## MEMBER PROFILES by Katherine Christie

This month's edition of MEMBER PROFILES focuses on two of our triathletes. New member David Crawford and "old" member Deb Hewson both competed in and finished the Ironman Triathlon in Hawaii last October. Whewl

David Crawford hales from Cumberland. He is 37 years old, holds a master's degree in public health, and is presently the director of Health and Safety at Envirologic Data. Dave ran cross-country and track in high school and college and has been a dedicated runner for over 20 years. His first triathlon attempt was the Portland Triathlon on 1983. Although, like many others that year, he was defeated by the abnormally cold water temperature, it did not kill his enthusiasm for the event. Last summer he placed first in his age division at the Vermont Steel Man (one-half the Ironman distance), which qualified him for the Ironman in Hawaii. Dave completed the Ironman in 12 hours. 28 minutes, despite David Crawford hales from Cumberland. He is 37 completed the Ironman in 12 hours, 28 minutes, despite spending over and hour at an aid station during the marathon, recovering from muscle cramps due to salt depletion. He describes the Ironman as an "absurd event -

depletion. He describes the Ironman as an "absurd event — a crazy but fascinating challenge".

Dave describes himself as primarily an runner, but he feels the cross-training is important in his fitness program and reduces the incidence of injury. He enjoys cross-country skiing in the winter, and he also recommends snowshoeing as a training alternative for runners. Snowshoeing, according to Dave, is very aerobic and incorporates a running motion with a high knee lift.

Dave's favorite place to run is the beach in

## CrawfordDavid 03 1987

A donation of \$200 was approved by vote of those members present to go to David Crawford, U.S. Masters Triathlon Champion and MTC member, toward expenses for the World Triathlon Championships in Australia this fall.

Also approved by the membership was a donation of \$100 to the 24 Hour Run to Cure Aids and and effort to have a Maine Track Club Relay Team for this event. Rick Meinking will coordinate the relay team recruitment.

Don Bessey won the 50/50 raffle.

Respectfully submitted,

Swan Davery Susan Davenny / Secretary

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## THANK YOU FROM DAVID CRANFORD

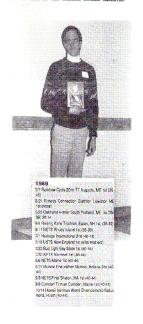
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Dear Peter (hastor).

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Regards, David Crawford





## Crawford rises above survival in triathlon

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