

# PRESENTATION ON THE HISTORY OF MARATHON

By Dimitri Kyriakides



# Dimitri Kyriakides

- Dimitri is the son of Stylianos Kyriakides, who was one of the best marathon runners in the world, from 1932 to 1948. Winner of Boston in 1946, with the best time in the world 2:29:27.
- Stylianos Kyriakides took part in 2 Olympic games in Berlin 1936 and London 1948. He was the first runner to use hand stop watch, the first to use stretching excersizes, the first to run for charity and the first to run for a cause
- Dimitri was a good 800 and 1500 meter runner himself, is :

- Member of the ATHENS MARATHON organizing committee and the representative in China
- Honorary citizen of the cities of Marathon Greece and Hopkinton, Mass. USA
- Special envoy of the Mayor of Marathon
- Honored by the Massachusetts SENATE and CONGRESS
- Honored by the city of Marathon
- Honored by the city of Hopkinton

- Has assisted in making sister city agreements between the cities of Marathon and Xiamen and Marathon and Hopkinton USA

Dimitri running 800m in 1m:52.1secs



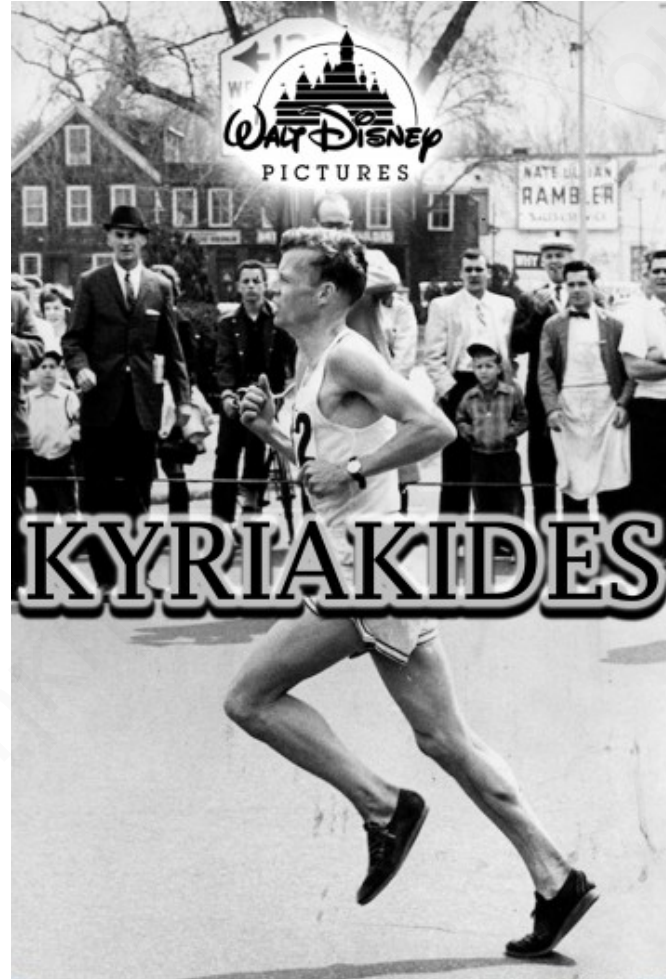
