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San Antonio woman returns to “world’s toughest foot race”

By [Jessica Belasco](#) on July 17, 2014 at 4:02 PM

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Parvenah Moayedi trains in the San Antonio heat in summer 2013. (Express-News file photo)

San Antonio runner Parvaneh Moayedi will participate for the second time in the [Badwater 135 ultramarathon](#), an annual 135-mile race in California that takes runners as high as 10,000 feet and subjects them to temperatures well over 100 degrees.

The event, which is billed as “the world’s toughest foot race,” will take place July 21-23. Although the course typically begins at Death Valley National Park, the race will bypass the area this year because of a [park moratorium](#) on endurance events.

Moayedi, 50, is the founder and owner of [I Ran Marathons](#), a race management company. She has run hundreds of marathons and ultra-marathons and competed in races in all 50 states and on all seven continents, including finishing the Badwater 135 last year.

Read about her prep for the 2013 race [here](#) and her experience at the event [here](#).

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