



PRESS RELEASE

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For Immediate Release:

Willow Valley Communities' 80-Year-Old Resident Runs Authentic 36th Annual Greek Marathon

*Heide Moebius Places Second in 75+ Group
Day after 80th Birthday*

Lancaster, PA — Willow Valley Communities' resident Heide Moebius ran the 26.2 mile "Authentic" Greek Marathon one day after her 80th birthday on November 11 with a chip time of 5:59:07. Placing 13,645 out of 18,570 other runners from 106 other countries, she left behind over 5,000 competitors. But most notably, Heide placed second of eight in the 75+ age group.

Her husband, Richard Moebius, coaches his wife in her running and accompanied her on the trip to Greece. He says if there had been an 80+ designated group at the marathon, Heide would have come in her "usual" first place. Interestingly, the couple shares the same birthday, November 10, with Richard having just celebrated his 89th.

Heide describes the marathon as "fantastic" with beautiful, warm weather; however, she advises, "If you want a personal record for a marathon, do not do this one! It is very difficult, with a 12 mile uninterrupted hill in the middle of it."

As difficult as Heide describes the run, she still says she felt "very good" during and after it. The Moebiuses travelled to Greece with six running friends from Lancaster, with three of them running the marathon with her. Heide enjoyed the camaraderie during and after the race. Afterwards, the group enjoyed a celebratory dinner in Athens together.

Though athletic most of her life, Heide began running at the age of 55. She says she kept up with it because, "My body likes it and I'm good at it." To date, she has completed 714 races, including 100 half marathons and 10 marathons. She's completed the Boston Marathon and countless other well-known races worldwide. Heide has won 88% of her races in her age group over her 25 year running career.

Other highlights of Heide's running career include:

- Finished the Boston Marathon as 11th U.S. Female Senior, 2002
- Fifth worldwide Female Senior, Stockholm Marathon, 2005
- "Runner of the Year," Lancaster Road Runners Club, 2008
- Fifth fastest World: 1500M - 6:57, at the National Senior Games in Palo Alto, CA, 2009

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- Holds a still standing world record: 12K record for age group 70-75 from Alexandria, VA: 1:05:007, 2014
- Lancaster Newspapers names Heide Moebius Day in 2015
- Honorary Chairperson of the Lancaster Senior Games for 2018

Heide has donated many of the trophies that she has won throughout her career to schools for them to use as awards for their student competitions.

The traditional story of the history of marathon running relates that Pheidippides (530–490 BC), an Athenian courier who was sent to Sparta to request help when the Persians landed at Marathon, Greece. He ran about 240 km (150 mi) in two days. He then ran the 40 km (25 mi) from the battlefield near Marathon to Athens to announce the Greek victory over Persia in the Battle of Marathon (490 BC) with the words, "We win!" He then collapsed and died.

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Interview opportunities and professional photographs are available.

To schedule an interview or for more information, contact:

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Willow Valley Communities, Lancaster, PA was founded in 1984. An award winning, not-for-profit, independently operated continuing care retirement community (CCRC), it is nationally recognized as a senior living destination for residents from 37 states. Residences at Willow Valley Communities range from 800 to 3,200 square feet with more than 100 floor plans for apartments, townhomes and villas. Amenities include a 500 seat performing arts theatre, aquatic and fitness centers, a day spa, tennis and pickle ball courts and a bowling alley. Willow Valley Communities' comprehensive Lifecare Agreement provides long-term care, as needed, at no additional cost.

For more information, call 800.770.5445 or visit <http://www.WillowValleyCommunities.org>.
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