# Stylianos Kyriakides – Boston 1946



# Stylianos Kyriakides



# DISNEY making movie for Kyriakides





# WINNERS WREATHS – BOSTON

## In memory of Stylianos Kyriakides



# WREATHS In the Marine Corps Marathon, USA



# SISTER CITY MARATHON XIAMEN



## 中华人民共和国厦门市与希腊共和国马拉松市 建立友好城市关系协议书

中华人民共和国厦门市与希腊共和国马拉松市，为增进两国人民的了解和友谊，巩固并发展两地的友好合作，经过友好协商，双方同意建立友好城市关系，并同意以下条款：

一、双方根据平等互利的原则，在经济、贸易、科技、文化、教育、体育、卫生、人才等方面开展多种形式的交流与合作，促进共同繁荣发展。

二、双方领导人和有关部门保持经常的联系，以便就双方交流与合作事宜及共同关心的问题协商。

三、本协议书自签字之日起生效，有效期为五年。有效期满后，如无一方提出终止可顺延。

四、本协议书于二〇〇九年一月二日在中国厦门市签订，一式两份，用中文、希腊文、英文三种文字写成。三种文本同等作准。

中华人民共和国厦门市市长  
刘赐贵  
二〇〇九年一月二日

希腊共和国马拉松市市长  
埃蒂珀·尼克·赞鞋费  
二〇〇九年一月二日

# THE HISTORY OF THE CITY OF MARATHON

## 马拉松市的历史



# BATTLE OF MARATHON 490 B.C.

## 公元前490年的马拉松战役

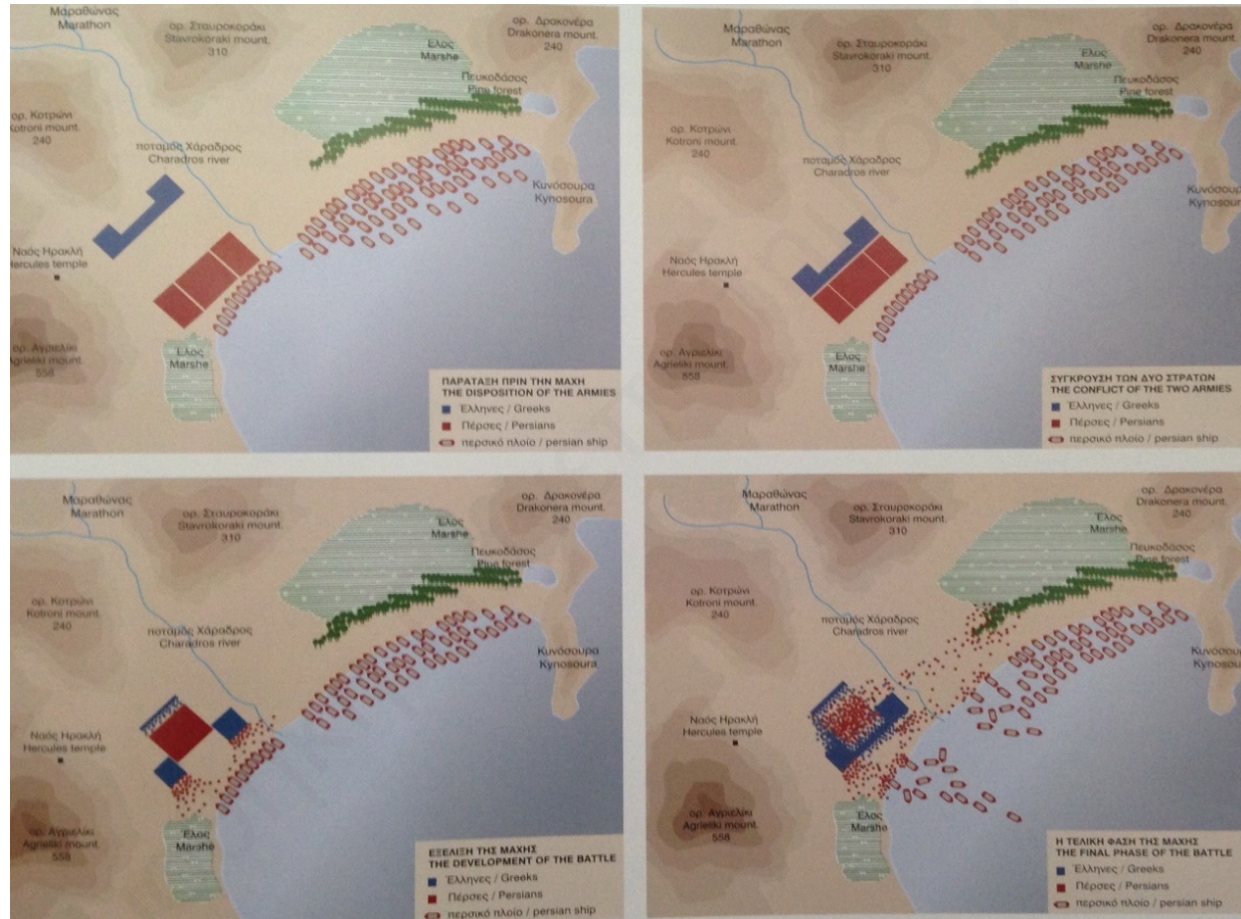
- In 490 B.C. the Persians tried to invade Greece and conquer Europe
- 公元前490年，波斯人试图入侵希腊并征服欧洲。
- The 10000 Athenians defeated the more than 30,000 Persians in the beach of the city of Marathon
- 在马拉松海滩，一万名雅典士兵战胜了三万多入侵的波斯人。
- The result of this battle allowed the western civilization to develop.
- 战斗的结果使西方文明得到发展。
- Immediately after the battle a runner run from Marathon to Athens to give the victory news to the Athenians
- 战争胜利后，一位士兵从马拉松跑到雅典，通知胜利的喜讯。
- Two days later 6,000 Athenian soldiers, run from Marathon to Athens to defend the city from the Persian navy. This is the first marathon race in history
- 两天后，为了抵御即将入侵雅典的波斯人，六千名雅典士兵从马拉松跑到雅典市，这是历史上的第一个马拉松赛。

