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Dear Stelios,

Here is one of the pictures I took for your scrapbook. I want to thank you again for your kindness and hospitality. I look forward to being able to send you a copy of the Times article in the near future.

I mentioned to the editor of Runner's World magazine that I had covered the marathon distance with you. He is extremely interested in an article on how you trained for your runs. While I have most of what I need, I would be appreciative if you would be kind enough to answer a few more questions by mail:

1. You mentioned you had worked out your segment speeds before you entered a meet. For a perfect race, how would you split the Boston and how would you split the Greek National Marathon?
2. Apart from the doctor who started you off running, were you coached by anyone? If so, who? How long? What did he teach you?
3. In addition to your long, slow distance running for stamina did you do any speed work? If so, how often, how much?
4. If I remember, you ran daily morning and afternoon? Please check me on this...what is a typical week's running pattern for training?
5. It would be difficult to train for the Greek marathon on the usual course, I imagine. Where did you do the majority of your training? You mentioned you worked out on soft dirt. How often? Where?
6. Although everybody works out his or her own system, what pointers would you give the young beginner who has the marathon as a goal?
7. As you know, many women in the U.S. are now running marathons. Is this true now in Greece? What about the future for women runners in Greece?

Many, many thanks Stelios. Sooner or later this article will come through and I'll send you a copy.

With all the best.


P.S. I've sent pictures to the young men at Marathon.