

**IRAN Marathon**  
**San Antonio, TX**  
**Saturday, March 31, 2012**  
**7:00 AM**

**Kamiar Kouzekanani**

The IRAN Marathon, Half Marathon, & 50K are the brainchild of Parvaneh Moayed, a native of Iran. She is an avid long distance runner, & as of March 2012, had run 237 marathons & ultra-marathons in the 50 states & all continents!

The inaugural event was held in San Antonio's O.P. Schanabel Park & Leon Creek Trails. The packet pickup was on the morning of the race. Each runner received a short-sleeved cotton T-shirt & a few other goodies. Finisher's medallion was nice. There were adequate recovery food items when I finished & hopefully some was saved for late finishers. I appreciated the efforts of the race director organizer & the dedicated volunteers in organizing a nice & friendly running event.

The temperature ranged from low 70s to high 80s. It was humid & when the sun was out, it became very hot. We ran the same 6.55-mile out-&-back route 4 times. Half marathoners ran it twice & the 50K runners ran it 5 times (their turnaround point was a bit different). The surface was mainly concrete. Wild flowers, here & there, made the trails a bit scenic. It was much hillier than I had thought it to be. There was a .25-mile hill that we had to climb 8 times. The last mile of each leg of the run was hilly. There were 4 water/sports drink stations, & due to out-&-back nature of the route, we had access to them 8 times, which was very helpful. As expected, there was no crowd support. I personally liked the course.

This was a low budget small event organized by a runner for those who love the sport of long-distance running & have the mental toughness to complete the task. There were 18 (15 male, 3 female) marathon finishers, & the winning times were 3:41:07 (overall male) & 5:01:35 (overall female). There were 31 (20 male, 11 female) half marathon finishers, & the winning times were 1:37:32 (overall male) & 2:01:49 (overall female). There were 11 (8 male, 3 female) 50K finishers, & the winning times were 5:06:35 (overall male) & 5:45:42 (overall female).

I ran the first half in 2:13:15 (10:10 pace), finished in 4:34:30 (10:28 pace), & placed 3<sup>rd</sup> overall! I did not walk any of the many hills. I walked the aid stations, though, especially while running the last leg when it became very hot & humid. This was marathon #93 for me, & the race director had assigned me bib# 93!