# ACROPOLIS AND THE PARTHENON



# THE BATTLE OF MARATHON

## 马拉松战役

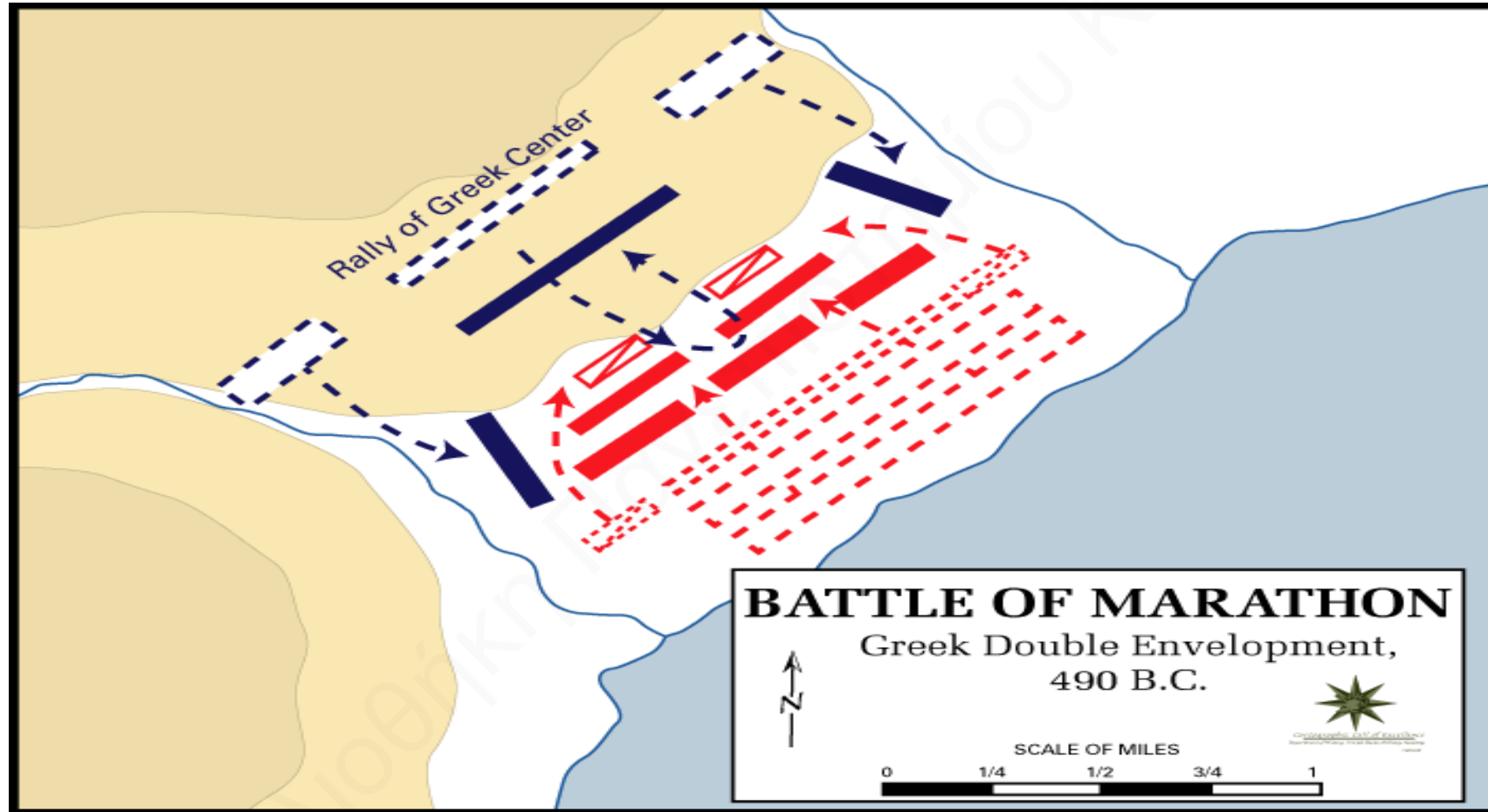


HOW THE BATTLE DEVELOPED

战役的演变

# THE BATTLE OF MARATHON

## 马拉松战役



BATTLE OF MARATHON GREEK DOUBLE ENVELOPMENT

马拉松战役希腊军队两翼的变化



# THE BATTLE OF MARATHON

## 马拉松战役



GREEK AND PERSIAN SOLDIERS IN BATTLE DRESS

希腊士兵和波斯士兵的盔甲

# THE ARMOR

## 铠甲



GREEK SOLDIER  
希腊士兵



PERSIAN ARCHERS  
波斯弓箭手

# ATHENIAN SOLDIER



# GREEK HELMET



# ORIGINAL HELMS FOUND IN MARATHON



# THE GREEK ARMY



# THE BATTLE







# THE PERSIANS ARE RUNNING TO THEIR SHIPS



# THE MESSENGER RUNNING TO ATHENS



# THE MESSENGER IN THE ATHENIAN AGORA



# THE TOMB IN THE CITY OF MARATHON



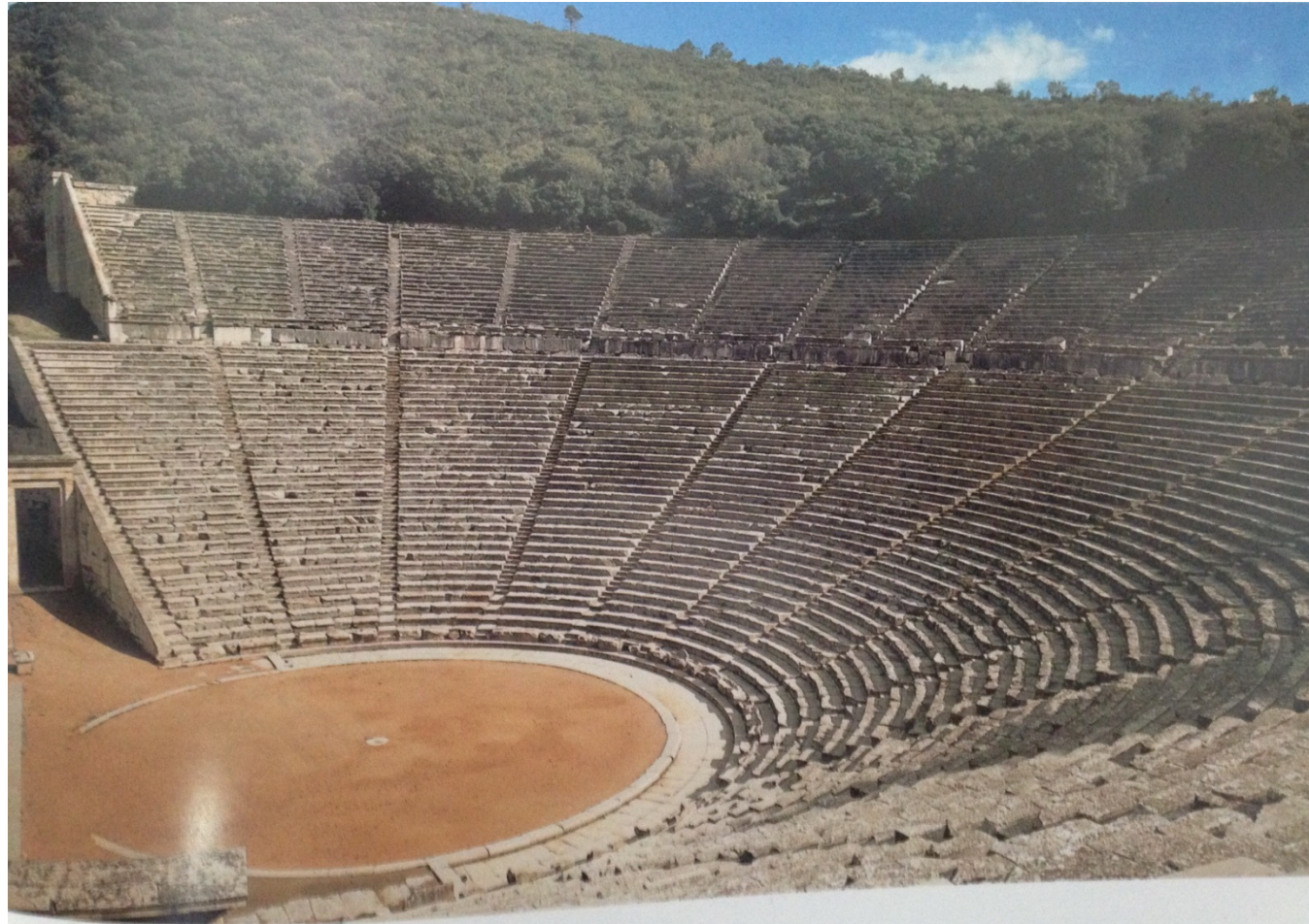
# AFTER THE BATTLE THE GOLDEN AGE OF ATHENS AND PERIKLIS



# BEAUTIFUL SCULPTURES



# MANY THEATERS BUILT



# MODERN MARATHONS

## 现代马拉松赛



MICHAEL BREAL

It was his idea to include the marathon in the first Olympics  
是布莱尔的意见才有了第一次奥运会和马拉松比赛




# THE STORY OF THE 1<sup>st</sup> OLYMPICS IN 1896

## The 1st Modern Olympic Games at the Panathenion Stadium in 1896

Despite the obvious difficulties, thanks to the financial help of the national government, Georgios Averof as well as the national support, political, administrative, financial, construction and organizational problems were finally overcome. After several delays, the 1896 Olympic Games took place and were considered successful from an organizational point of view, being the largest international participation that any other international games of that time, being chosen to represent the national identity, pride and trust in its own power.

