

Make us your home page Today's Headlines My Subscription E-edition Subscribe

Contact Us Welcome! Login | Signur



Home ▶ Tulsa World Sports Extra ▶ Other Sports

# Route 66 Marathon: Iranian immigrant serves as inspiration for women

The record-setting runner serves as an inspiration for females in her native country.



Williams Route 66 Marathon

KEY: Half marathon Pull marathon

Follower and the Universe Detour

FINISH Content of THE UNIVERSE OF THE

0 comments

For Parvaneh Moayedi, the Williams Route 66 Marathon on Sunday isn't just another event. It's a chance for her to keep inspiring people around the world.

Moayedi, born in Zanjan, Iran, will bring an impressive resume to Tulsa for her first Williams Route 66 Marathon. The event will be her 450th lifetime marathon and the 178th in which she has competed in 2013.

She holds the Guinness World Record for women in that category and is planning to establish two more records by the end of the year, as she will have participated in marathons every day between Halloween and New Year's Day.

"I'm really excited about running in Tulsa for the first time," said Moayedi, who lives in San Antonio and organizes marathons. "I always

have goals when I run, but I adjust them on the day of the race depending on the situation and how I'm feeling. My time can range anywhere from five to seven hours, but I'm going to go out there and give it my all."

Moayedi immigrated to the United States in 1979 at the age of 17 to begin college at a time when American and Iranian relationships were at rock bottom. She has not returned to Iran since then, partially because she would not be allowed to run freely as she can in the United States. The running clothes that have become part of her daily routine would not be allowed in public.

But Moayedi's presence is still felt in Iran and serves as an inspiration to young women,



# CONTESTS

### Video



More videos:



# Report A Correction

Report a correction to editors when you see inaccurate content at tulsaworld.com/corrections.



many who yearn to follow in her running footsteps.

"It's always been a dream of mine to return to Iran and have a race there that would allow women to run freely," Moayedi said. "Through emails, I hear from women who are starting to run in Iran. I want to be able to inspire them and touch their lives in a positive way."

Part of that inspiration comes from Moayedi's completion of the Badwater Ultramarathon in July. Known as the world's toughest foot race, the event covers 135 miles nonstop from Death Valley to Mount Whitney, Calif., in temperatures up to 130 degrees. Fewer than 100 runners are accepted for the race each year, and Moayedi trained for it by running in San Antonio's summer heat wearing winter clothes.

"After over 46 hours of running ... they announced at the finish line that I was the first Iranian woman to attempt and finish the Badwater Ultramarathon," Moayedi said. "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."

### Williams Route 66 Marathon

**Saturday:** The 5k run and walk begins at 8 a.m., the fun run starts at 9 and the Mascot Dash begins at 9:30. The three races begin near the corner of Archer Street and Elgin Avenue and end at Guthrie Green.

**Sunday:** The marathon, half marathon and marathon relay begin at 8 a.m. at Seventh and Main streets. The races end at Guthrie Green.

**Registration:** Sign-up for all races closed Nov. 17.

**Expo:** The Williams Route 66 Marathon Health, Fitness and Sustainability Expo takes place from 11 a.m. to 8 p.m. Friday and 10 a.m. to 6 p.m. Saturday at the Cox Business Center. The Expo features race packet pickup, sports and fitness vendors, and a holiday market.

Information: route66marathon.com

# Most Read

- Tulsa's Top 10 new restaurants for 2015
- Tulsa couple adopts triplets, then twins arrive
- Miracle Mops to movie stars: Joy Mangano dishes on 'Joy'
- When Jenks conquered Kobe: 20 years ago, the
   Trojans rallied to hand Bryant his final high school loss
- SUGAR BOWL: Mike Holder and Mike Gundy agree
- for the greater good of the Big 12, an OU championship has value

# Similar Stories

- KIllven Samuel nets 16 in NSU men's basketball setback to MWSU
- Missouri Western defeats NSU women in basketball
- TV weekend highlights for weekend of Jan. 1-2
- Sports radio/TV for Friday, Jan. 1
- Pro baseball: Former Tulsa Oilers manager Vem Rapp dies

# Join the conversation.

Anyone can post a comment on Tulsa World stories. You can either sign in to your Tulsa World account or use Facebook

<u>Sign in to your online account</u>. If you don't have an account, <u>create one</u> for free . To comment through Facebook, please <u>sign in to your account</u> before you comment.

Read our commenting policy.

01.02.16 | Tulsa, OK (74133)

Dental Assistant/ Medical Assistant/ Phlebotomy/ Nursing/ Pharmacy Technician

Platt College 01,02,16 | Tulsa, OK (74135)

## Latest Local Offers

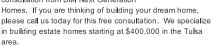
The Blue Cottage - Schedule Today

Schedule Your Wedding, Reception or Shower Today!



### BMI Homes - Dream Home

You can get 5 hours of interior design consultation from BMI Next Generation



### Avon - Make a Difference

Make a Difference! With every purchase of Fergie's Outspoken AVON will donate \$5 to the AVON Breast Cancer Crusade.

\$ View more local offers

# Popular

Print 📳

Commented

- 1. Oklahoma toddler's death puts spotlight on battery dangers
- 2. 14-year-old shot by homeowner in Pryor on Friday morning
- 3. Jogger in critical condition after being struck by vehicle in south Tulsa
- 4. Financial woes force Teen Mania to shut down
- 5. Death Notices published Jan. 1, 2016

More

# OUTLOOK 2015 Quality of Life OUTLOOK 2015 Business