

# Edward Abbott Ravenscroft

Fitness Enthusiast and Amateur Bodybuilder

Health and fitness enthusiast Edward Abbott Ravenscroft won second and fourth place honors in bodybuilding events at the 2010 Desert Muscle Classic, a competition sanctioned by the nation's largest amateur bodybuilding organization, the National Physique Committee. He observes nutritious dietary principles and works out at Malibu Fitness, a gym in Malibu, California, that offers a full weight room and an array of classes ranging from cross fitness to yoga. Also engaged in martial arts, Edward Abbott Ravenscroft undertakes karate training at Joey Escobar's Malibu Martial Arts.

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An avid hiker, Mr. Ravenscroft has traversed trails all across the United States. In Rhode Island, he has hiked the North-South Trail that extends nearly 80 miles from the coastal town of Charlestown to Burrillville, near the state's border with Massachusetts. He has tackled several paths along the Grand Canyon's South Rim, including the rough New Hance Trail, as well as crossed demanding trails wound among the Cascade Mountains in Washington state. On his journeys through isolated areas, he keeps his bearings with a Garmin 910XT GPS device and remains connected through an Iridium 9555 satellite phone.

Edward Ravenscroft has also cultivated an appreciation for luxury automobiles and owns both a 2014 Porsche Cayenne and a 2007 Mercedes CLS 550. As a fan of professional baseball, football, and basketball, he enjoys attending Arizona Diamondbacks, Arizona Cardinals, and Phoenix Suns games.

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## EXPERIENCE

**Abbott Laboratories**  
Shareholder

2010 TO PRESENT

## EDUCATION

**Arizona State University**  
BA

1979 TO 1982

## SKILLS

Shareholder