Some 13 countries were represented by 31 athletes that participated in 43 events of 9 sports. Impressive was people's participation from the opening ceremony to that of closing and the Panathenion Stadium at the "Panathenion", the first Olympic stadium of modern times built exactly on the ruins of the ancient stadium of Athens, gathered the spectators for that time number of 100,000 and more spectators.



## Spyros Louis, the 1st Gold Winner of the Olympic Marathon

On April 10, 1896, the marathon race was held at the Panathenion Stadium. The race was won by Spyros Louis, a Greek athlete, who completed the 42.195 km distance in 2 hours, 55 minutes and 18 seconds.



Since the modern games were founded, it has become a tradition for the Olympic medals to be the last medal of the athletes awarded with a medal inside the Olympic stadium of the city that hosts the Olympic games of 1896 corresponds to the 38 or 39 years of the Olympic games in 1896 and was certified by 1897 to 1991.

## The Arrival of the Olympic Games

The arrival of the Olympic Games in Athens in 1896 was a significant event. The athletes and officials arrived in the city, and the games were held at the Panathenion Stadium.



## The Birth of the Marathon Race

The marathon race was introduced to the modern Olympic Games in 1896. It was named in honor of the Greek messenger Pheidippides, who is said to have run from Marathon to Athens to announce the Greek victory in the Battle of Marathon.



