

## S.A. runner conquers 135-mile Death Valley race

By [Jessica Belasco](#) on July 29, 2013 at 5:14 PM



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Parvenah Moayedi, 49, of San Antonio, finished the Badwater 135 ultramarathon in just under 48 hours. (Courtesy photo)

Parvaneh Moayedi, a San Antonio ultrarunner, completed the **Badwater 135 ultramarathon** in **46 hours and 33 minutes**.

The 135-mile race, often called the world's toughest foot race, began in Death Valley below sea level on July 15. Runners had 48 hours to finish the course, which ended 8,360 feet above sea level.

Moayedi, 49, and her crew were interviewed for an AT&T U-verse documentary about this year's Badwater race, scheduled to air in September.

Finishing the race wasn't easy. Moayedi overheated during one segment of the race and was treated with ice packs. Two members of her crew dropped out before the event and had to be replaced at the last minute.

"After arriving in Death Valley in the days before the race it was very clear that all my

uncomfortable runs and pushing of the limits would pay off,” Moayedí wrote in her race report. “Every ultra that I ran with an injury convinced me, it can’t get worse, what doesn’t kill me just makes me stronger. I have always believed that anyone can accomplish anything they want if they set their mind to it. We could train our body to push to any extreme given training time. Life is a challenge and moving fast, if we don’t set goals and strive to achieve them then we are standing still while life passes by.

“Badwater wasn’t as hard of a race as it is described to be. Most of the challenge was in my mind dealing with ups and downs during the event. My powerful crew made all the difference to get me to finish line. . . . This race is not about one person training and running 135 miles in heat. It is about a team of friends making sacrifices for each other for the love of running and the sport. I learned and experienced a lifetime in just few days. . . . I am happy to be first Iranian woman to attempt and finish this race.”

The other San Antonio runner to compete, Matthew Doellman, had a tougher time. He experienced severe dehydration, muscle cramping and vomiting and had to pull out of the event around mile 43.

Despite that, Doellman said he learned a great deal and had a fun experience. “I plan on going out next year on a crew to support another runner and doing the race again in the future after more experience with the course,” he wrote in an email.

Ninety-six runners started the race. Fifteen did not finish. The race winner, Carlos Alberto Gomes De Sa of Portugal, finished the race in 24 hours, 38 minutes and 16 seconds.

[More on the San Antonio runners.](#)

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