



NEWS RELEASE

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Around the World in 120 Days to Support Physical Therapy Research

FOR IMMEDIATE RELEASE

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ALEXANDRIA, VA (June 28, 2012) – New Zealand-born adventurer Stanley Paris, PT, PhD, announced that he plans to become the oldest person to solo circumnavigate the globe non-stop by sailboat, in less than the current record of 150 days. Paris has generously agreed to use this trip to raise funds and awareness for the Foundation for Physical Therapy for which he serves on the Board of Trustees

“Dr Paris has a long-standing relationship with the Foundation for Physical Therapy and often has gone above and beyond in helping to support the Foundation,” said Foundation Board of Trustees President and Chair William G. Boissonnault, PT, DPT. “We are pleased to be part of Stanley’s trip around the World.”

Paris is no stranger to extreme sports and endurance challenges. He has twice swam the English Channel and completed the Ironman triathlon in Hawaii. The efforts of the 2009 English Channel swim raised more than \$52,000 for the Foundation.

“I seek out physical challenges,” he said. “That’s why people climb and ski and all of that – you push it to the limit.” Paris maintains his adventurous lifestyle by continuing to stay physically active and practicing what he taught for years as a physical therapist and educator at the University of St. Augustine, the physical therapy school he founded.

With this latest adventure, Paris hopes to break and set a number of different records. The current record holder, Dodge Morgan, completed the non-stop and non-assisted solo circumnavigation sailing from and returning to Bermuda in 150

days. Paris believes he can do it in 120 days. Dodge Morgan also broke the last record of being the oldest person to attempt this voyage at age 54 – if successful, Paris will break Morgan’s record at age 76. Additionally, Paris aims to set a couple of new records, including departing from and returning to St. Augustine, Florida, to commemorate the city’s 450th anniversary celebration, and then traveling by way of Bermuda, as did Morgan. He also plans to use an entirely green boat for the circumnavigation.

Recognizing the fact that his age will present some difficulties, Paris was instrumental in helping to develop a boat designed specifically for solo use and ease of handling, during the long duration and inevitable rough seas. “With appropriate preparation and training, athletes of my age can restore, maintain and enhance mobility provided they get the advice they need from a professional,” Paris emphasized.

The sailing yacht, Kiwi Spirit, a Paris 63 design, is under construction and once completed will be environmentally friendly, allowing Paris to circumnavigate the globe with no gasoline, diesel, propane/butane engine, or generator. The sail handling will be done manually and the only power generated will be through solar, wind, and water hydro regeneration. The Kiwi Spirit is scheduled to leave Thomaston, Maine, mid-September 2012 at which time the boat will go through a year of testing and trials before it sets off on its voyage from St. Augustine in November 2013.

Find out how you can be a part of this historic occasion and sail around the world with Stanley Paris, by visiting the Foundation’s [website](#).

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The Foundation for Physical Therapy was established in 1979 as a national, independent, nonprofit organization dedicated to improving the quality and delivery of physical therapy care by providing support for scientifically-based and clinically-relevant physical therapy research, and doctoral scholarships and fellowships.

Contributions to the Foundation for Physical Therapy are tax-deductible and can be made online at Foundation4PT.org or sent to its headquarters at 1111 North Fairfax Street, Alexandria, VA 22314. For more information, e-mail Foundation@apta.org, or call 800/875-1378.