# MODERN MARATHONS

## 现代马拉松赛



FIRST MODERN MARATHON 第一现代马拉松比赛

# MODERN MARATHONS

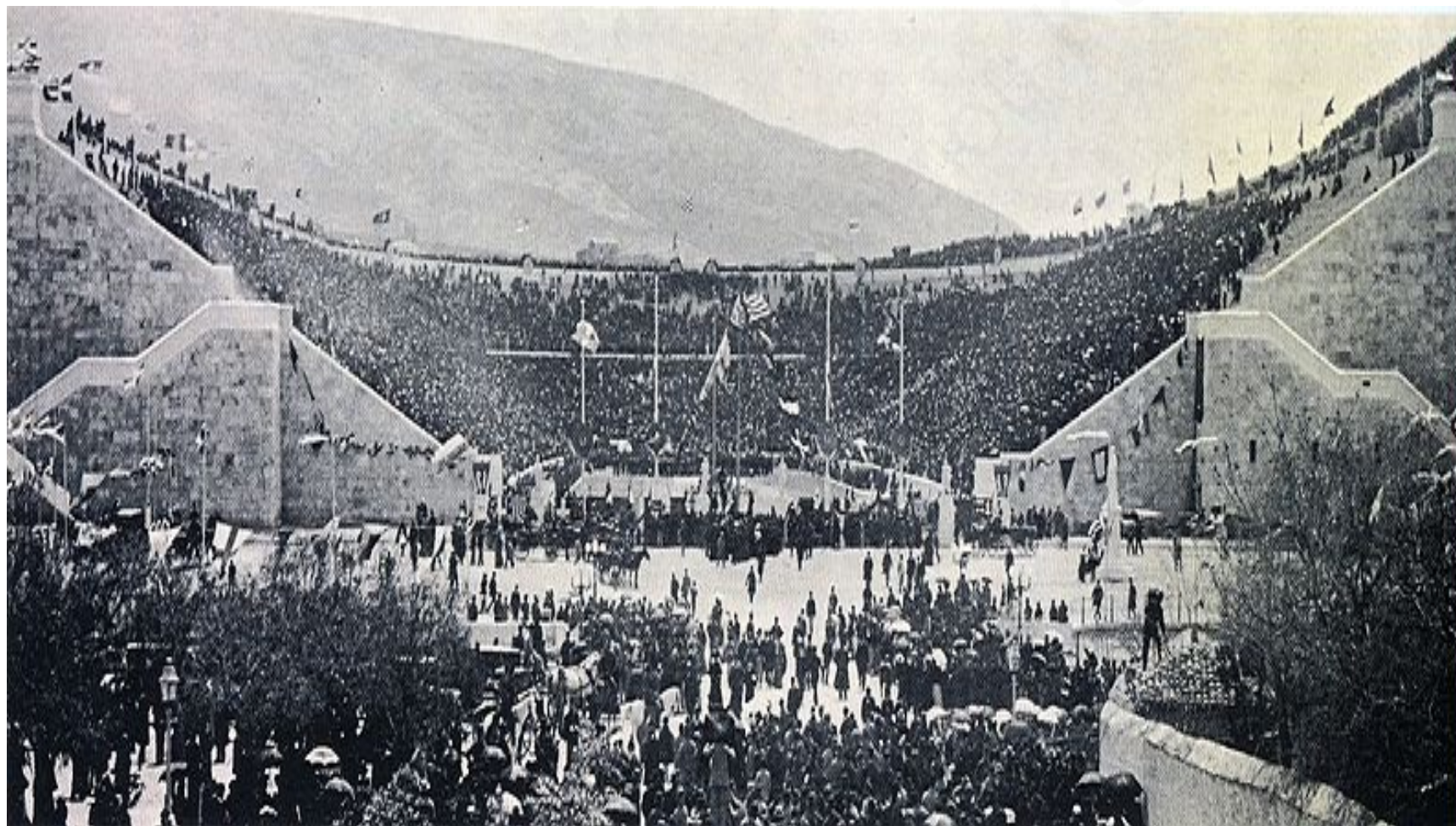
## 现代马拉松赛



PANATHINAIC STADIUM 雅典帕纳辛奈科体育场

# MODERN MARATHONS

## 现代马拉松赛



THE OLYMPIC PANATHIAC STADIUM 1896

1896年奥运会雅典帕奈辛奈科体育场

# MODERN MARATHONS

## 现代马拉松赛



1896 OLYMPIC MARATHONERS, THE ONE IN THE  
MIDDLE CAME SECOND

中间那位跑者夺得1896奥运会马拉松赛亚军

# MODERN MARATHONS

## 现代马拉松赛



FIRST MARATHON WINNER, SPYRIDON LUIS

第一届现代马拉松赛冠军Spyridon Luis

# MODERN MARATHONS

## 现代马拉松赛



FIRST WINNER'S CUP OLYMPIC GAMES 1896  
1896年第一届奥运会马拉松赛的冠军奖杯

# MARATHON DISTANCES

## 马拉松赛道历史长度演变

Olympic marathon distances		
Year	Distance (km)	Distance (miles)
1896 ATHENS	40	24.85
1900 PARIS	40.26	25.02
1904 SAINT LOUIS	40	24.85
1906 ATHENS	41.86	26.01
1908 LONDON	42.195	26.22
1912 STOCKHOLM	40.2	24.98
1920 BERLIN	42.75	26.56
1924 ANTWERP BELGIUM	42.195	26.22





