videos.

In 2005, Tony co-founded the *Sunscreen Film Festival*, an annual film festival held in St. Petersburg, Florida, and as the Executive Director, the festival is rapidly growing into one of the top film festivals in the country. Tony currently lives in Clearwater, Florida with his beloved dog, Riley. He directs year round

festival-related events, works on film and television content, and is Founder and President of *Surgical Videos, Inc.* Tony graduated Magna Cum Laude with a BA in business management from Eckerd College.

J. DECLAN FLYNN

Declan Flynn has been a filmmaker since the early 90s producing and directing his first film, "Top-Toy," a 3D animated short film. Declan has produced and directed short films, feature length films, documentaries and national, regional and local television commercials. In 2008, his second-unit directing on "Inside the Handy Writers' Colony" (a Woodlawn Avenue Production) aired nationally on PBS, and he has recently inked a deal to direct a film in late April.



A trained director, screenwriter and artist, Declan has also operated in post-production, supervising complex projects for film and TV as both a supervisor, editor and on-screen communications designer. Independent of film or television production, Declan was the Vice President for the St. Petersburg-Clearwater Film Society's *Sunscreen Film Festival* (2006-2009) and also acted as the festival's Creative Director and Director of Operations.

Declan is a honors graduate from St. Petersburg College and is owner of *The Bureau*, a film production company. Declan lives in Clearwater, Florida with his wife of 23 years, Dr. Della Flynn and his two daughters, both artists, Kayla and Rachael.

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FILMMAKER'S BIOGRAPHIES

DIRECTOR OF PHOTOGRAPHY

Dave A. Barrett

WRITER

J. Declan Flynn and Tony Armer

COMPOSER

Dave Rude

ADDITIONAL MUSIC BY

Tesla

EXECUTIVE PRODUCERS

Glenn E. Goldberg, Gary Dresden,
Michael Schulman and Todd Crandell



RUNNING WITH DEMONS

RWD FILM, LLC PRESENTS A TONY ARMER AND J. DECLAN FLYNN DOCUMENTARY
STARRING TODD CRANDELL, SCOTT HORNS AND DARWIN HOLT ORIGINAL MUSIC BY DAVE RUDE
EDITED BY J. DECLAN FLYNN CINEMATOGRAPHY BY DAVE A. BARRETT STORY BY TODD CRANDELL
WITH MUSIC FROM TESLA EXECUTIVE PRODUCER GLENN GOLDBERG, GARY DRESDEN AND MICHAEL SCHULMAN
CO-EXECUTIVE PRODUCER TODD CRANDELL PRODUCED BY TONY ARMER AND J. DECLAN FLYNN
WRITTEN AND DIRECTED BY J. DECLAN FLYNN AND TONY ARMER

ART DIRECTOR..... J. DECLAN FLYNN
GRAPHICS AND TITLES..... THE BUREAU
CAMERA OPERATORS..... SCOTT REUS AND DAVE HAAS
SECOND UNIT CAMERA..... BRIAN "MONK" TAYLOR
STILL PHOTOGRAPHER..... SCOTT REUS AND TONY ARMER
MAKEUP..... RACHAEL FLYNN
PRODUCTION ASSISTANT..... ANNA MOOREFIELD
PRODUCTION ASSISTANT..... DELLA FLYNN
EDITORIAL ASSISTANCE..... DEREK MINER AND MARC ALCORN
SOUND EDITOR..... ROBERT STREEPER
MUSIC CONSULTATION AND LICENSING BY..... PAUL MAJORS
LEGAL SERVICES PROVIDED BY..... GOLDBERG LAW GROUP
PUBLIC RELATIONS..... ANDREA VEST, PLAID LABEL, LLC
SALES AGENTS..... JAMES FLEMING AND JOHN N. FLYNN

INTERVIEWS: TODD CRANDELL, DARWIN HOLT, SCOTT HORNS, KAY DOUGHTY AND MARCIA REAMS

ALSO STARRING: SKYLAR CRANDELL, KONOR CRANDELL, MADISON CRANDELL AND MASON CRANDELL,

RACING FOR RECOVERY VOLUNTEERS, 2009 ULTRAMAN CANADA COMPETITORS AND SUPPORT CREWS, CAROL "KAYAK GUIDE,"

TONY ARMER, STEVE BROWN, STEVE KING, WAYNE "MASSAGE THERAPIST" AND KATHY REAMS

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CREDITS



RUNNING WITH DEMONS POSTER

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SOUNDTRACK & SCORE

Music has always been a strong force in Todd's life. A prolific music fan and concert goer, Todd's motivation often derives from the powerful melodies and lyrics of bands like Tesla. The filmmaker's would like to extend our deepest appreciation to Todd for personally licensing the music in Running with Demons, and to Tesla for their support of this film.

"BREAKIN' FREE"

Written by: Tesla and Terry Thomas /
City Kidd Music (ASCAP)
Performed by: Tesla
Published by: City Kidd Music (ASCAP)
Courtesy of: Tesla Electric Co, Inc

"FALLIN' APART"

Written by: Tesla and Terry Thomas /
City Kidd Music (ASCAP)
Performed by: Tesla
Published by: City Kidd Music (ASCAP)
Courtesy of: Tesla Electric Co, Inc

"I WANNA LIVE"

Written by: Tesla and Terry Thomas /
City Kidd Music (ASCAP)
Performed by: Tesla
Published by: City Kidd Music (ASCAP)
Courtesy of: Tesla Electric Co, Inc

"THE FIRST TIME"

Written by: Tesla and Terry Thomas /
City Kidd Music (ASCAP)
Performed by: Tesla
Published by: City Kidd Music (ASCAP)
Courtesy of: Tesla Electric Co, Inc

The film also benefits from original music by the Dave Rude Band ("Fallin' Down"). Dave is a prolific musician and currently Tesla's second lead-guitarist, after being discovered by Tesla's guitarist, Frank Hannon. Eagerly agreeing to score the film, Dave contributes an additional nine original songs.

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MUSIC





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GALLERY



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