

BY ARTHUR DUFFEY

Probably you will wonder how Stylianos Kyriakides, which means "Stanley the Stalwart" in Greek, does it, as this young Athenian champion from Greece, flies over the Newton Hills and forges his way to the front in trying to win the greatest of all American Marathons, the B. A. A. race on April 19.

ARDUOUS TRAINER

If so it is no wonder at all. If you followed this young Athenian runner who has made a special trip to America, as representative of Olympic A. C. of Athens once around by the clock, you will perceive that he is no ordinary athlete, and probably trains much harder than anyone of our American Marathoners.

Yesterday I spent a day with Kyriakides at the Hotel Minerva where the young Greek is the guest of Spear and George Demeter in getting ready for his race as he puts it.

And I must admit that I never saw a Marathon runner put in a more arduous day. If he does not win the Boston Marathon it won't be because he is improperly trained or he has not taken the greatest care of himself for the coming grind. Not only does Kyriakides train most scientifically both as to diet and as work on the road and track, but every little detail is looked after.

All of the young Greeks diet in preparing for the coming race is supervised by Steward Demeter. Regularity is the keynote.

Stanley, as we would call him in this country, rises at 9 o'clock every morning. From that hour on he thinks and eats nothing but Marathon running. Presiously he has put in a long night's sleep ranging from some 10 to 11 hours.

But here, let Stanley tell you about his day. In well spoken English for he learned English on the Island of Cyprus, he would say

"I don't suppose my diet and training system is much different than any other runner's. After a long sleep in which I always sleep soundly and go to sleep as soon as I hit the pillow I go down for breakfast prepared specially by Steward Demeter.

"For breakfast I have some gala, which you call milk in this country, citron or as you say grapefruit, and then kaffe and porridge. I always drink plenty of milk as a body builder.

"For lunch, Soup, what you call soup, with plenty of vegetables, string beans, fileto, or steak, and any little dessert but no ples or the like.

"Supper. Soup, in fact I have it every day, plenty of chops, and possibly a chop or pork, I always have plenty of steak or chops some times changing off from one to the other.

"On the day of a race I have steak at about 10 o'clock in the morning or

two hours before the race I drink a glass of water, but not until I have reached.

~~Does~~

I do not race. I just map out the best. I do not think it is any harder than my own native land. I run more than 19 miles.

Kyriakides already has run the B. A. A. course. He also has run some 30 kilometres, about 18 miles, under a watch that was said to be very fast. In Athens he is the holder of all Marathon records and recently broke Bill Sherring's mark of 2:51 by doing 2:49.

The young Greek does not fear anyone in the race and points to the fact that he finished 11th in the last Olympic Marathon at Berlin, where he defeated all the American Marathoners.

Greek Road King Trains Strictly

10-4-38

Young Kyriakides Follows Supervised
Diet---Determined to Win
Unicorn Marathon



GREECE'S FAVORITE MARATHONER

Stylianos (Stanley) Kyriakides (left), champion Marathon runner of Greece, partaking of his regular training fare, in preparing for the B. A. A. Marathon. Supervising his training is Steward Demeter, who specially prepares all his meals.