# MODERN MARATHONS

## 现代马拉松赛

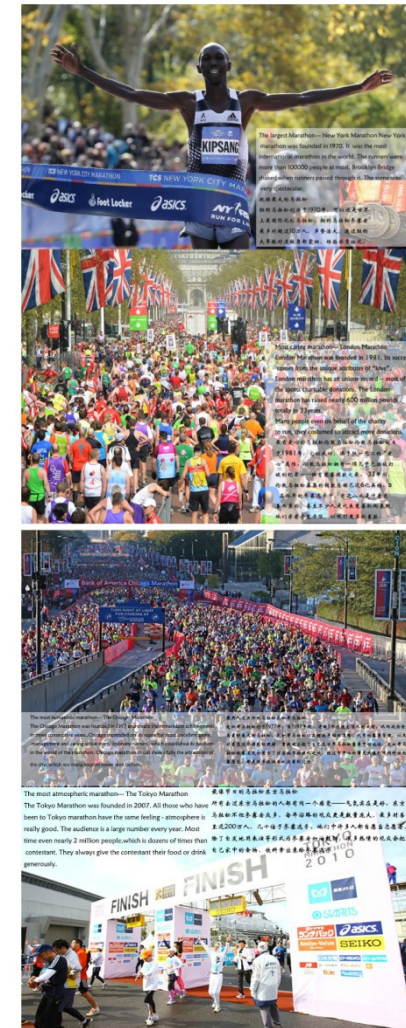
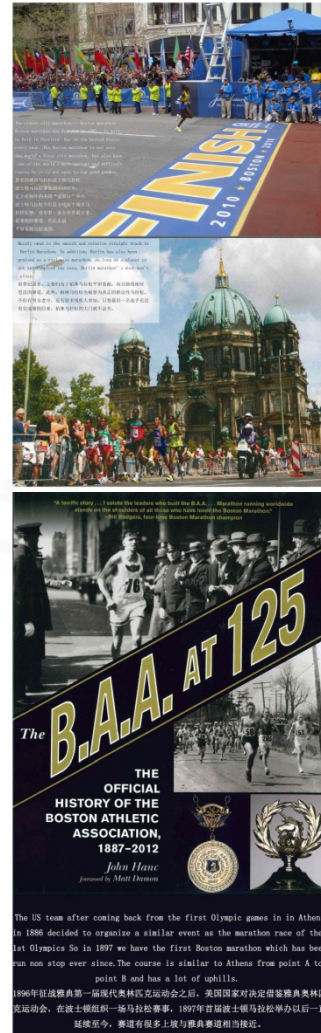
- Over 2,500 marathons per year all over the world with 15,000 to 45,000 participants each
- 每年在全世界有2500多场马拉松赛事。每个赛事都有15000-45000的参赛者。
- In China the marathon movement gets bigger
- 中国的马拉松赛事也在逐渐扩大。

# MODERN MARATHONS

## 现代马拉松赛

- MAJOR MARATHONS – Boston, Berlin, London, New York, Chicago and Tokyo. Runner with highest points in two years wins half million USD. The prize giving GALA is during ATHENS MARATHON in Greece.
- 大满贯马拉松比赛-波士顿，柏林，伦敦，纽约，芝加哥和东京。两年内参赛积分最多的运动员会获得五十万美元的奖金，颁奖仪式在每年的雅典马拉松赛前夕。

# MODERN MARATHONS



# CHARITIES 慈善



MAJOR MARATHONS COLLECT AROUND  
USD 50 MIL A YEAR EACH FOR CHARITIES

大满贯马拉松都会筹集大约五千万美元捐给慈善机构

# INTERESTING FACTS ABOUT MARATHON RUNNING

## 关于马拉松的有趣常识

- The only sport event that takes its name from a city or a historical event
- 唯一采用城市名称命名的比赛项目
- The event with the biggest participation today, with millions of runners running everyday
- 参加人数最多的比赛项目，且每天都有上百万人在跑步。
- More than 2,500 international marathons every year
- 全世界每年有2500多个马拉松赛事
- More than 25,000 races 10K, half & full as well as ultra marathons, every year
- 全世界每年有25000场十公里、半马、全马和极限马拉松赛事

# INTERESTING FACTS ABOUT MARATHON RUNNING

## 关于马拉松的有趣常识

- A sports event that each athlete competes against and for himself
- 一个只与自己竞争的比赛项目
- A sports event that improves your body, your mind and your character
- 一个可以提高强身健体、提升人类智商和素质的运动
- One of the few sport's events that is clean and where you have "fair competition"
- 一个公平竞争的比赛项目
- A sport event that changes and improves your life for ever
- 一个可以提高生活质量的比赛项目

# ATHLETE LIMPING



# ATHLETES HELPING EACH OTHER





# ATHLETES HELPING EACH OTHER



# ATHLETE NEVER GIVING UP



# THE FLAME OF MARATHON

## 马拉松圣火



THE FLAME IS LIT EVERY YEAR BEFORE THE ATHENS MARATHON  
RACE NEAR THE TOMB OF THE FALLEN GREEK WARRIORS IN  
MARATHON

每年雅典马拉松赛前，会在马拉松战争烈士墓点燃圣火

# THE FLAME OF MARATHON

## 马拉松圣火



THE FLAME MOVES AND LIGHTS THE CAULDRON AT THE  
START OF THE ATHENS MARATHON  
圣火会在雅典马拉松赛起点的火炬台燃烧

