



JEANNE STAWIECKI:

*7 Continents
7 Marathons*

Jeanne Masley Stawiecki Timeline

1950 Born in Webster, MA, a small factory town

1967 Takes a part-time job in a factory while in high school

1968 Starts nursing school where she is told to take up smoking to relieve stress

1971 Completes nursing school and marries high school sweetheart

1972 Becomes major breadwinner due to husband's disability

1977 Returns to school full-time to become nurse anesthetist

1988 Decides she needs to improve her life; quits smoking and starts walking, then running

1993 Hears about and determines to run the 100th Boston Marathon

1994 Picked by lottery to run NYC Marathon; injury curtails running. Determined to run, she trains in a pool with a wader. Jeanne runs New York in 3:36 qualifying her for the Boston Marathon.

1995-2001 Runs 99th Boston Marathon, and runs another 6 Boston Marathons, including the 100th

2000 Approaching 50th birthday, decides to take dream trip and treks in the Himalayas

2001 Colleague suggests she take up mountain climbing; takes mountaineering courses and is hooked. Reaches summit of four volcanoes in Ecuador (Cotopaxi)

2002-2004 Reached summits of Mt. Leprous, Denali, Vinson, and Aconcagua

2004-2005 Attempted climbs of Mt. Everest. Devastated, Jeanne fears she will never climb again. After numerous diagnoses, condition identified as vocal cord dysfunction; requires Jeanne to strengthen vocal cords and practice diaphragmatic breathing to control the dysfunction of vocal cords. During this period, loses much of her conditioning. Reached Camp 2 Everest on second attempt and was medically evacuated because medical issue not completely resolved.

2006 Starts running and training again. Decides to run Antarctica Marathon and learns that she could become the first woman to run marathons and climb the highest peaks on all seven continents. Makes decision to further challenge herself.

2006 Reached summit of Kilimanjaro and Kosciusko; ran Melbourne, Kosciusko, Soweto, Chile Marathons with no recurring health issues.

2007 Ran Dubai, Miami, Valencia, and Antarctica Marathons

March 29, 2007 Leaves for Mt. Everest

May 22, 2007 Jeanne summits Mt. Everest and becomes the first women in the world to summit the seven highest peaks and run marathons on all seven continents.

Contact: Jeanne Stawiecki, (774) 280-0170, Jeanne@sevenin2007.com

www.SevenIn2007.com