

Breaking Records: Other marathoners credit famed Stone Oak runner with inspiring them

Athlete has written book about her feats

By Bain Serna | May 2, 2017 | [lcnadmin](#) | [Leave a comment](#)



A Stone Oak marathoner, who has helped set the pace for many other runners with encouragement and support, remains a tireless competitor in her own right, earning plaudits in the record books.

Parvaneh Moayed, a Guinness World Records holder, said she has no intention of slowing down.

"I ran my first marathon in 2000 with San Antonio Marathon in order to live a healthier lifestyle," said the Iranian who immigrated to the United States in 1979. "I was hooked and kept running a marathon a month. The first year I ran only 12 marathons, one a month, and then, increasing the numbers per month every year slowly. I kept reaching higher goals and adding more challenges."

To date, the 53 year old claims more than 1,055 official marathon events of 26.2 miles, with at least 300 of those ultramarathons — a distance somewhat greater. In fact, about 20 were 100-mile odysseys.

She is listed by Guinness for the most marathons run by a woman in one calendar year (168), plus, at one time, most marathons by a female on consecutive days (17).

"To know Parvaneh Moayed is to know running royalty," said Charysse Solorio, a participant in I Ran Marathons (yes, the pun is intentional) events. Moayed founded the organization to motivate other long-distance enthusiasts. "She handles herself with the grace of a queen, always ready to give back to the running community. She encourages all runners, and stands by her tag line, 'No runner left behind.'"

Solorio added, "Many have completed their first races under Parvaneh's watch. ... She is the most accomplished and well-traveled runner that I know."

Moayediy has twice completed the Badwater Ultramarathon, an invitation-only challenge many consider the world's most difficult footrace, entailing a 135-mile course starting in California's Death Valley, where daytime temperatures can soar to 130 degrees, and ending at Whitney Portal, the trailhead to Mount Whitney, the top U.S. summit.

Moayediy doesn't restrict herself to the U.S., having run marathons on several continents. One highlight was the Tenzing Hillary Everest Marathon in Nepal at Mount Everest, considered by some in the running community as the "highest and toughest marathon in the world."

"Setting goals to finish marathons is just a natural part of my life. Life itself is a challenge and time moves fast, so if we don't set goals and strive to achieve them, then we are just standing still and letting life pass us by."

However, some have questioned a few of Moayediy's records. For instance, she recently was disqualified from a Houston race when her timing chip failed to register at stations along the route, according to reports.

Moayediy shrugs off her critics.

"The Houston marathon last year was simply a failed chip," Moayediy said. "I have run (in) Houston for 15 years consecutive and my times varied from (3 hours, 45 minutes) to 5:45, depending on my injuries each year. I also was a pacer for Houston for years."

She added, "Unfortunately I am targeted by (a) few haters as an Iranian businesswoman who has done well on my own in this country, starting from zero."

Running is more than just a physical activity for her, she said.



"I run for peace of mind and I am an old-fashioned runner," Moayediy said. "I never carry a music device while running or hiking. I don't wear a watch most of the time, even during races. I don't believe in having a barrier between myself and nature; it is a running style known as Zen running."

Moayediy shares her passion with others as race director of IRM events, which features distances of 5K, 10K, half-marathon, marathon and 50K ultramarathon. IRM hosts many joggers every year in the San Antonio area, open to both beginners and established runners.

She's always encouraging others to get out and push themselves.

"Parvaneh is such a gem to runners like me," Teresa Harmon said. "I don't think I would have ever stepped outside my comfort zone if I hadn't been so encouraged by Parvaneh."

According to Harmon, "Recently, she helped me accomplish a goal I had only dreamed of for a long time: I ran 50 miles on my 50th birthday. It was a dream come true, and one that wouldn't have happened without her wonderful spirit that makes me feel like I can do anything."

Moayediy recently penned an autobiography that includes her running exploits titled, "Iran to America Running 1001 Marathons."

She believes running can bring people together and build friendships.

"This sense of mutual support is stronger in athletic fields," Moayediy said. "It's about bringing people with the same goals together to help one another, to support and encourage each other in a healthy and friendly environment."

For more on IRM events, visit <http://www.iranmarathons.com/>.

<http://localcommunitynews.com/zone6/breaking-records-marathoners-credit-famed-stone-oak-runner-inspiring/>

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