# THE FLAME OF MARATHON

## 马拉松圣火



IN XIA MEN  
2008年厦门

# THE FLAME OF MARATHON

## 马拉松圣火



THE FLAME IN BOSTON 2010  
2010年圣火传递到波士顿马拉松赛

# THE FLAME IN BOSTON



# ATHENS MARATHON the Authentic 雅典原始马拉松赛



ATHENS MARATHON IS RUN ON THE ORIGINAL COURSE.  
IT IS ONE OF THE MOST DIFFICULT COURSES IN THE WORLD.  
**BUT EVERY RUNNER MUST RUN IT ONCE IN HIS LIFE TIME**

雅典马拉松赛道是最原始的马拉松赛道  
也是世界上最困难的赛道之一  
每一个跑者都必须在有生之年跑一次



# ATHENS MARATHON the Authentic 雅典原始马拉松赛



ATHENS MARATHON START  
雅典马拉松赛起点

# ATHENS MARATHON the Authentic

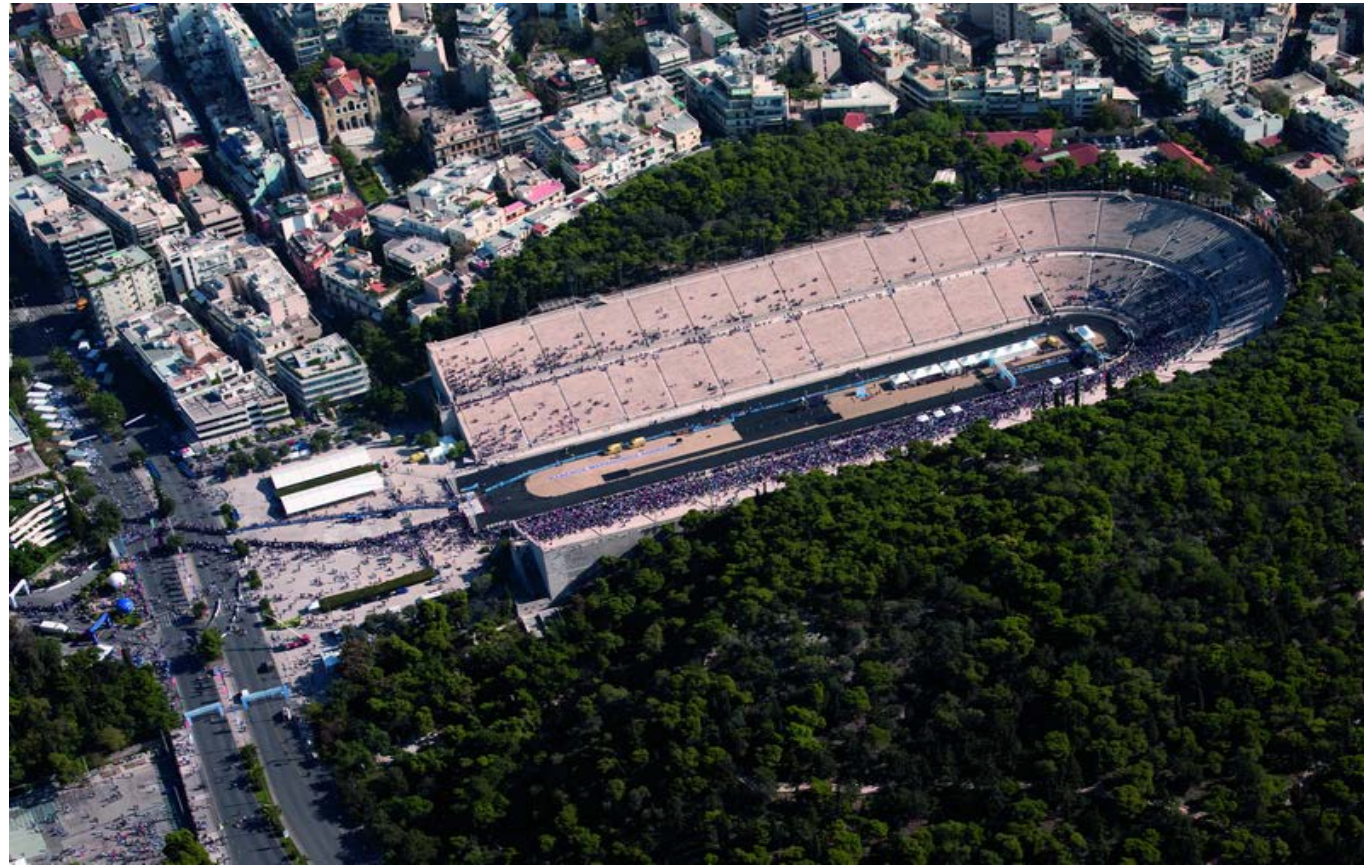
## 雅典原始马拉松赛



ATHENS MARATHON FINISHING IN THE PANATHINAIC STADIUM  
雅典马拉松赛终点--帕纳辛奈科体育场

# ATHENS MARATHON the Authentic

## 雅典原始马拉松赛



THE MARBLE STADIUM  
也称--大理石体育场

# HAND STOPWATCH, DIET AND EXERCISES

## 秒表，饮食和运动



KYRIAKIDES BOSTON 1946 WORLD RECORD 2h29m27s

FIRST RUNNER TO USE HAND STOPWATCH IN 1935

1946年，KYRIAKIDES赢得波士顿马拉松冠军并创造当时的世界纪录2小时29分27秒

# HAND STOPWATCH, DIET AND EXERCISES

秒表，饮食和运动



THE STOPWATCH秒表,  
1935年

# MUSEUM OF MARATHON RUN IN THE CITY OF MARATHON

## 马拉松博物馆 在希腊马拉松市



THE TWO ATHLETES STATUES IN THE ENTRANCE ARE  
A GIFT FROM THE SISTER CITY OF XIA MEN  
两个运动员雕塑是来自厦门的礼物

# MUSEUM OF MARATHON RUN IN THE CITY OF MARATHON

## 马拉松博物馆



# MUSEUM OF MARATHON RUN IN THE CITY OF MARATHON

## 马拉松博物馆





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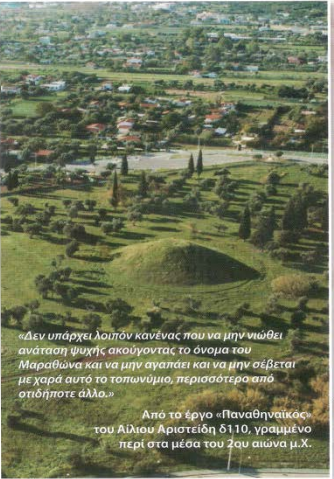
