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## **Last Year Thailand – Now it’s Mount Everest for Grafton Resident**

### *“Marathon Prep” Trek Planned for local Massage Therapist*

Worcester, MA – March 28, 2005 - “Traveling to and training in Thailand almost felt like a rite of passage,” says Jeanne Coleman, a lifetime resident of Grafton and owner of Grafton’s *Spirit of Wellness Massage Therapy*. Last spring Jeanne spent a month of study in Thailand working with one of Thailand’s greatest living masters responsible for training many of today’s leading Thai Massage instructors. “It brought more spiritual richness to my Thai Massage work,” says Jeanne.

This year brings Jeanne on a 3.5-week “marathon prep” trek through Bangkok and Kathmandu on to Lukla where she will begin an ascent from 8,000 feet to the Base Camp of Mount Everest at 17,600 feet. Jeanne is hiking with her friend, a Shrewsbury middle school language arts teacher, Peggy Holdash, and Millbury’s Paul Giorgio, who has climbed to the peak of this famous mountain three times. From the base camp, these 3 will be trekking on day hikes to a highest point of 19,500 feet.

Jeanne and Peggy are participating with Paul as part of a study to monitor the change in marathon runners’ lung and breathing capacity after being exposed to high elevations. They have each run in marathons before and are planning to run in this year’s Boston Marathon on Patriot’s Day, just days after their return from the Everest hike. It is anticipated that exposure at this elevation will lower their running times by up to 25 percent. Paul may participate in the marathon as well, or he may stay and summit Everest for his fourth time.

Just days after turning 40, Jeanne reports from this distant land that “The sights, sounds, and smells are overwhelming, and everything is really eye opening. This is a great way to kick off my 40s!”

If you are interested in more information about Everest treks or updates on this trek, check out Paul Giorgio’s site at <http://www.trekeverest.com>. Periodic updates on this trek will also be available on Peggy’s 7th-grade students’ web site at <http://www.shrewsbury-ma.gov/schools/index.asp> (go to Oak Middle school and then "Trek to Nepal 7: White is Climbing Higher").

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