

THE PLATFORM Magazine

Featured Articles

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"The Guinness World Record
Runner"



Parvaneh Moayedi

"The Guinness World Record Runner"



I am Parvaneh Moayedi, born in Zanjan, Iran. I immigrated to the United States in 1979 at the age of seventeen to start college. I started running marathons in 2000 after having run for fitness for over 20 years. Since that time I have completed over 450 marathons and ultras in all fifty states and all seven continents. I am the Guinness World Record holder for most marathons run by female in consecutive days in 2013. I recently broke the another Guinness World Record for the most marathons run in one year (female) by finishing my 168th marathon in a year at the Fort Worth Marathon on November 10, 2013. I am running consecutive days starting on October 31st until at least end of 2013 to break 2 more Guinness World Records. I finished the Badwater Ultramarathon in July

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2013. Running this race was just a next challenge after finishing some 100 mile races 3 years ago. This is the world's toughest foot race and covers 135 miles non-stop from Death Valley to Mt. Whitney, CA in temperatures up to 130F. It is the most mentally and physically demanding and extreme running race offered anywhere on the planet. Less than 100 runners are accepted for this race each year. Part of my training for this race in past 3 years was marathons and training in the San Antonio heat all while wearing full cold weather running clothes. Running is life style for me and I challenge myself to set goals and push myself to achieve those goals. After finishing Badwater and still being able to walk the next goal was trying to set another world record.

I love to inspire others. In 2012 I decided to direct marathons in my hometown of San Antonio, Texas. Since beginning my business I have produced races at least once a month because of requests from athletes. I encourage everyone to push beyond their limits. My motto is "No Runner Left Behind" because I feel that all of us can do anything in life if we set our mind to it and given the chance.

I have not been back to Iran in over 30 years. In my former home I would not be able to run like I can in the United States. I would be forcibly prevented from wearing women's running clothes in public. After over 46 hours of running as I finished Badwater the race director, Chris Kostman, announced at the finish line that I was the first Iranian woman to attempt and finish the Badwater Ultramarathon. That was an intensely emotional moment for me as I realized that not only was I accomplishing a dream for myself but also for women who are held back from reaching their potential. I hope that my story inspires others to set goals, strive for their dreams and reach for the universe.

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