## 马拉松博物馆



# CITY OF MARATHON 马拉松市

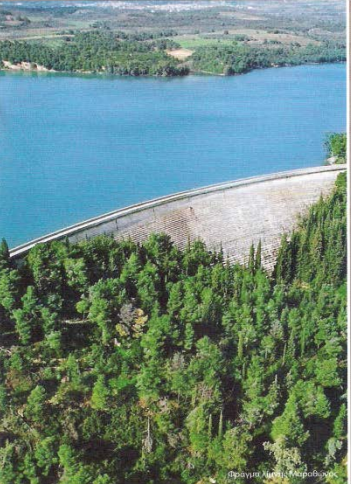


ΔΗΜΟΣ ΜΑΡΑΘΩΝΟΣ




«Δεν υπάρχει λοιπόν κανένας που να μην γνωρίζει ανάταση ψυχής ακούγοντας το όνομα του Μαραθώνα και να μην αγαπάει και να μην σεβεται με χαρά αυτό το τοπωνύμιο, περισσότερο από στήληποτε άλλο.»

Από το έργο «Παναθηναϊκός» του Αίλιου Αριστέιδη δ110, γραμμένο περί στα μέσα του 2ου αιώνα μ.Χ.



Προϊόντα Μαραθώνα



Παράδειγμα του «Παναθηναϊκού» από τους Δελφούς




[www.marathon.gr](http://www.marathon.gr)  
Οδός 6, Μαραθώνας 190 07  
Τηλ.: 22940 6777, 22940 69269 • Fax: 22940 67909  
e-mail: info@marathon.gr

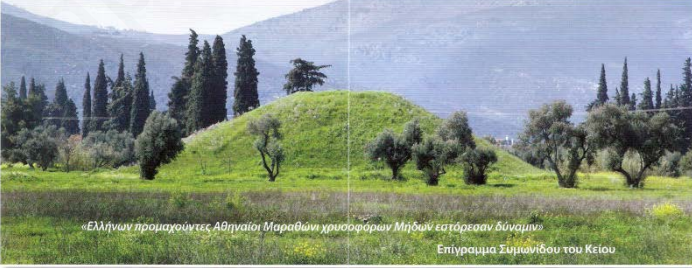


Ελλάδα

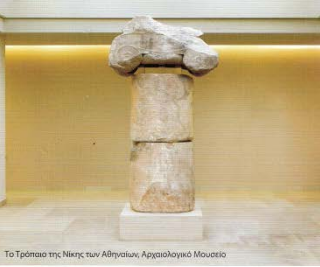
ΥΠΟΥΡΓΕΙΟ ΤΟΥΡΙΣΤΙΚΗΣ ΑΝΑΠΤΥΞΗΣ  
ΕΛΛΗΝΙΚΟΣ ΟΡΓΑΝΙΣΜΟΣ ΤΟΥΡΙΣΜΟΥ




ΕΛΛΗΝΙΚΗ ΔΗΜΟΚΡΑΤΙΑ  
ΝΟΜΑΡΧΙΑΚΗ ΑΥΤΟΔΙΟΙΚΗΣΗ  
ΑΝΑΤΟΛΙΚΗΣ ΑΤΤΙΚΗΣ



«Ελλήνων προμαχόντες Αθηναίοι Μαραθῶνι χρισσαόρων Μηδῶν ἐπέτρεισαν δύναμιν»  
Επιγραφή Σημιωνίδου του Κείου



Το Τρόπαιο της Νίκης των Αθηναίων, Αρχαιολογικό Μουσείο



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e-mail: nomarhis@otenet.gr

# THINGS NOT TO HAPPEN

## 不应该发生的事情



BOSTON FIRST EXPLOSION  
2013年波士顿爆炸

# THE SPIRIT OF MARATHON

## 马拉松精神



COMPETITORS HELPING EACH OTHER

竞争者互相帮助